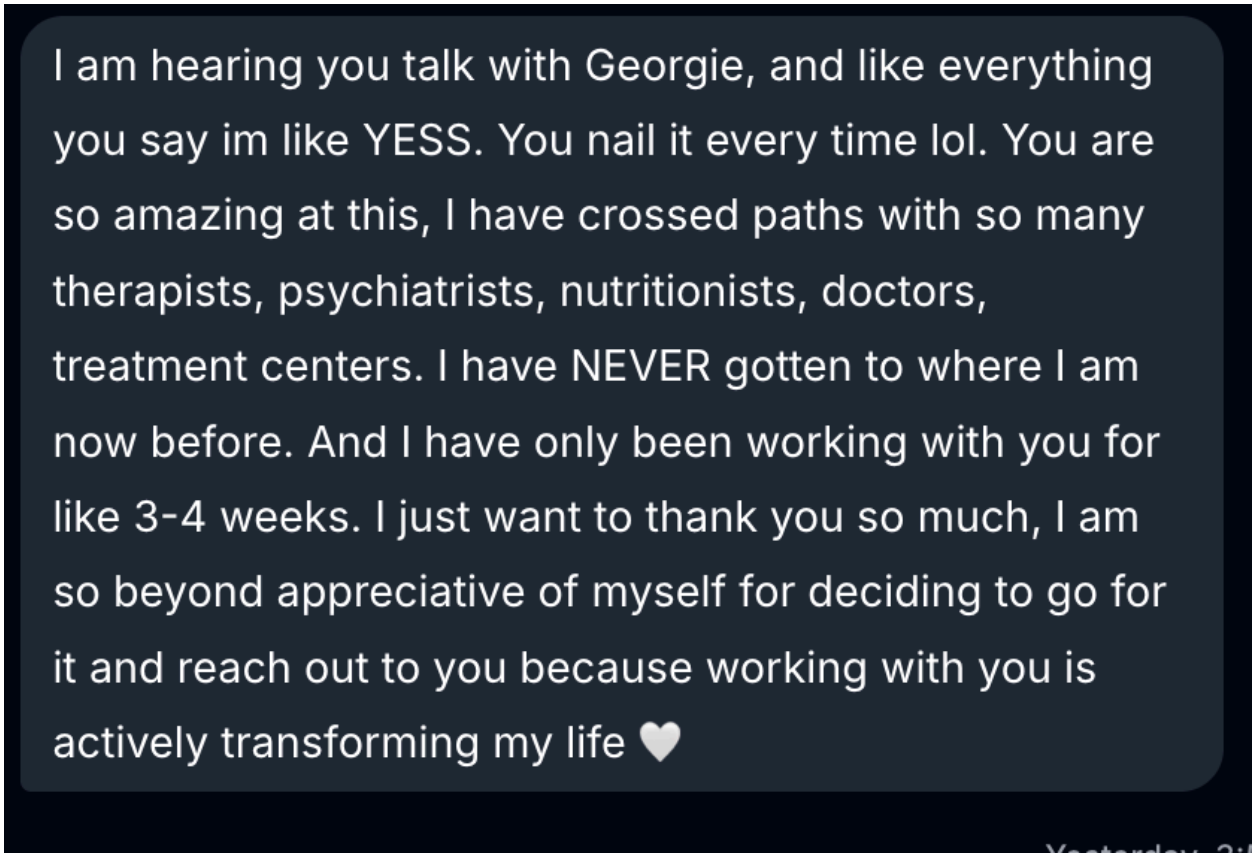
Get Your *Flow* On

Girls from around the world entering their *Well-Nourished Fem Era*

Program Love> Community Power> Period Recovery > Food Freedom > Pregnancy > Insights

PROGRAM LOVE 👇



Gosh Chlo how you say things just sends a rippling wave of energy through me! I wish everyone could experience what it's like being coached by you.

I seriously spent years in treatment and not once every felt like I had the ability to shift my life but with your work I've like jumped ahead to version 5.0 of me 😍😍

Seriously no words could explain how thankful I am for you and your work. I'm sending anyone I know who could use your work your way.

Sending you hugs and see you next Tuesday!

Lena Bradarix

Hey guys, just got my 2nd period. 28 days perfect cycle, blood is perfect color and I feel so grateful and great in my body. was the last 5 months hard? Yes super hard. Was it worth it? Sooo worth it. for context: I had an ED for 15 years since I was 16 years old. I did not have any periods for 12 years!!! I hated my body. I did not like my life aka felt restricted and just in my own prison. Today I have my period back and my life back. Did I gain weight? Yes! Was it hard to gain weight? Mentally, emotionally and physically yes - BUT the moment I leaned in and allowed me to be me, everything changed. I accepted my body. I actually felt love towards my body. Unconditional love. I now have my body's back and nourish my body with food, rest, good people. I respect myself again. I feel in integrity with myself again. And honestly, my biggest fear that people could judge me for gaining weight, is gone. I don't care about what others think. I am proud of the "achievement " of recovery and no one can ever take this away from me. So with this message, I wanted to encourage anyone out there that is struggling and doubting that recovery is possible. It is possible. I lost any hope for many times throughout my life that recovery would be possible for me. But I did it. I genuinely had to decide to do recovery - not to think it or fantasize about it. To DO IT. You can too!!!! Go for it. Jump all in. Take your life back - be all in IN YOUR LIFE with everything you are doing!!! 💙💙💙💙

Edited | 6 Replies

7

I have never felt so free in my life! I feel like a little bird who just learned how to fly and never wants to stop now🤣 Like I can't believe I let a dumb stupid device control my life for so long and why I ever thought it was okay...

2:58 PM

7

CHLOE!!! I GOT IT I GOT IT I GOT IT!!!! I got my period!!!!! I am over the MOON!!! I am literally crying right now hahahha!!! I have so much to say to you but first I need to call my mom, but I wanted to just let you know first and tell you that I am so so truly beyond grateful for everything you have done to help get me here!!!! Words can't even describe how grateful I am. I am just so beyond happy and proud that I took the scary step to start working with you and rip off the bandaid and go all in. You and this community are just incredible, I have literally only been working with you for a month and a half and here I am!!!! Thank you for helping me finally take the steps to truly transform my life. Still a lot of work to do to fully recover, but I am REVELING in this win right now!!! Cheers to womanhood!!!! ⭐❤️😇 xoxoxo

Anyway, I honestly am so grateful and so blessed that I found you and that you are helping me on this journey back to remembering who I am. I feel like for the first time ever I may actually be able to do this 🤯
❤️❤️❤️❤️❤️🙏🏻🙏🏻🙏🏻🙏🏻🙏🏻

Thank you, yes it's quite the transformation both physically and mentally this time around and it does seem different which I think is Kate being the one making it happen she has to want it for herself coupled with your support is absolutely amazing no end. Your approach is just so different to all the centres we have tried in the past, just bounced from one to the other to the other I lost count in the end tbh !

I can only imagine your job satisfaction must be incredible, seeing the difference in your girls, being a total game changer for their lives, I'm sure it must have some sad times too at times but being a part of all the wins along the way must be so heart warming and satisfying ❤️

❤️

Totally. And the more distance I've put between me and all my old patterns, thoughts and behaviors the stronger I believe this whole process has been 100% worth it. There is an end in sight. I can almost see it. My husband told me last night while we were out dancing how much happier and better I am doing and coming from him it meant the world. It's amazing to have your progress recognized by those closest to you.

The way I interact, the way I am more present and free in my life is indescribable. Had I not chosen to push out of my quasi recovery even farther with Chloe, I would have never come close to being in alignment with myself, and be experiencing this collective joy/ playfullness from within that I have been experiencing over these past 3 1/2 months.



6:21 PM

8

@chloe murdoch Thank you so much, you are giving me the extra motivation I need! It's really reassuring to hear evidence that 100% recovery IS possible! And, it's true, I also wouldn't say it's not worth it or that I want to go back, even though I'm not 100% recovered yet. And as you said, recovery is about so much more than just hitting certain milestones. I want to keep working toward that deeper freedom you mentioned—feeling more in flow with life and truly stepping into my power. Your perspective is so helpful, and I feel more confident that I'm on the right path!❤️

1:42 PM

1

Joining the GYFO course was one of the best decisions I have ever made in my life. I now have the tools and supports I never knew I really needed to fully recover and move on with my life. After being in quasi recovery for years, I never was committed enough to go all in until I met Chloe and joined the group.
Interacting with the women and Chloe every day, inspiring each other and having them to lean on during difficult times makes the world of a difference.
I have never been happier and can honestly say the GYFO course has made a tremendous impact on my life, health, overall well being and recovery journey.
If you are considering joining the course, I can tell you that it will be better than anything you can imagine!
Chloe is an inspiration and I look up to her so very much. Thank you, Chloe, from the bottom of my heart, for creating this beautiful space in which we can all recover and experience the freedom and joy this beautiful life has to offer.

Hey Chloe!!! I just wanted to reach out and tell you thank you for everything so far💕💕 I am still waiting for my period to come back, but I literally am feeling soo confident with my weight gain right now. Like my parents have been constantly complimenting me telling me that I look much healthier and a lot better, and I feel so much more womanly. I just feel a lot more confident overall, my digestion has improved, and I feel a lot happier. I never thought I would be able to feel good about myself without the gym either, but I literally haven't gone in almost a month and I feel totally fine. Just wanted to share that with you!! ❤️

❤️

I’m grateful for this community, my family, and the sunshine forecast for this weekend 🙏💗



11:18 AM

3

Rita Dell'Isola

I'm also so grateful to have this community in my life. I feel so held and it has made a huge difference in my day to day life. I'm grateful for my kids. They have kept me alive and the best way I can show them how much I love them is to heal and be the mom they deserve. I am grateful for having everything I need, and more, while so many people here barely have enough to survive.



12:02 PM

3

I know everyone says it, (because its true) but without your course, without this community, without your guidance, I 100% would not be here. It's not just the period, it's everything. I have so far to go, but I can see the future and I couldn't before, I can see the steps. The main thing is just really understanding what this all is and knowing there is no way back. I really don't think I can go backwards, and I think that when I knew this deeply, my body said, yeh we are ready! also, the feeling period gives you, and the hormonal shifts make such a mental difference. It's also made me SO passionate about women's health because I am now so angry so many women are in this situation and it's almost 'normal'. So just having all this information and education from this course and community is such a huge gift. ❤️❤️❤️

7:46 AM

❤️ 1

hi☺️ so i've been following you since early this year & i just wanna say that you have saved my life!!!

i have never heard anyone approach recovery so LOGICALLY & SIMPLT everrr. as challenging recovery is, youve shown me how simple it truly is.

i wish i could go through all the things that have opened up & changed since this april because of your advice, but the list is so long haha.

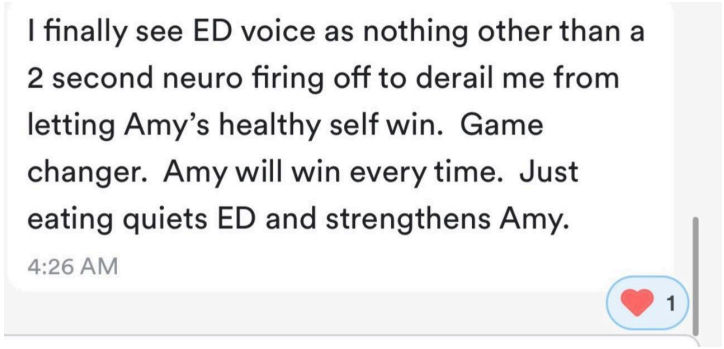
i just haven't taken the time to thank you yet. so thank you for changing my life🫶🕊️

Sooo I am LOVING this course! I cannot stop listening to the modules 🙈 just wanted to share some takeaways so far. I mean every statement is 🔥 so tired to focus on a few takeaways.

Can I just say I FUCKING love our GYFO group. Just love jumping on and seeing them chat in a way I can relate to or have related to. The course is amazing Chloe, I've resonated solely to the metabolism, my cholesterol came back high in a blood test a while back and liver issues, so this is where the answers are in your module, that my Dr could not explain! I want to re listen and write it all down (listened with headphones on doing washing hahaha) Thankyou!

Joining the GYFO course was one of the best decisions I have ever made in my life. I now have the tools and supports I never knew I really needed to fully recover and move on with my life. After being in quasi recovery for years, I never was committed enough to go all in until I met Chloe and joined the group.
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If you are considering joining the course, I can tell you that it will be better than anything you can imagine!
Chloe is an inspiration and I look up to her so very much. Thank you, Chloe, from the bottom of my heart, for creating this beautiful space in which we can all recover and experience the freedom and joy this beautiful life has to offer.

It truly felt like a breakthrough moment .. I actually called to tell my mom and sister 🥲



Hi everyone💖👋 its been a long time since i don't show up here! A lot of thing going on in my life recently, i think i'm just not interested in food anymore, my body is simply working better because i did let go of this obsession with food and started focusing in my life,my dreams and...love,yes the first time i'm in love 😂 with someone,i don't know what to do or how to manage my emotions right now but yes,it's a new chapter of my life, the only

Just wanted you all to know that everyone is making such great progress! It's such a beautiful thing to be apart of this incredible community of fabulous women!!
And I also wanted to say that with all this hard work Chlo has taught us, every time I look in the mirror, I see a more radiant woman looking back at me that is full of life and color in her eyes, her hair is looking thicker and healthier and also I see a woman who is no longer peeing several 100 times a day!! 😀

10:03 AM

2



Regan [redacted]

3 months ago I joined this community. 3 months ago I wasn't eating anything outside of my safe foods. I was waiting to eat until a specific time. I was anxious around dairy and gluten. I was critical of my body for wanting to change. I was living a smaller life. My days were short and less fulfilling.

In 3 months (literally INSANE!! how short of a time period that is) I'm FREE of food rules, I'm free of when I eat and how much I eat.

I thanked Chloe before I left on this trip because I wouldn't have 1) wanted to go 2) had the most amazing time without her community and the support from all of you.

I reconnected with my psychotherapist today and she is floored at where I am. My next goals are even bigger than just food and body and I'm so thankful that I can be in this place.

Period still pending but I'm glad I've had to work HARD to get it back because a period is one thing .. but a full life is the real goal.

9:58 AM

❤️ 2

@Cami Merlin Just got back yesterday!! Omg I had soooo much fun. The trip was better than I could've imagined, especially as a test to see where I am at in my recovery. I did not work out at all and have been eating out almost every meal, when I tell you I have not only felt complete peace about it but have also been looking forward to every meal!! Even after one of his games we got a second dinner of Applebees takeout (all that was open lol) and feasted on a bunch of stuff at 2am.

In addition to that, not working out all all this week/ eating out all week has not made me feel like I need to rush and make up for anything. In fact my boyfriend decided last min surprise me with tea in the city today followed by dinner and we're going to spend the night. I have NO IDEA where we are eating AMD I DONT CARE.

When I tell you guys I am shocked, I never thought I would be here. I never thought I'd be able to freely live like this. I feel the most recovered I've ever felt in my life and it feels amazing.

As far as where I'm at working out wise in my recovery. I have not worked out in over a week and I feel fine. I am excited to fit in a workout sometime soon but I'm not ruminating about it. If I can I can if not no worries! Working out it's going anywhere and it will always be there.

Sorry for the rampage I just never knew it was possible to feel this way.

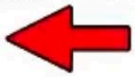
(edited) 3:20 am

❤️❤️❤️

What separates this program from the rest is that it isn't just for Ed recovery. It's a game changer for how you'll go through life and how you'll experience life.

Because I stayed devoted, this is what gave me my life back.

Recovery is hard and there are so many sources that help you get out of it but the only goal is to get you to a healthy weight.

This course is the one that will take you from 70%-100% and I can guarantee you that Chloe's approach will keep you from ever relapsing. That's the difference. 

If it wasn't for this specific program I would still be stuck in the ED/quazi/dieting merry go round of highs followed by lows and never fully closing that chapter. Chloe's approach of undeniable scientific facts followed by her approach to connecting to yourself internally and identifying who YOU want to be gives her all of the credibility.

I started this course rigid with eating times, food rules, the inability to surround myself with people that I love because of all of my rules. I simply wasn't living. I was surviving but no one was worried because I looked healthy.

Chloe scooped me up out of quasi and 3 months later I have left with overflowing confidence, no fears of gaining weight, a trustful relationship with food and my body is giving me all of the signs that my period is right around the corner.

Now you always have to put the work in but her approach and information provided makes it pretty impossible to not follow through.

Thank you to Chloe for giving me my life back and the confidence of knowing my ED will never creep back in.

Hey again!🥰
A little update: My life is sooo much more enjoyable!! It's really insane how much better you feel when you just give your body what it needs. Yesterday I noticed something really special to me: I was not in the mood for cooking and was kind of annoyed by it.
It sounds kinda negative, but I remember when I was in energy debt, I constantly waited until I was allowed to cook again (I was really strict with the „At least 4 hours in between-Rule„). Now I eat when my body is hungry or I just have an appetite and I love it! No more rules; just listening to my very intelligent body!
That you Chlo❤️



Susan

I completely underestimated the **impact** this course and community could have on my life.

It is **so much more than I expected**, the modules in the course are so well put together, so thorough in their content, leaving no stone unturned, that **you can feel the changes happening to the depths of your core**, healing so much more than hormones.

Add to that the **raw power of a community** of women who encourage, support, and inspire each other and you truly have a **vehicle for changing your story.**

Chlo was put on this earth for this mission, I am certain of it! Her unconditional warmth ,guidance, and vast knowledge have made it easy to be vulnerable and feel incredibly safe all at once.

If I had known what it would be like,I probably would have **paid triple** .Please, don't put off the healing that is available to you now, whether you are stuck or spiraling downward, here is the rope ,grab on, and be lifted from the dark pit of disorder.



Kate

Joining this course has been the **necessary step that has been missing in my recovery.** This course **exceeded every single one of my expectations**.

Chloe, and all the wonderful women make this group one of the **most amazing** and l**oving** things I have ever done. Chloe is an incredibly knowledgeable, passionate, empathetic and loving woman who has **supported me so so much.**

I didn't realize the impact that doing recovery alone had on me. Going through recovery with these women has allowed me to understand that **I am not alone**, and that there is hope. Things don't seem as scary when a group full of women are going through it with you!

The challenges hold me accountable, and the ongoing live chat makes me feel like I've gained a **group of sisters!** Don't even get me started on the modules, I feel like I'm sitting in a **bath of knowledge and inspiration** every time I press play on a video.

Anyone who has a single doubt in their mind whether or not they should join this course or whether or not they're ready to recover... **Take the leap!** You're never going to feel ready and change is always going to feel scary but going through that change and taking the leap with a group of women is the most powerful thing you'll ever experienced in your life. I and so many other women and chloe are here for you!



Marie Mrozinski

Thank you so much lady! It's been a wild ride and it continues on 💪❤️✨best investment I ever made 7:32 AM

❤️ 1

I learned so much from the modules! I had to summarize for my coach today:

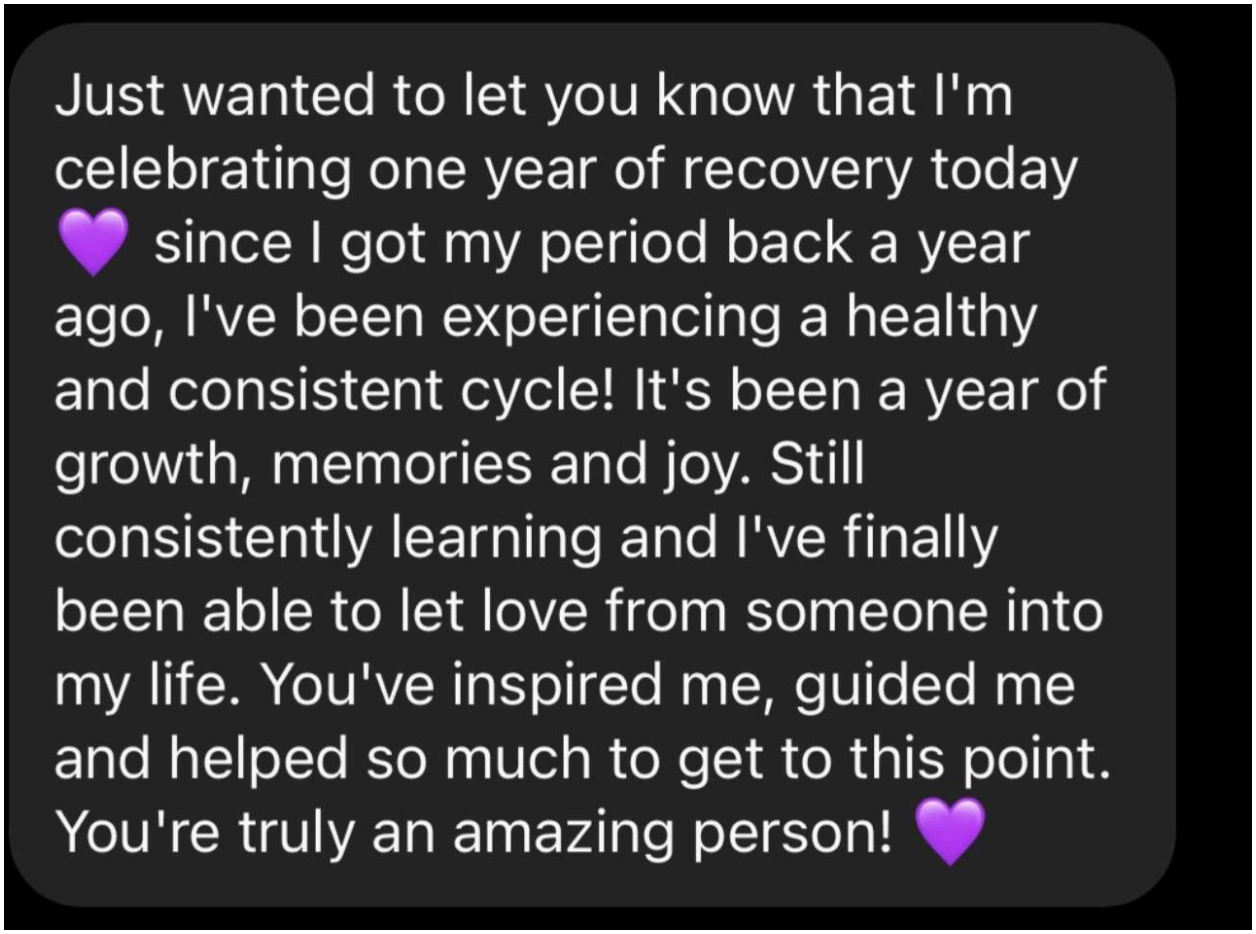
My summary of where I am:
(please excuse grammar as this is just my brain dump):

I now have full autonomy over my life. This is IMPOSSIBLE with ANY amount of restriction. ANY.
Also, the fear of gaining weight only goes away once you gain the weight. Not the other way around. Revelation

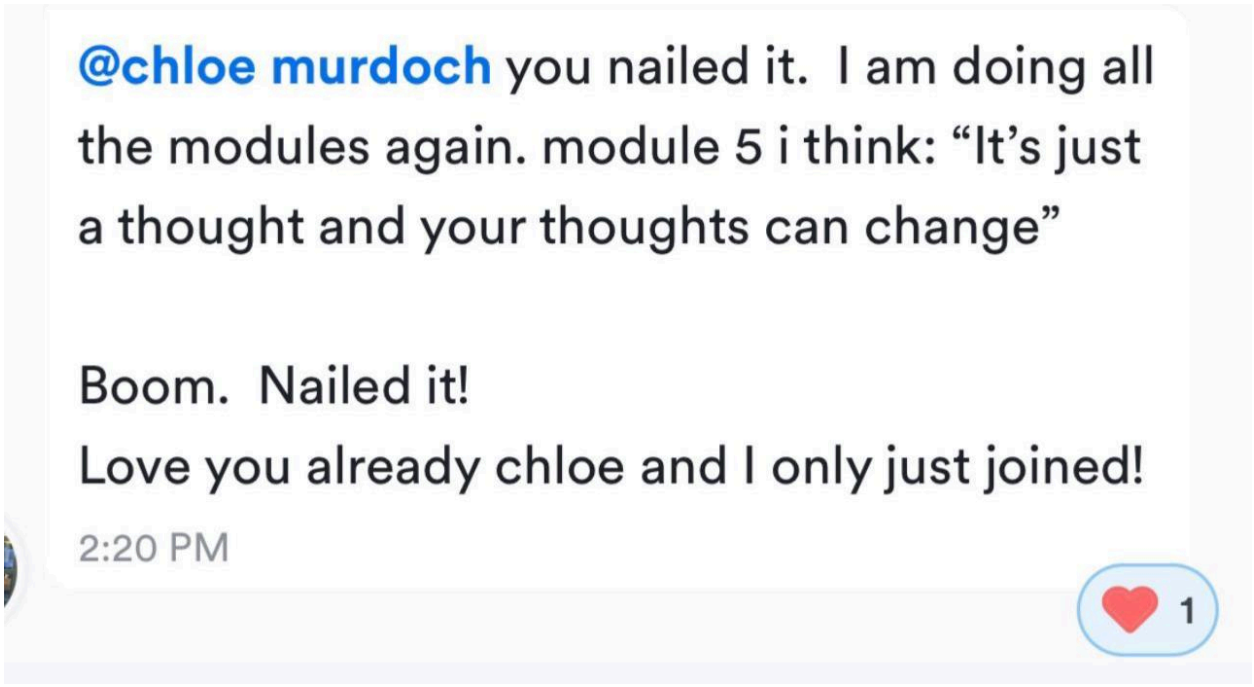
I am done. Cured.
💯

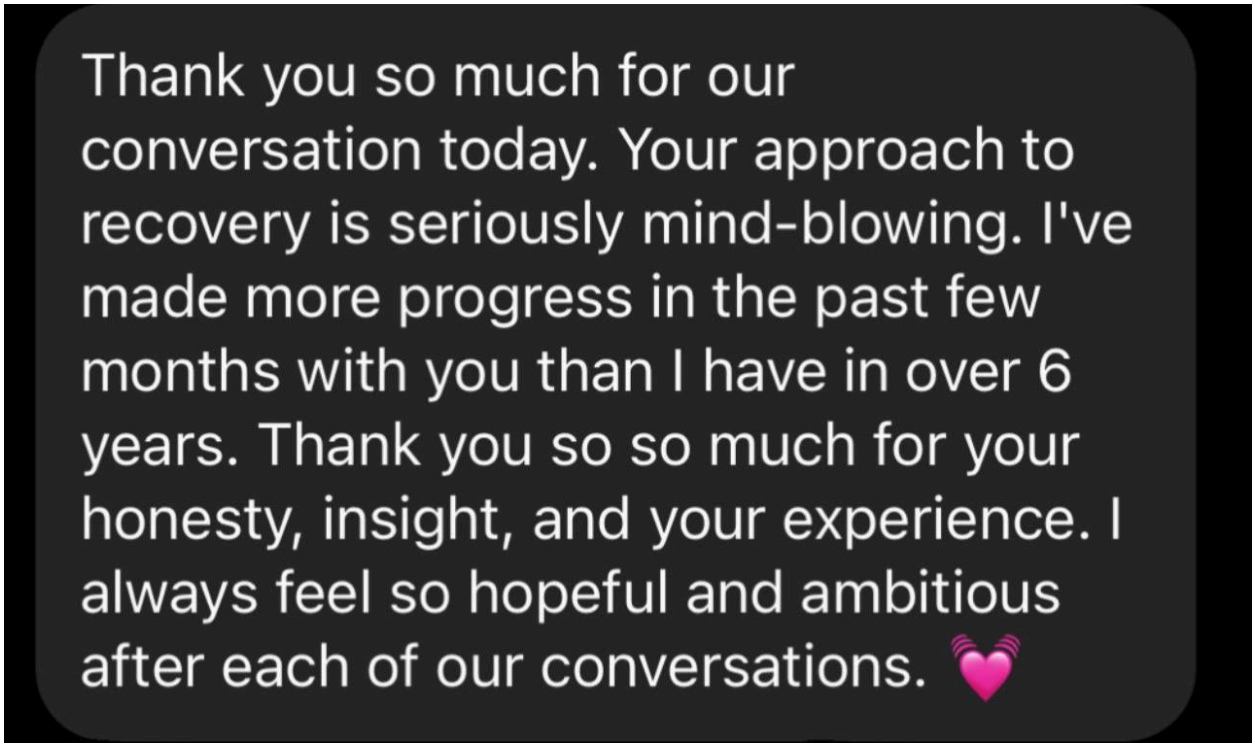
Embrace it, dont fight it! Enjoy life again.

It's all about eating food. Simple as that. thats the key. Eat nourishing food regularly and my healthy self voice wins over ED voice every time.


Just wanted to let you know that I'm celebrating one year of recovery today 💜 since I got my period back a year ago, I've been experiencing a healthy and consistent cycle! It's been a year of growth, memories and joy. Still consistently learning and I've finally been able to let love from someone into my life. You've inspired me, guided me and helped so much to get to this point. You're truly an amazing person! 💜

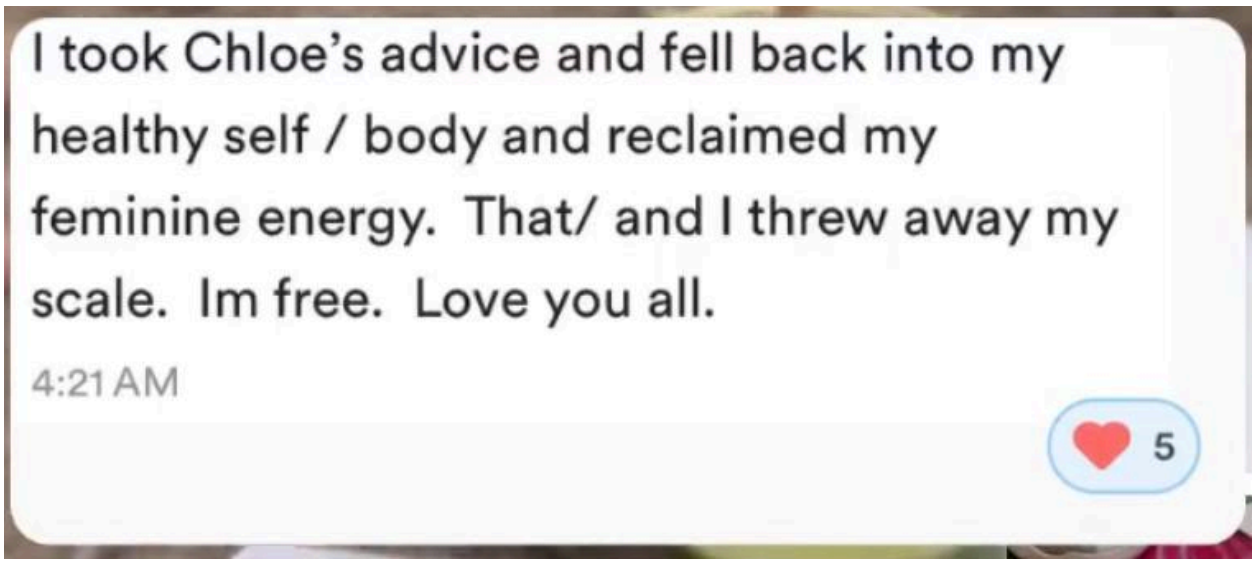

Chloe the course is AMAZING!!!! I simply was not aware how deep every topic could get. You read stuff on Insta and its like "ya.... okey, basic" but then diving into the modules and it's like "WHOA... there's a lot here". It has helped me shift my entire perspective on food and nutrition in general. I am shocked that they don't teach this stuff to everyone! Like seriously, this needs to be in High Schools around the globe! I just wanted to say a big big thank you for the amount of work you have put into this course and with how active you are in the community (do you ever sleep??). Really though, it's been great to have you constantly there. Definitely was not expecting this much from you! This is honestly more support and mentorship than I ever received in Inpatient!!
2:42 PM


@chloe murdoch you nailed it. I am doing all the modules again. module 5 i think: “It’s just a thought and your thoughts can change”
Boom. Nailed it!
Love you already chloe and I only just joined!
2:20 PM
1


Thank you so much for our conversation today. Your approach to recovery is seriously mind-blowing. I've made more progress in the past few months with you than I have in over 6 years. Thank you so so much for your honesty, insight, and your experience. I always feel so hopeful and ambitious after each of our conversations. 💓

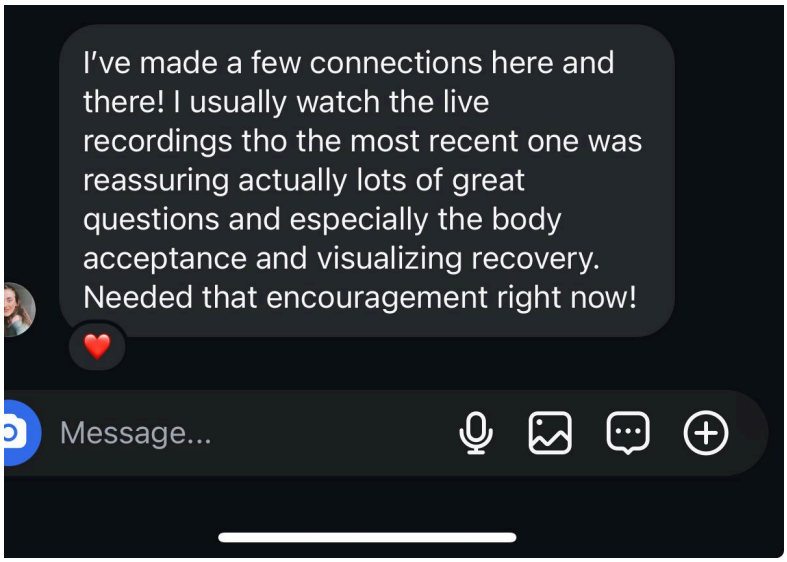
The metabolism module was so refreshing for me. I am so accustomed to meal plans and calories and macros etc from treatment that it's been ingrained in me. Hearing that I dont have to (and shouldn't) complicate food was such a relief, but... I am not sure I know how to do that! Any advice? for example, I am legit not sure I know how to serve myself yogurt for a snack without weighing it out. Embarrassing to admit but my ED will skimp, my hunger cues cannot necessarily be trusted, so.. how do I let go? I want to eat more free but in the past, it's caused calories to go down etc. <3

9:36 PM



Soooo much more sense wow! I have never tied this together before. That the bloating was

Wow this made me burst into tears 🥺🥺🥺 I want this so badly! How do I practically ‘slow



today's group session made me feel so much more grounded and fulfilled than i have felt for the last three weeks - thank you so much for hosting this session and for guiding all of us to be or best selves, Chlo ❤️ a big and special thanks for your warm welcome back and for

I wish you fully understood how incredible and amazing your program is. You need to be flown to every treatment center to teach them how to do the work you do 👏

You are a life saver in this crazy world of recovery gurus, sucky treatment centers, and endless therapy sessions that go nowhere.

Let me know how I can help you with your mission, I want everyone to be able to experience coaching by you.

Their lives would forever change if they just jumped in!

that is a HUGE win...mind blown with everything you shared. You should be so proud. So many wins in one night, not weighing it out, eating at an unplanned time, not adding up macros...letting go!!!

I love listening to the calls. I felt like listening to yesterdays was like a therapeutic meditation for me quite honestly! Love you all and hope to be able to make the next call. Going into this weekend with all your good vibes in my heart ❤️

10:53 AM

I loved the box mediation Chloe did. Very powerful. Hugs to you all. Through the highs and the lows we've got each other. One day at a time. A mantra I love is "right here, right now, I am safe and all is well."

1:21 PM

3

And in response to your videos, you're 100% right and I know it, the days I've felt the best about recovery and healing are the days away from day patient when I've been able to do some of the modules, journal, meditate and do it from a place of love and excitement for recovery (like Saturday when I was in the cafe was like yaaas this is what healing is about!), not from a place of feeling like I have to (as is

but equally I feel so so drained every single day after being there in the most depressive environment that I don't even have the energy for love and excitement when I get home.. and now that I've joined the community I actually want the time to dive in 100% to the course and making sense of it all!!

Exactly! This community & course expands me whilst day program drains me and is so uninspiring!!

COMMUNITY POWER 👇

I'm also so grateful to have this community in my life. I feel so held and it has made a huge difference in my day to day life. I'm grateful

Thankyou ladies for your support ❤️ it's crazy how quickly you can shift your mood when you feel supported and have others to relate to
So grateful 🥰

5:51 PM

Love this! Today I'm so grateful for this community, Chloe's amazing support, my body for being so strong and resilient, for my job and the delicious food I'm blessed to eat :)

6:23 AM

❤️ 3

This is so true. When others share their wins or even struggles, I feel really inspired. The wins motivate me and with the struggles I get this feeling of how we deserve so much more and the best way to help is to also keep going on this journey myself, not sure this makes sense.



11:28 PM

2

was the nap 😅) and I just feel so blessed to be here with all you ladies. It's such a calming feeling. Thanks to all the conversations we have here, I actually feel like I can do this 💜

Looking forward to watching the call tomorrow!

1:21 PM

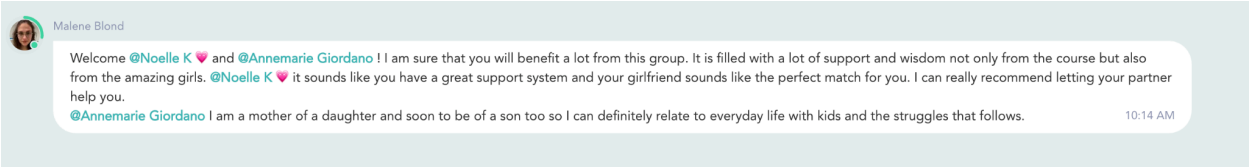
narrative until it Is ingrained. Thanks SOOOO much again for all your support and the epic calls that I come away feeling so inspired by. I think every woman needs a community like this to help up wake up, REMEMBER and stay in alignment. XXXX

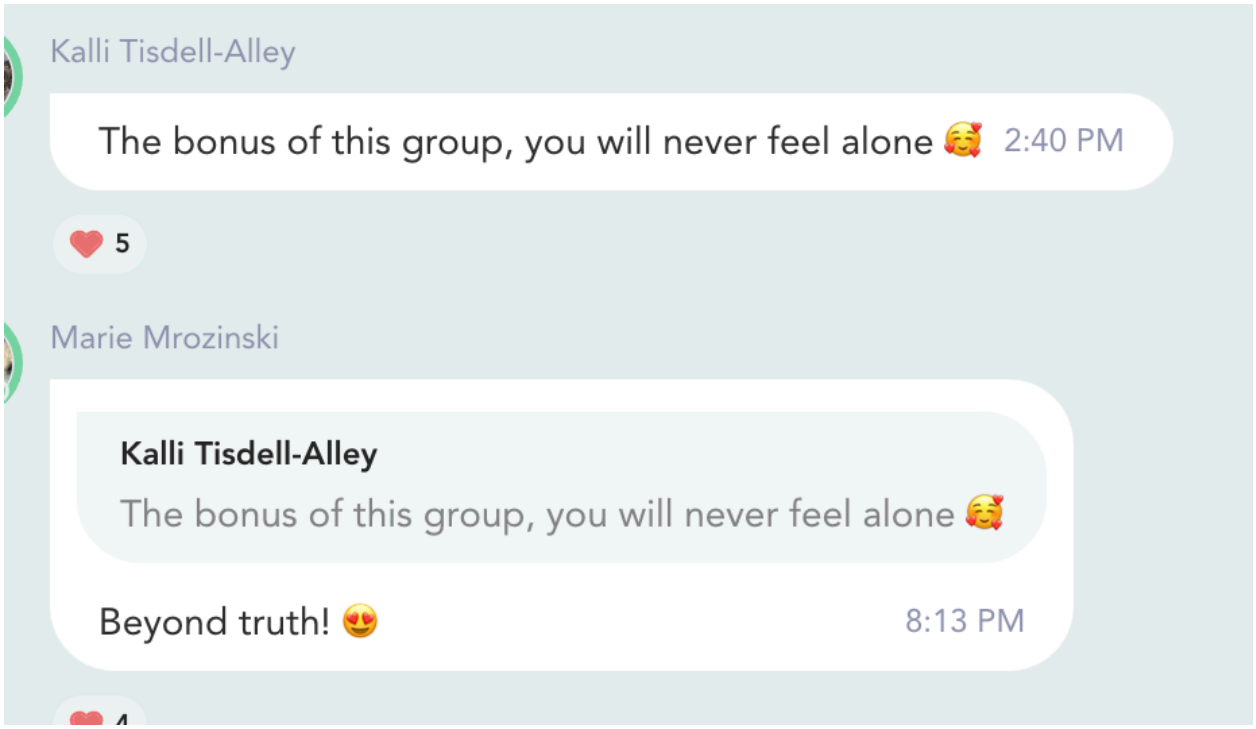
5:06 AM

Aww thanks for this. You have built such a special community💗 Today my mood kept dipping a bit, but just coming on here and hearing from all of you immediately lifted my spirits! Also, finished watching the call. Going to work on visualizing my healthy and authentic Self!

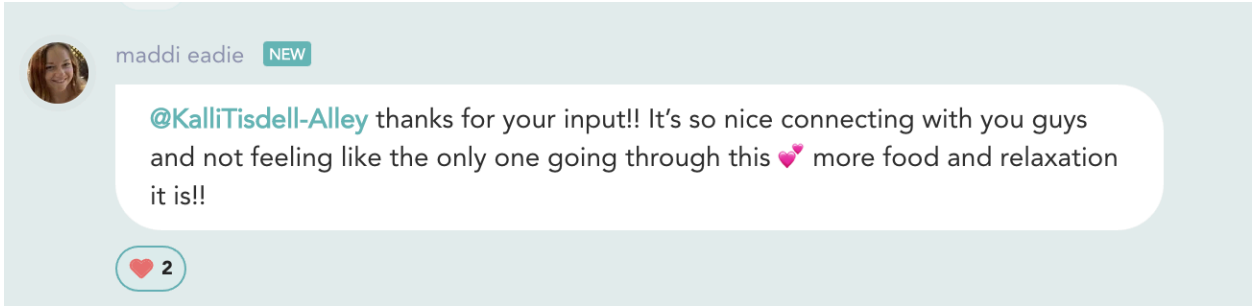
10:43 AM

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you are all such beauitful humans I am so thankful to be a part of this.



Everyone... this community is FIRE! I don't think I'd be on route to recovery without you all! Thats all I have to say :)

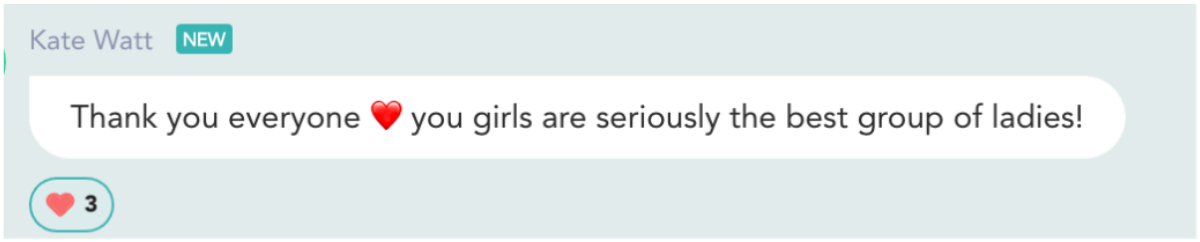
Thank you everyone for the support!!!! It is because of this community that I am able to push and challenge myself to things like eating this pie!

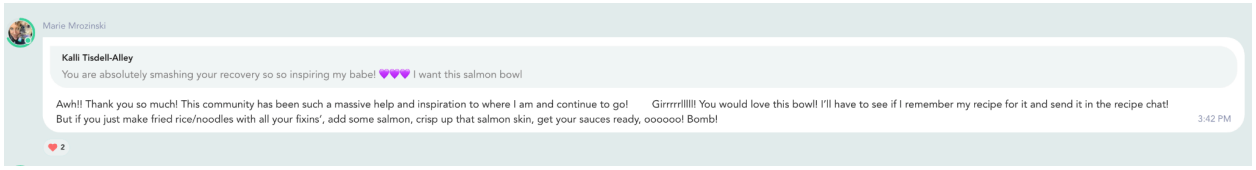
So glad you are here! I entered into the space with full blown orthorexia, too, and relate to a lot of your story. Today I am finding more and more freedom each and every day, one small win at a time (and plenty of temper tantrums). It's a journey, worth the effort. We deserve our freedom.

Inspired Reply 3d 3

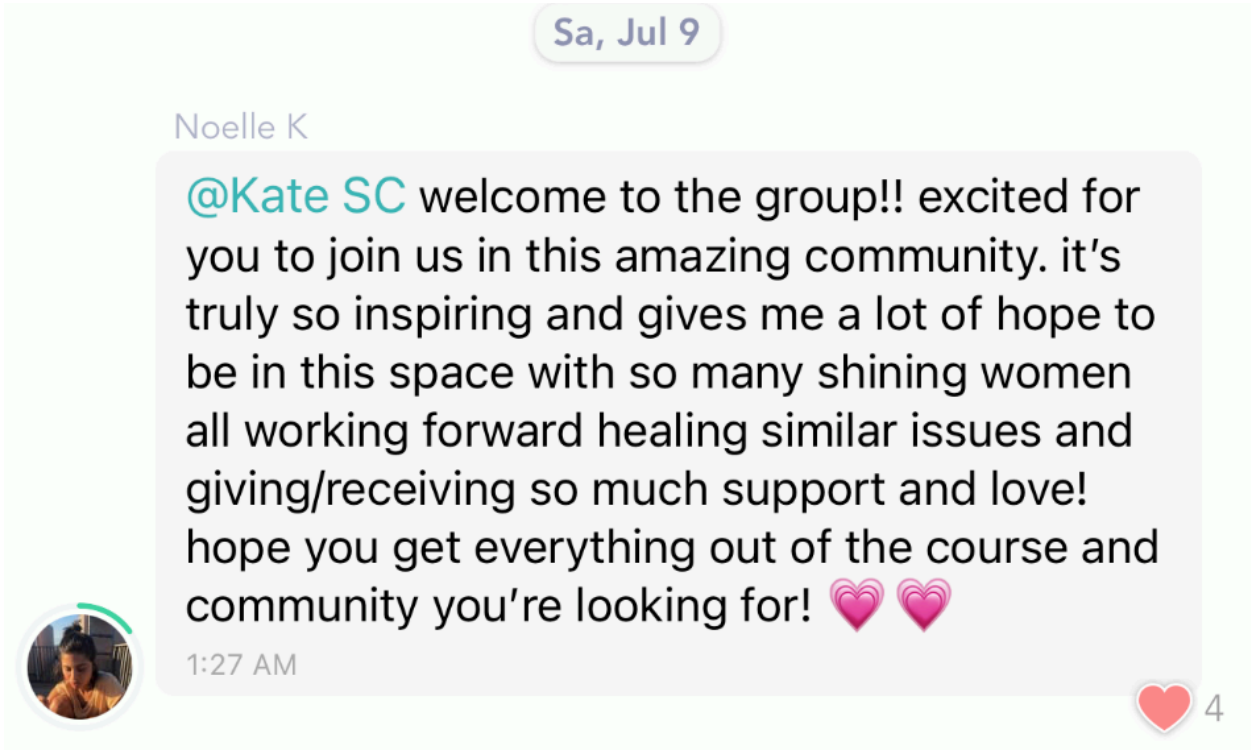
[redacted]

I would say it's probably quite a good thing that you're scared of recovery right now. Our resistance often, if not always, shows us the precise direction we need to move in. The fact that you're feeling fear shows that a part of you ~ an old, outmoded part ~ knows this is big for your growth, and probably also that's it's time for it to fall away to make way for a more evolved version of you. It helps to remember that that part of you is not you, though; it's kicking and screaming because it's about to meet its end, but that doesn't mean that you have to bend to its will. Quite the opposite :) Chat to us, tell us what's on your heart, ask for what you need, in this community you've landed right where you're supposed to be 💚 xx





thank you all so much for your kind messages in response to what I said the other day! I'm truly blessed and greatly honoured to be part of such a transformative, powerful and loving community of women!



Marie Mrozinski

Welcome @Annemarie Giordano and @Noelle K 💗 we are so excited to welcome you to this beautiful community! You both are going to learn so much gift on the course as well as the absolutely beautiful souls in this group! The knowledge, support, motivation and love you will gain here is so warming and honestly I will say one of the best investments you will make for your life
Cannot wait to get to know you beauties even more and help you both on your recovery journey! 9:58 AM

Taylor O Driscoll NEW

Noelle K 💗
Hi Everyone, Im Noelle, Im 24 years old, from nyc and am really excited to join this community, I've struggled with an eating disorder- mostly orthorexia and compulsive movement for

Hi Noelle ! Welcome to the group. I'm so excited for you 😁. With your determination and the support of all these lovely ladies in the group, you are going to flourish. It really is game changing to have a group of people who understand what your going through and to help you on this difficult and amazing journey ! 9:56 AM

Catherine Rowdy

cami Merlin

Excited to have you here @Annemarie Giordano This group is amazing, the course modules are fire, and overall its been such a great investment for me.Just got my period back today so naturally very excited right now about recovery and all so if you are ever needing that extra push and motivation just reach out and send me a message! Can't wait to help you on your journey to getting your period back! 9:44 AM



Naomi Ebersol NEW

Thanks everyone for the advice! I really appreciate it! This community is soo helpful in this recovery journey! Love every one of yous!!

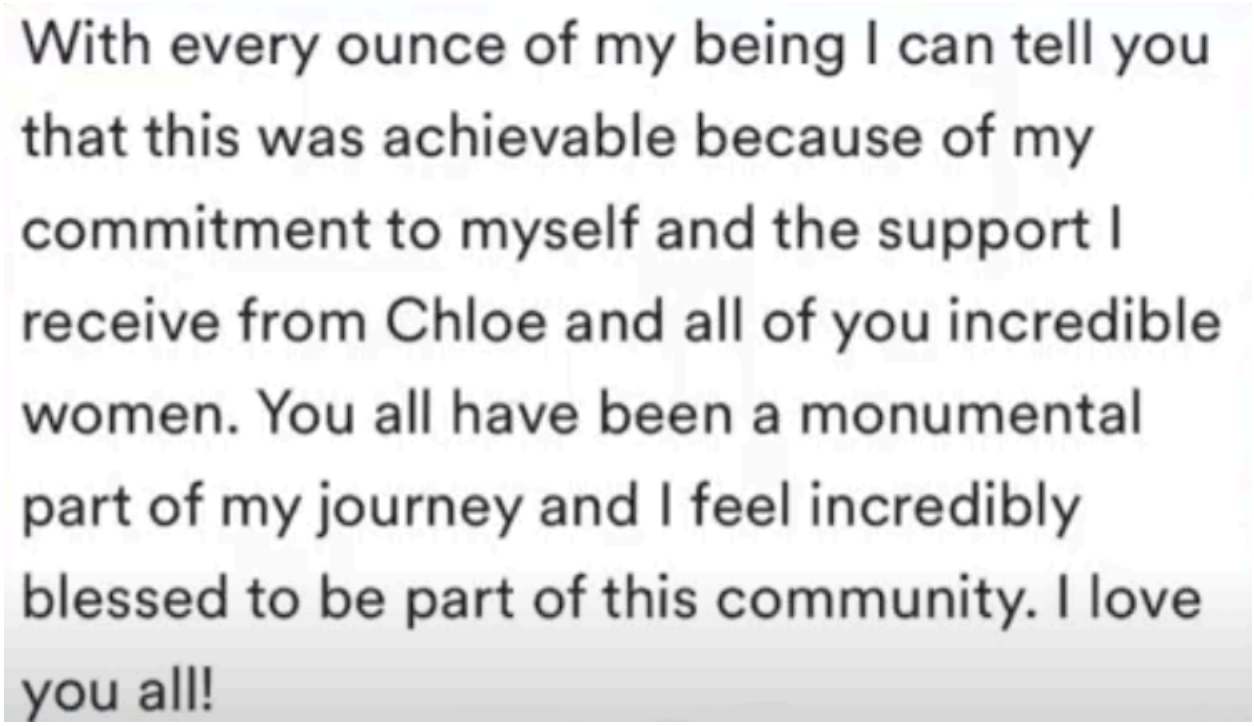
Kate Watt NEW

Thank you everyone ❤️ you girls are seriously the best group of ladies!

❤️ 3

Kalli Tisdell-Alley

Naww you ladies are incredible! I wouldn't be where I am mentally without you all 🥰🌺



Your guys support means the world to me and has been really helping me through this rough patch 🥰 1:43 AM

1

Allie Wells

wow I am so inspired and beyond PROUD of all you ladies, knowing that others are taking big steps forward is so encouraging and motivating!!!
(edited) 2:13 PM

2

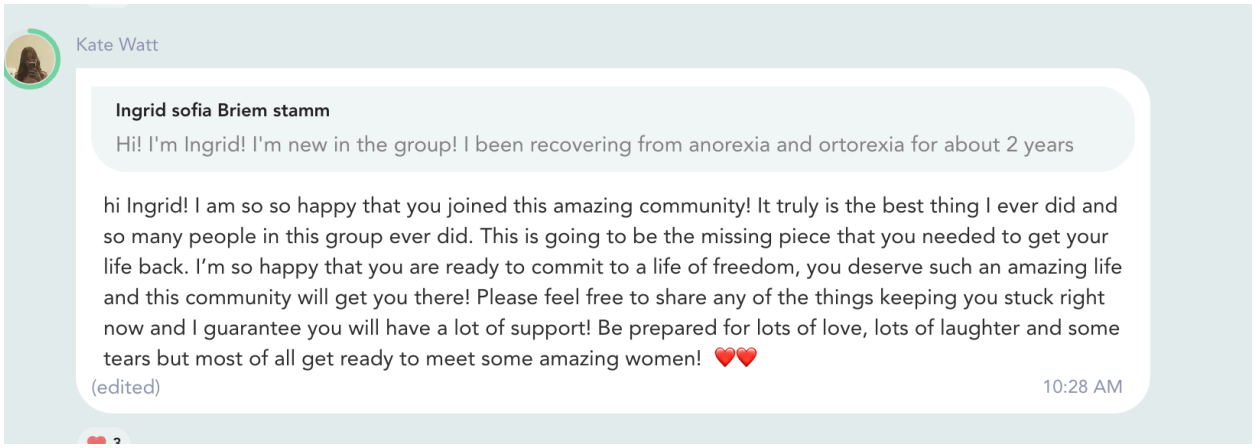
Allie Wells

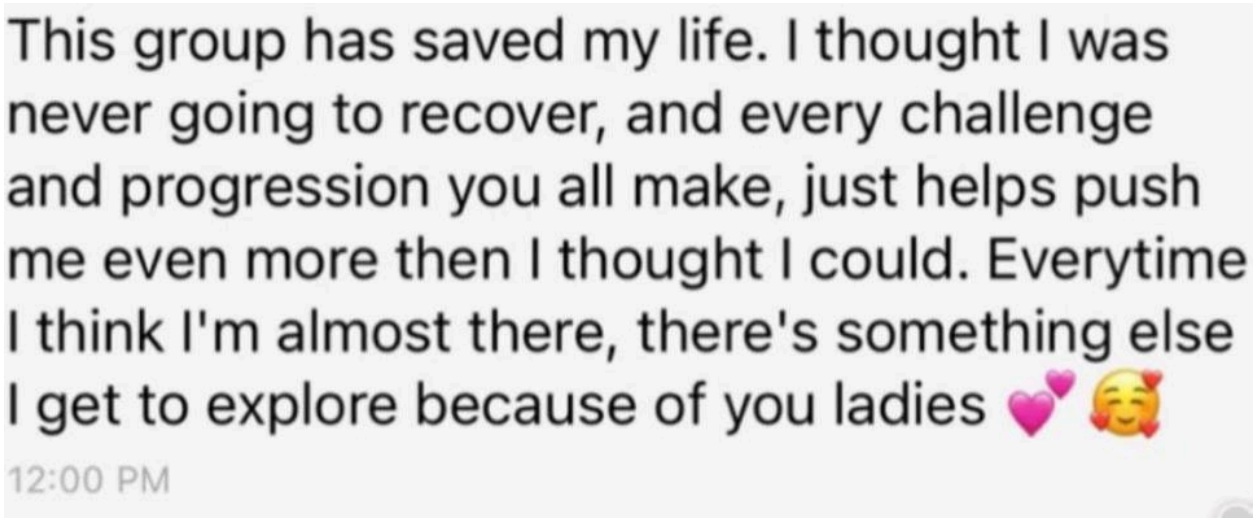


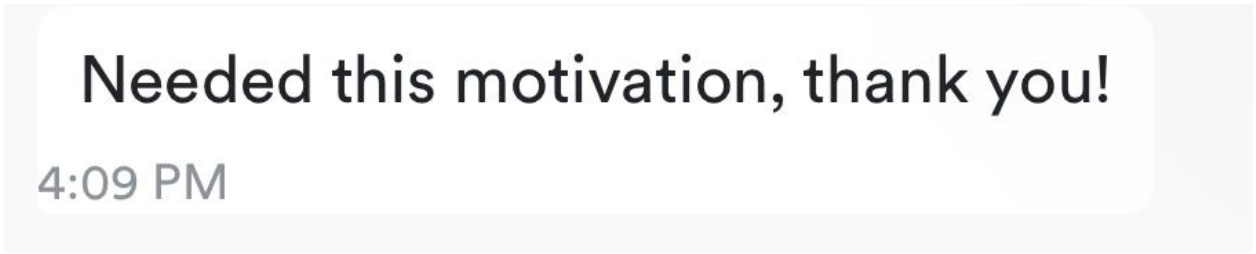
Chloe Murdoch
Video

holy smokes this hit hard!!! thank you for sharing <3
3:19 PM

1


Kate Watt
Ingrid sofia Briem stamm
Hi! I'm Ingrid! I'm new in the group! I been recovering from anorexia and ortorexia for about 2 years
hi Ingrid! I am so so happy that you joined this amazing community! It truly is the best thing I ever did and so many people in this group ever did. This is going to be the missing piece that you needed to get your life back. I'm so happy that you are ready to commit to a life of freedom, you deserve such an amazing life and this community will get you there! Please feel free to share any of the things keeping you stuck right now and I guarantee you will have a lot of support! Be prepared for lots of love, lots of laughter and some tears but most of all get ready to meet some amazing women! ❤️❤️
(edited)
10:28 AM


This group has saved my life. I thought I was never going to recover, and every challenge and progression you all make, just helps push me even more then I thought I could. Everytime I think I'm almost there, there's something else I get to explore because of you ladies 💕🥰
12:00 PM


Needed this motivation, thank you!
4:09 PM

omg of course! Thank you all for being so easy to share with! Your own achievements keep me motivated too!

11:13 PM

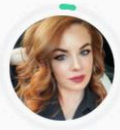
2

This is so true. When others share their wins or even struggles, I feel really inspired. The wins motivate me and with the struggles I get this feeling of how we deserve so much more and the best way to help is to also keep going on this journey myself, not sure this makes sense.

11:28 PM

3

omg of course! Thank you all for being so easy to share with! Your own achievements keep me motivated too!



11:13 PM

2

And then I go into this course/this support & community and this program and I feel seen, grounded, empowered and capable...

2:34 PM

3

The biggest role model! 🥹 that level of food freedom and positive energy is so so inspiring!

Chloe for sure is the most inspiring example of what a life without ED can look like. I often think what would Chlo do when I get these thoughts

1:28 AM

3

Same, I always see Chloe as such a big role model and also as an inspiration where I want to be as well!
@chloe murdoch you're a true gift ✨

9:00 AM

4

Thanks so much Chloe this is the first time I've done this, it feels horrible but the live from Thursday was just so incredibly reassuring . You girls are the most beautiful souls. I can't thank you enough @chloe murdoch for creating this community and allowing me to be part of it

1:16 AM

3



@victoriarafanelli573 • 23 min ago

Traditional ways of recovery tend to only focus on the food aspect. And some even scratch a little beneath the surface. But the food is never the sole issue of an ED. There are sooo many factors at play. There is a reason it is categorized as a mental illness. Finding the right help is CRUCIAL to overcoming an ED. I can't speak enough on how essential Chloe's approach and technique were for my recovery. It went beyond the "why". She brought to light all aspects that played a role in how my ED developed. Things I would never have uncovered by myself or through traditional institutions/therapists. Once those aspects were brought to light, there were clear action-oriented plans put in place for me to cement my recovery. Cannot thank her and her program enough for helping give me my life back.

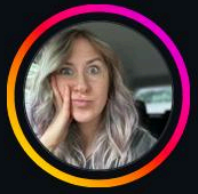
Thank you Chloe and all of you girls! The support from this community is life changing. ❤️

10:52 AM

1

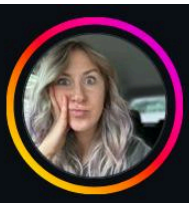
Here to echo everything everyone has been saying about Chloe and this community. I've only been here for 6 weeks, but the positive impact that it's had on my recovery is more than I saw in 7 YEARS. Thank you all for your vulnerability, support, and kindness. I'm honored to be here doing this recovery journey with you all ❤️

11:22 AM



mariejudene commented: @flowwithchlo I am truly grateful everyday that you help put such an amazing program and community together. Thank you always 🙏 ❤️ 2h

❤️ Reply



mariejudene commented: I can vouch for this program 🫶🏽 this group saved my life and helped me get back my period on top of providing me with inspiration, encouragement and support. The community is true magic ❤️ 2h

❤️ Reply

I just finished watching the recording. Agree 100%. I always feel so energized after watching the lives. Sets me up for a great day! Thanks Chloe💜

2:07 AM

1

Amennn! 🙏💗 the energy and mindset shifts I take away from the lives and this community are incredible, not sure how I lived my life without this to be honest 😅

2:29 AM

1

Holly... I can relate SO much to what you said here. I too was once in the typical treatment team approach with a therapist, dietician, coach, etc., and that disjointed symptom-management approach just did not serve me at all. It took me 7 years to get out of that approach and try something new (GYFO), and honestly, I have not looked back!! The community here is incredible and you so quickly begin to step into your power and shift the core beliefs that are the source of the ED behaviors. So excited to do this work alongside you, and please feel free to DM me anytime :)

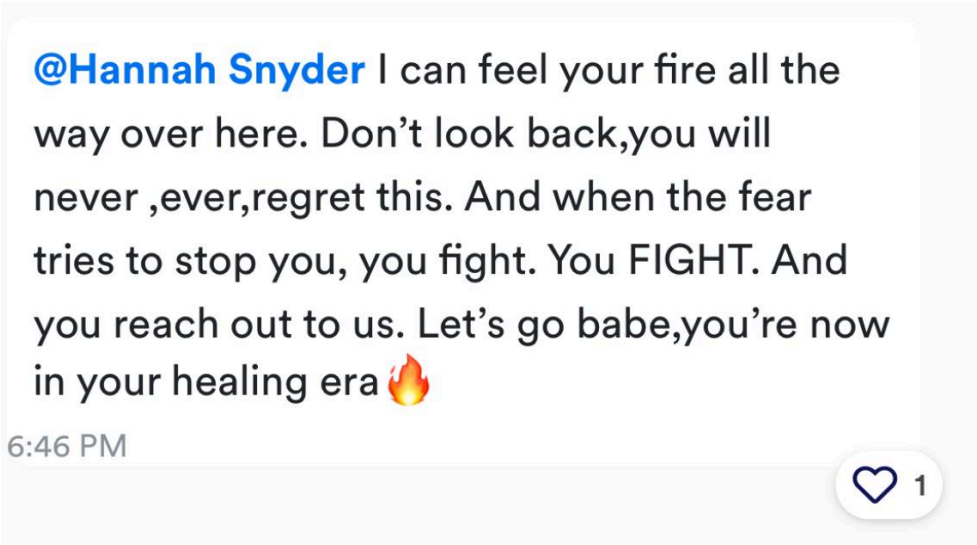
Inspired Reply 13h



Just wanted to take sec and give a big shout out and thank you to you **@chloe murdoch** for the Amount of time,energy ,and genuine emotion you give to us both corporately and individually . Beyond grateful.🥹👏👏👏👏👏👏👏👏👏👏👏👏👏👏👏👏👏👏💜💜💜💜💜

4:56 PM




@Hannah Snyder I can feel your fire all the way over here. Don't look back,you will never ,ever,regret this. And when the fear tries to stop you, you fight. You FIGHT. And you reach out to us. Let's go babe,you're now in your healing era🔥
6:46 PM
1

Hi Holly, it’s so nice to meet you! I can totally understand that you've kept a lot of stuff to yourself. I was the same way, but here in the community, you can really express yourself however you feel and however you’d like. There’s no shame here; we support each other, and it’s just comforting to know that you’re not alone and that you can always reach out. Since joining, I’ve become much more open about my problems, not only with you girls here but also with my personal circle, and I think that’s actually been one of the biggest helps in my recovery—just realizing that everyone has their own struggles and that there’s absolutely nothing wrong with seeking help. I love how you wrote that this isn’t the real, authentic Holly yet. I’m excited to support you and be with you on your journey to the true Holly!❤️

Holly... I can relate SO much to what you said here. I too was once in the typical treatment team approach with a therapist, dietician, coach, etc., and that disjointed symptom-management approach just did not serve me at all. It took me 7 years to get out of that approach and try something new (GYFO), and honestly, I have not looked back!! The community here is incredible and you so quickly begin to step into your power and shift the core beliefs that are the source of the ED behaviors. So excited to do this work alongside you, and please feel free to DM me anytime :)

Inspired Reply 13h



Welcome Holly! <3 you're in the right place, having the community of girls who all understand and are going through similar things will help no end, there's no shame or judgement here, just pure love! I can relate to working with a dietician being too food focused, I've been at a day patient centre for a while now and whilst it helps with accountability for meals, it's not helping with the deeper underlying stuff which I've found this community and the modules to be so so useful for! xxx

Inspired Reply 5h

PERIOD RECOVERY 👇

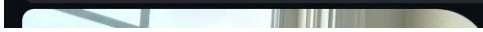
Happy to announce that my first recovery period just came!!! What a journey this has been but alas I have gotten to the sweet land of recovery!

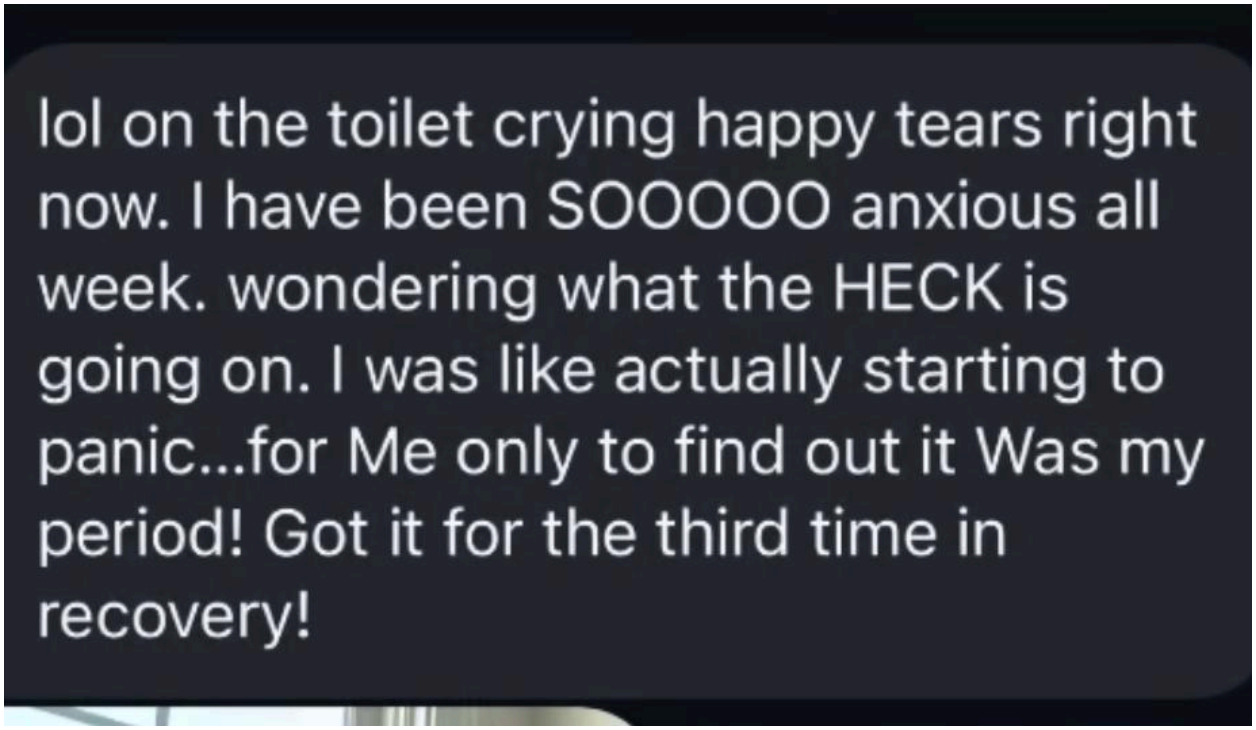
1:38 PM

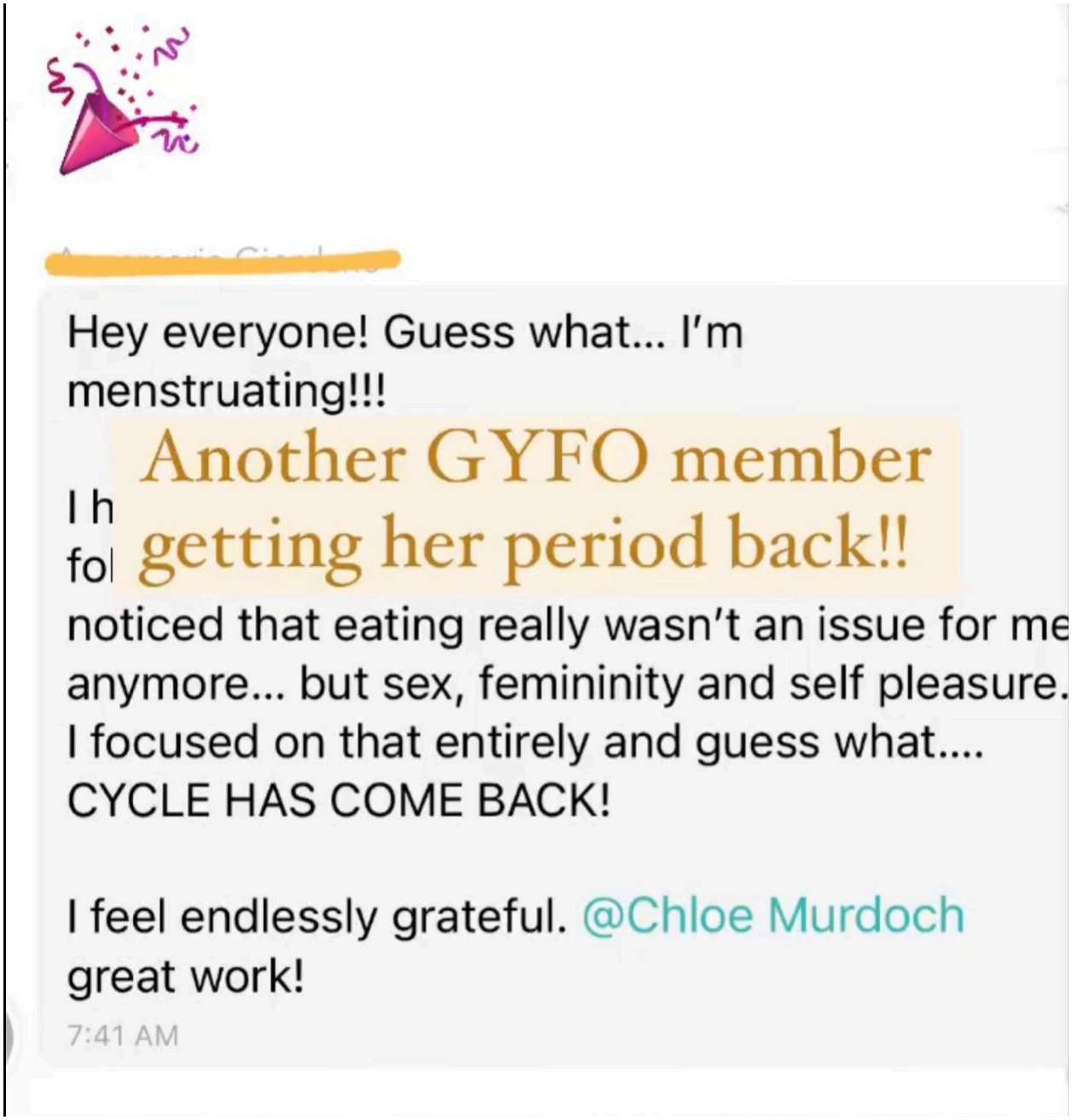
Period came!!!! 7 years without it, I couldn't be more happy to have her back!!! The GYFO course really changed my behaviors in so many ways and encouraged my to continue forward. Thank you thank you for what you have created!

PERIOD CAME!!!!! 4th one under 32 days! I can't believe it! 1:36 PM

lol on the toilet crying happy tears right now. I have been SOOOOO anxious all week. wondering what the HECK is going on. I was like actually starting to panic...for Me only to find out it Was my period! Got it for the third time in recovery!




lol on the toilet crying happy tears right now. I have been SOOOOO anxious all week. wondering what the HECK is going on. I was like actually starting to panic...for Me only to find out it Was my period! Got it for the third time in recovery!



CHLOEEEEEEEEEEEEE I am so happy right now!!! I got my PERIOD!!! 🙌🏻First thing I did was call my mom and she literally started crying tears of joy. She is so happy that I have found you and that this course was able to help me with this last final push of recovery!! We (my mom and I) are eternally grateful for the work you do and the amazing course you put together! I am so happy that I decided to jump in and do it. The modules were gold and really pushed me to see things in a different way. Ahhhhh I don't even know what to do right now I am so giddy!!! 💞

4:50 PM

Mullein Jane

I haven't checked in for quite some time but felt like I'd share something I felt had been significant. I recently got my IUD removed as it was giving cramps daily for over a year and also caused me to not have a period..which was convenient some months but I felt like it was difficult for me to determine if I was having healthy hormonal cycles & it was always a tell for me if I was at too low of a weight (or lacked majorly in the nutrition department).

Thankfully, with recent weight gain & the IUD removal, I was able to have a period again and plan on rejoicing every damn month from now on. 🥂

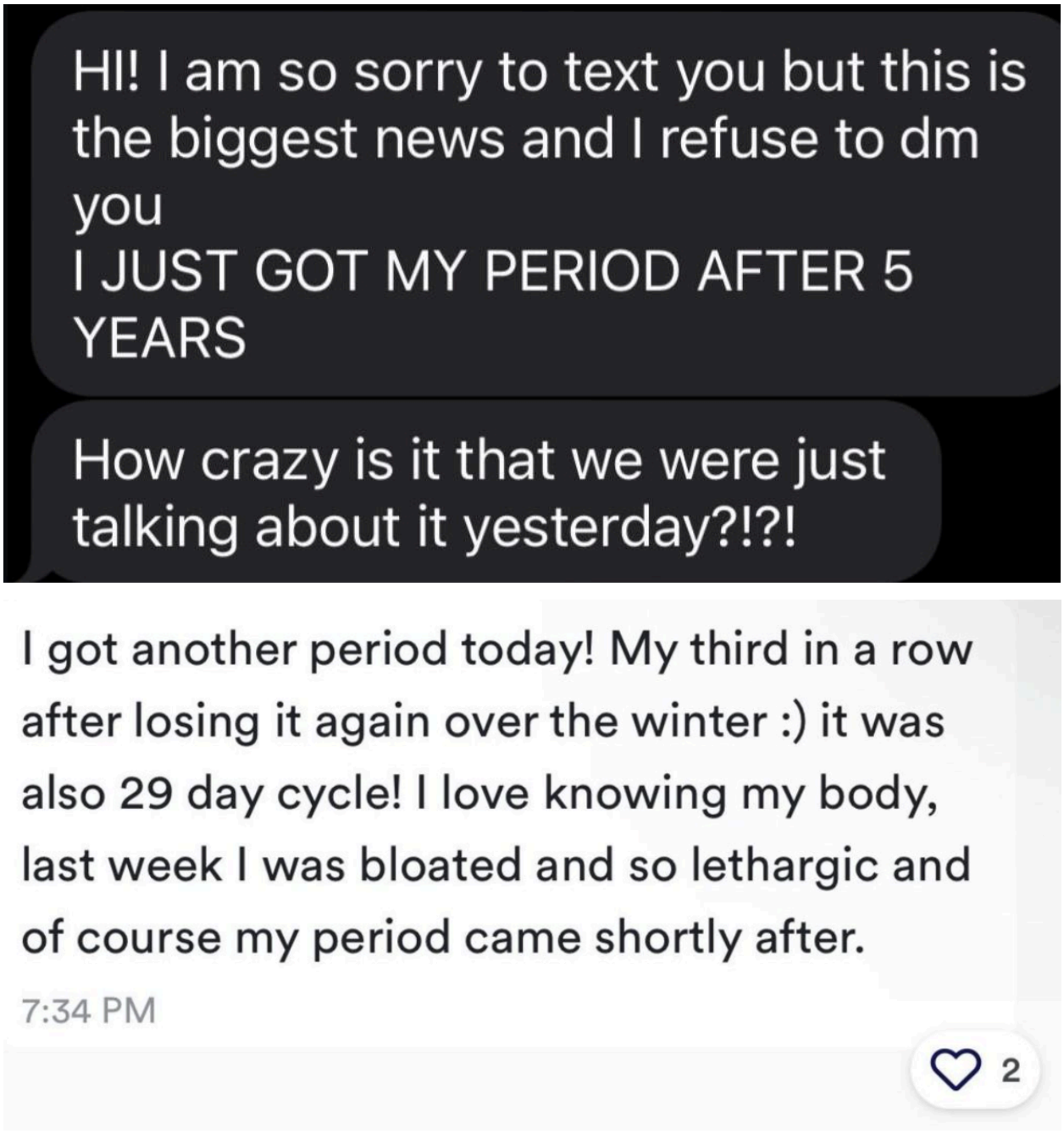
The actual IUD was causing issues that I assumed was "normal" so here's a reminder to double check with your doctor when you have a gut feeling about your bodily functions. The object was completely imbedded in the side of my uterus- very grateful for skilled doctors. While I don't frown on anyone using hormonal birth control, I can confidently say it is not for me ever again in any form 🤦‍♀️

5:34 PM

Great! Also Chloe you aren't going to believe what I woke up to this morning..,.....my period!!!! I could not even believe it…I went to pee like I always do when I wake up but felt like it was a bit strange …turned on the lights and I looked and it was 🩸 blood!!!!!!!!
Still in shock, but clearly everything I'm doing is working , all thanks to you and this beautiful course you have created , I can't begin to tell you how much better I feel (mentally and physically) and I really feel like I'm starting to live in this world and not in the small box Ed kept me in….
Still feels surreal….like someone pinch me this is a dream. Was not expecting that ! what a nice surprise.
A very validating feeling to say the least, definitely feeling all the feelings , tears, joy, 💞💞💞❤️❤️❤️cannot wait to continue moving forward 1:11 AM

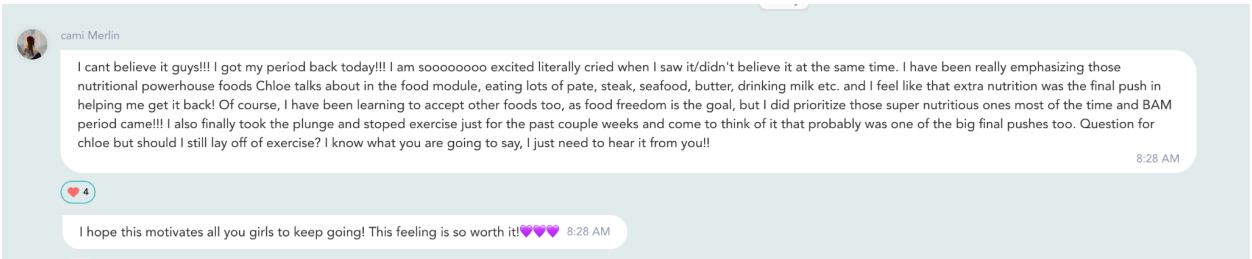
❤️ 1

Ladies I have to share just how thankful I am that I have you all. I got my period today (I've had it back for about a year after joining this course) and I had this moment (sitting on the toilet ha) where I just started crying, happy tears. I went years without a period and now my body each month cycles and I still am just so in awe of the whole process. The moment

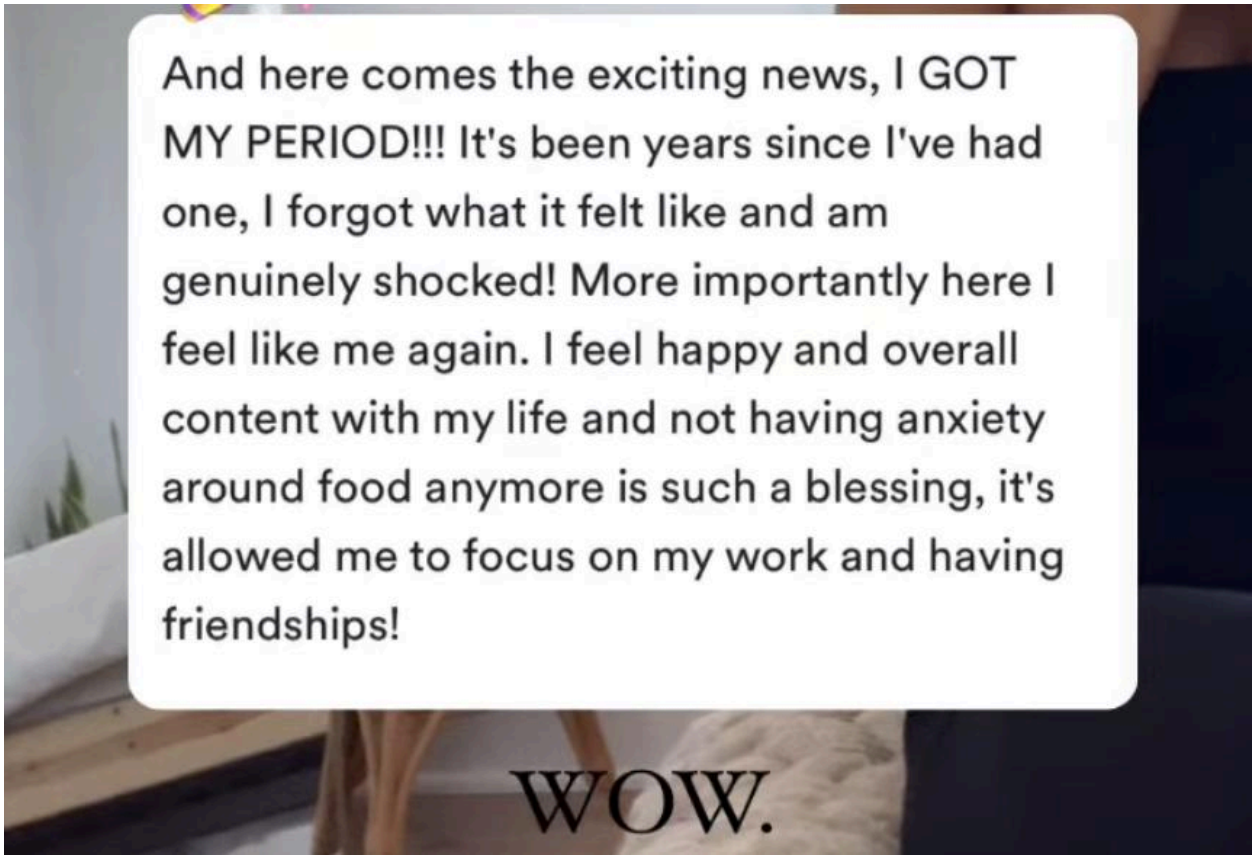

HI! I am so sorry to text you but this is the biggest news and I refuse to dm you
I JUST GOT MY PERIOD AFTER 5 YEARS
How crazy is it that we were just talking about it yesterday?!?!
I got another period today! My third in a row after losing it again over the winter :) it was also 29 day cycle! I love knowing my body, last week I was bloated and so lethargic and of course my period came shortly after.
7:34 PM
2

Girlllllllssssss I got my period, I just got my period. I went to the toilet and I had blood on my panty liner and on the toiletpaper. I ran out to get my phone and send my mom a picture 😂😂 she was sitting downstairs in the kitchen drinking coffee and then she ran upstairs ❤️🙈 I have a slight discomfort in my abdomen and my heart is so full, so so so so full right now I can't even describe it all. Grateful! I am grateful! and for everyone who fights getting their period back. do not give up - please please - now i understand.. the moment you see the blood NOTHING else matters. NOTHING. Keep going! ❤️❤️

❤️❤️❤️❤️❤️❤️❤️❤️🩸🩸🩸🩸🩸🩸🧁



just got my 5th period in a row, exactly 28 days since my last one 😁😁





Good morning Chloe!
Just wanted to let you know I got my period this morning!
Thanks again for everything you have taught me!

Girlies, I went to the toilet and saw some blood 😳 it feels unreal! I am happy but at the same time not super hype as it is not a full flow! (So it is confusing to me) I will see how it develops 🥲🤗🤗🤗 hopefully this is my time and I will be cycling again 😭😭🙏

My breast are super sore but that is pretty much all the period symptoms I am feeling. I think I am dreaming 🥲😭🥰

When we let go magic can happen ✨✨✨ ❤️

11:32 AM

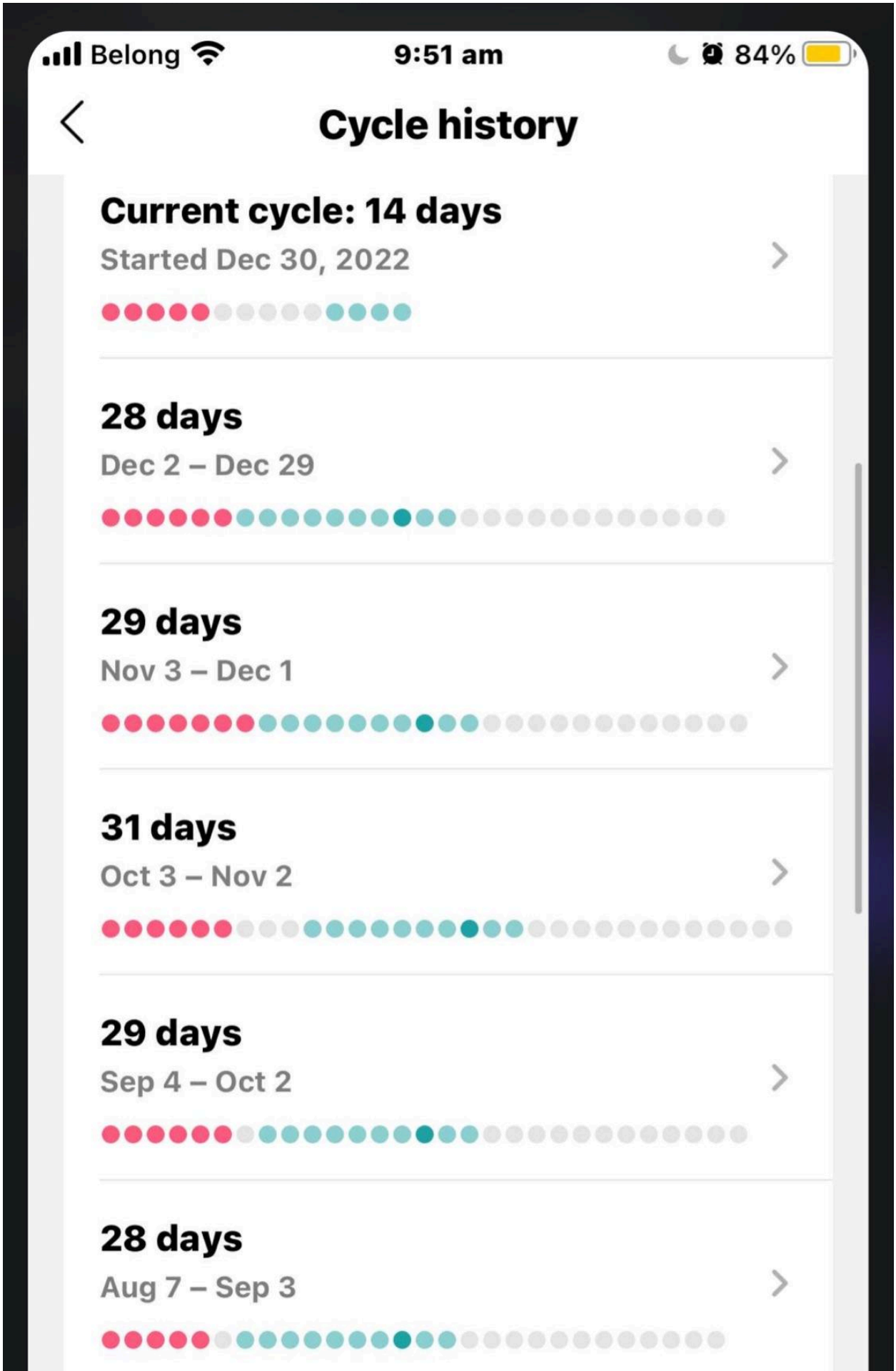
❤️ 3

I got another period today! My third in a row after losing it again over the winter :) it was also 29 day cycle! I love knowing my body, last week I was bloated and so lethargic and of course my period came shortly after.

7:34 PM

♡ 2

Hi chloe! It's your old client, i know it's been a while but Its my 8 month anniversary of when i got my period back and have been going strong ever since, i just wanted to reach out and say thank you again for your work you do. I finally just finished my community college (majoring in bachelor of science in nursing) and got confirmed I will be able to transfer to any of my top three schools. wherever i pick i'll be joining the nursing program which was my dream ever since i was little but didn't think I would ever be able to accomplish because of Anorexia. Thanks to your videos, content, and coaching you've completely changed my life and put me back on the direction I always wanted. Whenever I reach new successes or life goals now your name comes to mind and I just cannot not reach out and say


Belong
9:51 am
84%
Cycle history
Current cycle: 14 days
Started Dec 30, 2022
28 days
Dec 2 – Dec 29
29 days
Nov 3 – Dec 1
31 days
Oct 3 – Nov 2
29 days
Sep 4 – Oct 2
28 days
Aug 7 – Sep 3

Chlo

I had a bleed today...

I have noticed a good noticeable increase on my cervical mucus in the past couple of weeks and my temperatures were higher. I also noticed some tension/ pain in my breasts.. I knew these were good signs of

thanks Chlo

I had more bleeding today... even more than yesterday , feeling quite amazed for my resilient and wonderful body

Hola and happy "almost Christmas".
Got my period again!, this time came earlier, at 29 days and still in full force.
How amazing my poor body is
.. And how stronger I am in my strength workouts when I am in my period
It has been a positive realisation, and encourage me more to keep optimising my hormones.

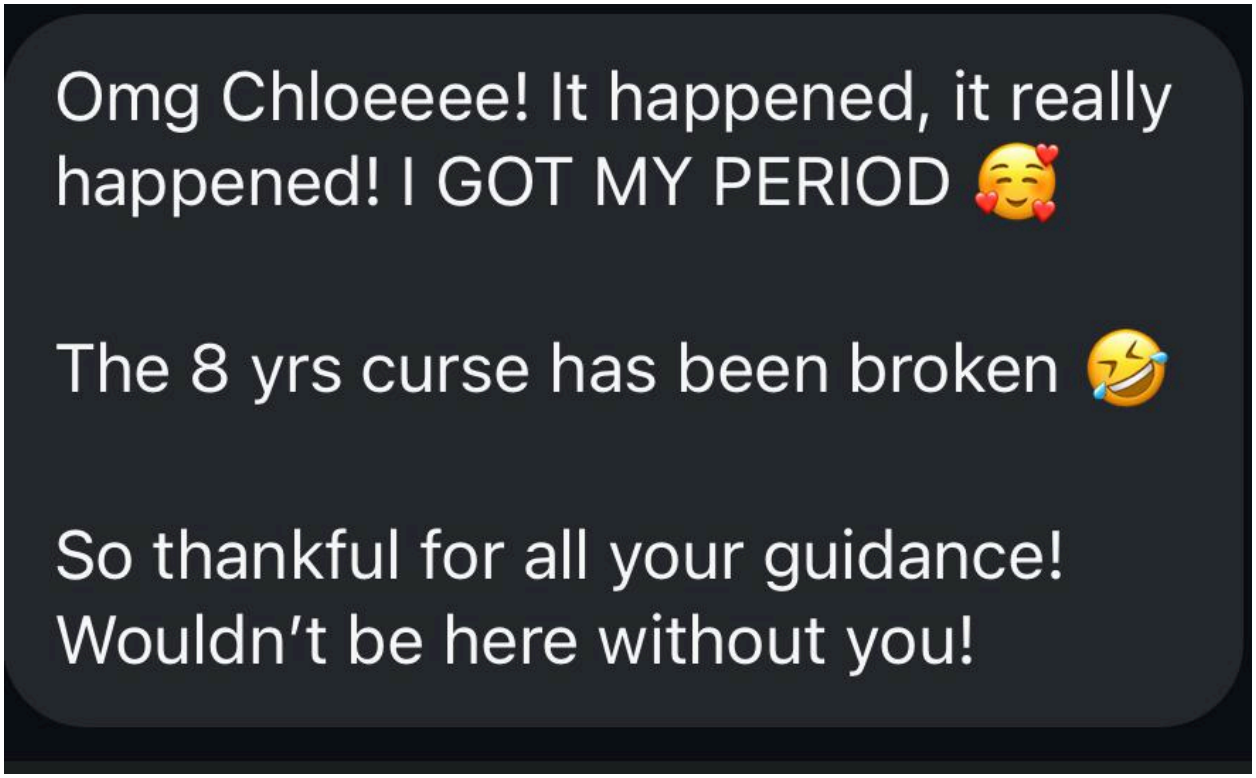
I got my 6th period! At 32 days and also quite heavy bleed for a couple of days. I'm very happy about it... My GP may think now that I have super healthy hormones as she thinks that 4 periods a year are kind of enough!!!

Period on day 28! What!?

I GOT MY PERIOD!!!!! Ahhh I could sing!!!!!! I just woke up this morning and got my period. I literally burst into tears on the toilet. Yesterday I was thinking so much about how I was stuck and how I was never going to get it back and here we are this morning. I ran into my mums room and we just gave each other the biggest cuddle. Whatever Chloe felt about her boobs when she got hers, I felt that because my boobs were so sore that I could barely put a shirt on last week. 🩸🩸🩸🩸🩸🩸🩸🩸🩸🩸🩸🩸🩸

8:10 AM

1

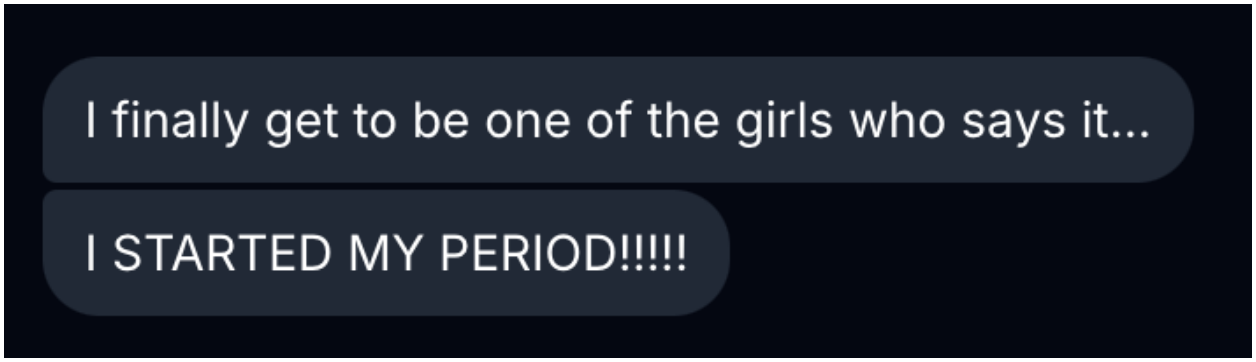


Claire Liu

i'm still in disbelief and some shock to be honest. but i wanted to come on here and shed (no pun intended) some light to the fact that this journey does in fact work and that is it worth it. i've questioned it many, many times along the way and at one point almost turned all the way back again, but this community and **@chloe murdoch** literally saved my life. so i want to say THANK YOU to everyone!!! i wanna be here to support anyone who's doubting and be there to support y'all the way you've supported me. i have so much love for all you girls 💖

(edited) 6:55 pm

❤️ 7



Hi friends! I wanted to come on here and say I FINALLY got my period back after 5 years of not having one I am somewhat in shock right now (I legitimately thought I was broken and it would never happen). It took me about 6 months — exchanging my beloved runs for lower impact bike rides, and a whole lot of red meat (which I used to be deathly afraid of, but now can't live without!)

FOOD FREEDOM 👇

Laying in bed this morning typing this out for you all really made me realize I am finally living my healthy self when it comes to eating. I don't have anymore fears, I am open to eating and trying everything, eating tons of sweets all day doesn't even phase me, and I'm not scared to eat when my tummy is telling me it's hungry even if that means I just ate a big dinner and dessert and I'm still hungry later and no one eats again with me! And I am 10000% okay with eating tons of food and sitting on my butt all day long!
(edited) 5:07 AM

❤️ 2

Ahhh!!! Thank you Chloe!! You have literally saved my life! I cannot believe I don't fear food anymore, like WOW! It is all thanks to you and I honestly from the bottom of my heart cannot express how much good you have done in my life and the lives of so many 🤗 I am so happy and so free and I can honestly say I will NEVER go back to my old habits. The energy of restriction and denying is so unappealing. I can't imagine ever going back to a place where I feel so awful and cold and tired everyday! Man you have changed my perspective too! Thank you for being you and changing the world one step at a time!! Next step : my period coming back!! ❤️❤️
7:11 AM

❤️ 1

I can't express how amazing it feels to go out to get a burger and just pick a signature option and not make any substitutions. I truly couldn't tell you the last time I did that prior to my recovery journey. You all have helped me so much! And always continue to do so!
My burger was bomb! And I love trying a new burger place almost every week now. It's so fun trying these fun combos and different ways restaurants make them! 8:08 PM

❤️ 3

Today

2

I want to hear from the girls who have food freedom right now... what was one of the top things you did to get to where you are today?? @everyone 2:10 PM

New

Jennifer Czarnowczan

@Chloe Murdoch accepted the challenges from others in this community that dealt with my fear foods and continued to challenge them each day 2:50 PM

3

Kate Watt

The top thing I did to get to where I am today... Was to act when I felt uncomfortable. When I felt like something was hard, when I felt like something was uncomfy, when I felt scared... I did it. I did the thing that felt the most uncomfortable... I lived outside of the box! And I can tell you that every single time that I chose the uncomfortable, my area of comfort grew! My life opened up! My heart opened up! My health became far more vivacious! By saying yes and by doing the uncomfortable, I found freedom!

7:12 PM

4

chanowa Wernicke

The very first journal exercise visualizing your healthy self helped me tremendously. Whenever I'm scared or uncomfortable, I step into her shoes. 8:35 PM

2

Shannon Theobald

@Kate Watt @Jennifer Czarnowczan sounds like you both noticed what was uncomfortable and had the bravery to walk toward those things 10:10 PM

3

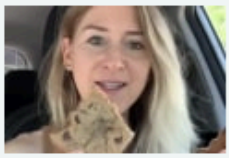
Sunday I got brunch with my co workers with no hesitation! It was so nice! The food was good a bit pricey but good 9:09 AM

3



3

Claire Scimeca



Marie Mrozinski

Video

Yesss this inspired me too!! Thank you for sharing, it all looks so good. :) I saw that Starbucks challenge today too-- definitely a hint that I need to explore more drinks. I was so stuck on drinking only water or tea for so long that I have so much to play with now!!

5:18 PM

3

Hi everyone! I've been in Seattle with my family and eating SO MUCH delicious food. I came here two years ago when I was in early, early recovery. The difference in how I feel is like night and day.



4:11 AM

I always have the same breakfast which is like overnight oats in different ways. I realise I'm scared to do anything else so I went outside, grounded myself and thought if I had NO restrictions what would I want to eat? I was so hungry but always just have sweet foods. so I made scrambled eggs with 3 eggs (only ever have 2) to get all the protein i need in and on 2 (small) pieces of toast. My head said 'if you are having 3 eggs, you should compensate and have 1 toast''. But Then I just surrendered. I also put caramelised banana on top and grated parmigiano..weird combo but I love banana and eggs salt/sweet 👌🔥

4:17 AM

5

Maggie Burmeister NEW



4

Wanted to share a win! I had garlic bread tonight for the first time since high school, and 4:14 PM

4

I'm 25 now! 4:14 PM

Marie Mrozinski

Ladiessss!!!! All these amazing wins I am seeing!!!!!!!
Eeeee! I'm so proud of you all! Jumping in and sharing these successes! You girls are truly killing it! You're accomplishing so much joy, love, pleasure, nourishment happiness and healing ❤️‍🩹 I am so proud of these wins ladies! Truly! Makes my heart so warm and happy 😊 Love seeing these this AM, already made my day!!
6:19 AM

4

@Kalli Tisdell-Alley taking on a challenge in the present moment! Yas queen!
@Maggie Burmeister lady!!! So exciting! Garlic breAd 🥖 is a game changer! So proud of you 👍🏼 6:29 AM

4

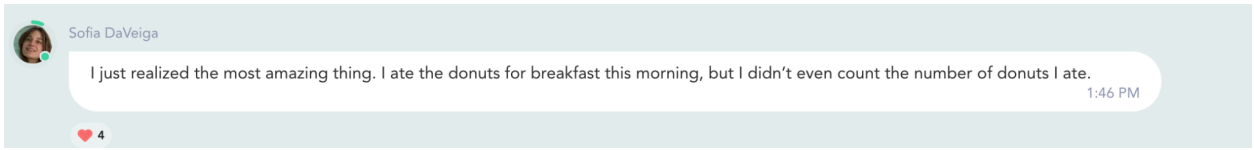
@Sophia Clark look at you lady, you are embracing all the foods! TAking in your Costa Rica trip in all the ways!! I'm so happy for you lady! How amazing is it to just being enjoying and experiencing these new moments at this time in your life!?!
❤️❤️❤️❤️you're killing it lady! 6:33 AM

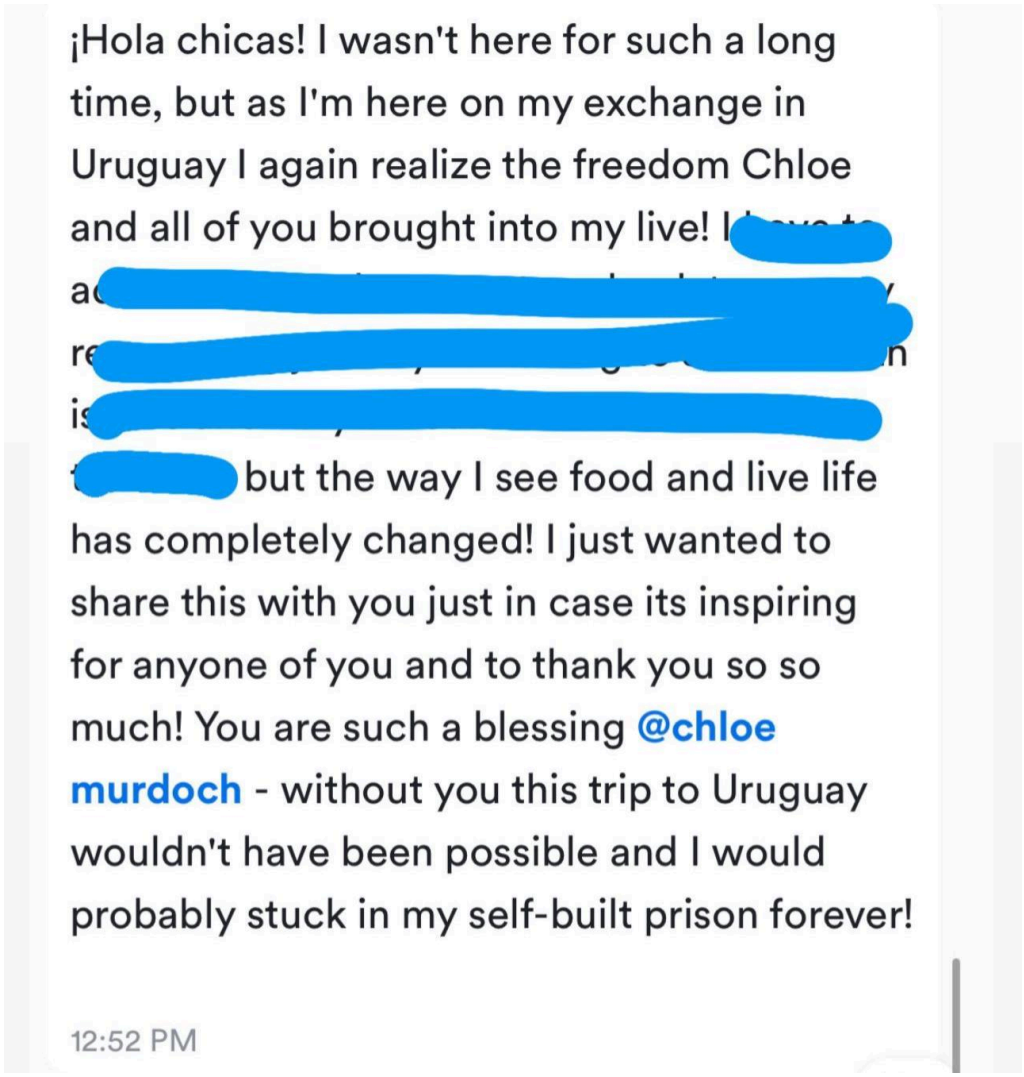
2

@Sofia DaVeiga I cannot express how much happiness my heart is screaming for you!!! Lol
Girl!!!!! You're diving in this and truly conquering this journey! I knew and know you have so much fight and strength in you lady! Enjoy it all! Keep pushing strong! Get all the new foods! New snacks! And enjoy it all! Embrace YOUR power!
6:37 AM

2

Marie Mrozinski


Sofia DaVeiga
I just realized the most amazing thing. I ate the donuts for breakfast this morning, but I didn't even count the number of donuts I ate.
1:46 PM
4


¡Hola chicas! I wasn't here for such a long time, but as I'm here on my exchange in Uruguay I again realize the freedom Chloe and all of you brought into my live!
but the way I see food and live life has completely changed! I just wanted to share this with you just in case its inspiring for anyone of you and to thank you so so much! You are such a blessing @chloe murdoch - without you this trip to Uruguay wouldn't have been possible and I would probably stuck in my self-built prison forever!
12:52 PM

Taylor O Driscoll NEW



4

I've just made my brownies for the challenge ! I am so anxious lol but they're in the oven 🤣 and I've eaten the same amount of food as I usually would so no compensating ! I really wanted to skip my usual snack but I didn't which is big for me 😄

9:30 AM

5

Taylor O Driscoll NEW

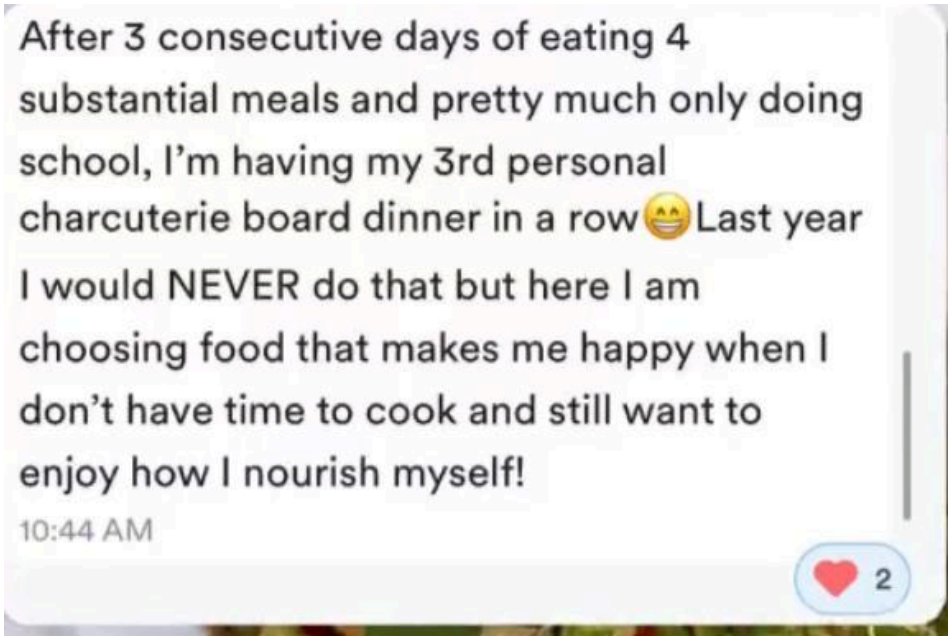
Chloe Murdoch

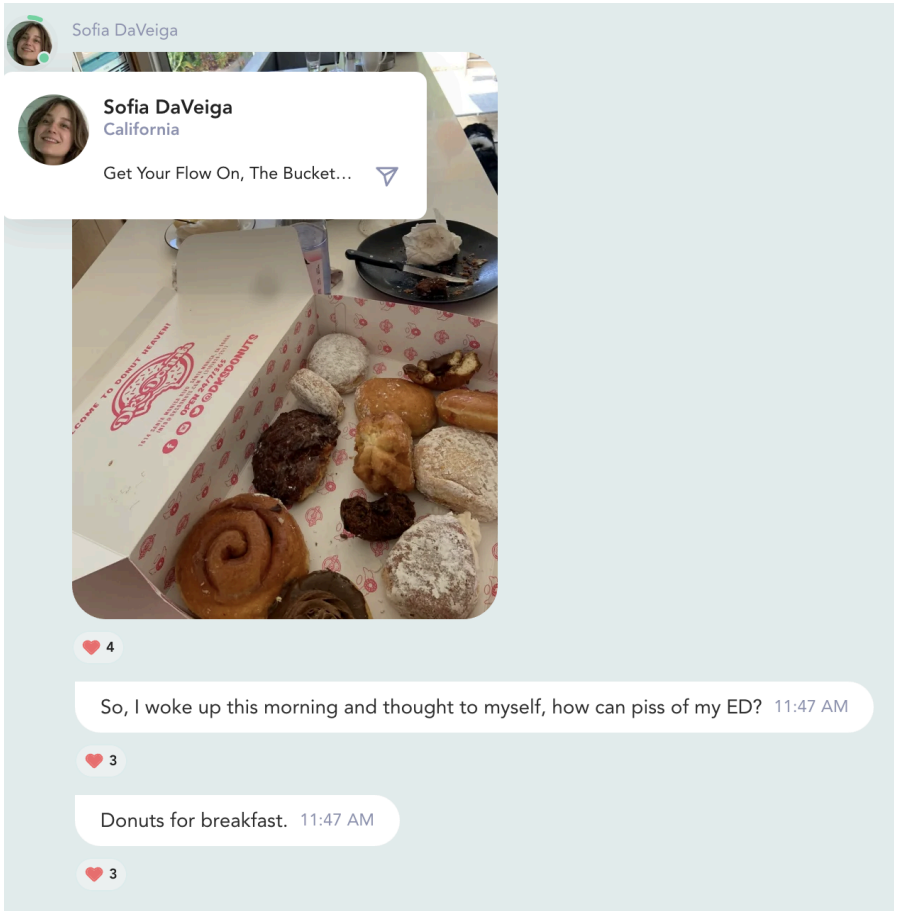
@Taylor O Driscoll we are all so proud of you for jumping onto this challenge and its so amazing that you committed to not

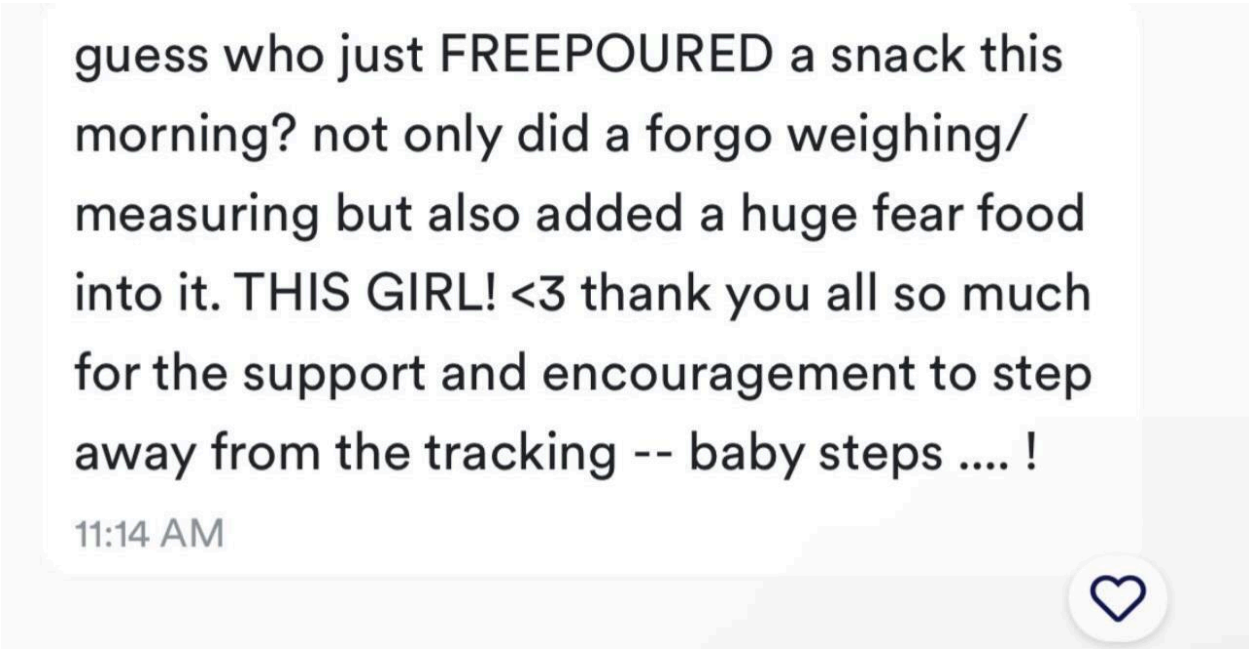
Thanks Chloe ! I would never have challenged myself like this on my own. I was so convinced that I wasn't "ready" to do it or that it was "too difficult". I convinced myself that I wouldn't be able to do it but I did ! And nothing bad happened (as if the world was going to crash down around me because I ate a brownie and a little scoop of ice cream 🤣) I definitely have had urges and guilt but I'm letting them pass on their own. I'm going to keep reminding myself of the bigger picture and what it is I want for my future. I think the real challenge will be normalising these foods so that it isn't such a big deal when I do eat them. But baby steps 😄

1:55 PM

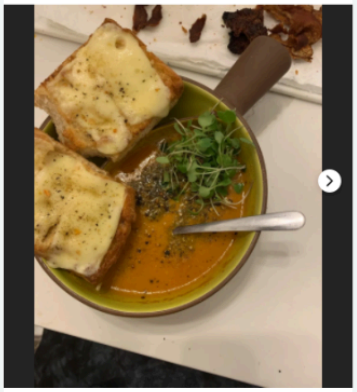
4


After 3 consecutive days of eating 4 substantial meals and pretty much only doing school, I'm having my 3rd personal charcuterie board dinner in a row😁Last year I would NEVER do that but here I am choosing food that makes me happy when I don't have time to cook and still want to enjoy how I nourish myself!
10:44 AM
2


Sofia DaVeiga
Sofia DaVeiga
California
Get Your Flow On, The Bucket…
4
So, I woke up this morning and thought to myself, how can piss of my ED? 11:47 AM
3
Donuts for breakfast. 11:47 AM
3


guess who just FREEPOURED a snack this morning? not only did a forgo weighing/ measuring but also added a huge fear food into it. THIS GIRL! <3 thank you all so much for the support and encouragement to step away from the tracking -- baby steps .... !
11:14 AM

Marie Mrozinski



So In the beginning of the week I ended up having another grilled cheese sandwich with mato soup. In my picture my sandwich was still open, but I ended up putting a some fried pork belly pieces and arugula sprouts inside. Thursday evening I just grabbed a croissant chicken salad sandwich at the market had no idea what it was going to taste like but it was really tasty! I also shared some veggie sushi I bought from the store too, once I got home I just added some sardines/mackerel I had on it. Last night we had burgers 🍔I know they weren't in a row, kind of sprinkled throughout the week. But everything was so tasty! So proud! I never use to eat sandwiches or bread of any kind.

1 person inspired 3

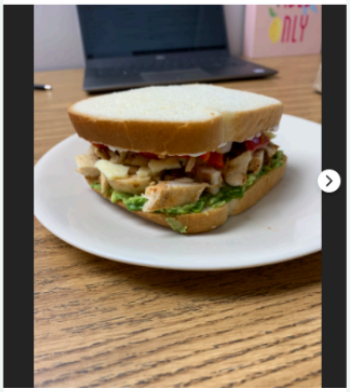
Sophia Clark



Had a lot of grilled cheeses this week haha. Also tried PB with carrots for the first time. Sooo good. Had some grilled cheeses with pesto some without. Tried Chloe's salmon salad on toast and of course a classic avocado and egg toast. Couldn't fit two eggs so had it open faced. Basically avocado toast with eggs lol. I LOVE sandwiches! Oh and I had a sandwich with cottage cheese egg and pesto. Was skeptical about the cottage cheese but turned out good:) wasn't able to have sandwiches every day because we're traveling and ran out of bread. But tried having things similar. Like big tortillas with sour cream is a thing here in Costa Rica, also tacos, etc. not sandwiches but really tried! Would so love to do this challenge again and looking forward to the brownie challenge, yum!😋

2 people inspired 1

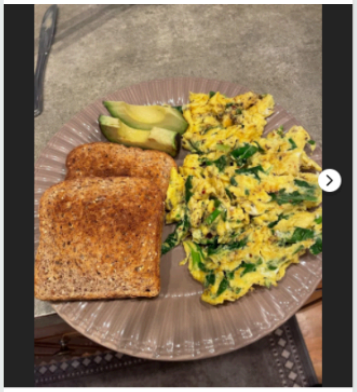
Jennifer Czarnowczan



Monday: Regan's weekly egg salad sandwich posts have been making me crave one and want to try one for the first time so I finally did it! Chopped hard-boiled eggs, mayo, and celery between some toasty bread is my new favorite!
Tuesday: My childhood favorite sandwich was a peanut butter and banana sandwich so I built up the courage to finally enjoy it again! When I was scared of bread/carbs I would try to remake it using rice cakes and make it open-faced, but let's be honest it was nowhere near as good as eating it on super soft bread!
Wednesday: Tuna sandwiches were also a staple in my house growing up, especially during Lent. When I finally reintroduced tuna back into my life when trying to recover on my own I would only allow myself to eat a tuna salad with crackers because again I feared bread/carbs. I did truly enjoy eating it on bread again, but the crackers are not bad either. It is nice to know I have options now when I am eating a tuna salad and not just restricted to using crackers. Also, another win had a banana to go with my sandwiches for some extra carbssss!
Thursday: Chicken sandwich with sauteed peppers and onions, mayo, avo, and cheese! Mayo has been a big no no for me, but the more I eat it, the more I love it!
Friday: a nostalgic pb&j sandwich to bring back the memories of school lunches!
Saturday:
Stay tuned...I am on a roll and not stopping now!

7 people inspired 7

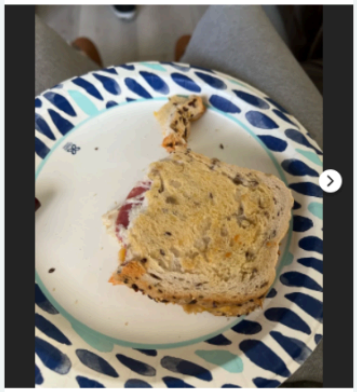
Naomi Ebersol



Day1 I had chicken salad on homemade sourdough with avocado.... Day 2 I had scrambled egg sandwich with avocado and butter.... Day 3 I had a pita stuffed with beef liver, cheese and avocado..

4 people inspired 9

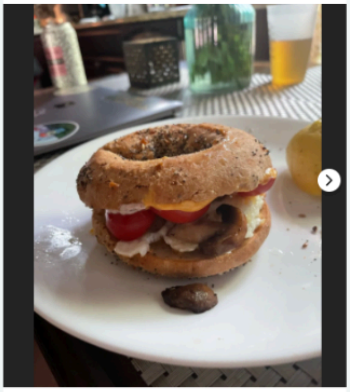
chanowa Wernicke



#1 grilled cheese with salami #2 chicken and hummus #3 tuna
I was so excited to eat all of them I dove right in before I remember to take a pick lol also I'm not a photographer so they don't look the prettiest lol

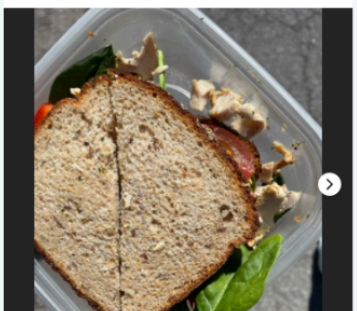
5 people inspired 6

Claire Scimeca

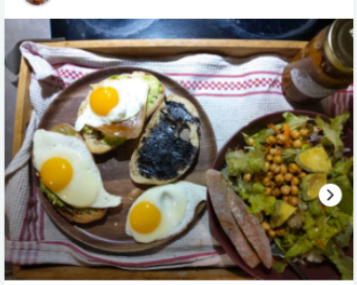


I did three days in a row of sandwiches! I've been doing a lot of the cinnamon raisin bread with chocolate sunflower butter (I call that stuff crack it's so good, it's sweetened with monk fruit). Then I had a bagel sandwich with egg, mushrooms, tomatoes from the garden, ghee, and some vegan cheese & cream cheese. Then yesterday I had a simple little sandwich with homemade sourdough, vegan cheese, butter, and vegan Caesar dressing. All tasty and pretty simple. :)

Kate Watt



Kalli Tisdell-Alley



Big HUGE win!! I had two extra snacks this evening because I had a craving for savory and sweet (maybe a sign Aunt Flo is on her way!) I indulged guilt free and Big Surprise —> my happiness and energy increased! And I have more energy to literally play with my kittens. A fee months ago I foolishly thought I had to sit and eat and nothing else in order to get my period back —>> but now I am finding how much energy I have because I am better fueled and I WANT to actually do stuff and get off my butt and off of my phone —>. Speaking of phones —> I am sticking to my predetermined DND times and loving life so much more!!! 😁😁😁

9:07 PM

❤ 1

Kalli Tisdell-Alley

Chloe Murdoch

question--> Would you have been able to enjoy your vacation if you were picky about food and trying to get in workouts?

HELLLLLLL NOOOOOOO, I kept having moments of laughter thinking about how our holiday would have been, my husband and I discussed how I would've woke at 3am to exercise before our flight, wouldn't have spontaneously ate out, ate when hungry not waited, ate what was plated to me, it so was so simple and so so much less stress! I got to sleep in, watch a sunrise without counting my steps, I sat, I chilled, I lived like a NORMAL person. I do everyday now. We spent time together as a family, at restaurants. We'd never eat out on holidays, we ate out everyday this holiday. I purposely booked a resort with no kitchen, that would have made me super anxious before. I honestly could list so much more stuff! I didn't have to pack a separate bag for workout gear either hahaha because I didn't pack any! Thankyou so much Chloe for teaching me to live life

3:06 PM

2

Poppy Moon NEW

Sorry for the multiple entries I promise I'll calm down soon. But basically I'm done "half ass-ing "recovery! I could tell myself I've only just started the course, "I'll take it slow" but I've been taking it slow for years! I'm ready.
Swapped avocado toast for these amazing skin on chips dipped in ice cream !!🍦🍟
Wouldn't normally get the sugar/ waffle cone, but wanted to be able to count it as my double carb challenge. Almost backed out as the ice cream started to melt on our way to the park and I didn't want to "rush it", but I guess food is food and I was so damn hungry by this point! Sitting with the guilt now but all is well in the world 😂

5:53 AM

4



You have helped me soooo much in letting go of all my preconceived notions on eating healthfully. I have health issues and was told to cut out a million foods and eat a butt ton of veggies. But I still didn't feel good. Since adding fruit, more meat, more carbs, and just MORE food back into my diet, I have been feeling SO much better! After seeing your journey and seeing that you healed without massive restriction helped me to let go and just enjoy. ❤️❤️ Thank you for all the sharing and encouragement you do. It's making a difference! ❤️

❤️

Also I threw away my daily planner from 2023 and 2022 that has my daily calorie count. I literally kept a calendar/journal for daily calorie counts for the last freaking decade or so I did this!!! Wtf!!! Who cares?? Now it's time to plan more FUN and not calorie counts! Daily planners are for plans., events, memories. . . Not calories!!

9:40 PM

1

Chrislove Lamour
Food Challenge

I've come to the point where I'm no longer super structured about the time that I eat. I'm now able to eat past 9pm and wake up and eat an early breakfast



A study date with my friend! So proud of the fact that I was able to try her pastry with ease and then finish my pastry.



Big HUGE win!! I had two extra snacks this evening because I had a craving for savory and sweet (maybe a sign Aunt Flo is on her way!) I indulged guilt free and Big Surprise —> my happiness and energy increased! And I have more energy to literally play with my kittens. A fee months ago I foolishly thought I had to sit and eat and nothing else in order to get my period back —>> but now I am finding how much energy I have because I am better fueled and I WANT to actually do stuff and get off my butt and off of my phone —>. Speaking of phones —> I am sticking to my predetermined DND times and loving life so much more!!! 😁😁😁

9:07 PM

❤️ 1

Went to lunch with my mom today while we both worked on our computers and we ended up sharing a yummy arugula goat cheese salad + margarita pizza.



Wow!!! I think I actually like pizzas. My next challenge is to get one with a thicker crust



Most of those items would have terrified me in the past. It's still a shock to me how my basket is no longer filled with veggies



A big brag! Over this Christmas I had normal cakes with my family which my grandma made and my auntie. I myself made a deeeelicious tiramisu. And enjoyed every single one so much, having deprived myself to only vegan and gf cakes the past years. Such a sense of freedom - I felt like my body was so hungry for that that after eating a few pieces I felt amazing and not heavy!

Sharing a photo of tiramisu I have been dreading of, my grandmas cheesecake (and many more not photographed) and a snickers cake. All Christmas cakes were kind of a childhood memory and I am proud I softened with ease and enjoyed it!



I agreed with my brother to do pizza night with him and his girlfriend last night! It's a first.
I've never actually had a pizza night and first time I've ordered pizza was for food challenge a couple months ago, but it was very bland, small and dry 'artisan' pizza and not the proper experience.

So I told my bro and he said we should do pizza night as he was shocked id never had proper pizza before. There is an American style joint close by so we ordered from there. It was quite an experience. On top of that, we went to local store and came across sweets we use to eat as kids which are very hard to find these days, so we got those as well - so I completed the challenge unintentionally!

7:49 AM

3

Well I honestly have the worst memory and can't think of a favorite holiday treat I had when I was little but her are some favorites I've been enjoying this holiday season.

I've eaten more sweet treats and cookies this year than I have in at least the past 7 years during this time.



Conquered two challenges in one week. I had three different types of sandwiches at three different kinds of restaurants/cafes



Rolled out of bed at 9:30 and decided to make pancakes(: After a full day of lots of snacks and meals and no movement! And today I'm going to dinner with friends. I don't care, I want all my meals to satisfy me😋



You inspired me last night. I went to the cheesecake factory with my mom and we just had a big day walking all around Washington DC. Unfortunately ED thoughts wanted me to order from the Skinnylicious menu. When I took one glance at the pathetic salad, I knew when I saw the size of it, that would not be enough. So what did I do, I had bread with butter and cheesecake guilt free snd truly enjoyed!! Most importantly, enjoy the evening with my mom over counting calories

7:51 AM

When I finally started eating enough (more carbs & fruit) I stopped having daily panic attacks and stopped having agoraphobia!

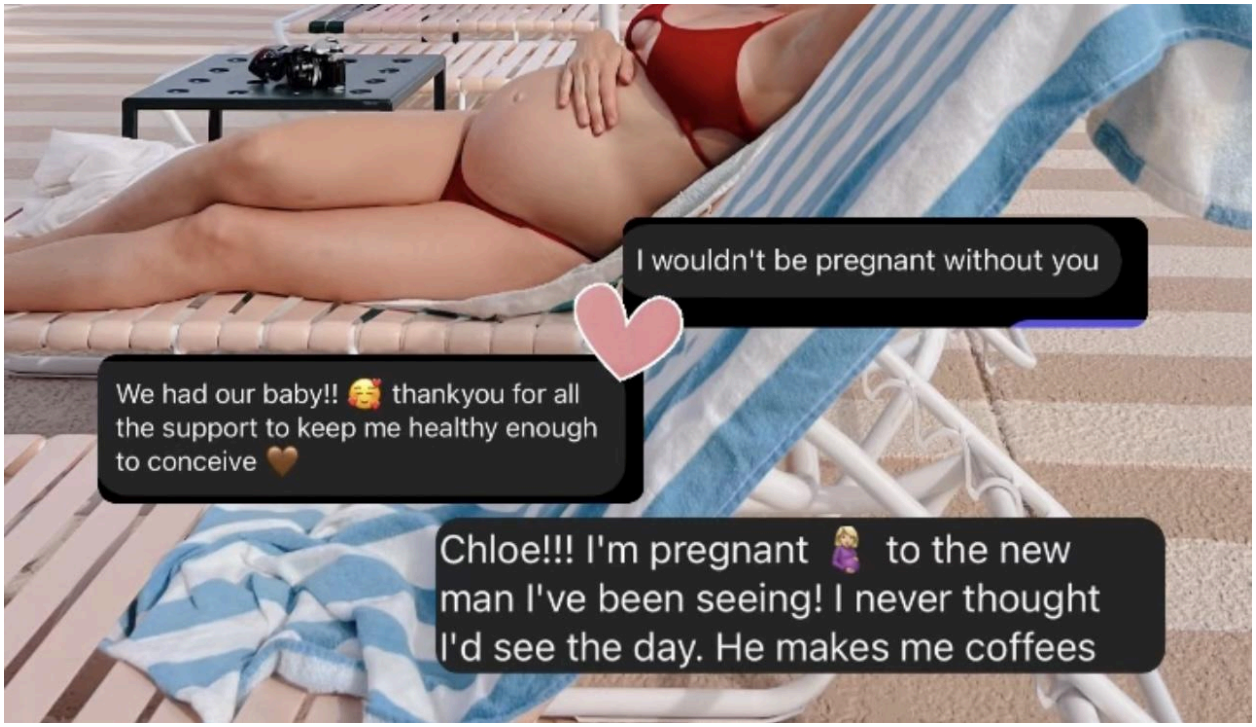
Lauren I DECIDED to make my 39th birthday the year of my recovery! Today is my birthday and I decided to keep a promise to myself and man did it feel amazing. I have said since months that my mom and I will go have pizza. I always postponed it....and today I faced one of my biggest fear foods! PIZZA! I haven't had pizza since over 10 years... actually last time was once 2012.
It was the most amazing atmosphere at the restaurant and it was just us two, quality time together and the most magical birthday! I'm beyond proud!
I decided to enjoy it! And man did it taste great! Afterwards the whole day now I've been feeling so sluggish and heavy and full but I still ate dinner and my brownie dessert:-) I'm asking myself 'is this enough?' Rather than 'is this too much?'
I love you ladies!

4:14 PM

I just got back from a weekend trip and usually I jump right back into exercising for an hour EVERY single morning but today before work I just decided I don't have to do that anymore, I can chose different even though it's uncomfortable bc in my ideal life I don't want to be a slave to food and exercise. I want to hold myself accountable and still be fully nourished regardless of how I move

8:41 AM

PREGNANCY 👇



Thanks Chlo! I'm absolutely besotted! 🥰 Still pinching myself. Can't believe I made this tiny human! Forever grateful for your support in my recovery that's made this possible! x


Thank you for her
Ummmmmmmm tears 🥹
I got to help this momma get her period back a while ago and now here she is stepping into motherhood with health, food freedom, and body confidence 💜
Celebrating her first few hours of being a new momma 👏👏

Hey Chlo, Hope you're good. Thanks for the message! Everything is good. I wanted to wait another few weeks before messaging you but I'm actually pregnant! Can you believe it! I'm 10 and a half weeks today. 😊 I think the wedding and having my family over in January helped me relax and so I didn't get another period after we last spoke! Literally 3 recovery period and boom, pregnant! I was reflecting on my journey and thinking that it did take about exactly a year, from really committing to recovery, to getting pregnant and I don't think I would be here today if I hadn't had your support throughout that time. xx

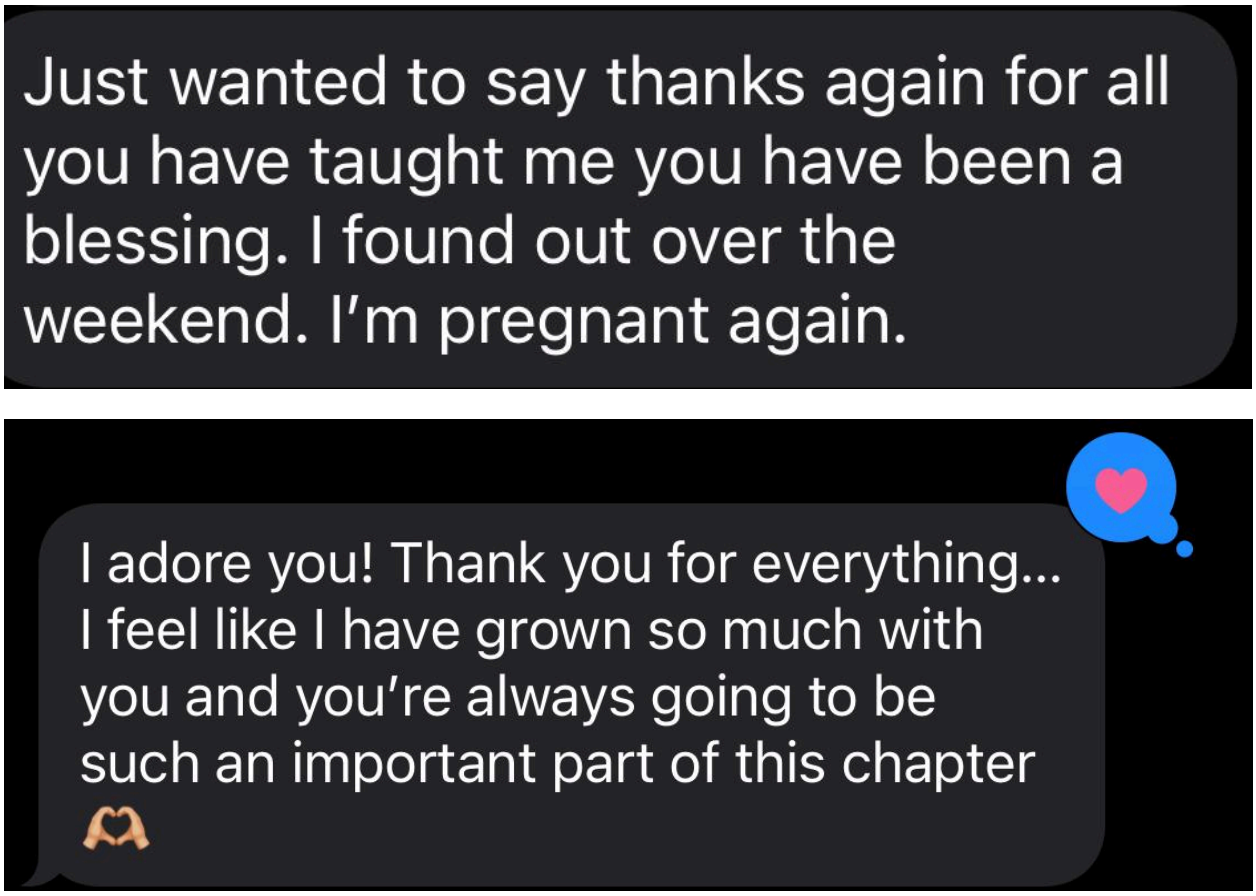
❤️

Omg I have to tell you



I'm almost 9 weeks pregnant

Still too early to announce but you helped make this happen girl!!!


Just wanted to say thanks again for all you have taught me you have been a blessing. I found out over the weekend. I'm pregnant again.
I adore you! Thank you for everything... I feel like I have grown so much with you and you're always going to be such an important part of this chapter
🫶🏽

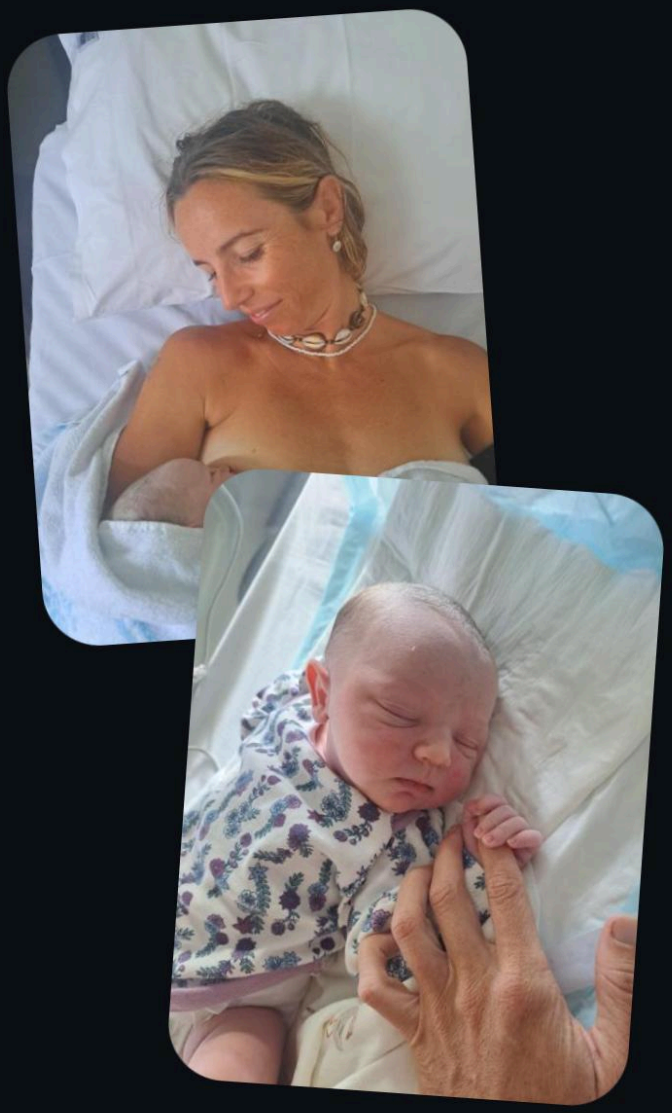
I only text you when I have something over the top to tell you but.....



Super duper early but had to share 🤫🤫🤫❤️

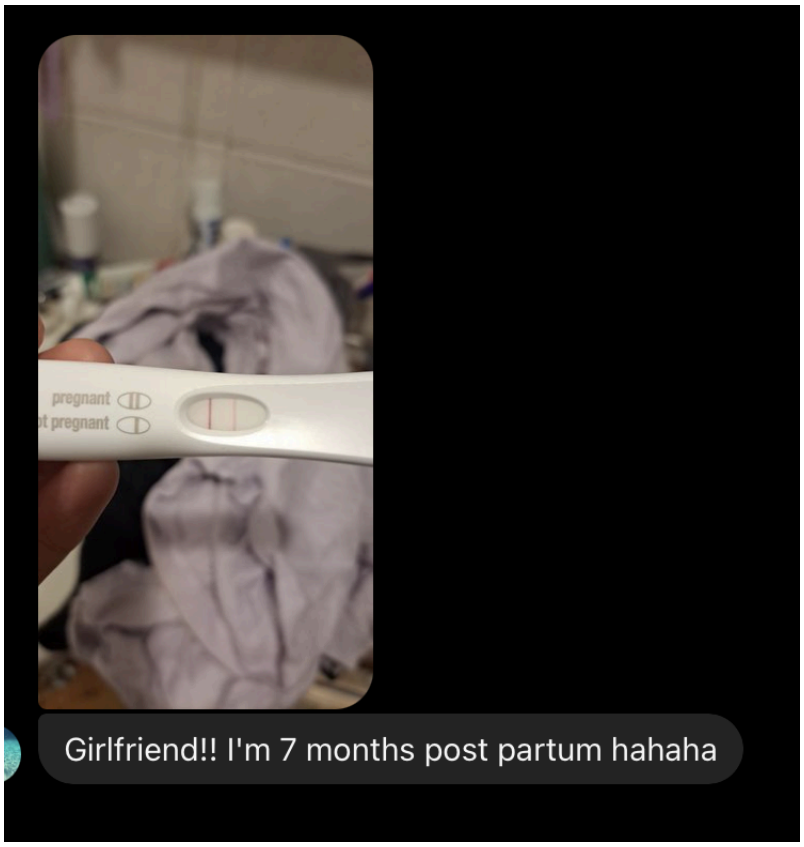


This is her from the beach today and she is just such a ray of sunshine and joy in my life



We had our baby!! 🥰 thankyou for all the support to keep me healthy enough to conceive 🤎





Baby #4 on the way!



All because of you!!!!

I mean 🥹💛💛💛

I may have the best career in the world.

Help girls break free from diet culture, get their period back, and watch them create babies 👶


hello world!





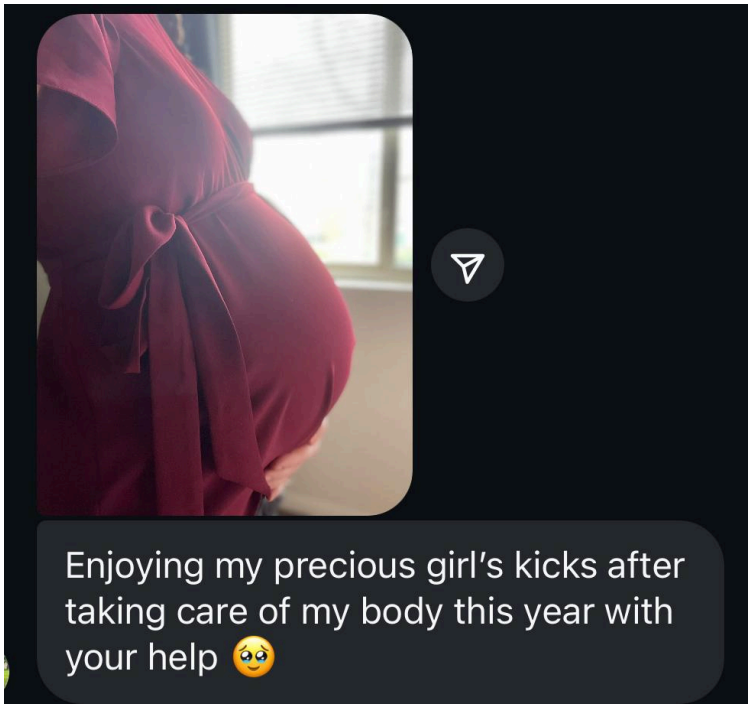
I have some exciting news though.....

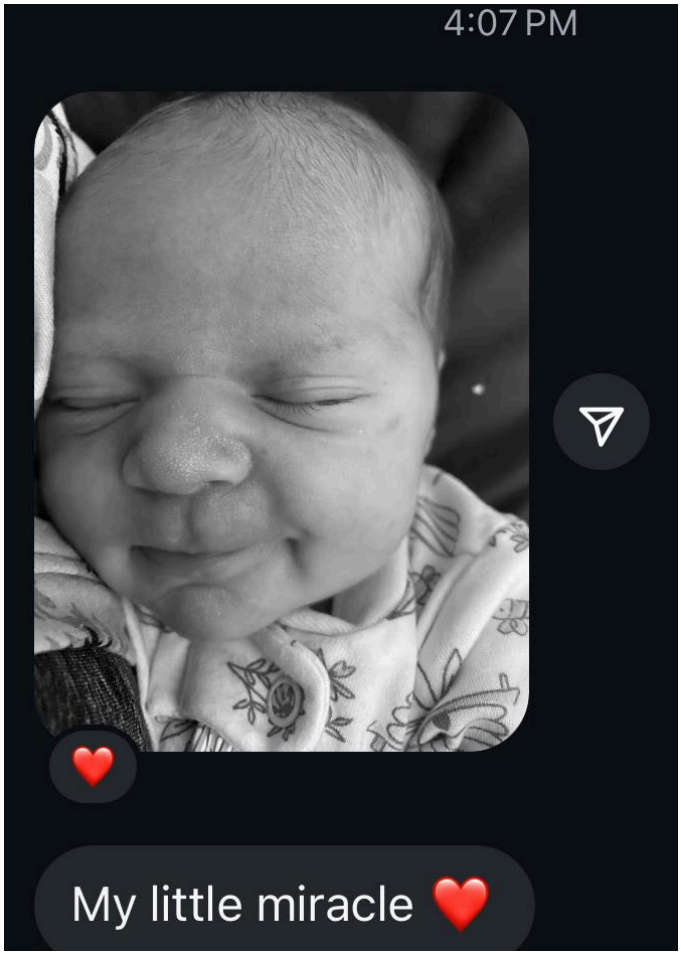
I brought bubs earth side 🤍
A baby girl 💖

Love that I got my cycle 8 weeks after birth just had my 3rd period and I'm breast feeding it's incredible what our bodies can do 😍

❤️

Not a question, but I'm 12 weeks pregnant and got to hear my sweet baby's heartbeat yesterday. There's no more incredible feeling!! Thank you for helping women be able to take care of and nourish their bodies so that pregnancy is possible!!


Enjoying my precious girl's kicks after taking care of my body this year with your help 🥹


4:07 PM
❤️
My little miracle ❤️

2:22

Julie DeFazio
Last active 6 months ago

Julie DeFazio

Boy! He's good. I'll show you some pics

2:21 PM



Boy! He's good. I'll show you some pics

2:21 PM

Omg adorable!

2:21 PM

Julie DeFazio

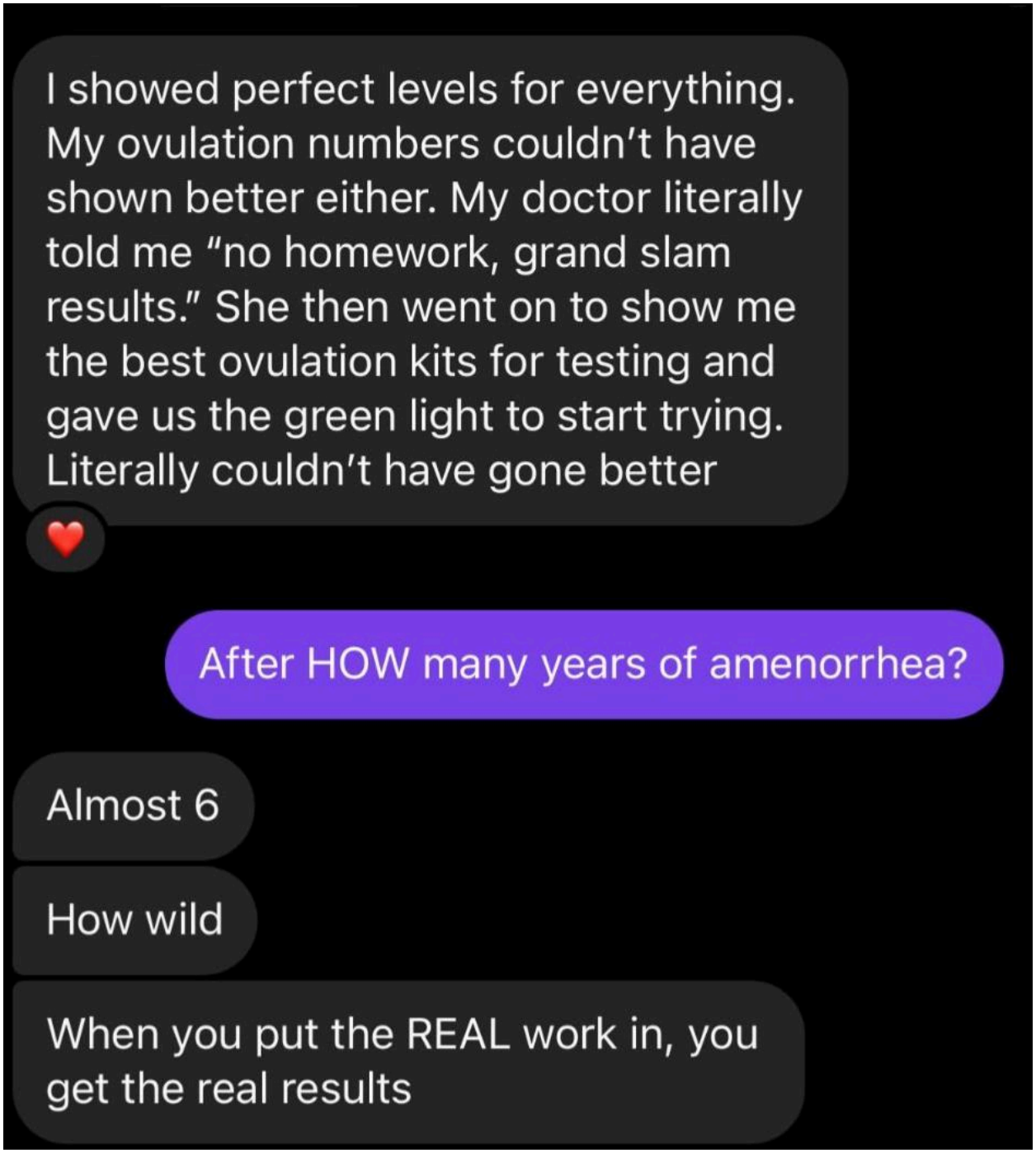


2:21 PM

1

Type a message...

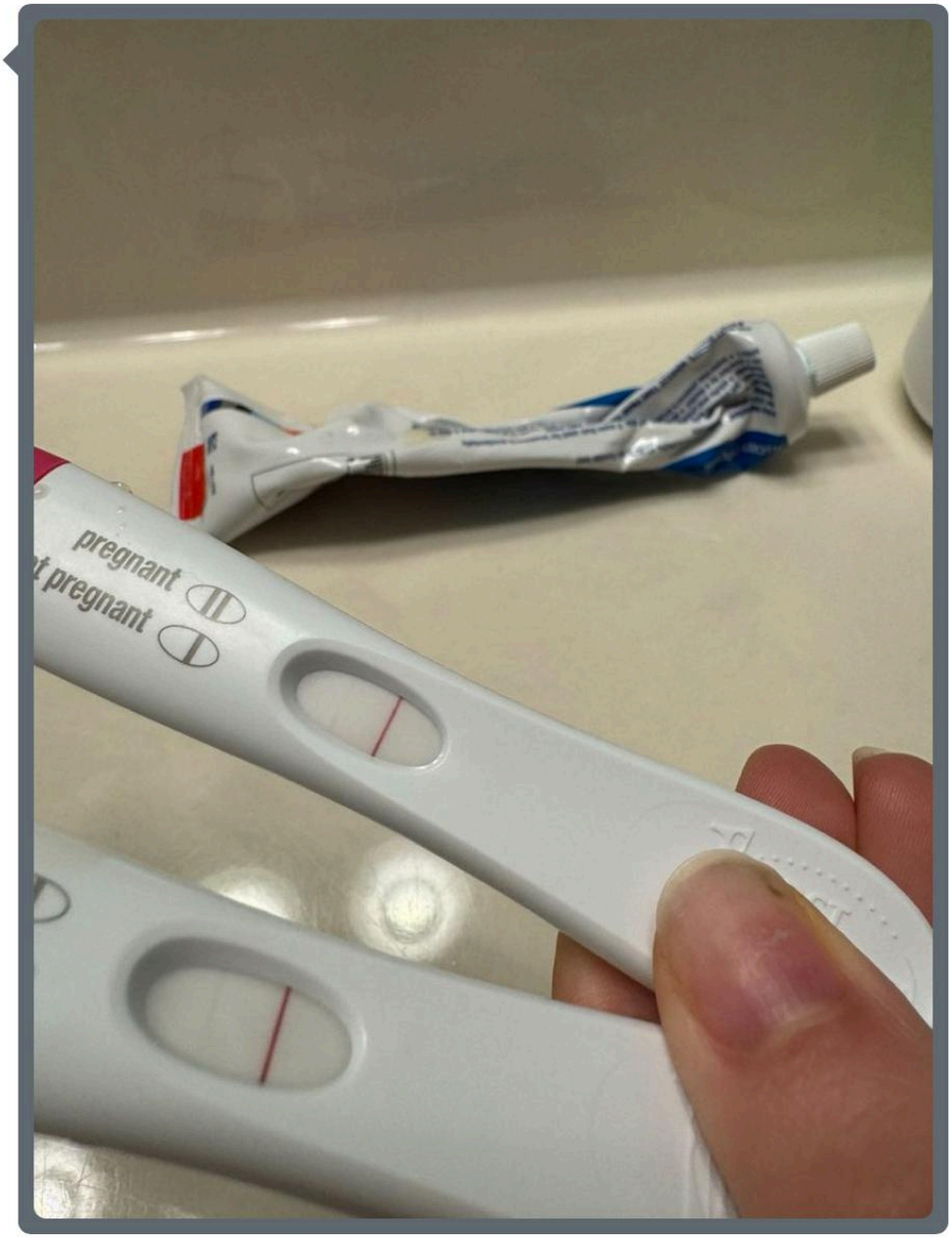

OVULATION
MAX
MAX
MAX


This looks positive to me
I showed perfect levels for everything. My ovulation numbers couldn't have shown better either. My doctor literally told me "no homework, grand slam results." She then went on to show me the best ovulation kits for testing and gave us the green light to start trying. Literally couldn't have gone better
After HOW many years of amenorrhea?
Almost 6
How wild
When you put the REAL work in, you get the real results



I’m like in shock but so incredibly excited. My husband and I decided ok we honestly don’t know how long it’ll take to get pregnant I know it takes awhile for some people, so might as well just not orecrnt

Tara Ward Fri 9:41 AM



Fri 9:41 AM

Oh my gosh

Read by Tara

Tara Ward Fri 9:41 AM

So this happened....


Clearblue
Pregnant



We had a little baby girl yesterday her name is Oaklyn Harper
She weighed 5 lbs. 4 oz. and she is doing well



Hey girls, I wanted to let you know that last Sunday morning, our sweet baby boy Quinn is born❤. He and I are healthy and everything went well.

So grateful for this!

I won't be very active here for a while☺

4 Replies

5

Keri Peusens



2h

👩🍼👶🍼🎊

I'M PREGNANT ❤

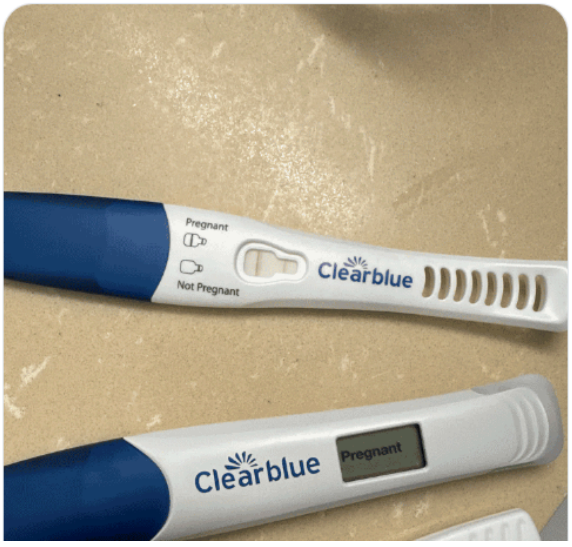
Never thought this would be possible, I didn't have my period for years and was always told by doctors that I wouldn't be able to have kids naturally. Well I showed them wrong! I've had my period back for few years now thanks to this program yet still had a fear I wouldn't be able to get pregnant but let's just say we are so excited that our dreams came true and baby Anderson is on it's way in 2026!

I've beaming with joy right now even though there have been days I can't get out of bed cause I feel so sick ha!

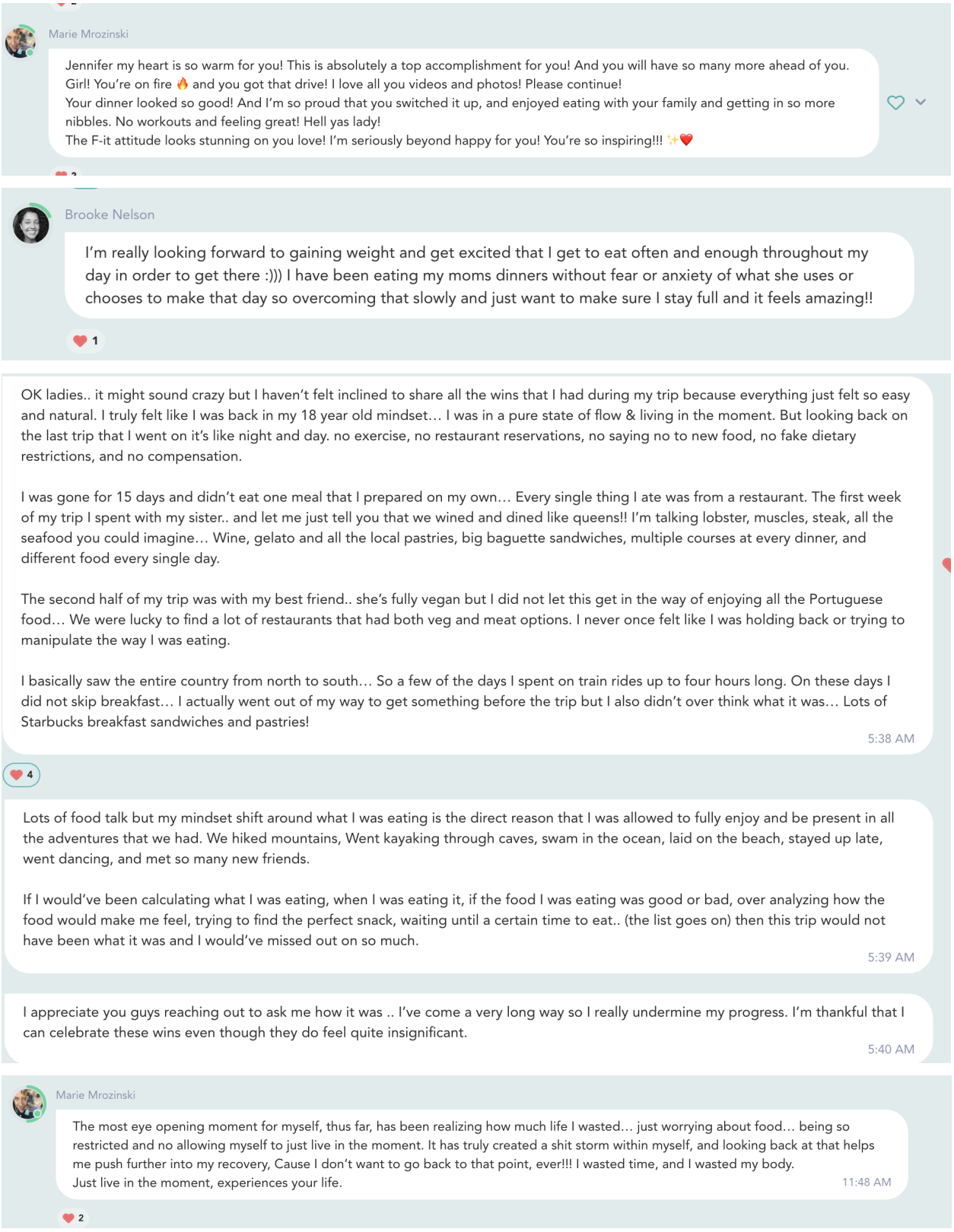
12 Replies

10

cami Merlin



INSIGHTS + WINS 👇



Marie Mrozinski

Jennifer my heart is so warm for you! This is absolutely a top accomplishment for you! And you will have so many more ahead of you. Girl! You're on fire 🔥 and you got that drive! I love all you videos and photos! Please continue!
Your dinner looked so good! And I'm so proud that you switched it up, and enjoyed eating with your family and getting in so more nibbles. No workouts and feeling great! Hell yas lady!
The F-it attitude looks stunning on you love! I'm seriously beyond happy for you! You're so inspiring!!! ✨❤️

Brooke Nelson

I'm really looking forward to gaining weight and get excited that I get to eat often and enough throughout my day in order to get there :))) I have been eating my moms dinners without fear or anxiety of what she uses or chooses to make that day so overcoming that slowly and just want to make sure I stay full and it feels amazing!!

❤️ 1

OK ladies.. it might sound crazy but I haven't felt inclined to share all the wins that I had during my trip because everything just felt so easy and natural. I truly felt like I was back in my 18 year old mindset… I was in a pure state of flow & living in the moment. But looking back on the last trip that I went on it's like night and day. no exercise, no restaurant reservations, no saying no to new food, no fake dietary restrictions, and no compensation.

I was gone for 15 days and didn't eat one meal that I prepared on my own… Every single thing I ate was from a restaurant. The first week of my trip I spent with my sister.. and let me just tell you that we wined and dined like queens!! I'm talking lobster, muscles, steak, all the seafood you could imagine… Wine, gelato and all the local pastries, big baguette sandwiches, multiple courses at every dinner, and different food every single day.

The second half of my trip was with my best friend.. she's fully vegan but I did not let this get in the way of enjoying all the Portuguese food… We were lucky to find a lot of restaurants that had both veg and meat options. I never once felt like I was holding back or trying to manipulate the way I was eating.

I basically saw the entire country from north to south… So a few of the days I spent on train rides up to four hours long. On these days I did not skip breakfast… I actually went out of my way to get something before the trip but I also didn't over think what it was… Lots of Starbucks breakfast sandwiches and pastries!

5:38 AM

❤️ 4

Lots of food talk but my mindset shift around what I was eating is the direct reason that I was allowed to fully enjoy and be present in all the adventures that we had. We hiked mountains, Went kayaking through caves, swam in the ocean, laid on the beach, stayed up late, went dancing, and met so many new friends.

If I would've been calculating what I was eating, when I was eating it, if the food I was eating was good or bad, over analyzing how the food would make me feel, trying to find the perfect snack, waiting until a certain time to eat.. (the list goes on) then this trip would not have been what it was and I would've missed out on so much.

5:39 AM

I appreciate you guys reaching out to ask me how it was .. I've come a very long way so I really undermine my progress. I'm thankful that I can celebrate these wins even though they do feel quite insignificant.

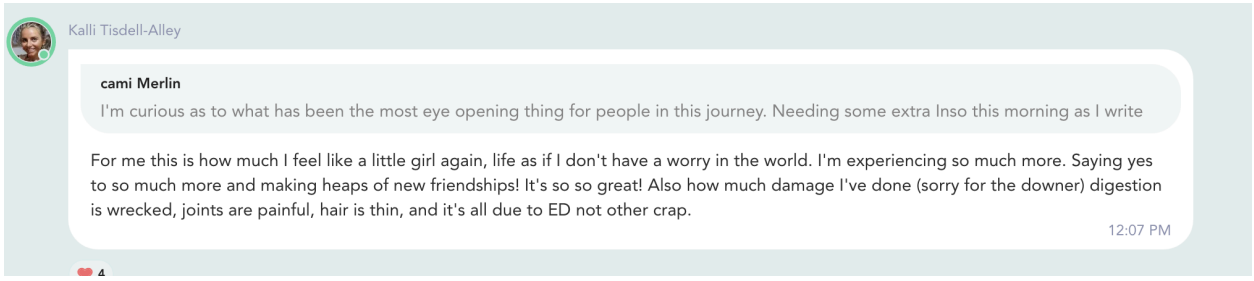
5:40 AM

Marie Mrozinski

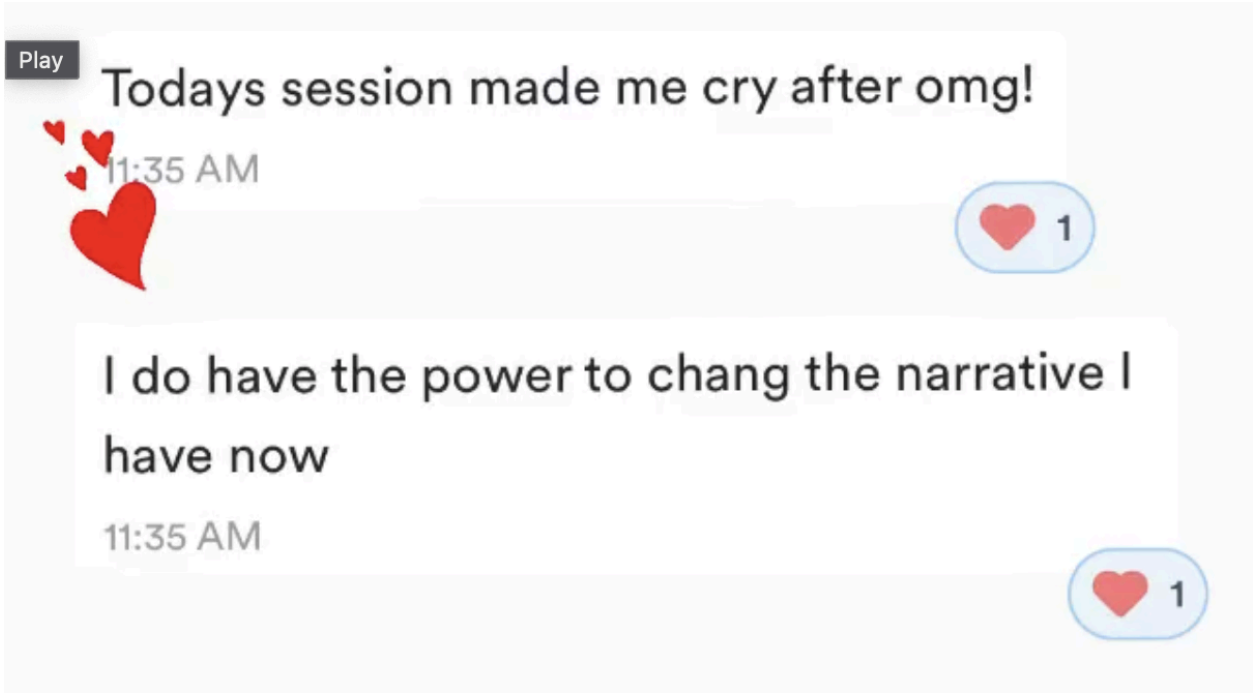
The most eye opening moment for myself, thus far, has been realizing how much life I wasted… just worrying about food… being so restricted and no allowing myself to just live in the moment. It has truly created a shit storm within myself, and looking back at that helps me push further into my recovery, Cause I don't want to go back to that point, ever!!! I wasted time, and I wasted my body.
Just live in the moment, experiences your life.

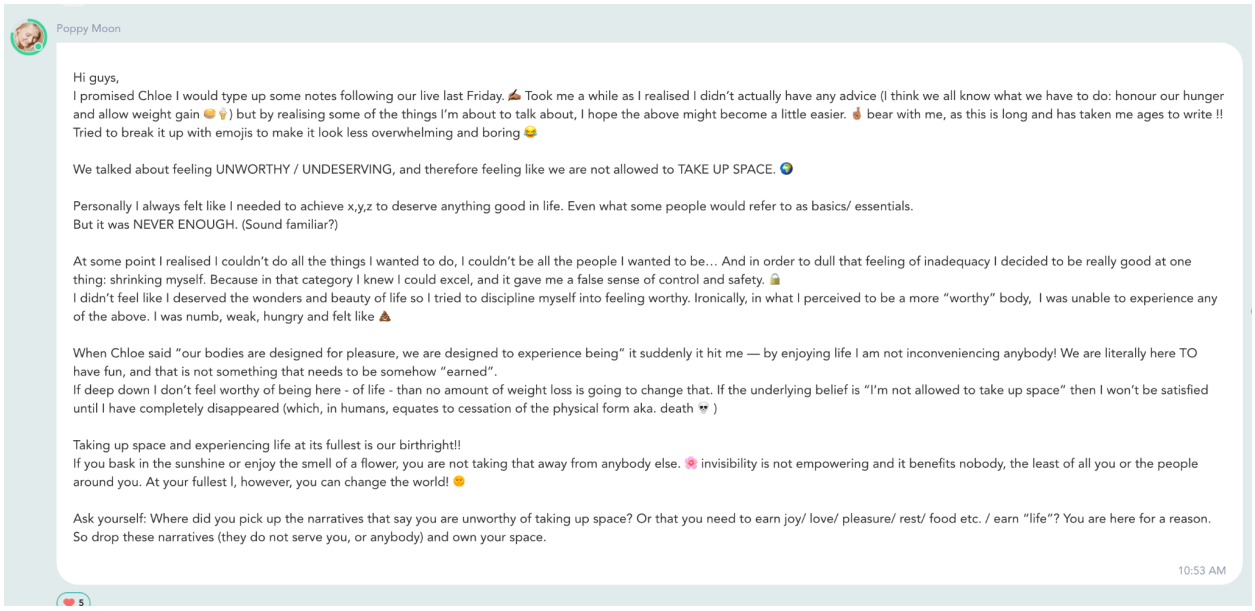
11:48 AM

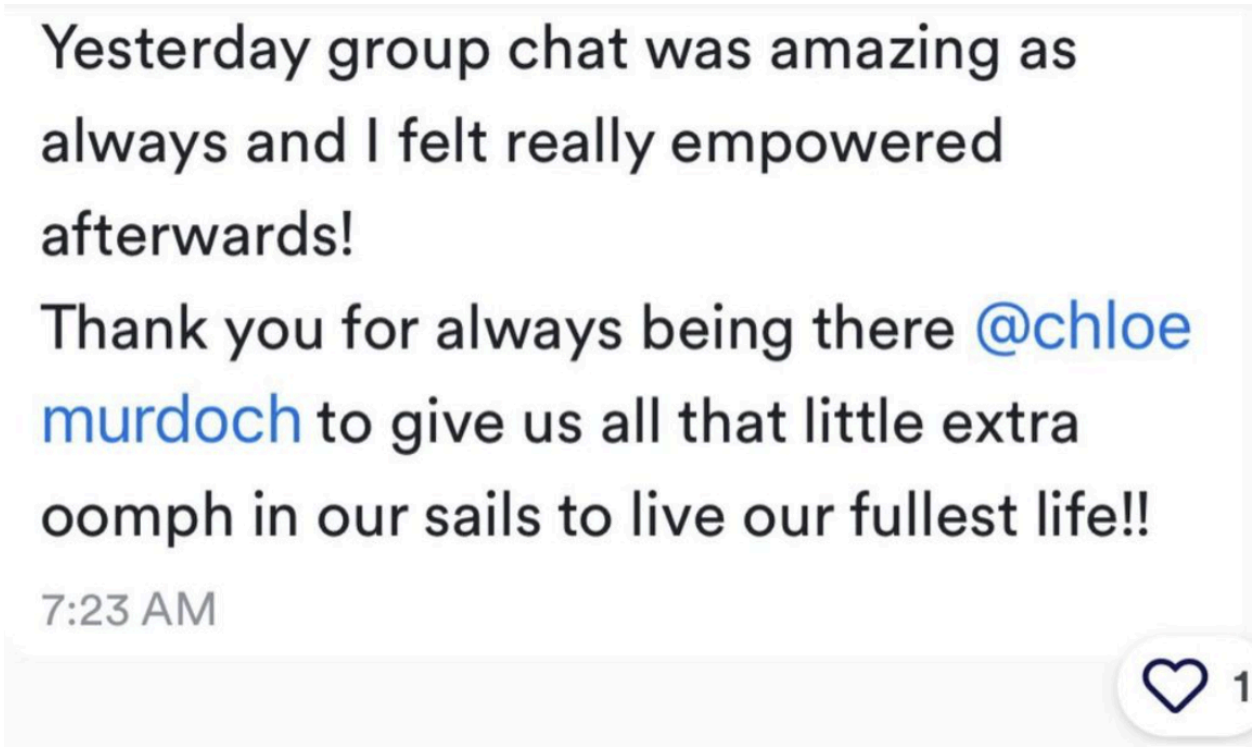
❤️ 2


Kalli Tisdell-Alley
cami Merlin
I'm curious as to what has been the most eye opening thing for people in this journey. Needing some extra Inso this morning as I write
For me this is how much I feel like a little girl again, life as if I don't have a worry in the world. I'm experiencing so much more. Saying yes to so much more and making heaps of new friendships! It's so so great! Also how much damage I've done (sorry for the downer) digestion is wrecked, joints are painful, hair is thin, and it's all due to ED not other crap.
12:07 PM
4


Today's group call was ON FIRE! "How can you expect to receive the nutrients from your food if you can't receive in other areas of your life?" Mic drop.
(edited)
8:33 pm
7


Play
Todays session made me cry after omg!
11:35 AM
1
I do have the power to chang the narrative I have now
11:35 AM
1


Poppy Moon
Hi guys,
I promised Chloe I would type up some notes following our live last Friday. ✍🏽 Took me a while as I realised I didn't actually have any advice (I think we all know what we have to do: honour our hunger and allow weight gain 🍔🍦) but by realising some of the things I'm about to talk about, I hope the above might become a little easier. 🤞🏽 bear with me, as this is long and has taken me ages to write !! Tried to break it up with emojis to make it look less overwhelming and boring 😂
We talked about feeling UNWORTHY / UNDESERVING, and therefore feeling like we are not allowed to TAKE UP SPACE. 🌍
Personally I always felt like I needed to achieve x,y,z to deserve anything good in life. Even what some people would refer to as basics/ essentials.
But it was NEVER ENOUGH. (Sound familiar?)
At some point I realised I couldn't do all the things I wanted to do, I couldn't be all the people I wanted to be… And in order to dull that feeling of inadequacy I decided to be really good at one thing: shrinking myself. Because in that category I knew I could excel, and it gave me a false sense of control and safety. 🔒
I didn't feel like I deserved the wonders and beauty of life so I tried to discipline myself into feeling worthy. Ironically, in what I perceived to be a more "worthy" body, I was unable to experience any of the above. I was numb, weak, hungry and felt like 💩
When Chloe said "our bodies are designed for pleasure, we are designed to experience being" it suddenly it hit me — by enjoying life I am not inconveniencing anybody! We are literally here TO have fun, and that is not something that needs to be somehow "earned".
If deep down I don't feel worthy of being here - of life - than no amount of weight loss is going to change that. If the underlying belief is "I'm not allowed to take up space" then I won't be satisfied until I have completely disappeared (which, in humans, equates to cessation of the physical form aka. death 💀)
Taking up space and experiencing life at its fullest is our birthright!!
If you bask in the sunshine or enjoy the smell of a flower, you are not taking that away from anybody else. 🌸 invisibility is not empowering and it benefits nobody, the least of all you or the people around you. At your fullest I, however, you can change the world! ✊
Ask yourself: Where did you pick up the narratives that say you are unworthy of taking up space? Or that you need to earn joy/ love/ pleasure/ rest/ food etc. / earn "life"? You are here for a reason. So drop these narratives (they do not serve you, or anybody) and own your space.
10:53 AM
5

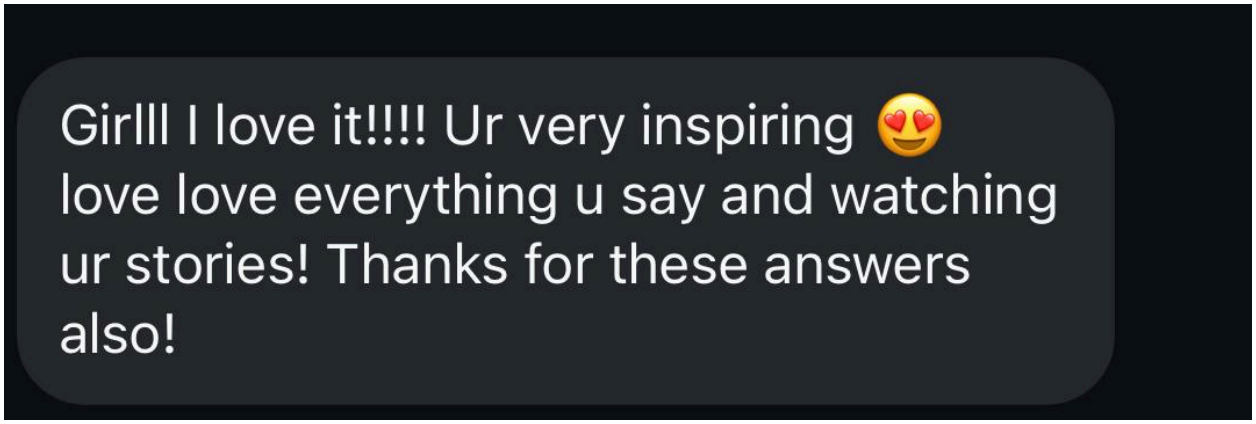

Yesterday group chat was amazing as always and I felt really empowered afterwards!
Thank you for always being there @chloe murdoch to give us all that little extra oomph in our sails to live our fullest life!!
7:23 AM
1

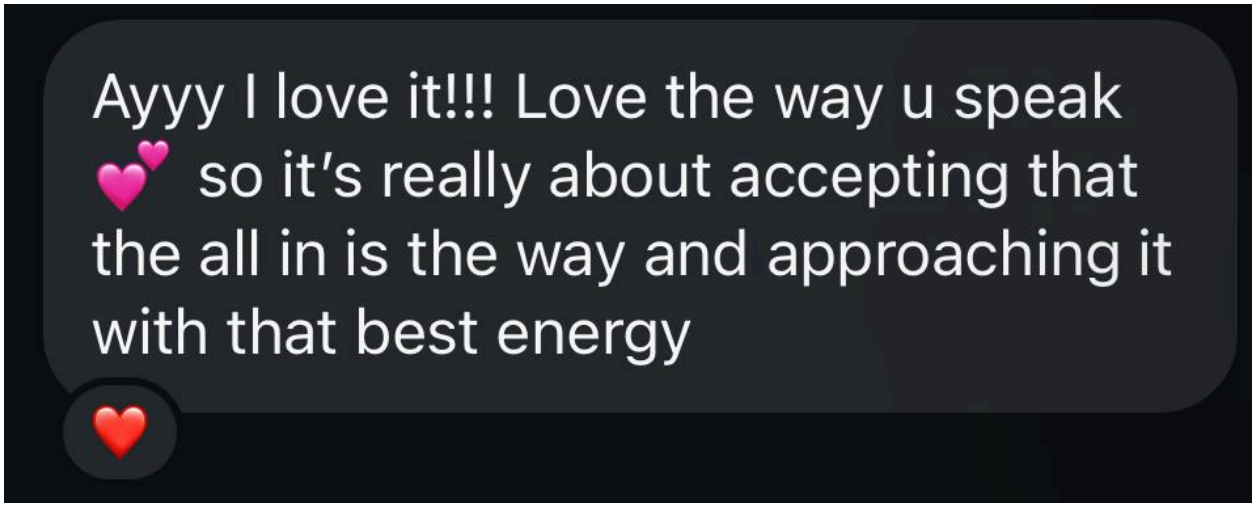
Great live this last one, including so many cuz I'm binge watching. We all are so brave for being on this journey and sharing our struggles n stories and doing this work because it is far from easy 🥵So thank y'all for sharing because we all learning from it

I can definitely relate to @J[redacted]
C[redacted]bout not wanting to gain right away or control or even begin exercising to shape the way you wanna look just for that ED voice to remain in control yo it's real
That whole surrender to yourself and your body and trust is so hard when that's like all you know and even the world just reiterates you shouldn't self trust with each new article on what your eating and doing wrong and just all the stressors like it's wild
and congrats [redacted]y on that satiating sandwich 🎉I loved how you said "when I get out of my own head my body works, I

I just got back from a weekend trip and usually I jump right back into exercising for an hour EVERY single morning but today before work I just decided I don't have to do that anymore, I can chose different even though it's uncomfortable bc in my ideal life I don't want to be a slave to food and exercise. I want to hold myself accountable and still be fully nourished regardless of how I move

8:41 AM


Girlll I love it!!!! Ur very inspiring 😍
love love everything u say and watching ur stories! Thanks for these answers also!


Ayyy I love it!!! Love the way u speak 💕 so it's really about accepting that the all in is the way and approaching it with that best energy
❤️

Girls I am in love with the modules 💛💛 The biggest lesson for me is about how can I accept this process and make it easier for myself. How can I bring joy and happiness which will support my body that has been chronically stressed in its healing. In the it's not what you eat it's how you eat module Chloe posed this question: "am I choosing this out of fear or am I choosing this out of love and am I choosing this out of trust or am I choosing this out of distrust?" This entire sequence has been absolute key for me. Just the energetics of how am I choosing to show up in my life in this moment. To me I am seeing that recovery is asking me to take this situation and embody the energy that I want to feel. Life is asking me to be excited, honestly after being sick and all the chronic health issues I've been dealing with because of restriction, I am excited. I'm excited to feel good. Food is helping me do this, the inflammation and discomfort is part of getting there. Therefore I am learning that I actually love this journey, because it's all the juicy stuff getting me to where I can be. When I eat I literally just ask myself these questions and hype myself up. I tell myself I am grateful and the abundance in my life has blessed me with this food and this experience. I get every single day to chose to make my life better. and it totally shuts off the fear/guilt chatter. I am literally here loving my body back to health. Food is my medicine and I trust my body to take this energy and heal whatever it needs to heal. I am here to surrender to whatever that process entails and I will treat myself with the love and kindness I would if this was happening to my child. The digestion module was so key too, I have known a lot about the subconscious and nervous system so this was right down my interest area. Just understanding how whatever I think and whatever thoughts I tell my body will become my reality. How to make peace with my belly and literally give my gut pep talks and feel good about what I am putting into my body. Smelling my food and slowing down, being just in love snd intoxicated with the experience of nourishment lol. Sensual, slow, playful and fun is the vibe. Honestly there was soooo much more and this is a wild journey but I am just so so so happy that I am on the path to healing and in some ways I am starting to make peace with the chronic health problems and the inflammation I have right now etc etc etc because they have brought me here to cultivate this acceptance and a level of self love and nurturing that I need to embody to actually have the sustainable health that I have always longed for. It's not all smooth sailing, but gosh it just feels so good to lean into the experience and surrender to my desire and be like you know what, I'm done exhausting myself, I'm done playing the game of control and trying to hard I'm just so done. Ahh 🧘🏾 Ok, that's pretty much it now from me 💛

(edited) 2:31 am

❤️ 6