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The Intuitive Clinic



Cravings and Weight Freedom

www.intuitiveclinic.com



3 STEPS TO UNF*CK YOUR RELATIONSHIP WITH FOOD, BOOST CONFIDENCE & LOSE WEIGHT

*without giving up your favorite foods
and excessive exercising*

YOUR RELATIONSHIP TO FOOD

Finding freedom with food is always the first step. what does that even mean ? It means putting an end to constant cravings, overeating and restricting to finally make time and capacity for creating other beautiful things and experiences in your life.

Overeating makes weight loss much harder to achieve, and it's impossible to out-exercise an unhealthy diet. When food becomes a way to cope with emotions, relieve stress, or escape anxiety, we often eat even when we're not truly hungry.

The intention behind what you eat matters just as much, if not more, than the food itself. Your relationship with food greatly influences how it affects you. This idea aligns with the observer effect, a principle in science that suggests the observer can influence how the observed object behaves and this is completely true for how food affects our bodies.

To stop overthinking food and its effects on you, here are my top three tips you can already do now:

- 1. Stop Restricting Foods: Restriction activates the primitive part of your brain, causing cravings to intensify. By letting go of restrictive mindsets, your body will naturally crave less over time.*
- 2. Focus on enjoyment and nourishment: Take the time to fully engage with your eating experience and choose meals that are both nourishing and enjoyable. Sit at the table, put away distractions like your phone or TV, and savor each bite. Notice the flavors, textures, and how the food makes you feel. This practice helps you tune into your body's natural signals of fullness and satisfaction, making it much easier to eat mindfully and stop when you're truly satisfied.*
- 3. Identify True Hunger Cues: If you're emotional eating or overeating often, it's hard to recognise real hunger. Learning to identify hunger cues is essential for healing your relationship with food. A simple way to start is by using the apple test:*

THE APPLE TEST

The Apple Test is a free tool you can use to determine real hunger from false.

Ask yourself

*"Would I enjoy a raw apple
right now?"*

If the answer is no, then you're not really hungry.

If the answer is yes, eat the apple and see if you're still hungry afterward—that indicates true hunger.



BOOST CONFIDENCE

Confidence is essentially the relationship you have with yourself. Having low confidence, means you struggle to trust or feel good about yourself in various situations. We tie it so often to our weight but actually it can have nothing to do with our weight, and everything to do with our self-worth.

Here are my top 3 tips to help you build confidence:

1. Keep small promises to yourself daily: One of the quickest ways to lose self-trust is to make commitments and then not follow through. When setting goals or expectations, ensure they are realistic and achievable. Start small and show yourself you can stick to your word—it's a game-changer for self-belief.

2. Silence the "inner critic": That negative voice in your head—the one that says, "You're not good enough," "You lack discipline," or "It's not possible for you"—is only holding you back. Its purpose is to keep you in your comfort zone, but that's not where growth happens. Shift your focus and become your own biggest supporter.

3. Transform jealousy into motivation: Comparing yourself to others can often lead to self-doubt, reinforcing negative beliefs such as, "I'll never achieve that" or "I'm not good enough." Instead of getting caught in this cycle, try viewing others' success as evidence of what's achievable. Shift your mindset to thoughts like: "If they can do it, why can't I?" Next, write down affirmations that uplift and inspire you based on these reframed thoughts. For example:

- "What if I capable of losing weight naturally."
- "What if others can be easily slim, so can I."
- "What if I am already on my way to achieving my ideal body weight"
- "what if I am already beautiful and magnetic and I just need to show it more"

Notice how these affirmations make you feel. They should resonate in a way that boosts your confidence and motivates you to keep going—because truly, why can't you? We are only ever limited by our minds.



LOSE WEIGHT

I understand: Achieving a healthy and fit body is important, and you deserve to feel great. With our current understanding (thanks to science!), we now know that the mind plays a crucial role in shaping the body. That's why focusing on your mindset first is essential—without it, any weight loss may only be short-lived.

My top 3 strategies for losing weight without relying on restrictive diets:

1. Embrace Joy: When you're happy, stress levels decrease, which helps your body burn fat more efficiently. This is also the ideal time to eat. On the flip side, stress and excessive worry about weight loss send signals to your body that something is wrong, causing it to retain extra weight.

2. Stop Obsessing Over Numbers: Constantly counting calories can lead to weight gain. The more you restrict or monitor food intake, the more you send a message to your brain that food is scarce. This triggers survival instincts, which often results in increased cravings.

3. Identify Underlying Issues: If you're struggling with thyroid problems, hormonal imbalances, or digestive issues, losing weight can be challenging. You might feel like you're doing everything right, but nothing seems to change. That's why it's important to get the right tests to identify any imbalances. Once those are corrected, and the subconscious limiting beliefs addressed your body can become a fat-burning powerhouse, allowing you to effectively burn everything you consume.

By focusing on these approaches, you'll be setting yourself up for lasting success in achieving your weight loss goals.



HEAR WHAT MY

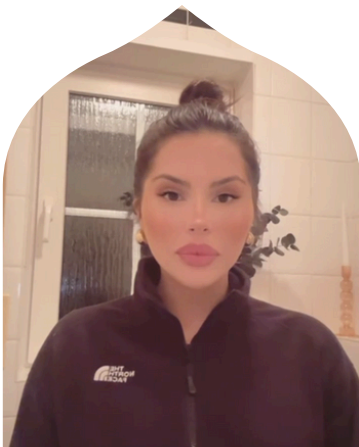
Clients have to say



I was amazed at how much my mindset influenced my eating habits and my cravings for food. From the very beginning, I realized that Lora's program was about so much more than just weight loss. It taught me how to love myself and my body on a much deeper level. Because of this transformation, my relationships also improved significantly. When I came to Lora, I was in a dark place, but she helped me completely shift my perspective—and as a result, my body transformed too. No diet in the world could have achieved this for me, because I wouldn't have been able to stick to any diet long-term due to my emotional eating. Lora's approach was the game-changer I needed.



Lora changed my life. My weight loss journey had been heartbreaking—I had tried everything from fasting and various diets to therapeutic massages, but nothing provided lasting results. When I came to Lora, I was extremely stressed from work, had gained weight, and felt terrified of losing control over my weight. I was even afraid of losing weight because I worried my skin would sag. Lora's program was nothing short of amazing. It addressed all my concerns in a thoughtful and comprehensive way. Not only did I achieve results, but I also gained so much more than I ever expected. Her approach went beyond just physical transformation—it helped me regain confidence, balance, and a sense of control over my life. I can't recommend her enough!



I came to Lora with some personal challenges that I'd prefer not to go into detail about, but I can say this: the level of support and encouragement I received was absolutely incredible. I don't think I could have achieved the same breakthroughs on my own. Lora helped me uncover and break through limiting patterns and beliefs in several areas of my life. I realized I had been holding myself back, thinking I needed to 'be better' before I could achieve the things I wanted. Lora showed me a different way and helped me understand that I already had what it takes. The work we did together was truly transformative, and I highly recommend it to anyone serious about improving their health and mindset.

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