

Radiant Nurishment: A holistic Approach to nurturing your body.

Our Radiant Nourishment program guides individuals in developing balance, healthy, and sustainable relationship with food while embracing the concept of reverse dieting. By Focusing on mindful eating, nutrient-dense foods, and a gradual increase in caloric intake, participants will optimize their metabolic function and support lasting well-being.

Course content Includes:

1. Mindful Eating: Learn to eat with intention, awareness, and self-compassion, fostering a positive relationship with food.
2. Nutrient-Dense Foods: Discover the benefits of whole, unprocessed foods and how to incorporate them into your daily meals for optimal nutrition.
3. Reverse Dieting Fundamentals: Understand the science behind reverse dieting and its potential to support metabolic health and long-term weight management.
4. Gradual Calorie Increase: Implement a step-by-step process to gradually increase caloric intake while monitoring and assessing your body's response.
5. Macronutrient Balance: Explore the importance of balancing protein, carbohydrates, and fats, and learn to tailor your macronutrient intake to your unique needs.
6. Intuitive Eating and Hunger Cues: Develop the ability to recognize and honor your body's hunger and satiety Signals, promoting a more attuned and responsive approach to nourishment.

The Radiant Nourishment program equips individuals with the knowledge, tools, and support they need to nourish their bodies in a holistic, sustainable, and enjoyable way, embracing the principles of reverse dieting and mindful eating.