

Want to see exactly what's included inside WholeBody Trust™?

Here's the complete 20-module journey, organized within the 3 Pillars and 6 Steps. Each module builds on the last, guiding you step-by-step toward full food freedom.

WholeBody Trust™ – Full 20 Module Journey

Mind Trust™ Pillar

Module 1: Explore Your Dieting History

Reflect on your dieting past to uncover patterns that have shaped your relationship with food — and start releasing them.

Module 2: Understanding the Deprivation-Rebellion Cycle

Learn why restriction always leads to backlash and how to break free of this exhausting loop.

Module 3: Release of Your Food Rules

Identify and challenge the rules that keep you stuck so you can move toward food freedom.

Module 4: Actionables to Reject the Diet Mentality

Internalize the damage dieting causes, spot diet-culture language, and ditch the 'tools' that reinforce it.

Bonus: Putting Weight and the Scale in Perspective

Discover how to shift your focus from numbers to true health and well-being.

Module 5: Identify Your Inner Critic Identities

Recognize the voices of your inner critic that fuel shame and self-doubt.

Module 6: Reframing Limiting Beliefs

Challenge old beliefs that no longer serve you and replace them with empowering truths.

Module 7: Challenge the Food Police

Learn to spot the internal and external voices that dictate what you 'should' or 'shouldn't' eat.

Module 8: Identifying and Changing Negative Self-Talk

Transform harsh inner dialogue into kinder, more supportive self-talk.

Module 9: Cultivating Self-Compassion

Develop the ability to treat yourself with the same kindness you'd give to someone you love.

Hunger Trust™ Pillar

Module 10: Meeting Your Needs of Basic Self-Care

Learn how sleep, stress, and self-care impact your eating and how to create balance.

Module 11: Building Your Support Network

Discover how to surround yourself with people and systems that support your journey.

Bonus: Affirmation Cards

Use daily affirmations to reinforce your commitment to a diet-free life.

Module 12: Honor Your Hunger

Relearn how to recognize and respond to physical hunger with trust and confidence.

Module 13: Discover the Satisfaction Factor

Understand why satisfaction is the missing key in food freedom and how to embrace it.

Bonus: The Art of the Mindful Bite

Practice mindful eating through a powerful 4-step process to fully experience each bite.

Module 14: Respect Your Fullness

Learn to recognize comfortable fullness and stop eating without guilt.

Module 15: Cope with Your Emotions with Kindness

Build non-food strategies to soothe and support yourself when emotions rise.

Food Trust™ Pillar

Module 16: The Food-Peace Process

Make peace with all foods by removing morality and guilt from your eating choices.

Module 17: Respect Your Body

Shift from body criticism to body respect, no matter your size or shape.

Module 18: Movement – Feel the Difference

Discover joyful movement and reconnect to how movement makes you feel, not how you look.

Module 19: Honor Your Health – Gentle Nutrition

Learn how to choose foods that support your health without diet rules or restriction.

Module 20: Integration of the 6 Steps to Build WholeBody Trust™

Bring all the steps together and solidify your transformation into a lasting lifestyle.

Bonus: Intuitive Eating Daily Cue Cards

Daily prompts to help you stay attuned to the 10 principles of Intuitive Eating.