

NUTRITION AND FOOD SCIENCES

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Mindful Eating

Are you tired of dieting, eating triggers, and the guilt associated with food? Especially during Covid-19 in addition to the stressors of every day life. While mindful eating primarily helps you build a better relationship with food, it can improve your physical health. Mindful eating can lead to healthy eating habits, better digestion, sustainable weight loss, and much more. Since mindful eating is not a diet, you won't have to count calories, eliminate certain foods, or go hungry, which can then put you back on the food rollercoaster. You can break free from yo-yo dieting, emotional eating, and other triggers for the long term. Before long, you'll eat mindfully a majority of the time and be on the road to a happier, healthier you. Come discover:

- why we eat when we're not truly hungry
- ways to overcome emotional eating and other eating triggers
- eating your favorite foods without overeating or guilt
- strategies and healthy eating options for health and longevity

Keywords: mindfulness, eating, nutrition, health, weight-loss

Biography:

Michelle Sugiyama is the Founder and President of Mindful Eating. She has engaged, inspired and empowered people to move towards their best self. She is the Founder of Mindful Eating, a Nationally Board-Certified Health & Wellness Coach, and Master Certified Health Coach. Michelle has an active and thriving coaching practice and has been the highlight of numerous employee wellness programs. She is also a #1 international bestselling author, international speaker, nutritional chef, and named most inspirational health coach & excellence in wellness education by Global Health & Pharma in 2020. Additionally, she holds a culinary certification from Le Cordon Bleu and a master of science in organic chemistry from The Ohio State University.

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