



# Body Guard

## DEFENSE AGAINST DIET CULTURE

# GROUP OUTLINE

### 01 DIET CULTURE DEFINED

What it is, how it impacts you and how you can separate from it.

### 02 DIGESTIVE CLARITY

Digestion from the beginning to the end so you no longer feel like you need to "fix" your eating, cleanse or detox.

### 03 CARBS, CARBS, CARBS

All things carbs! What they are, the BENEFITS they provide, how to challenge diet culture.

### 04 DIETARY FATS

Clarity on dietary fats, the benefits that they offer and tricks to challenge diet culture messages for guilt free eating.

### 05 PROTEINS

Perspective on proteins: what they do (& do not do), the benefits they provide and limitations.

### 06 MICRONUTRIENTS & SUPPLEMENTS

Vitamins & minerals A-Z, where they go, what they do and why you don't need to worry about them.

### 07 METABOLISM DEMYSTIFIED

What it is, how it really works, and direct dismantling of diet culture messages.

### 08 PUTTING IT ALL TOGETHER

ALL foods have benefits. Discover balance with eating and challenge lingering food fears.

### 09 BUT I STILL FEEL GUILTY

Challenge lingering feelings of guilt to create neutral and eventually positive beliefs around food.

### 10 BUT I STILL DON'T LIKE MY BODY

Decode negative body thoughts, stop negative self-talk, and build body respect.

