

MS.FITVEGAN PRESENTS

THE FOOD ADDICTION FREEDOM COURSE



Changing your identity and reclaiming your power

Week 1

The Raw Food Diet 101 + Mistakes To Avoid



Reprogramming Your Operating System Using EFT

Week 2

Achieving Genuine Food Freedom



Mastering Cravings & Temptations

Week 3

Food Combining and Achieving Perfect Digestion



Detoxification:
Releasing Toxic Food, Toxic Thoughts and Toxic People

Week 4

Master Consistency in All Areas Of Your Life!



Pursuing Your Passions + Living Life On Purpose

Week 5

How To Re-Build Your Self-Esteem



Getting Our Needs Met In Healthy Positive Ways

Week 6

Staying Committed To Your New Life



**THE 6-WEEK PROGRAM TO ACHIEVE
THE HEALTH & BODY OF YOUR DREAMS!**