



## Welcome

Welcome To The UDOU Online Course...

I'm so excited you're here and that you've taken the leap to invest in you. I created this course for women who want to clear their heads from obsessive thoughts about food and dieting and instead understand what food is best for their bodies, without having to follow a strict diet or meal plan. I created this course for women who are sick of the cycle of losing and gaining the same weight and who want to get back to feeling like themselves again! If this is you, then you've come to the right place.

Over the next 8 weeks you're going to discover exactly how to get into better eating habits that become second nature. You'll learn how to stop turning to food for comfort or eating out of boredom. Instead you'll learn how to eat in a way that your body appreciates. This course will remove any confusion that you currently feel around food and give you a step by step plan to build a healthier relationship with food. Imagine being able to enjoy food without feelings of guilt and get results. Imagine being in control of your eating habits, feeling totally confident that you know what's best for you. Imagine feeling proud of your body, proud of your choices and proud of you. That is my goal for you and it's exactly why I have built this course.

I am not about just giving you a workout plan or a meal plan to follow, because this doesn't actually help you to find out what will work for you long term. I have created this course so that you can build your own knowledge on nutrition and your psychology around eating, so that you can have total control over your eating habits, instead of always being told what you should or shouldn't be eating and relying on a diet or a coach. We already know what we should be eating, that's not the tricky part. The tricky part is actually implementing the information and creating better habits that you can stick to.

This is why there is a big focus on habit building on this course, we'll be taking a deeper look at how new habits are created and how old habits are broken so that you can establish a new way of living and consistently make better food choices that serve you.



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### Support...

I want to make sure you're supported the whole way through this course and beyond, which is why I created the [UDOU Facebook group](#). Now that you've signed up to the UDOU Online course you'll have access to the course and the Facebook group for life, so you never have to feel like you're going this alone. Use this group to connect with me and the other members whenever you need to. I'll also be giving bonus webinars and live Q&A sessions in the group so make sure you check back regularly.

### Weight Loss...

You may have joined this course so that you can lead a healthier lifestyle and lose weight. If weight loss is your goal, that can certainly be achieved through this program. It was this exact approach that helped me to lose the weight I had gained from binge eating. It is this approach that I have used to help my clients across the country to establish new habits and achieve weight loss.

However, this course is about so much more than weight loss. This course focuses on the internal transformation that needs to occur when building a healthy relationship with food and your body. Which is why it is also the perfect course for anyone whose goal isn't weight loss but they want to be healthier and have a better relationship with food. Whether you want to lose weight or not is a totally personal decision so please do not feel like that needs to be the goal here. I am a huge advocate for throwing away the scales because what does it matter what you weigh, as long as you feel good in yourself that's what's important. So whether weight loss is a goal for you or not, the principals are all the same...

To Heal Your Relationship With Food You Must Heal Your Relationship  
With Yourself.

By doing this work you're not only going to find the motivation to lead a healthier lifestyle but you'll open the doors to a healthier, happier more fulfilled YOU.