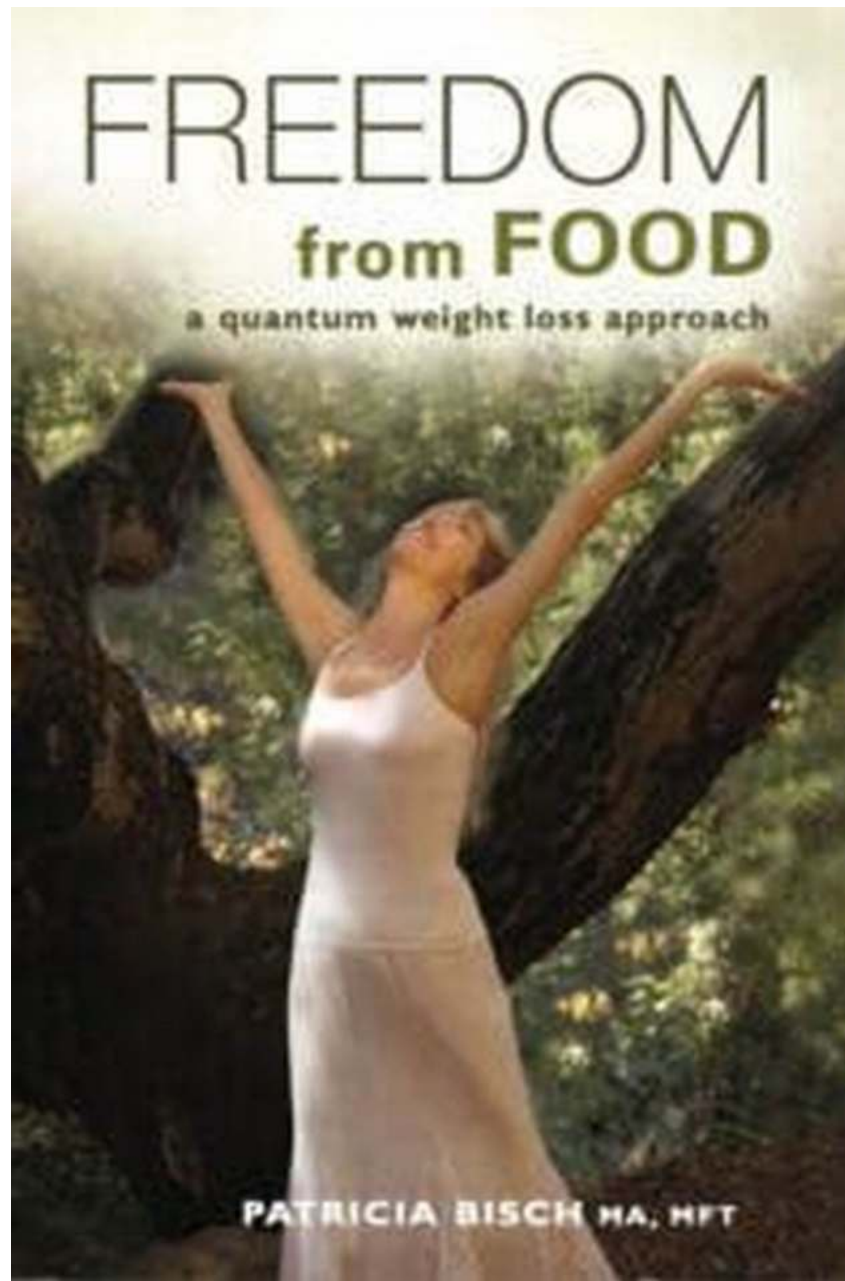


# Live In Balance - Weigh What You Want And Free Yourself From Food Drama Forever



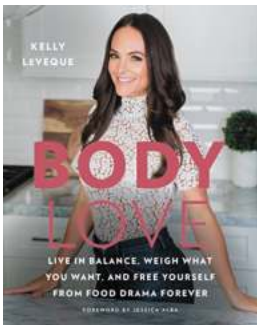
## The Struggle of Food Drama

Food is an essential part of our lives. We need it to survive and thrive, but sometimes our relationship with food can become complicated. We find ourselves

constantly worrying about what we eat, how much we eat, and what it means for our weight and overall well-being. This constant struggle with food often leads to anxiety, guilt, and frustration. But, what if there was a way to free ourselves from this food drama and live in balance?

## Introducing Live In Balance

Live In Balance is a revolutionary program designed to help you find peace and freedom from the struggles of food drama. It is a holistic approach that focuses on nurturing your relationship with food and your body. The program is not about restrictive diets or rigid meal plans. Instead, Live In Balance encourages intuitive eating, self-care, and finding joy in food.



## Body Love: Live in Balance, Weigh What You Want, and Free Yourself from Food Drama Forever

(The Body Love Series) by Kelly LeVeque (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 16307 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 288 pages



## The Power of Intuitive Eating

Intuitive eating is at the core of Live In Balance. It is about reconnecting with your body's natural cues and listening to its needs. No more counting calories or

following strict rules. Instead, you will learn to trust your body and make choices based on what feels good and nourishing.

Intuitive eating allows you to enjoy all types of food without guilt or fear of weight gain. It breaks the cycle of deprivation and bingeing, offering a sustainable approach to healthy eating habits. With Live In Balance, you will finally be able to find the balance you desire without sacrificing the joy of eating.

## **The Role of Self-Care**

Self-care is an integral part of the Live In Balance program. It emphasizes the importance of nurturing yourself not only through food choices but also through other self-nurturing activities. Taking care of your mental and emotional well-being is just as crucial as taking care of your physical health.

The Live In Balance program encourages you to explore various self-care practices such as mindfulness, meditation, and regular physical activity. By engaging in activities that bring you joy and reduce stress, you will create a positive environment for your relationship with food to flourish.

## **Breaking Free from Societal Expectations**

Societal expectations around weight and appearance can significantly contribute to food drama. The Live In Balance program challenges these expectations and helps you redefine your relationship with your body and yourself.

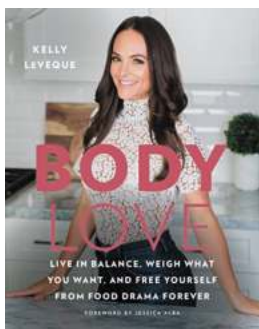
Through empowering exercises and guided self-reflection, you will learn to embrace your unique body shape and let go of comparison. The goal is to foster self-acceptance and build a positive body image that is not dependent on external validation.

## **Join the Live In Balance Community**

If you're tired of the never-ending cycle of food drama and want to experience true balance and freedom, then Live In Balance is for you. Join thousands of individuals who have already transformed their lives and relationships with food through this groundbreaking program.

With Live In Balance, you can weigh what you want without the stress and drama that often accompanies it. It's time to break free from societal expectations and embark on a journey of self-discovery, self-care, and the joy of intuitive eating.

Are you ready to live in balance? Sign up for Live In Balance today and embrace a new way of relating to food and your body. Say goodbye to food drama forever!



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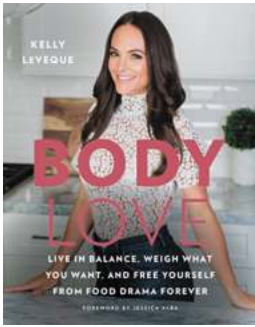
Celebrity favorite health and wellness consultant Kelly LeVeque shares her secrets for losing weight, attuning ourselves to our bodies' needs, and freeing ourselves from food drama in this essential wellness guide, which includes 88 delectable recipes!

In this inspirational yet practical book, the nutritional consultant and holistic healthcare expert who has helped celebrities such as Jessica Alba, Molly Sims, Chelsea Handler, and Emmy Rossum improve their health and achieve their goals shows you how to get beyond the food drama of cyclical fad diets and feel and look great by eating well.

Kelly's Food Freedom program helps you set yourself up for success, eliminating cravings, mood swings, and other symptoms caused by food drama. Start your day with her Fab Four Smoothies, including a Strawberry Shortcake Smoothie and a Mango Kale Madness Smoothie, which pack protein, fat, fiber, and carbs to balance your blood sugar and keep you full and happy. After breakfast, you'll thrive with her Fab Four recipes, including Turkey-Stuffed Delicata Squash, Spicy Salmon Nori Burritos, and Anti-Inflammatory Detox Salad, which include the Fab Four food groups—protein, fat, fiber, and greens—that play a role in day-long satiety. Kelly also teaches you how to elongate your blood sugar curve to stay full and happy, and make yourself insulin aware.

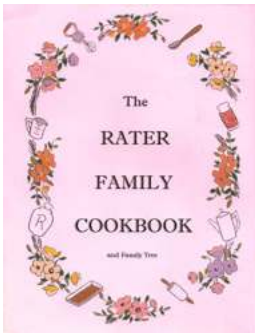
Kelly has studied the science behind familiar diets to understand how they trigger the body to lose pounds—and why they aren't sustainable. Instead, she offers a better choice: her four-step Food Freedom program that helps you find your wellness balance between eating enough and deciding how you feel. Once you find your balance, you will lose weight, lose fat, increase lean muscle mass, and drop at least one size. You'll also enjoy thicker, shinier hair; clear, glowing skin; a remarkable improvement in your overall appearance; reduced joint pain and other inflammations; increased energy; and better sleep.

Filled with tips and resources on supplements and cleansing, dozens of delicious, healthy recipes and advice on how to adjust your eating when traveling and on vacation, *Body Love* is your one-stop resource to living clean and happy!



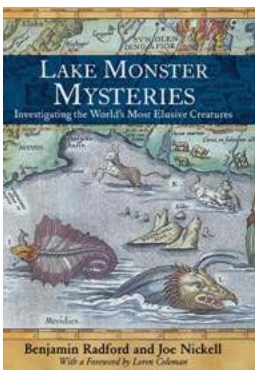
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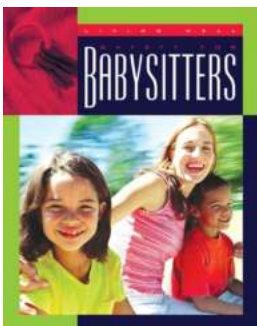
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