

Mp3 Shoshana Levinson, Ms. - Mindful Eating - Making Peace With Food



[DOWNLOAD HERE](#)

Read by a nutritionist and wellness coach, this instructional and inspirational CD will change your life forever as you learn techniques to rebalance body chemistry, eliminate cravings and overeating, and achieve permanent weight loss. 8 MP3 Songs NEW AGE: Self-Help, SPOKEN WORD: Educational

Details: Shoshana Levinson holds a Masters degree in Nutrition, is a Certified Nutrition Specialist, and a Connecticut certified Dietitian-Nutritionist. With over 24 years experience in integrative nutrition, wellness programs, natural foods cooking, and nutritional supplements, she counsels individuals and provides presentations on the many issues concerning food, lifestyle balance, health, disease and disease prevention. Shoshana has been interviewed numerous times on radio and television as an expert in her field, and currently writes articles for newspapers and magazines on health and nutrition issues. She also had the privilege of working with Dr. Barry Sears on his best selling book The Soy Zone. Her expertise as a medical nutritionist include: womens health issues, diabetes, syndrome X, allergies, digestive problems, cancer, heart disease, and eating disorders. Her presentation topics include: Mindful Eating: Making Peace with Food, Eating Well While Traveling, Alternative Therapies for Breast Cancer, Menopause Relief - The Natural Way, Supplements for Health and Prevention, Eating the Vegetarian Way, The Carbohydrate Dilemma, and more. Shoshana is available for private consultations in person or by phone. For more detailed information on her programs, you may view her web page at [eatwellusa](http://eatwellusa.com) or email her at Shoshana@eatwellusa.com. People who are interested in should consider this download.

[DOWNLOAD HERE](#)

Similar manuals:

[MP3 In Color - In Color \(the Lamp Album\)](#)