

# Reconnecting From Within

*Create a lasting, nourishing relationship with food,  
your body, and yourself*

## Frequently Asked Questions



## About the Program

### ***What is this program about?***

This program is a gentle, 12-week journey designed to help you reconnect with your body, your patterns, and your relationship with food.

It is not about strict rules or dieting — it is about building awareness, trust, and lasting, sustainable change from within.

### ***Who is this program for?***

This program is for individuals who:

- feel overwhelmed by nutrition information
- have struggled with cycles of dieting or inconsistency
- want a more grounded, sustainable approach to health
- are ready to build a supportive relationship with food, their body, and themselves

### ***Who is this program NOT for?***

This program may not be the right fit if you are:

- looking for a strict meal plan or rigid structure
- focused only on quick weight loss
- not open to reflection or behavior change

### ***Can I do this program if I am using a GLP-1 medication?***

Yes.

This program is designed to support you whether you are using a GLP-1 medication or not.

It focuses on:

- building awareness
- understanding your patterns
- reconnecting with your body
- creating sustainable habits

These foundations are supportive in either case.

If you are using a GLP-1 medication, this program can help you:

- stay connected to your body’s signals
- maintain balanced nourishment
- build habits that support long-term success

This program is not a replacement for medical care.

If you are working with a healthcare provider, continue to follow their guidance.

A dedicated GLP-1 Support Guide is also included to help you navigate this in a supportive and informed way.

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## Time & Commitment

### *How much time does this program take each day?*

Most days require about **5–20 minutes**.

Some days may feel shorter, and others may invite deeper reflection — but consistency matters more than time.

### *How much time does it take each week?*

On average, you may spend **1–2 hours per week**, spread out in a way that fits your life.

### *Do I need to do everything every day?*

No.

This program is not about doing everything perfectly — it is about showing up consistently in small, manageable ways.

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## Results & Expectations

### *Will I lose weight on this program?*

Weight loss may happen for some individuals, but it is not the primary focus.

This program is designed to help you:

- change your patterns
- rebuild trust with your body
- create sustainable habits

Those changes often lead to more lasting results over time.

### ***How is this different from other programs?***

Most programs focus on *what* to eat.

This program focuses on:

- how you think
- how you respond
- how you relate to food and yourself

Instead of giving you more rules, it helps you understand your patterns so that change becomes natural and sustainable.

### ***What kind of results can I expect?***

Many people notice:

- reduced food and thought noise
- more clarity around hunger and fullness
- less guilt around eating
- improved consistency
- a more supportive inner dialogue

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## **Program Structure**

### ***What does each week include?***

Each week follows a simple, supportive structure:

- an affirmation
- a weekly intention
- a lesson
- a focus practice
- a nourishment habit
- reflection exercises
- a guided meditation or hypnosis

***Do I need to follow a meal plan?***

No.

This program does not use rigid meal plans.

Instead, it provides guidance to help you build balanced, flexible eating patterns that work for you.

***Do I need to track my food?***

No.

Tracking is optional.

Tools like the Circle Method are available if you want support building awareness, but they are not required.

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 **What's Included**

***What is included in the program?***

You will receive:

- Full 12-week guided program
- Weekly lessons and reflection exercises
- Guided meditations / hypnosis
- Nutrition Guide
- GLP-1 Support Guide (if applicable)
- Movement Guide with 3 workout programs
- Food tracking sheets (optional tools)

***Do I have to follow the workout programs?***

No.

The movement programs are there to support you, but they are completely optional.

***Is this program vegan?***

No.

This program is inclusive and can support a variety of dietary preferences, including vegan, vegetarian, and omnivorous approaches.

## Flexibility & Access

### ***Can I go at my own pace?***

Yes.

You can move through the program at your own pace, repeat weeks, or take breaks as needed.

### ***What if I fall behind?***

That is completely okay.

You can:

- pick up where you left off
- repeat a week
- or move forward when you feel ready

There is no “behind” in this process.

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## Support & Mindset

### ***What if I've tried everything and nothing has worked?***

This program was created for that exact experience.

Instead of giving you another plan to follow, it helps you understand:

- why patterns repeat
- what is driving your behaviors
- how to create change from the inside out

### ***What if I struggle with consistency?***

You are not alone.

This program is designed to:

- meet you where you are
- keep things simple and manageable
- help you build consistency gradually over time

***What if I don't trust myself with food?***

That is something this program is designed to help rebuild.

Through awareness, reflection, and small daily practices, you will begin to reconnect with your body and rebuild trust over time.

***What if I want more support?***

While this program is designed to be self-guided and supportive on its own, additional coaching support is available if you feel you would benefit from more personalized guidance.

Coaching can provide:

- deeper support with your individual patterns
- personalized feedback and guidance
- accountability and structure
- a space to ask questions and explore challenges

If you are interested in coaching, you can learn more or join the waitlist on the Coaching page.

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 **Important Note**

This program is for educational purposes only and is not intended to diagnose or treat medical conditions.

If you are working with a healthcare provider, continue to follow their guidance.