

"Eating is natural, it's pleasurable, gives energy and was never meant to interfere with our creative minds."

Shirley Billigmeier, M.A.

- Do you struggle to make decisions or take action sometimes...
- Do you struggle with diets, food or weight issues?
- Would you like to take control of your eating with total choice?
- Learn to deeply connect with your gut wisdom
- Enjoy abundant energy, a healthy body and your optimal body shape and size
- Recapture the pleasure of eating
- Empower yourself to reconnect to gut intelligence and freedom
- Restore your body's natural balance and attractive appearance

"Our relationship to food is a central one that reflects our gut-based attitudes toward our environment and ourselves. As a practice, embodied mindful eating can bring us awareness of our own actions, thoughts, feelings and motivations, and deep insights into the core roots of health and contentment."

Innergetics is a neuroscience-based intuitive approach to eating that liberates you from:

- Restrictive diets
- Compulsive eating
- Obsessing with weight or body image
- Guilt about food
- Cumbersome eating decisions and habits
- Erosion of your creative mind

Who is this coaching process for?

- ✓ People who want to take control of their body and their life
- ✓ Individuals who want to take control of their own eating and relationship to food

... anyone who wants to take control of how they nourish themselves

... anyone who wants to connect with and empower their gut wisdom and gut-based intuitive intelligence

Contact **Sue Lester** to find out more
info@growingcontent.com.au

mBraining Innergetics Coaching is informed by the action research, evidence-based field of mBIT Coaching combined with the deep practices of the **Innergetics** – Inner Eating programme. Innergetics empowers you to reconnect with your body's intuitive signals in order to reclaim your rightful ownership of eating. Nourishing the body is a natural process. Learn a step by step process for inner eating and reclaim your body, your motivation and your life!


Every day we spend time eating – how we eat and how we connect with our gut and heart wisdom during the eating process – reflects and resonates out into all other aspects of our being.

"It's easy to incorporate the innernetics tools into your life."



innernetics

mBraining Innernetics Coaching



For over 25 years, author, speaker, body image and inner-eating world expert, Shirley Billigmeier has been helping and coaching women, men, teens and children to resolve their issues with food and eating. Based on her professional and personal experience and her nationally best-selling book, *Inner Eating*, she created **Innernetics** as a tool for developing and maintaining a healthy balanced relationship between food and your body. Combining Innernetics with the neuroscience based models of mBIT, the **mBraining Innernetics model** addresses head-on problems and challenges we all face each day. The real-life tools and techniques make it easy to coach and produce fast results.

In this process you will be coached and learn:

- ✓ The emotional, physical and social reasons people diet.
- ✓ Why diets must and do fail.
- ✓ How to identify, understand and cope with individual eating patterns.
- ✓ How to deal with interference eating.
- ✓ How to enjoy and not want to eat more than your body needs.
- ✓ How to understand the connections between body image, emotions, thoughts, actions and environment to eating.
- ✓ How to change compulsive eating to ownership eating and win the battle of the stomach vs. brain.
- ✓ How to recapture the joy of eating and movement with total freedom.
- ✓ How to connect deeply with your gut brain and empower and embody its total intelligence.

"Provides a practical step-by-step process that allows individuals to recognize eating patterns, control their own eating, enjoy their favorite foods, stop feeling guilty about eating, and much much more..."

Learn to use all three of your brains and intuitive intelligences to make wiser eating decisions and watch this flow into every other area of your life. Gain a new found energy and motivation to deeply embody your gut intelligence at the core identity level.

Change your life with this world-leading neuroscience based process

Your Innergetics Coach:

Sue Lester B.A. DipTeach. MasterNLP, Hypnosis, Neurological Repatterning, Master Results Coach, Certified mBIT Coach, CertIV Training & Assessment

Sue Lester is Australia's leading expert in optimizing unconscious blueprints™ and an international mindset healer & coach, professional speaker and author. Using the A.N.S.W.E.R. model, Sue works with individuals, teams & audiences, "clearing head trash" and reigniting their zest for life's adventures. This leads to achieving that elusive life balance and sense of purpose. And most importantly, feeling successful on the inside too.

Sue Lester is the author of "The Face Within: How To Change Your Unconscious Blueprint" and "Answering The Call To Adventure", and writes for several national women's magazines and blogs. In 2017 Sue was awarded the SIMNI International Small Business Woman of the Year. www.SueLester.com

Cost of Coaching Package (RRP): \$825+gst

SPECIAL Intro Package Price: \$600+gst



Contact info@growingcontent.com

today to secure your place.

Not sure?

Just ask for the Innergetics test to gauge if this is for you.

To learn more about Innergetics go to www.innergetics.com

To learn more about mBraining go to www.mbraining.com