	1
WRAP UP	
Video Five	
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	2
GET STARTED!	



GET STARTED!

- ➤ Get comfortable with 1-2 principles, then expand
- ➤ Meet your patients where they are at
- ➤ You are the guide, but the patient has to choose the destination

Wrap Up I Video Five

SEND ME YOUR
QUESTIONS, THOUGHTS,
IDEAS AS YOU START TO
IMPLEMENT INTUITIVE
EATING WITH PATIENTS

4
4

3

