

Food Addiction Friendly

Food Coaches / Counsellors / Therapists

Compilation of Coaches/Counsellors/Nutritionists (By Last Name) and Business Info from the postings on:
<https://www.facebook.com/groups/SugarFreeForLife/announcements>

[Sept 5 2023](#)

Name	Contact Info	Business Information	Cost
Tova Abelman (adults/couples in California only)	www.tovaabelmantherapy.com https://www.losgatoscounseling.center/tova-abelman-amft	Employer: Los Gatos Counseling Center Supervisor: Debra Pace, LMFT (#101506) Certifications: <ul style="list-style-type: none">Registered Associate Marriage and Family Therapist (AMFT138177)MA, Counseling Psychology with a Concentration in Drama TherapyBS, Biochemistry & Molecular BiologyCertificate in Integrative Nutrition	\$140 per 50 min individual or couple session See my website for group cost.

		<p>Specializations:</p> <ul style="list-style-type: none"> • Food Addiction Aware • Drama Therapy • Embodiment, Creativity • Parts of Self/Inner Roles • Couples Therapy to Address Food Addiction, Binge Eating, Emotional Eating, and Weight Loss • Holistic Approach • Incorporate other modalities including ACT, DBT, cognitive behavioral (emphasis on behavior), and expressive arts • Group Work 	
<p>Chef AJ</p>	<p>https://www.chefaj.com/</p>	<p>Certifications:</p> <ul style="list-style-type: none"> • Chef • No Food Addiction training but food addiction aware <p>Specializations:</p> <ul style="list-style-type: none"> • Culinary instructor • Professional speaker • Author 	<ul style="list-style-type: none"> • \$147 for a 60-minute consultation

Sherry Baszto (NY, US)	https://www.facebook.com/groups/805891269801323/user/1587174651/	Business Name: Alive and Well NT Certifications: <ul style="list-style-type: none"> • Functional Nutrition Therapy Practitioner from the Nutritional Therapy Association • No Food Addiction Training but sugar addiction aware Specializations: <ul style="list-style-type: none"> • Sugar detox 	YES
Brian Baumal (Canada)	https://www.shiftweightmanagement.com/ Text: (416) 704-1354	Business Name: Shift Weight Management Certifications: <ul style="list-style-type: none"> • Registered Psychotherapist Specializations: <ul style="list-style-type: none"> • No food Addiction training • Trigger food withdrawal • General psychotherapy • Powerless feelings 	<ul style="list-style-type: none"> • Accepts insurance
Anne Bories (France)	https://www.facebook.com/groups/805891269801323/	Business Name: Certifications: <ul style="list-style-type: none"> • Food counsellor • INFACT Food Addiction certification 	YES

	user/1406289230/	Specializations: <ul style="list-style-type: none"> • Food workshops • Bilingual consultations (English, French) 	
Sally Cater (UK?)	https://www.facebook.com/groups/sugarfreeyou/	Business Name: Certifications: <ul style="list-style-type: none"> • Leadership coach Specializations: <ul style="list-style-type: none"> • 60-day detox preparation • Detox groups • No Food Addiction Training but sugar addiction aware 	<ul style="list-style-type: none"> • Detox preparation free • Other services YES
Cali Estes	https://theadictionscoach.com/ (800) 706-0318 info@cormn.org Podcast: Un-Pause Your Life	Business Name: The Addiction Coach Certifications: <ul style="list-style-type: none"> • Author • MCAP • ICADC • MAC • CYT and CPT Specializations: <ul style="list-style-type: none"> • Detox treatment • Intervention 	\$2500 for a 3-month program with supplements (that's 10 hrs of calls, texts, box of blue label supplements)

	Product line: ProRecoveryRx	<ul style="list-style-type: none"> • Addiction coaching • Cognitive-behavioral therapy • Positive psychology • Life coaching • Nutrition, Food Addiction trainer • Fitness • Goal setting 	
COR Retreat	https://cornn.org/ mailto:info@cornn.org	Specializations: <ul style="list-style-type: none"> • 5-day residential program • Lectures • Individual /Group sessions • Meditation • No Food Addiction training but food addiction specific (12 step OA) 	YES
Sandra Elia (Canada; Online)	https://sandraelia.com/contact@sandraelia.com	Business Name: Sandra Elia Certifications: <ul style="list-style-type: none"> • INFACT Food Addiction Specializations: <ul style="list-style-type: none"> • Residential programs • Classes • Retreat 	YES
Mike Featherston (Florida; Online)	360.to.180.coaching@gmail.com 954-270-9169	Business Name: Worth It Food Addiction Recovery Coaching Certifications:	<ul style="list-style-type: none"> • Free 30-minute evaluation call. • Trigger food evaluation and implementation of food plan including • 2x 50-minute calls and 2 weeks daily te

		<p>Certified food addiction Counselor thru INFACT</p> <p>Specializations:</p> <ul style="list-style-type: none"> • Trigger Food Assessment • Food Plan set up and Guidance • Sugar Detox and Abstinence guidance thru the S.M.E.R.F. approach • Culinary Instructor offering sugar free but delicious cooking classes for Treatment Programs or Individuals • Nutritional Coach for Milestonesprogram.org • Public Speaker sharing my own story and strategies for obtaining a sugar abstinent lifestyle. 	<ul style="list-style-type: none"> • Support \$400.00 US • \$100.00 per week US following the first Including a 50-minute call and regular t • Cooking groups prices start at \$100 per depending on what is involved. • Free weekly open to the General Public cooking and support groups Mondays a
<p>Anna Fruehling</p>	<p>hello@sugarxglobal.com</p>	<p>Certifications:</p> <ul style="list-style-type: none"> • PHC Certified Primal Health Coach 	<p>YES</p> <ul style="list-style-type: none"> • Refer to SUGARx Global listing for fee d

	anna@peaceofketo.com	<ul style="list-style-type: none"> ● CHPC Certified High-Performance Coach ● SUGAR L/C ● HMA ● HMA Faculty ● SUGARx Global co-founder 	
Fernanda Geribello Anders (Braga, Portugal; online with Telegram and Zoom)	Fernandageribelloanders@gmail.com Instagram: Cetogénica Portugal	Certifications: <ul style="list-style-type: none"> ● Nutrition advisor certified by the Nutrition Network Specializations: <ul style="list-style-type: none"> ● Low carb and ketogenic diets for food addiction No food addiction training but food addiction aware	YES
Bitten Jonsson (Sweden)	https://www.bittensaddiction.com/ (Swedish) https://www.bittensaddiction.com/en/ (English)	Business Name: Bittens Addiction Corp. Certifications: <ul style="list-style-type: none"> ● Registered nursing ● ADDIS®/SUGAR® counselling Specializations: <ul style="list-style-type: none"> ● Addiction screening, assessment, diagnostics 	YES

	info@bittensaddiction.com	<ul style="list-style-type: none"> • Addiction training for counselling professionals 	
<p>Jan Katzen CN Scottsdale, AZ (Zoom consults)</p>	<p>www.nutritionforlearning.com (602) 370.4036 (Mobile)</p>	<p>Certifications:</p> <ul style="list-style-type: none"> • CN, Nutritional Specialist, Researcher • No food addiction training but decades of clinical experience with sugar addiction for all ages • Specialization: • Brain chemistry, addictive triggers, taming sugar cravings • Children/teens/adults with disordered eating, physical and mental health concerns (Autism, ADHD, anxiety, depression) • Individualized food plan development focused on physiological and metabolic needs • Books for parents, educators, and children 	<p>Initial consult is \$145 and \$85 for follow up s Mini 15-min consults available</p>

Clarissa Kennedy
 (Parry Sound, Ontario, Canada;
 Online via Zoom)

<https://foodaddictionhelp.ca>
<https://www.facebook.com/foodaddictionhelp.ca/>
crissy.kennedy@icloud.com

Business Name: Reinvent Your Bliss Point

Certifications:

- Food Addiction INFACT /SUGAR
- Social Worker
- Mental Health and Addictions
- Holistic Addiction Counselling

Specializations:

- Relapse prevention
- Recovery maintenance
- Managing emotional triggers and cravings
- Mindful eating
- Meal planning
- Understanding addiction

- Free introductory session
- YES
- Contact for more information on costs
- Takes insurance

Vanessa Kredler
 (Sydney, Australia;
 online via Zoom)

<https://www.vanessakredler.com/>
vanessa.kredler@gmail.com

Business Name: Vanessa Kredler

Certifications:

- Food Addiction INFACT
- ACA registered counsellor and psychotherapist
- MA Counselling
- IFS-informed
- Trauma-informed

AU\$140 per 60-minute session
 Free 15-minute consultation
 AU\$50 per week for clients sending their food

		<p>Specializations:</p> <ul style="list-style-type: none"> • Psychoeducation about addiction and trauma • Practical food addiction recovery support such as food planning, gaining awareness of triggers, relapse prevention, dealing with social stigma, codependency etc • Internal Family Systems informed psychotherapy • Addictions • Complex trauma • Intergenerational trauma • Anxiety • Depression 	
<p>Anna Kuyumcuoglu (New York City)</p>	<p>annakuyumcuoglu108@gmail.com il.com</p>	<p>Business Name:</p> <p>Certifications:</p> <ul style="list-style-type: none"> • INFACT Food Addiction • Licensed psychotherapist • Food addiction counselor <p>Specializations:</p> <ul style="list-style-type: none"> • Children, teens, adults 	<ul style="list-style-type: none"> • YES • Takes insurance

		<ul style="list-style-type: none"> • Trauma • Meal plans 	
Jennifer Lindo Kranc (Toronto, Canada; online)	https://unhookedeating.com Text: (647) 368-6969	Business Name: Unhooked Eating Certifications: <ul style="list-style-type: none"> • Holistic nutritionist • Food addiction counsellor • BA • RHN • CFAP from INFACT Food Addiction Specializations: <ul style="list-style-type: none"> • Food addiction recovery • Nutritional counselling 	YES but FREE group
Katy Landis	katy@katylan dis.com Support@katy landis.com Text WhatsApp +44 7931 306262 https://m.facebook.com/groups/629012545528154/?ref=share	Certifications: <ul style="list-style-type: none"> • Transformational Nutritional Coach CTNC • Food addiction aware Specializations: <ul style="list-style-type: none"> • Sugar/Food Addiction Coaching 1:1 • Meal planning • Dealing with cravings • Recovery, planning and maintenance 	Cost: Yes <ul style="list-style-type: none"> • Free 30-minute clarity consultation • Free e-book “Losing Weight is an Inside • Online 3 and 4 months individualized 1: • Price to be discussed.

		<ul style="list-style-type: none"> • Trigger identification and management • Professional speaker sharing my story and tools for a sugar free life. • Author of “Losing Weight is an Inside Job” • Physical, emotional & spiritual connection and impact on eating behaviors 	
Zippi Spiro Livneh (Israel; online with Zoom)	https://www.facebook.com/groups/805891269801323/user/100000189346868/info@zlivneh.com	<p>Business Name: GPS to Sugar Free</p> <p>Certifications:</p> <ul style="list-style-type: none"> • Nursing • SUGAR • Food addiction INFACT <p>Specializations:</p> <ul style="list-style-type: none"> • Individually tailored sugar detox program • Kosher/Jewish tradition • Sugar addiction recovery • Bilingual consultations (English, Hebrew) 	YES

<p>Bethany Mazereeuw (Kitchener, Ontario and Online)</p>	<p>https://symplicated.com/sugar-free</p> <p>Email: bethany@symplicated.com</p>	<p>Business Name: Symplicated Inc.</p> <p>Certifications:</p> <ul style="list-style-type: none"> • Masters of Social Work • Registered Social Worker • Sugar and Food Addiction Course via Adapt Your Life Academy <p>Specializations:</p> <ul style="list-style-type: none"> • Food/Sugar Addiction Coaching and Counselling (1:1 or groups) • Food/Meal planning with clients • Recovery planning and maintenance • Preventing relapse • Recovery from diet trauma and body image issues • YFAS assessment 	<ul style="list-style-type: none"> • Free introductory session • \$80CAD/hr session • Takes insurance/benefits
<p>Pamela Mekuz (Toronto, ON and online)</p>	<p>www.lifeissweetcounseling.com</p> <p>lifeissweetcounseling@gmail.com</p> <p>Facebook: www.facebook.com</p>	<p>Business Name: Life is Sweet Counseling</p> <p>Certifications: INFACT Food Addiction Counselor Certified Life Coach</p> <p>Specializations:</p>	<ul style="list-style-type: none"> • YES

	<p>k.com/PamelaMekuz1 Instagram: @pamela_mekuz1 TikTok: @pamela_mekuz1</p>	<p>Post-Bariatric Surgery Individual and Group Conseling Food Addiction Education Food Addiction Assessment Meal Plan Development Trigger Identification and Management Relapse Prevention</p>	
<p>Karen McVeigh</p>	<p>info@karenmcveightransformations.com</p>	<p>Business Name: Karen McVeigh Transformations Certifications: Hypnotherapist Rapid Transformational Therapy Specializations:</p> <ul style="list-style-type: none"> • Discover root cause of addictive behaviors and reprogram mind with new empowering beliefs • Positive Psychology • Coaching • Hypnosis recordings • Food plans • Not food addiction trained but food addiction aware, personal experience 	<ul style="list-style-type: none"> • Fee • Individual session 300 lb • 3-month program 1000 lb

Alex Miller	<p>Email: ketocoachalex@gmail.com</p> <p>Facebook: https://www.facebook.com/ketocoachalex808</p>	<p>Business Name: KetoCoachAlex</p> <p>Certifications: ISSA Nutritionist Precision Nutrition Level 1 Certified Coach Ketogenic Living Certified Coach Dr. Berg Certified Keto & Intermittent Fasting Coach No food addiction training, but food addiction aware</p> <p>Specializations: Incorporating healthy carbs into a low-carb lifestyle for variety & hormonal balance, without regaining body fat Toning loose skin, and strengthening muscles to repair metabolism Overcoming self sabotage and learning how to put yourself first Prepping & planning meals and learning how to deal with stress</p>	<ul style="list-style-type: none"> • YES • Cost: \$100-\$500 on a Sliding scale, • I do my best to customize a plan that each client can fit into their budget • To save you money, I only recommend specialty foods or supplements that make a big difference
Rachel Murray	<p>rachelmurraynutrition@gmail.com</p>	<p>Business Name: Rachel Murray Holistic Nutrition</p>	<ul style="list-style-type: none"> - Free 15-minute sugar freedom strategy c - <u>30-Day Sugar Free(dom) Challenge</u> WA What you get for \$50 –

BScN, RN
(Elora,
Ontario,
Canada;
Online +
Zoom)



<https://www.rachelmurrayholisticnutrition.ca/rachelmurraynutrition@gmail.com>

IG
(@rachelmurrayholisticnutrition)
Text: 1-519-216-4505

Certifications:

- Registered Nurse
- Registered Holistic Nutritionist™
- SUGAR® Certified & Licensed
- Holistic Addiction of Addiction Counselling

Specializations:

- Addiction screening, assessment, diagnostics
- Food Addiction Education
- Customized food planning
- Wellness Advocate
- Identifying and Managing Triggers

- Handbook (Eating Guide, sample prep tips, DIY food plan template, support, staying hydrated, minimizing withdrawal guide), daily community Private Facebook Group, weekly prize.

- **Sugar Freedom Forever Program Registration Link**

What you get for \$2597
- 6 one-on-one sessions (includes SUGAR Assessment), weekly group calls (9), with lifetime access, Private Facebook Group, customized food plan, 20+ recovery tools
Bonuses: Access to 30-day Sugar Free (o Your Journey to Freedom from Sugar A

Molly Painschab

www.unsugaredyou.com

Certifications:

- Mental Health

- Free 30-minute consultation
- \$90 USD/Hour

<p>(Montana, USA; online)</p>	<p>FB messenger IG (@mollypains chab) Text: (406) 219-7351 molly@mpain schab.com</p>	<ul style="list-style-type: none"> • Addiction/ INFACT Food Addiction <p>Specializations: Addition/Food addiction</p>	<ul style="list-style-type: none"> • 8 weeks/60 minutes per week for \$550US FREE GROUP
<p>Alisa Palatronis</p>	<p>https://z-antenna.com zet.antenna@gmail.com</p>	<p>Specializations:</p> <ul style="list-style-type: none"> • Holistics • Food ingredient lists • Training • No Food Addiction Training but food addiction aware 	<p>YES</p>
<p>Martha Peirce (Ontario, Canada)</p>	<p>Tel: 905-768-3149 Fax: 905-768-1646 E-Mail: dog.lady@rogers.com</p>	<p>Business Name: Penrose Associates</p> <p>Certifications:</p> <ul style="list-style-type: none"> • Registered Psychotherapist with the College of Registered Psychotherapists of Ontario • Trauma Specialist <p>Specializations:</p> <ul style="list-style-type: none"> • Food addiction Trainor • Underlying trauma 	<p>YES</p>

Sarah Jean Reiff (Raleigh, North Carolina) and virtually

www.nutritionbynatureenc.com
 Tel/Text: 984-208-6806
 Email: sarah@nutritionbynatureenc.com

Business Name:
 Nutrition by Nature, LLC

Certifications:

- SUGAR® C/L
- Bioenergetic Testing
- Nutritional Therapy Practitioner
- Certified Integrative Mental Health Professional

Specialization:

- Addiction Screening Tools
- Breathwork (Basic)
- Custom Meal & Food Plan
- Integrative & Alternative Wellness recommendations
- Bio-Individual Nutrition recommendations - including lifestyle
- Functional & Holistic Recovery for the Mind, Body Soul/Spirit
- 1:1 counseling (12-week program currently in the works)
- Group Support/Therapy (Free weekly call live via private FB Group)

- SUGAR assessment, free sugar work if req abstinence
 - Payment plans available
 - Insurance: HAS/HMA/FSA
 - Abstinence from sugar (must request)
- Program costs:
- SUGAR® Interview - \$395 US
 - Bioenergetic Testing - \$395 US
 - Nutritional Therapy Assessment Initial Con \$195 US
 - A la Carte sessions - \$75 / 30 min, \$125/ \$195 / 1.5 hour
 - All sessions include personalized Integrative alternative lifestyle & wellness options, m support, and abstinence-based recommen food plan options, based on your bio-individual needs.

Janet Sanders (Online)

<https://www.bloodsugarcentral.com/>

Business Name:
 Blood Sugar Central

Certifications:

- Free resources on website
- Yes

	https://www.facebook.com/groups/bloodsugarcentral	<ul style="list-style-type: none"> • Certified Health Coach • No Food Addiction training but food addiction aware <p>Specializations:</p> <ul style="list-style-type: none"> • Diabetes • Sugar-free lifestyle • Individual/group coaching • Health challenges 	
<p>Maria Santos Marrocco</p>	https://www.facebook.com/groups/LosingWeightLivingHealthier	<p>Business Name: Losing Weight, Living Healthier</p> <p>Certifications:</p> <ul style="list-style-type: none"> • Certified Health Coach • Certified Life Coach • No Food Addiction training <p>Specializations:</p> <ul style="list-style-type: none"> • Weight loss for women 	<ul style="list-style-type: none"> • Free discovery session: https://bit.ly/33x2eOD • Other services YES
<p>SHIFT</p>	<p>www.foodaddiction.com Phone:(941) 378-2122</p>	<p>Business Name: SHiFT Recovery</p> <p>Certifications:</p> <ul style="list-style-type: none"> • Food addiction • FAI/ACORN • CENAPS-trained Advanced Relapse and Prevention Specialists (ARPS) • Nutrition • Human Services with a specialty in Addiction Studies 	<ul style="list-style-type: none"> • Free 30-minute consultation • YES

		<ul style="list-style-type: none"> • SHiFT Professional Training Program • INFACT Food Addiction Counseling program • European Certification Board food addiction counseling • BFA from ECUAD • Certificate in Compassionate Inquiry with Gabor Mate • Certified Mindfulness Based Relapse Prevention-UCSD <p>Specializations:</p> <ul style="list-style-type: none"> • 1:1 counseling • Group therapy • 7 to 30-day treatment programs 	
Natalie Speakman	https://natalie.mspeakman.com	<p>Certifications:</p> <ul style="list-style-type: none"> • Transformational life coach • No sugar-free training but sugar addiction aware <p>Specializations:</p> <ul style="list-style-type: none"> • 2 years sugar addiction and compulsive overeating • Sugar free, not keto or vegan • Getting started in a sugar-free life 	. YES
Rose Stein	Rose@rosenstein.com	<p>Business Name: Rose Stein</p> <p>Certifications:</p>	Fee: One on One (\$150. Hour)

	www.Rosestein.com	<ul style="list-style-type: none"> • MSc. In Nutrition, • Certified Hypnotherapist, • Reike and EFT <p>Specialization:</p> <ul style="list-style-type: none"> • No sugar-free training but sugar addiction aware (FAR program, OA, FA, Bright Lines) 	<p>12-week group program</p>
<p>Jayn Steele (Victoria, BC, Canada; online via Zoom)</p>	<p>www.sugartest.net Text: 1-(778) 957-1986 info@sugartest.net</p>	<p>Business Name: Jayn’s Addiction Certifications:</p> <ul style="list-style-type: none"> • Food Addiction/SUGAR <p>Specializations:</p> <ul style="list-style-type: none"> • Addiction • Food disorders (bingeing, purging, restricting, obsessive dieting) • Switching to alternate addictions (smoking, drinking, drugs, working) • Individual/group counselling • Customized comprehensive holistic and sustainable recovery plans (food plans, sleep, exercise, education) <p>Sunday morning support group</p>	<ul style="list-style-type: none"> • 30-minute free introductory session • Ongoing session costs based on client’s ne • YES
<p>SUGARx Global</p>	<p>hello@sugarxglobal.com</p>	<p>Certifications:</p> <ul style="list-style-type: none"> • INFACT Food Addiction 	<ul style="list-style-type: none"> • Annual SRx Recovery Circle Subscription: v 15+ Group coach led sessions weekly, \$99

(SRx)
Anna
Fruehling
David Wolfe
Judy Wolfe

Sugarxglobal.com

5daycrushyourcravingschallenge.com

YouTube:
<https://www.youtube.com/c/SUGARxGlobal>

- HMA Holistic Medicine for Addiction
- HMA Faculty
- SUGAR L/C
- CHPC Certified High-Performance Coach
- CENAPS Relapse Prevention Trained
- PHC Certified Primal Health Coach
- Registered Dietitian

Specializations:

- Recovery Protection TM
- Addiction Education
- Food Addiction
- Relapse Prevention
- Addiction Interaction Disorder (one disease many outlets)
- Group Coaching
- CARE (Connection Action Steps Recovery Protection Education)
- Bariatric Addiction Support

(ask for promotional offerings), plus access to recovery platform, and much, much more

- Recovery Accelerator 2.0 System, 18-week small group setting, \$3797 (payment plan) (includes SUGAR, free one-year SUGAR Membership, lifetime access to monthly high-level group coaching, and private platform space for course section.
- Free 5 Day Crush Your Cravings Challenge (5daycrushyourcravingschallenge.com)
- Free 15-minute Breakthrough Your Cravings
- <https://calendly.com/sugarxglobal/breakthrough>
- Free Recovery Stories Group Thursday
- <https://zoom.us/j/97144877378?pwd=mFOem5Gbm5WaTFjZz09#success>
- Free Clubhouse Room with Dr. Jen Unwin

		<ul style="list-style-type: none"> ● Customizable Food Plan Guidelines ● Biochemical Repair Education (So you can heal body, mind, and spirit) 	
Susan Pierce Thompson/ Brightline Eating (Rochester; online)	https://brightlineeating.com/	Specializations: <ul style="list-style-type: none"> ● Food Addiction ● Food programs ● Registered Psychologist Food Addiction Trainer	<ul style="list-style-type: none"> ● YES
Jennifer Trainor Bradley	https://yourholisticrecovery.com jennifer.lynne.bradley374@gmail.com 937.689.3533	Certifications: <ul style="list-style-type: none"> ● SUGAR L/C ● Social Worker ● Mental Health Specializations: <ul style="list-style-type: none"> ● Food Addiction ● Meal Plans ● Holistic Recovery (mind, body, spirit), ● Individual/Group Coaching ● Relapse Prevention 	Cost: Free 30 Minute Introductory Session, \$ Weeks/60 Minutes per week \$400, Free Week Group

Tony Vassallo (Toronto, Canada)	https://www.justeatrealfood.ca Text: (416) 829-5728	Business Name: MODA Nutrition Inc. Certifications: <ul style="list-style-type: none"> • Culinary nutrition • No food addiction training but food addiction aware Specializations: <ul style="list-style-type: none"> • Customized individual meal plans focused on eating real food and eliminating processed foods/sugar. 	<ul style="list-style-type: none"> • Free 30-Minute Evaluation • \$269 for individualized plan, several sessions
David Wolfe (Massachusetts; online)	https://www.triggerfreenutrition.com https://www.sugarxglobal.com/david@triggerfreenutrition.com (774) 314-2883	Business Name: sugarxglobal.com Certifications: <ul style="list-style-type: none"> • Registered dietitian • Food addiction counselor/coach Specializations: <ul style="list-style-type: none"> • Individual/group sugar addiction coaching • INFACT food addiction • Food plans • Group education 	YES
Judy Wolfe	hello@sugarxglobal.com	Certifications: <ul style="list-style-type: none"> • INFACT food addiction • HMA 	Cost Refer to SUGARx Global listing for details

	judywolfefach@gmail.com	<ul style="list-style-type: none"> ● HMA Faculty ● SUGAR L/C ● CENAPS 	
Brenda Wollenberg	https://www.inbalancelm.com info@inbalancelm.com FB: https://www.facebook.com/brenda.wollenberg.BALANCE/ IG: inbalancelm	<p>Business Name: In Balance Lifestyle Management</p> <p>Certifications:</p> <ul style="list-style-type: none"> ● BSW ● RHN (Registered Holistic Nutritionist) ● No food addiction training (beyond BSW and RHN) but food addiction aware ● Specializations: Physical/emotional/spiritual connections and impact on behavior (along with a/n formal training, co-lead a faith community for over a decade) ● Managing physical/emotional triggers ● Dealing with cravings ● Understanding body type and genetic influences on one's optimal dietary fuel mix (have 	<p>Cost-Free:</p> <ul style="list-style-type: none"> ● Free 20 minute Wellness Roadmap Call (https://www.inbalancelm.com/Wellness) ● Free FB group (https://www.facebook.com/groups/holisticportforwomen) <p>Fee-based resources listed on website:</p> <ul style="list-style-type: none"> ● Low-cost digital Wellness Revolution bootcamp ● 1-1 Consulting Package ● Nourish Your DNA review (use of your results from 23andme or Ancestry to develop a personalized dietary, lifestyle, supplement plan) ● Online 4, 12 and 16 week group programs on sugar; eating for health; stress-management; regulation tools; exploration of reasons for body mind spirit transformation)

		<p>training on genetics regarding how to uniquely nourish one's DNA: best type of dietary plan, how to mitigate carbohydrate / fat intake and stress responses)</p> <ul style="list-style-type: none"> • Nutritional counselling • Supporting clients towards follow through 	
<p>Tiffany Wright/Skinny Coach</p>	<p>https://skinnycoach.com/Tiffany@SkinnyCoach.com</p>	<p>Specializations:</p> <ul style="list-style-type: none"> • Individual coaching • Food plans • PHD in psychology, with training in food addiction and CBT 	<p>YES</p>