

DARE TO NOT DIET

WITH GLENYS OYSTON, REGISTERED DIETITIAN AND NUTRITIONIST

Why Ditch Diets?

We're starting to hear it everywhere now:

Forget about dieting. Be body positive. Just eat. Love yourself.

"Yeah, right," you think. "Easier said than done."

You've tried the weight loss thing and it worked for a while...until it didn't. You've been on diets and restricted your intake for years now. You've gone hungry...oh, so hungry. Other times you've felt so out of control around food, you thought you'd never stop eating. You've watched your weight go down...and up...and down...and up-up-up again and again. And you could never be finished; there was always another pound that needed to be lost...another area that needed to be slimmed down.

Does this sound familiar to you? Is it your story? Then I've got news for you: the dieting isn't working for you, you're working for the diet.

If you're happy with this arrangement, then carry on, I say. Everyone gets to choose her own path. **BUT if you are tired of the never-ending rollercoaster of restriction and overeating, you should know that there IS another way to live.**

It's called **the non-diet approach**. It's all about learning to eat according to *your* body's needs. It's about honoring your hunger and fullness, and your own personal food preferences. It's about eating food you want in a way that nourishes you best.

In short: it's freedom.

But how in the world do you get there?! The first step is facing your diet mindset. My three-day free mini-course, **Kick Diet Mind to the Curb will help you do just that**. All you'll need is a few minutes each day for three days to learn some powerful information and do some simple journal exercises that could change the way you look at weight, diets, and your body for the better.

In this course, you'll learn how dieting is actually bad for our health, the real reasons we diet, and how to get free of the pull of diets and restriction and start giving your body the respect it deserves.

Are you ready to kick diet-mind to the curb? You've got this. [CLICK HERE TO START](#)