



**10 DAY INTENSIVE RESET,
REWIRE & REBOOT
RETREAT**

for Disordered Eaters

APRIL 25th – MAY 4th 2020



Introducing the Intensive 10 Day Reset, Rewire & Reboot Retreat for Disordered Eaters

Emotional eating, Binge eating, Serial dieting, Over Exercising, having every waking moment of each day filled with thoughts of calories, carbs, fat, sugar, what you can eat, shouldn't eat, will eat only if you 'earned it' through exercise first...

Is exhausting and all consuming, leaving little time to actually enjoy living!

It feels like you are strapped into the seat of a rollercoaster ride you cannot get off, no matter what you do, and it's been going on for years.

You hate who you are when you binge, the secrecy, the shame of losing control over and over again.

The guilt when you promised yourself 'this time I am going to stick to my diet plan' and you last less than 48 hours.

The frustration and anger that feel towards yourself when you end up eating the whole box of chocolates you bought for your colleagues birthday tomorrow.

The broken promises to yourself reinforcing the false beliefs that you have no WILL POWER, that you aren't good enough, that is too hard, that you'll never have a body you are happy in or the confidence in yourself and how you look, that you want so badly.

IT DOESN'T HAVE TO STAY THIS WAY

This 10 Day retreat will FAST TRACK your journey to stepping away from the "All or nothing" thinking, the "perfectionism" and the "people pleasing" that are keeping you stuck in a food focused prison that is stopping you from enjoying life and all the experiences it has to offer.

Want to know more, then read on....



I became obsessed with food, eating, body shape and size as a kid, getting mixed messages about food from the adults I aimed to please in my life.

I was praised for eating my meals and not being picky, I was the one others' would pass their food onto to finish off if they couldn't leave a clean plate at school, but...

I also got teased about having a tummy, and was constantly referred to as "chubby" "well built" or "chunky" and carrying "baby weight".

Fast forward to my early teens and the fad dieting began that I could never stick to...all my friends were either losing weight and just getting on with it or they didn't have any issues with body weight size or shape.

I felt different, I had no willpower, I tried to NOT eat, I couldn't do it I tried 'moderation' I just ended up bingeing...

Then began the crazy exercise to compensate and eventually I spiralled in full blown Bulimia vomiting & purging with laxatives until I did lose weight, and a lot of it, to the point of being referred to as anorexic but not without massive cost to my health.

If I had known then what I know now ...

That my seeming 'lack of willpower' MY INABILITY TO STOP EATING once I started with specific foods, had neurological and biochemical roots and if I had fully understood nutrition, digestion, the gut microbiome, hormones and the brain, heart, gut connection, my story MAY have been different.

But I didn't

Long story short I struggled for years with my weight going up and down, bingeing, starving, over exercising, and just being generally obsessed by how I looked, how I thought other people thought I should look and trying to live up to what I thought was the image of how a fitness instructor and Personal Trainer 'ought to' look.

It affected BOTH of my marriages as I was never fully present. I was told I couldn't have children and it lead my down the path of alcohol dependency and depression.

Once the alcohol took over, food took a back seat, but it was always lurking in the background ready to jump back in...once I put down the alcohol for ever, food was right back there as my best friend.

Can you resonate with any of the above?



BUT I now had the knowledge and understanding of neuroscience, and addiction psychology, the tools of CBT, NLP, and a comprehensive understanding of the connection between brain, gut and food on hormones, behaviours and emotions.

The combination of ALL of the above, not one or the other in isolation, is the key to opening the door to the crushing cage of food, eating, and body obsession.

Which is how I created the **L.E.A.R.N Method** to help you Reset, Rewire and Reboot, brain, body and mind so that you can let go of disordered eating.

It's a methodology for shifting your INSIDE world first so your OUTER world (you know the life of your dreams, food freedom- the stuff you really want) reflects that!

One thing I discovered on my journey of restoration and reinvention was that getting away from familiar surroundings made it so much easier to actually put into practice the steps I needed to without distraction.

The usual CUES & TRIGGERS were absent, and that left space to create new patterns of thinking, being and doing on a daily basis.

Which is why I am offering this Retreat, you get out of your current environment and can fully focus on YOU for 10 days.

In 10 days you can cover the same amount of work we cover in 6 weeks doing this program at home with coaching sessions once a week.

And you have me right by your side very single day, to guide and support you.





WHO THIS RETREAT IS FOR

- This retreat is for those of you who are ready to let go of familiar habits and step out of your comfort zone.
 - It's for you if you have issues with food, body image, binge eating, exercise obsession, anxiety, and /or alcohol dependence
 - This is for the select few (4 max) who are finally ready to stop allowing your health to suffer in favour of instant gratification followed by guilt and remorse.
 - It's for those of you who are ready to DISCOVER that taking the steps you need to take, when done in the right order, means that transforming how you think and feel as well as the actions you take is NOT as hard as you think or have been when you tried to go it alone.
1. It's for you if you are fed up of trying and failing for the **millionth time** to take back control of food, your health, your habits and your body confidence and want help.

This retreat WILL transform the way you eat, treat your body and think and feel about yourself.

WHO IT'S NOT FOR

It's not for you if you are wanting to recover for someone else

It's definitely not for you if you aren't ready to change you are being now and step into a new you

Neither is it for those of you think I am going to 'fix' you and do the work for you.

It's not for you if you are not able to invest time, energy and money into letting go of all that no longer serves you.



DETAILS:

When: Sat 25th - Monday May 4th

Where: Turkey (south)

Investment: £3500

[includes continued coaching with me for another 8 weeks after the retreat]

HOW IT WORKS

The retreat will start on Saturday April 25th at 9.00am and finish on Monday 4th

I suggest you fly in a day or two before if you want to see some sights before getting immersed in the retreat.

MORNING

Each morning will begin with our morning routine of:

Hydration

Movement

Mediation

Nourishment

L.E.A.R.N Method Coaching

LUNCH

The afternoon will be time to put into practice the mornings work and relax round the pool, visit the beach or participate in one of the trips, treats arranged for you.

EVENING

Pre-dinner optional Pilates, yoga flow stretch Session

Post dinner – Journaling, Discovery and reflection.



What you can expect to get from the retreat:

A full understanding of how you are unconsciously keeping yourself stuck in repetitive patterns and what you can do to break free.

Knowledge of nutrition and food, digestion and gut health.

The powerful connection with your thinking, hormones and cravings.

You'll know exactly how the food industry tricks you into wanting to keep on eating and why its nothing to do with will power.

You'll learn all about vitamin and mineral deficiencies, inflammation, toxins and stress affect you're your gut, nervous system and the signals to reach for food.

Why you have issues with body image and how you think you look as well why you care so much about what others think of you and how to change that.

“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.”

— Charles Darwin

Will you take this opportunity and change your life?

Ask yourself:

- *Am I ready for change?*
- *Am I ready to release what has been holding me back from truly living?*
- *Am I ready to start trusting in myself so I can stop the self-sabotage?*



- *Am I ready to stop constantly starting over?*

- *Am I ready to face the fear of doing something I've never done before?*

Food freedom is yours for the taking. Don't let this opportunity pass you by.

Let's Talk if you KNOW you are ready you can email me: vixmid@gmail.com or contact me by text or WhatsApp on: 07986 132 765

Vicky Midwood
Health & Wellness Coach