WELCOME TO INTUITIVE EATING	
WHY INTUITIVE EATING?	2

LET'S BRIEFLY TALK DATA	3	
➤ 95% of diets end in failure?	-	
<ul> <li>Diet/weight loss studies are notoriously difficult to control</li> </ul>	-	
➤ National Weight Loss Registry	-	
	-	
Welcome		
	4	
	-	
	-	
Think about your own experiences	-	
Think about your own experiences	-	
Think about your own experiences	-	
Think about your own experiences	-	
Think about your own experiences	-	
Think about your own experiences		
Think about your own experiences		
Think about your own experiences		
Think about your own experiences		

OUR PATIENTS	5
<ul> <li>Struggle to adopt and maintain lifestyle changes</li> <li>Feel restriction is the key to success</li> </ul>	
<ul> <li>Dive into behavior changes, not just a diet prescription</li> </ul>	
Welcome	
	]6
DIETITIANS ARE FACING	
THEIR OWN CHALLENGES	
INEIR UWN CHALLENGES	

HELPING OUR PATIENTS
BECOME THE BEST
VERSIONS OF THEMSELVES
REQUIRES US TO LOOK AT
THE UNIQUE AND
SPECIFIC BIOLOGY, THE
PHYSIOLOGY AND THE
PSYCHOLOGY OF EACH

INDIVIDUAL.

8



TRAINING WALK THROUGH

Welcome

