



In the 7 Weekly Workshops you will obtain the knowledge, courage, and strength to shine the light on negative thoughts, eradicate limiting beliefs and debunk the untrue stories that keep you stuck and limited. You will use a variety of strategies to step into your personal power, resolve inner conflict that arises when you want one thing, yet do another, and learn how to deal with uncomfortable emotions that can impede progress. You will discover what you really hunger for in life.



Contact me

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whole choice living

LIVE LIFE WELL



Finally FreeTM
Good Decisions

LEVEL 1

Julie Saalsaa, N.C., R.W.P.
providing
Holistic Nutrition Consulting
& Wellness Classes

About Julie

Holistic Nutrition Consultant

I started Whole Choice Living in 2019 with a mission to educate clients on what it means to make healthy, sustainable choices when it comes to their lifestyle and well-being.

Through **nutrition** and **holistic, sustainable life-style practices** I can guide you to your health goals. I provide a safe, confidential, judgement-free space. My programs focus on what whole foods and herbs work best for optimal nutrition and **your** situation. My approach to wellness takes a look at a person's **whole life**: mind, body, spirit, and environment. Each program has a difference focus, but in all of them you will learn about basic nutrition, mindful & intuitive eating, and how to break old habits and replace them with new healthier ones.

I focus on helping women with women's health issues, body acceptance, intuitive eating, blood sugar balancing, gut healing, cancer prevention, & stress management. Take the first step: contact me for your FREE Discovery Session to find out which program may be best for you.



FINALLY FREE™ INTUITIVE EATING AND EMPOWERMENT WORKSHOPS

Done with a group or individual program.

Here is an overview of what we cover in the Level 1 program:

balance blood sugar levels, increase energy, think clearly, and feel more in control with a 30 day No Sugar Challenge over 7 weeks. Learn intuitive eating and get crystal clear on how you use food to meet your emotional needs, and learn how to move beyond emotional eating. Eradicate limiting beliefs and debunk the untrue stories that keep you stuck and limited.

WEEK 1: Is all about a 30-Day No Sugar Challenge, which takes you out of the cycle of food cravings and sugar addiction fast. Tap into your outer resources and set your environment up for success and learn how to deal with an unsupportive person if you have one in your life. Giving you more energy, mental clarity and feeling in control.

WEEK 2: Learn how to tap into your inner power giving you the courage to make the change you desire successfully. Create an Inner Warrior, a "No Thank You Phrase", and an Emergency Mantra. These are designed to empower you and move you away from the belief that you can't, to a place where you know you can.

WEEK 3: Discover how you use food to meet your emotional needs and find more fulfilling ways to meet those needs. You will separate emotional hunger from physical hunger and discover what you really hunger for in life.

WEEK 4: No more diets. Tap into your own inner guidance with intuitive eating. Discover your hunger signal, your satiation signal and learn to trust your physical body and enjoy food without guilt or shame. Food tastes SO much better when you eat intuitively!

WEEK 5: The 30-Day No Sugar Challenge ends, and you move into the Good Decisions Lifestyle Guidelines. Because life is too short not to eat chocolate! Learn an amazing strategy that will help you deal with your thinking mind. This is the beginning of being at peace with food and your body.

WEEK 6: Obtain the knowledge and strategies to deal with the things that get in the way of your long-term success. Learn how to deal with negative thoughts, limiting beliefs, and unruly emotions so you can successfully transition from where you are to where you want to go.

WEEK 7: Learn how to move successfully through the 6 Phases of Change for long term success. Get a beautiful glimpse of who you are beyond your thoughts, beliefs, and emotions and what it's like to be Finally Free and at peace with food and your body.