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HEALTH & WELLNESS



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**January 10th 2020: Food & Diet Culture!!
Throwing Away the Scale!!!**

Its the Season of Dieting, Cleansing, Resolutions, Losing weight, 30lbs in 30days, Whole 30, Keto, Plant based diets, WW, macro counting, intermittent fasters, and the list goes on and on. Lets talk about why you should not go back on a yo-yo or restrictive diet this year. Lets talk about what is really going on, how diets are distractions, how you don't like cupcakes or pizza more then normal people, why its not wrong that you LOVE these foods. We live in a diet obsessed culture that continues to teach us that we are NOT Enough. This show will be about a different way, intuitive eating, kids &

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