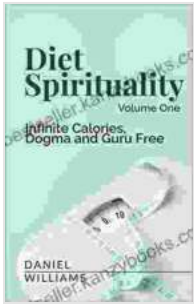


# Infinite Calories: Dogma and Guru Free



## Diet Spirituality: Infinite Calories, Dogma and Guru

**Free: Volume One** by Daniel Williams

★★★★★ 5 out of 5

Language : English

File size : 2344 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 37 pages

Lending : Enabled

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## Unleash the Power of Intuitive Eating

In a world obsessed with restrictive diets and conflicting nutrition advice, it's no wonder that many of us struggle with our relationship with food. But what if there was a way to break free from the dogma and discover a sustainable approach to eating that nourishes both your body and soul?

Introducing *Infinite Calories*, a groundbreaking book that challenges traditional weight loss paradigms and empowers you to reconnect with your body's natural cues. Written by a registered dietitian with over 20 years of experience in eating disorder recovery, this revolutionary guide will teach you how to:

- Say goodbye to calorie counting and food rules
- Trust your body's hunger and fullness signals
- Eat without guilt or shame

- Cultivate a healthy relationship with food
- Achieve lasting weight management success

Based on the principles of intuitive eating, *Infinite Calories* offers a holistic approach to nutrition that goes beyond food choices. It addresses the underlying emotional and psychological factors that often drive disordered eating and provides practical strategies for overcoming these challenges.

### **Inside Infinite Calories, You'll Discover:**

- The science behind intuitive eating and why it works
- How to overcome the fear of weight gain
- The importance of self-compassion and body acceptance
- Mindful eating techniques to help you connect with your body's needs
- Meal planning and recipe ideas that support your intuitive eating journey

With *Infinite Calories*, you'll learn how to abandon the dogma and gurus that have held you back and embrace a liberating and empowering approach to eating. It's time to break free from the cycle of dieting and deprivation and discover the true joy and satisfaction that comes from a healthy relationship with food.

### **Testimonials**



***“Infinite Calories is a must-read for anyone who has ever struggled with disFree Downloaded eating or body image issues. It's a powerful and compassionate guide that will help you reconnect with your body and find food freedom.”***

— Christy Harrison, MPH, RD, Author of Anti-Diet



***“Dr. Alex Gazzo's book is a breath of fresh air in the often confusing world of nutrition. Infinite Calories offers a practical and evidence-based approach to intuitive eating that empowers individuals to take control of their health and well-being.”***

— Dr. Steven Bratman, Author of Healthiest Diet

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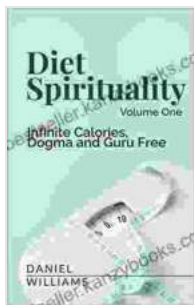
Don't wait another day to transform your relationship with food and your body. Free Download your copy of *Infinite Calories* today and embark on a journey to a healthier and more fulfilling life.

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\*\*Alt attributes for images:\*\*

\* \*\*Body positive image:\*\* A diverse group of people smiling and enjoying food together. \* \*\*Intuitive eating plate:\*\* A plate filled with a colorful variety of foods, including fruits, vegetables, whole grains, and protein. \* \*\*Book

cover:\*\* A vibrant cover with the title "Infinite Calories" and the tagline "Dogma and Guru Free."



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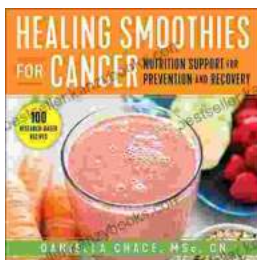
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