

# The UnDiet Solution™

8-Week Group to Undo the Damage of Diets and Achieve a Healthy Weight  
**THURSDAY SEPT 29 - NOV 17 VIA ZOOM**

**5-7p Pacific | 6-8p Mountain | 7-9p Central | 8-10p Eastern**



Diets don't work! 95% of dieters regain weight, and 35% of dieters develop eating disorders. Are you ready for a diet-free solution? The UnDiet Solution™ features the five principles of Eating Disorder Intuitive Therapy (EDIT)™ which has been used for the treatment of obesity, chronic dieting, eating disorders and other issues with food and weight, for more than 25 years.

**In this 8-Week Zoom Group, you'll learn how to:**



**Love Your Self** – today, no matter what you weigh!

From this place of Self-Love, you'll naturally take better care of yourself – and a healthy weight can be a natural outcome. You'll discover that you are much more than your body, finding compassion for your “flaws,” and inspiration from your “hidden” assets. Let your true values lead you to your True Self!



**Be True To Your Self** – trust intuition, your answers are within!

Your intuition is that “gut feeling” or a “sixth sense,” which goes beyond your logical mind. You've probably listened to your intuition to guide relationship decisions, or career choices – but what about eating, exercise, and the achievement of a healthy weight? Discover how to use Intuitive Eating and Intuitive Exercise as your guides!



**Express Your Self** – balance mood instead of coping with food!

Feeling stressed or depressed? Eating can be a way to deal with intense emotions. However, “feeding” your feelings can actually make things worse – with additional feelings of frustration, guilt, or shame. Break the food-mood cycle by discovering new and more effective ways to regulate your emotions!



**Give To Your Self** – nurture by feeding your true hunger!

Think about all of the different ways you give to others – your friends who need assistance, your work with endless to-do lists, your family who depends on you. Are these activities fulfilling? Or, do you seek FULL-FILLment by consuming excess food? Discover your true needs, and how to meet them with regular practices of Self-Care!



**Believe In Your Self** – act as if you are free and so it shall be!

Imagine a day in the life of the person you will be when you are practicing the first four principles in your daily life. Notice how you feel from the “inside-out” – spiritually, emotionally, mentally, physically. In this fifth principle, you'll bring your visions of success into reality, one day at a time. Ongoing success is easy!



**Hi! I'm Bret Beene. EDIT™ IV Certified Eating Disorder Recovery Coach.**

I am currently completing my EDIT™ Certified Level V Apprenticeship under the supervision of Dr. Dorie McCubbrey, MEd, PhD, LPC, LAC, CEDS. I am the owner and founder of Ally Intuitive Coaching, LLC, providing online and in-person coaching for ALL folx who wish to gain freedom from chronic dieting, disordered eating, body image issues, eating disorders, and other food and weight concerns. In addition to my training as an Level V EDIT™ Certified Eating Disorder Recovery Coach, I have also been a fierce advocate for LGBTQIA2S+ rights in the Austin, TX area for over 15 years, including 6 years as a drag performer raising funds for local non-profit organizations focused on raising funds for LGBTQIA+ folx.

**TO REGISTER: CALL OR TEXT 512-710-6396  
Zoom Link will be provided after you register!**