

AMERICA VS FRANCE

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STUDY

➤ Americans

- ✓ Highest in food worry
- ✓ Lowest in food satisfaction

➤ French

- ✓ Lowest in food worry
- ✓ Highest in food satisfaction

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OTHER FACTORS FOR THE HEALTH OF THE FRENCH

- > Small amounts of wine
- > Smaller portions
- > More active

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MAKE PEACE WITH FOOD TO FIND AUTHENTIC HEALTH

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**OUR CLIENTS GET TO
EXPLORE AND DECIDE
WHAT MAKES THEIR BODY
FEEL BEST**

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**HOW TO EAT
HEALTHFULLY**

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AWARENESS

- Never stop listening to your body
- What does eating this food or type of meal make me feel?
- How do I feel when I consistently eat this type of food or meal?

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“ Pleasure can also be derived from the feeling you get from your food choices. **”**

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