



I've failed so many times, what makes this different?

WHO?

I have been there.

I have tried every diet there is going, bars, shakes, eating within certain periods, restricting certain foods, eating excess of some foods, crash diets, medical diets, fad diets, group diets, low carb, low acid, low GI, clean eating, DASH, OMAD, vegan, paleo, liquid diet, cabbage soup, grapefruit and at some point something has gone wrong and I've ended up putting the weight back on (and very often a bit more!).



WHY?

So why isn't it working?

If you are anything like me, then not only am I qualified in self-deprecating talk but I also make a hobby out of it. I have had unrealistic expectations of my weight loss, I've eaten a salad for lunch and wondered why the scales haven't changed by dinner time. Some of the diets were too restrictive for me, which would often mean I have been 'good' during the day and then due to cravings binged at night. Sometimes I would eat to cope with my emotions, whenever I started a diet I would have an 'all or nothing' mindset either being 'on' a diet or if I had blown that I would then very much be 'off' the diet eating everything in sight like Pacman. Sometimes my environment wasn't conducive to dieting, there was always cake at work and my family's social events very often revolved around food. I didn't have the tools to overcome my thought patterns.

A diet is only as good as the person following it, it wasn't the diet's fault, I was failing. It was mine.

HOW

So How is this different?

We all know how to diet; if you don't, a simple Google search will throw up plenty of answers. I am not here to tell you which diet to follow, or which exercise program to do because a healthier you starts long before you step foot in the gym. We are so psychologically hard-wired to choose the path of least resistance. If the diet starts to become hard or the motivation wavers, we are likely to return to old, comfortable habits. This program is designed to ensure that you change your mindset towards dieting and most importantly towards yourself.

[This program is your personal guidance to a healthier and happier you:](#)

- Instead of focusing on quick fixes, we focus on lasting transformation.
- We go beyond the physical and address the root cause of unhealthy habits: your mindset.
- We empower you with practical tools and techniques to overcome challenges and stay motivated.
- It's not just about getting fit, it's about building a healthier, happier you from the inside out

This isn't just about weight loss, it's about self-discovery and empowerment. You'll emerge with a transformed relationship with food, exercise, and most importantly, yourself.