

10 Week anti-diet

weight loss & wellness program

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Week 1: Introduction to the course

Welcome to my '10 weeks to freedom' **anti-diet weight loss program**. I hope that you enjoy this journey of self-discovery and realise your own goals, whatever they may be.

I designed this 10 week program as a result of seeing many frustrated 'dieters' coming to visit me at my private practice in Sydney having tried numerous conventional weight loss programs. Nothing was working, at least nothing in the long term. We also know that statistically 97% of people who try a conventional calorie restricted diet put on the weight they lost (and often more) within 12 months.

It became clear that basic calorie restricted diets do not work for most people. It is not that simple. We must change some of our basic beliefs and break negative food behaviour habits which have been built up over many years. This in itself is not a straight forward process but as with many things in life often those which are the hardest reap the most rewards.

Throughout the 10 weeks we work through many topics including compulsive eating, breaking the binge cycle, mindful eating, self esteem and body image, healthy eating, tips and tricks to make it easier, common food myths and the importance of exercise. I believe that all of these components are vitally important for successful and sustainable long term weight loss.

Together with the support of your dietitian and your own motivation be kind to yourself and start living the life you deserve.

I truly hope that you enjoy this journey,

Your with love and good health

Lynda Hamilton
Accredited Practising Dietitian