

A PRACTICAL GUIDE

Breaking Free: Your Guide to Managing Overeating

HI!

I'm Kat, a Greek Australian Occupational Therapist (Behavioural Therapist) based between New York City and London.

I am a Neuro Linguistic Programming Practitioner, Personal Trainer (and IFBB Pro), and Certified Nutritionist that's been in the health and fitness field for 18 years.

I am currently completing my studies of Medical Neuroscience through Duke University.



Over the past 15 years, I have developed successful programmes that have helped my clients reduce and/or abstain from overeating. My programmes have successfully helped clients recover from mild to severe cases of Binge Eating Disorder. I work on improving the relationship that athletes and members of the community have with nutrition, training and body image, through my online business - Macros, Muscles & Mindset (MMM).

This six module guide is designed to help you understand the science behind overeating and give you the practical tools to break the cycle for good. Each module explores a key pillar of lasting change, from what you eat to how you think and speak about food.

More about me [here](#).

Introduction: Understanding the Cycle of Overeating

Overeating is rarely about a lack of willpower. It is a complex, multi layered behaviour driven by biology, psychology, habit, and environment working in concert. For many people, the harder they try to control what they eat through restriction and rigid rules, the more powerfully the urge to overeat returns, often with greater intensity than before.

Understanding *why* overeating happens is the essential first step. When we can see the mechanisms at play, the neurological reward loops, the habitual cue-response patterns, the emotional triggers, and the subtle environmental nudges: we stop blaming ourselves and start building genuine, lasting change.

This guide walks you through the six modules I work through with every client. Each module targets a distinct driver of overeating and equips you with science backed techniques to interrupt the cycle. Together, they form a comprehensive, compassionate framework that addresses the whole person, not just what ends up on your plate.

- ❏ These six modules are not quick fixes. They are the building blocks of a sustainable relationship with food: one built on understanding, flexibility, and self-compassion rather than rules and restriction.



The cycle above illustrates how overeating perpetuates itself. Each module in this programme targets a specific point in this loop, giving you multiple entry points for lasting change.

Nutrition Fundamentals.

The 80/20 Balance

Most people who struggle with overeating have spent years navigating a world of dietary rules, forbidden foods, and all-or-nothing thinking. The 80/20 principle offers a fundamentally different approach. It is one grounded in flexibility, nourishment, and psychological freedom rather than control and deprivation.

The 80/20 balance means that roughly 80% of the time, you eat in a way that supports your health. Prioritising whole, nutrient dense foods that fuel your body and stabilise your energy. The remaining 20% is intentionally left flexible, allowing for less nutrient dense foods. Often foods that provide enjoyment, spontaneity, and the social pleasures of eating without guilt or self recrimination.

This is not a loophole or a compromise. It is the architecture of a sustainable, enjoyable eating pattern. Rigid dietary perfection is not only unachievable, it is counterproductive. When the goal is total compliance, every small deviation feels like a catastrophic failure. The 80/20 model reframes the entire game: balance, not perfection, becomes the measure of success.

In this module, we explore the science that explains why restriction backfires so reliably, and we build the practical tools you need to implement genuine nutritional flexibility in your day-to-day life.

The 80%

Whole, nutrient dense foods that nourish your body, stabilise blood sugar, and support satiety, eaten with intention and enjoyment.

The 20%

Foods that are less nutrient dense. Foods you genuinely love, enjoyed mindfully and without guilt - planned as part of a balanced approach, not hidden or forbidden.

The Science of Overeating: Why Balance Matters

The scientific case for nutritional flexibility over restriction is compelling and well established. Understanding these three mechanisms can be genuinely transformative because when you see *why* your body and mind respond the way they do, restriction stops feeling like the obvious answer and starts feeling like the problem it truly is.

The Deprivation Trap

Restrictive diets create a physiological and psychological state of perceived scarcity. When the body believes food is in short supply, it responds by intensifying hunger signals and cravings, a survival mechanism hardwired over millennia. This is not weakness; it is biology doing its job. The result is that the harder you restrict, the more powerful the eventual rebound. Many clients describe this as feeling entirely "out of control" around food, when in reality their body is responding exactly as designed to prolonged restriction. Understanding this mechanism removes the shame and replaces it with strategy.

Blood Sugar Rollercoaster

Extreme dietary swings like alternating between severe restriction and high-calorie, high-sugar consumption cause rapid, destabilising fluctuations in blood glucose levels. When blood sugar crashes, the brain interprets this as an urgent threat and sends powerful signals demanding fast energy, typically in the form of high-sugar, high-fat foods. This creates a self-reinforcing cycle: restriction drives a crash, the crash drives cravings, the cravings drive overeating, and guilt over overeating drives further restriction. Stabilising blood sugar through consistent, nutrient-dense eating is one of the most direct physiological interventions available.

Psychological Impact of Restriction

Labelling foods as "good" or "bad" introduces a moral dimension into eating that has profound psychological consequences. When foods carry moral weight, eating a "bad" food is not just a dietary choice, it becomes a personal failure. This triggers shame and guilt, which are among the most potent drivers of continued overeating. The "I've already ruined it, I might as well carry on" response — sometimes called the "what the hell effect", is a direct product of moral food labelling. Dismantling this framework is central to breaking the cycle.

Tools for Implementation: Embracing the 80/20 Balance

Understanding the science creates the foundation; these tools make the change practical and sustainable. The goal is not to implement all three simultaneously, but to begin where the fit feels most natural and build from there.



Mindful Indulgence

Identify your personal "20% less nutrient dense" choices. These are foods you genuinely enjoy and that, eaten mindfully and in moderation, do not trigger binges. The key word here is *genuinely*: these are not consolation prizes or guilty pleasures. They are real, valued parts of your eating life. Plan for them explicitly. When treats are scheduled and anticipated with pleasure rather than stumbled upon and consumed in a shame spiral, they lose their psychological charge entirely. Savour them slowly, without distraction, and notice the difference between eating food you love and eating food that is eating you.



Focus on Nutrient Density

Rather than building your eating around rules about what to avoid, redirect your focus towards what your body genuinely needs. Prioritise whole, minimally processed foods for the majority of your intake, not because they are morally superior, but because they deliver the sustained energy, satiety, and nutritional support that make balanced eating feel effortless rather than effortful. When your body is well-nourished, cravings diminish naturally. Nutrient density is not about perfection; it is about building a solid physiological foundation that reduces the pull of reactive overeating.



Flexible Eating Plan

Replace rigid dietary rules with a flexible personal framework that accommodates real life — social occasions, celebrations, travel, and the simple unpredictability of being human. A flexible approach does not mean having no structure; it means your structure is resilient enough to bend without breaking. When a meal does not go to plan, a flexible eater notices, adjusts, and moves forward. A rigid dieter catastrophises and spirals. Practise asking yourself "What would a balanced, compassionate approach look like here?" rather than "Did I stick to the rules?" This single question can transform your relationship with food over time.

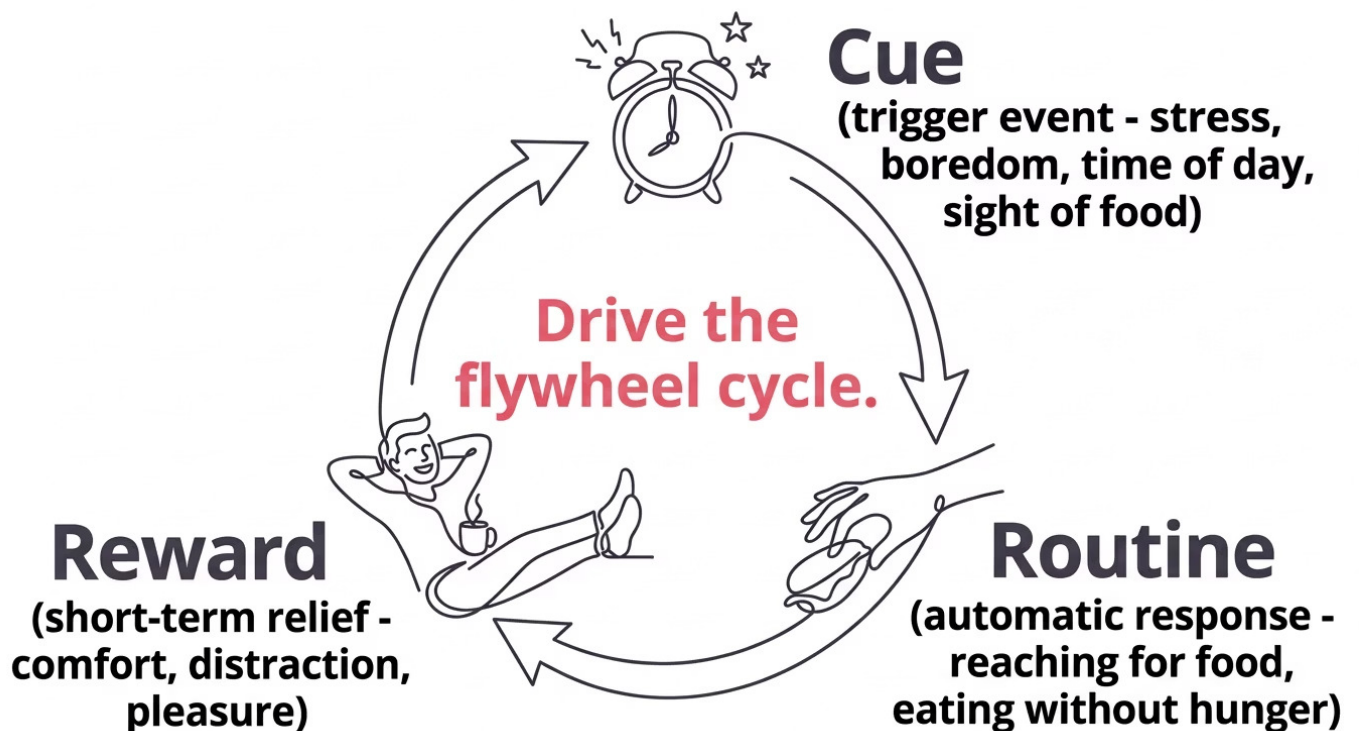
Habits.

Rewiring Your Eating Patterns

Much of what we eat, when we eat, and how much we eat is not the result of conscious decision-making. It is habit. Habits are the brain's extraordinary efficiency system, automatic behavioural programmes that run largely below the level of conscious awareness, conserving cognitive energy for tasks that genuinely require it. This is enormously useful in many areas of life, but when it comes to overeating, it means that many of our most problematic eating behaviours are on autopilot.

The good news is that habits, however entrenched, are not permanent. They are learned, and what is learned can be unlearned and replaced. Neuroscience confirms that the brain retains remarkable plasticity throughout life, meaning new, healthier eating habits can be formed at any age, given the right understanding and approach.

In this module, we explore the structure of habits and how they lock overeating into automatic cycles. We then focus on two concrete, evidence-based techniques for identifying your personal triggers and systematically replacing unhelpful routines with ones that genuinely serve you.



The Science of Overeating: The Power of Habits

Habit science offers some of the most illuminating explanations for why overeating persists even when we are highly motivated to change. The three mechanisms below reveal the structural reasons why willpower alone is rarely sufficient and why understanding the architecture of your habits is far more powerful.

Automatic Behaviours

Overeating frequently operates as an automatic response to specific cues. These can be a particular time of day, an emotional state, a location, or even a sensory trigger like the smell of food. Once a behaviour becomes sufficiently practised, it is transferred from the brain's effortful, conscious processing systems to its automatic systems, making it fast, efficient, and largely invisible to conscious awareness. This is why many people describe overeating episodes as feeling like they "came to" having already eaten. The decision, such as it was, happened before conscious awareness engaged. Recognising automaticity is not a reason for despair; it is the diagnostic insight that points directly to the intervention.

Cue–Routine–Reward Loop

Psychologist Charles Duhigg's framework: cue, routine, reward - elegantly describes how overeating becomes habitual. A cue (seeing a packet of biscuits, feeling stressed, arriving home from work) triggers a routine (eating), which delivers a reward (temporary comfort, distraction, or pleasure). The brain records this sequence as efficient and worth repeating, embedding it more deeply with each repetition. Critically, the reward does not need to be large or long lasting, even a fleeting sense of relief is sufficient to reinforce the loop. Understanding your personal cue–routine–reward cycle is the prerequisite to changing it.

The "What the Hell" Effect

Once a small deviation from a dietary plan occurs, many people experience a powerful psychological shift: having "broken" the rules, they feel they have already failed and abandon all restraint entirely. This is not irrationality, it is a predictable cognitive response to all-or-nothing framing. The solution is not stronger willpower; it is changing the frame so that small deviations are expected, normalised, and recovered from quickly rather than catastrophised.

Tools for Implementation: Building Healthier Habits

These two tools work in sequence: the first builds self-knowledge, the second applies it. Together, they give you the insight and the mechanism to begin rewiring automatic eating patterns at their source.

1 Identify Your Cues: The Food and Mood Diary

Keeping a food and mood diary is one of the most powerful interventions available for habitual overeating, not because it creates accountability through observation, but because it generates the self-knowledge necessary for genuine change. The goal is not to log calories; it is to track the emotional state, the situation, the time of day, and the physical sensations that precede eating. Over one to two weeks, patterns emerge with striking clarity. You may discover that overeating consistently follows a particular meeting, a specific emotional state, or an evening routine. Once you can see your cues with precision, you can design targeted responses. Without this clarity, behaviour change remains a matter of brute force willpower and willpower is a finite resource.

2 The "One Bite" Rule for Trigger Foods

For foods that consistently trigger loss-of-control eating, the "one bite" rule offers a practised, mindful intervention. Rather than attempting to avoid trigger foods entirely, a strategy that typically increases their psychological power, allow yourself a single, deliberate, fully attentive bite. Eat it slowly. Notice the taste, texture, and sensation. Then stop. This practice does several things simultaneously: it undermines the all-or-nothing dynamic that drives binges, it practises the skill of choosing how much to eat rather than eating automatically, and it gradually reduces the heightened psychological charge that forbidden foods accumulate. Over time, many clients find that trigger foods lose their grip entirely, not because they are avoided, but because they are approached differently.

Mindfulness

Cultivating Present Moment Awareness

Mindfulness is one of the most extensively researched psychological interventions for disordered eating, and its effectiveness is not coincidental. Overeating, at its core, is frequently a strategy for escaping the present moment, for moving away from difficult emotions, uncomfortable sensations, or the relentless noise of daily stress. Mindfulness works precisely because it does the opposite: it teaches us to be fully present with our experience, including its most uncomfortable elements, without immediately needing to fix, numb, or escape it.

This does not require hours of daily meditation or years of dedicated practice. Even modest, consistent engagement with mindfulness techniques produces measurable changes in how people relate to food, emotions, and the urge to overeat. The skills are learnable, and the benefits compound over time.

In this module, we examine the three key mechanisms through which mindlessness enables overeating, and we explore two practical techniques, mindful eating and urge surfing. You can begin implementing immediately, regardless of your prior experience with mindfulness.

"Between stimulus and response, there is a space. In that space lies our power to choose. In our choice lies our growth and our freedom." — Viktor Frankl

The Science of Overeating: The Mindful Approach

The science connecting mindlessness to overeating spans neuroscience, clinical psychology, and behavioural medicine. The three mechanisms below explain why eating on autopilot, disconnected from both emotion and physical sensation, creates the conditions in which overeating thrives.

1

Emotional Dysregulation

Overeating is one of the most commonly reported strategies for managing difficult emotions: anxiety, loneliness, boredom, frustration, and grief among them. Food provides rapid, reliable sensory comfort. The problem is not that it fails to work in the short term; it works remarkably well. The problem is that it works well enough to become the default emotional regulation strategy, while simultaneously preventing the development of more sustainable coping skills. Mindfulness addresses this directly by developing the capacity to experience difficult emotions without immediately acting on them, to feel discomfort without reaching for food as the automatic solution.

2

Loss of Control During Binge Episodes

One of the most distressing features reported by people who binge eat is an overwhelming sense of losing control, of watching themselves eat while feeling unable to stop. Mindfulness cultivates the skill of present-moment awareness, creating a small but crucial gap between the impulse to eat and the act of eating. In that gap, choice becomes possible. Research shows that even brief mindfulness interventions significantly reduce binge-eating frequency by strengthening this impulse-to-action gap, giving individuals the experience of agency rather than helplessness in the face of strong food urges.

3

Interoceptive Awareness

Interoception refers to the brain's ability to sense and interpret signals from inside the body, including hunger, fullness, and satiety. Chronic overeating, particularly when driven by emotion or habit rather than physical hunger, gradually erodes interoceptive awareness. People lose the ability to reliably distinguish between genuine physical hunger and emotional appetite. Mindfulness practices, particularly body scan meditations, directly rebuild this awareness by training attention towards internal physical experience. As interoceptive sensitivity improves, eating in response to genuine hunger and stopping at genuine fullness, becomes increasingly natural and reliable.

Tools for Implementation: Practising Mindful Eating

The following two tools are among the most clinically validated techniques for mindfulness-based eating interventions. They can be practised independently and are most powerful when used together as complementary skills.

Mindful Eating Practice

Mindful eating transforms eating from an unconscious, automatic activity into a deliberate, sensory-rich experience. Begin with one meal or snack per day. Remove all distractions: screens, phones, reading material. Sit down. Before eating, take three slow breaths and observe the food in front of you. As you eat, slow down deliberately, placing utensils down between bites. Notice the flavours, textures, temperature, and aromas. Pay attention to your body's hunger signals as the meal progresses. Notice the moment you begin to feel satisfied, before the point of fullness. This practice consistently reveals that a great deal of eating happens in a state of complete sensory absence and that the food, experienced fully, is more satisfying in smaller quantities than it is consumed absent mindedly in large ones.

Urge Surfing

Urge surfing is a mindfulness technique specifically designed for working with powerful urges including the urge to overeat. When a craving arises, rather than immediately acting on it or white-knuckling through resistance, you observe it with curiosity. Notice where you feel the urge in your body. Notice its intensity: is it building, holding steady, beginning to subside? Name it internally: "There is an urge to eat right now." Remind yourself that urges are time-limited; research shows that most cravings peak and subside within 15–20 minutes if not acted upon. Like a wave, the urge will crest and pass. Urge surfing does not eliminate cravings, but it profoundly changes your relationship with them, from compelling commands that must be obeyed to observable experiences that can be witnessed and allowed to pass.

Body Scan Meditation

A five-to-ten minute body scan before meals: slowly directing attention from head to toe, noticing physical sensations without judgement, dramatically improves the ability to distinguish emotional appetite from genuine physical hunger.

The Brain

Understanding Your Eating Brain

To change your eating behaviour sustainably, it helps enormously to understand the organ that drives it. The brain is not a neutral observer of your food choices; it is an active, opinionated participant with specific systems dedicated to making highly palatable food as compelling and irresistible as possible. This is not a character flaw, it is the legacy of millions of years of evolution in environments where calorie-dense food was scarce and survival depended on consuming it whenever it was available.

The problem, of course, is that we now live in an environment of unprecedented food abundance, surrounded by foods engineered by food scientists to maximise their appeal to these ancient brain systems. Understanding the neuroscience of food cravings does not make them disappear, but it changes the story. Instead of "I have no self-control," the narrative becomes "I understand what is happening in my brain, and I have tools to work with it."

In this module, we examine the three core neurological mechanisms behind food cravings and compulsive eating, and we explore concrete techniques for engaging the brain's higher functions to interrupt automatic, craving-driven behaviour.



Reward Brain

Dopamine-driven urges towards palatable foods: powerful, fast, and automatic.



Reactive Brain

The amygdala's stress-driven impulse to seek comfort through food when threatened.



Thinking Brain

The prefrontal cortex, your capacity for conscious choice, delayed gratification, and value aligned behaviour.

The Science of Overeating: Neurobiology of Cravings

The neuroscience of overeating shows reward circuits designed for scarcity struggling in an environment of abundance. Understanding these three mechanisms explains why cravings feel overwhelming and why a neurologically informed approach is more effective than willpower alone.

→ Dopamine and the Reward Pathway

Highly palatable foods trigger the brain's dopamine system, which drives cravings and anticipation. Repeated exposure reduces receptor sensitivity, requiring larger quantities to achieve the same reward and making consumption patterns difficult to reverse.

→ Amygdala Hijack and Stress Eating

The amygdala acts as the brain's threat-detection centre, responding to modern stress by triggering cortisol and an urgent appetite for high-calorie comfort foods. This survival response creates a direct neurological link between chronic stress and compulsive overeating.

→ Prefrontal Cortex Impairment

The prefrontal cortex, responsible for impulse control, is highly sensitive to stress, fatigue, and emotional intensity. When these resources are depleted, the brain's regulatory capacity fails, leaving reward-driven impulses to operate without restraint.

Tools for Implementation: Rewiring Your Brain

These tools work with your brain's architecture rather than against it. They are designed to buy time for the prefrontal cortex, reduce amygdala reactivity, and gradually reshape the reward associations that drive compulsive eating behaviour.

1

Delay and Distract

When a craving hits at peak intensity, the prefrontal cortex is at its least effective: the dopamine-driven reward system is dominant, and impulse control is temporarily compromised. The "delay and distract" technique leverages the time-limited nature of most cravings: implement a 10–15 minute delay before acting on the urge, and fill that window with a genuinely absorbing alternative activity. Walk briskly, call someone, engage in a brief creative task. Research consistently demonstrates that most cravings subside significantly within this window, and the prefrontal cortex progressively regains its regulatory capacity as the initial intensity peaks and fades. With repeated practice, the delay itself becomes a habit, a reliable gap between craving and action that expands your window of choice.

2

Cognitive Reframing

Cognitive reframing is the practice of consciously identifying and challenging the thought patterns that precede and perpetuate overeating episodes. Common cognitive distortions include catastrophising ("I've ruined everything"), permission-giving ("I deserve this after the day I've had"), and all-or-nothing thinking ("I'll start again on Monday"). Each of these thoughts has a direct physiological correlate, it shifts the brain's state in ways that make overeating more likely. Reframing does not mean positive thinking or denial; it means finding a more accurate, balanced perspective. "I'm finding this difficult right now" is more accurate than "I have no self-control." "A small portion can be genuinely satisfying" is more accurate than "I might as well eat the lot." These small linguistic and cognitive adjustments have measurable neurological effects over time, gradually rewiring the automatic thoughts that precede problematic eating.

MODULE 5

The Environment Shaping Your Surroundings for Success

We like to believe that our food choices are freely made, the product of rational deliberation and personal values. The evidence from environmental psychology tells a more humbling story: the vast majority of our eating decisions are powerfully and largely unconsciously, shaped by the environment in which we make them. The size of plates, the placement of food in a kitchen, the lighting in a restaurant, the people we eat with, and the packaging on products all exert measurable influences on how much and what we eat, often without our awareness.

This is not cause for discouragement. It is cause for action. If the environment shapes behaviour so powerfully, then changing the environment is one of the most leveraged interventions available. Rather than relying exclusively on willpower and motivation (both of which fluctuate), environment design creates the conditions in which better choices are the easier choices.

In this module, we explore the three primary environmental mechanisms that contribute to overeating, and we develop a personalised environmental redesign strategy that makes your physical and social surroundings work *for* you rather than against you.

The Science & Tools: Environmental Triggers and Solutions

Environmental psychology research consistently demonstrates that availability, visibility, and social context are among the strongest predictors of eating behaviour. The science points and tools below provide practical means to strategically redesign your eating environment.

Environmental Factor	The Science	The Tool
Availability & Accessibility	Trigger foods within easy reach increase consumption regardless of actual hunger. Visual cues activate the dopamine system, while removing them reduces cue-triggered cravings at the source.	Strategic Food Storage: Keep trigger foods out of sight or out of the home entirely. Place healthier options at eye level in the fridge and at the front of cupboards to make them the path of least resistance.
Social Cues & Norms	We unconsciously match our intake to those around us and respond to implicit social norms. This "social facilitation of eating" makes it difficult to resist food when others are eating enthusiastically.	Mindful Social Eating: Set clear, values aligned intentions before social occasions rather than relying on rigid rules. Practice eating at your own pace and place utensils down between bites to create natural pauses.
Visual & Sensory Cues	The mere sight of food, in person or on digital medi, triggers anticipatory dopamine release. This visibility often initiates cravings even in the absence of physiological hunger.	Food Free Zones: Restrict eating to designated areas like the kitchen or dining table to break spatial associations. Curate social media feeds to minimize exposure to food photography that triggers mindless snacking.

Language

The Words That Shape Your Relationship with Food

Language is not merely a descriptor of our relationship with food; it is an active creator of it. Cognitive science reveals that our internal dialogue profoundly shapes our experiences, and when this language is characterized by harshness, rigidity, or binary extremes, it fuels the shame that drives the binge-restrict cycle. This module helps you shift from critical self-talk to an empowering narrative that cultivates compassion and neutrality, breaking the cycle of emotional overeating.

From Harsh to Compassionate

Replace self criticism with the warm, honest, and forward looking language you would offer a struggling friend.

From Binary to Nuanced

Move away from all-or-nothing framing toward a balanced narrative that fosters flexibility and sustainable progress.

From Moral to Neutral

Remove moral weight from food choices so that eating decisions become practical matters rather than personal judgments.

The Science of Overeating: The Power of Internal Dialogue

The connection between language patterns and overeating is supported by robust research in cognitive psychology and clinical eating behaviour. The three mechanisms below reveal how specific linguistic habits create and sustain the conditions in which overeating thrives.

Self Criticism and the Shame Spiral

Research demonstrates that self criticism is counterproductive, as it activates the brain's threat-response system and releases stress hormones. This physiological distress reinforces a cycle where harsh judgment leads to emotional pain, which in turn triggers further overeating to self-soothe.

All-or-Nothing Thinking

Binary language, such as viewing a minor dietary lapse as a total failure, is a primary risk factor for binge eating. Replacing this rigidity with cognitive flexibility allows for a more nuanced, recovery-oriented approach that prevents small deviations from spiralling into major lapses.

Moral Food Labelling

Labelling foods as "bad" or "guilty" creates a moral framework that paradoxically increases their desirability and intensity of guilt upon consumption. This "forbidden fruit" effect ensures that eating these foods carries unnecessary emotional weight, which disproportionately drives overeating behaviour.

Tools for Implementation: Cultivating Empowering Language

Language change is not about forced positivity or pretending that overeating does not matter. It is about developing a more accurate, compassionate, and flexible internal narrative, one that tells the truth about your struggles while preserving your capacity to respond with wisdom rather than shame. These three tools are practices, not prescriptions, and they become more natural with consistent, patient repetition.



Self Compassion Practice

When you overeat, notice the first words that arise in your internal dialogue. Write them down if helpful. Then ask: "Would I say this to a close friend who was struggling with the same thing?" Almost universally, the answer is no. We speak to ourselves with a harshness we would never direct at someone we care about. Self-compassion practice involves consciously replacing that harsh internal voice with the voice you would use with a friend. Honest about the difficulty, warm in its tone, and oriented towards learning and forward movement rather than punishment. Dr Kristin Neff's three-component model offers a useful structure: acknowledge the difficulty ("This is hard"), recognise your common humanity ("Many people struggle with this"), and offer yourself kindness ("What do I need right now?"). Research shows that self-compassion is significantly more effective than self-criticism at motivating sustained behaviour change and dramatically more effective at reducing the shame driven relapse cycle.



Neutral Food Language

Begin a deliberate practice of removing moral and emotional loading from your food vocabulary. Replace "bad food," "naughty," and "guilty pleasure" with neutral, descriptive language: "that food," "a treat," "something I enjoy sometimes." This is not denial, it is precision. Food is not morally charged; it is energy, nutrients, flavour, and cultural

WORK WITH ME

Ready to Break the Cycle for Good?

You now have the framework. You understand the science behind overeating. Why it happens, why willpower alone is rarely enough, and what genuinely effective change looks like across six interconnected dimensions. But understanding is only the beginning. The real transformation happens in the doing, and the doing is always easier, faster, and more sustainable with expert, personalised support alongside you.

I work with clients one-to-one through each of these six modules, creating a bespoke programme tailored to your specific triggers, habits, history, and goals. Together, we move at the right pace, identify your unique patterns, and build the precise set of tools that work for *your* brain, your environment, and your life, not a generic programme designed for a theoretical average person.



Personalised 1:1 Support

Every client's relationship with food is unique. Your programme will be built around your specific triggers, patterns, and goals.



Science Backed Methods

Every technique in the programme is grounded in current research from neuroscience, clinical psychology, and behavioural medicine.



Structured Six Module Journey

A clear, progressive path through all six modules: with accountability, flexibility, and compassionate challenge at every step.

If you are ready to move from understanding to lasting change, I would love to hear from you. No obligation, no sales pressure: just a genuine conversation about whether working together could be the right next step for you.



Get in touch: Email me directly for more details about working together, programme structure, availability, and investment. I look forward to hearing from you.