

Attention Distorted Eating Sufferers: Give me just a few minutes each day and I'll show you how to stop binge eating, improve your health, and feel great in your own body... *even if nothing has worked for you so far!*

I'll Show You How to Reduce Cravings, Control Your Weight, and Fix Your Broken Relationship with Food So That You Can Start Enjoying Life on Your Own Terms!

From: Make Peace with Food, Change Your Life

Dear Binge Eating Sufferer,

My name is Pauline Hanuise, a certified holistic recovery and health coach, and also known as **“Cosmopolitan’s Top 5 Women in Health and Wellness”**.

If you’re reading this right now, it means that you’re on a mission to improve your health and **get rid of bulimia**.

You’ve been down that road before. You’ve tried many diets, went for therapy, and even started on anti-depressants at some point. Despite your best efforts, nothing seems to work.

You’re a successful woman in so many ways. The only problem is that you start binge eating whenever you feel **stress** or **anxious**. Right now, you have hit rock-bottom and you don’t know what to do.

“WHOLEFOODS ARE MY MEDICINE.”

Pauline Hanuise, Top 5
Healthy Women in Cosmopolitan

Poor eating habits and stress have become synonymous with the modern lifestyle so it's no wonder allergies, recurring colds, flu, chronic fatigue, and so many forms of underactive and overactive immune system dysfunction are on the rise.

That's why a nutrient rich wholefood diet is essential for a healthy immune system.

Super Greens is a combo of four of nature's most nutrient rich wholefoods—Spirulina, Chlorella, Barley Grass and Wheat Grass.

They contain a vast array of natural vitamins and minerals and are high in anti-oxidant nutrients to assist in removing free radicals.

To optimize your daily nutritional intake, simply blend Synergy Natural Super Greens powder with juice, seasonal fruits or your choice of liquid base for delicious smoothies—or take as tablets if preferred.

SUPER GREENS
from SYNERGY NATURAL

AVAILABLE in the vibrant nation of food. Only at supermarkets. Our full range of great goods and products can be purchased from our website at synergynatural.com

synergynatural.com

You're looking to get rid of your vicious eating habits but you don't know where to start. The good news is that you've found me, and I can help you.

As you may have noticed, I'm a certified holistic and recovery health coach. I'm also endorsed by health and wellness brands like Synergy Natural and Vitamix, and I've helped many women around the world find happiness once more.

It may seem strange to tell you this, but I nearly killed myself once.

As a young girl, I had no self-confidence and was afraid of **not being good enough** for anyone. When I realized that I was able to control my relationship with others from the way I looked, I began restricting my food intake.

Back then, all I wanted was for people to love me. I thought that if I could control my weight, I would be able to **control the way people judged me**.

And so for 15 years, I **struggled with full-blown bulimia** and nearly *died*.

My struggle with binge eating began when I was 13. By the time I hit my mid-twenties, I was not only severely underweight... I was so depleted of nutrients that *my heartbeats became irregular, my teeth were breaking, and I was losing control of everything in my life*.



Why Make Peace With Food Works

After recovering from bulimia, I discovered that there was nothing out there to help people who are trying to stop binge eating.

So I became a health coach and created the "Make Peace with Food" program – an online program for women like you who are suffering in silence, and need help getting rid of negative eating cycles.

Make Peace with Food is the only online program available that has received such great results from women who have once suffered in silence, but are now enjoying their lives.

There is no other online program that can help you get rid of your eating problems. The truly amazing results I've gotten speak for what you can achieve with this program.

JEN'S STORY

I had been in recovery for many years before starting Pauline's program. I considered myself to be at a plateau stage of my recovery. I had already made a fair amount of progress. I had enough energy to function day to day and hold down my full time job. However I was still binging and purging several times per week.

I was **anxious, stressed and depressed**. I felt like I needed bulimia to cope with life but I hated it at the same time. I hated myself and my body and felt a huge amount of guilt and shame.

Before starting coaching, I was worried that it wouldn't help. I felt like I'd "tried everything" but nothing would really help me. I was also scared of losing bulimia as a coping mechanism. I was worried about gaining weight. **I thought I would never be free.**

But I knew that I needed help to do this. I had already tried a few different recovery methods before and hoped this would be a different approach. I wanted to change my life and be happy, healthy and strong.

I hadn't tried coaching before but **I loved Pauline's approach**. It's more personal than psychology. Pauline's approach is more motivating, inspirational and the activities are fun. I found when I do that and follow Pauline's guidance, everything else falls into place.

I have experienced huge changes in myself. My outlook on life, my thoughts and feelings about myself have totally shifted. I'm much happier and able to deal with stress. I love myself more every day and I am also much **more comfortable in my body**. I am eating very well and I am **feeling more vibrant and energetic**.

I feel amazed and very proud about that! **Today, I am excited about all the things I plan to do and I know that recovery is 100% possible for me.**



Jen

Former Binge Eating Sufferer

In other words, Make Peace with Food will help you solve these problems:

Problem #1: Binge Eating

When you suffer from binge eating, it means that your unhealthy relationship with food has taken too much focus and energy from you. You may not realize it now, but recovering from binge eating will **change your whole life** and make you happier than never before.

Problem #2: Food Cravings

When it comes to food, it always gets out of control whenever you are **stressed** or **anxious**. You've tried everything from therapy to diet-watching... But still, you just wish that there was something out there that can empower you enough to **get rid of your food cravings forever**.

Problem #3: Weight Gain

You feel **frustrated** because you don't seem to be a normal person who enjoys the present moment. Your **fear of gaining weight** has driven you into a vicious cycle of binge eating, and you want somebody to teach you how you can eat normally without becoming obese.

Make Peace With Food Succeeds Where Other Eating Programs Fail

Here's A Sneak Peak At Some of The Content in The Make Peace With Food Program:

- 1. Instant Relief from Binge Eating** – how to use the “Structured Eating Plan” to stop binge eating as soon as possible.
- 2. Overcome Weight Gain** – ditch your fat fears with the “tune-in” method that will teach you how to reduce food cravings and maintain your ideal weight.
- 3. Is Your Eating Disorder Taking Over Your Life?** – how to turn this around in the shortest time possible with the dissociation technique.
- 4. What Your Body Is Really Telling You** – what to do and how to react when you start feeling hungry. This involves powerful tactics that will erase deep-rooted negative eating patterns and help you determine when to start eating and when to stop.

5. **Become Who You Really Want to Be** – get instant access to my personal techniques to increase happiness levels and improve your broken relationships!
6. **Stop Binge Eating, Bulimia, and Chronic Dieting Forever** - a “self-love menu” with a list of 15 things to do to that will help you stop distorted eating patterns and love yourself once more.

I AM NOW HAPPY!

My experience with Pauline’s coaching started because I was suffering from a deep eating disorder, which was making my life very complicated and very sad. It was all very dark. Since I signed up for Pauline’s coaching, my life has completely changed in an extremely positive way: **“I AM NOW HAPPY!”**

I know it sounds unreal and it’s still hard for me to believe how much positive impact she brought into my life.

Pauline was able to understand me, describe accurately every step of the illness recovery, re-educate me to eat and enjoy food. She held my hand through all steps reassuring me and giving me the opportunity to regain more self-confidence.



Aline

Pauline Hanuise’s Coaching Student

NO LONGER BINGE EATING!

I had been trying to get over my eating disorder for years but hadn’t been successful. I had been doing a lot of 12-step work but even-though that had helped me, I was still caught up in the bingeing and purging cycle.

My experience with Pauline’s coaching has been amazing! I have really learned to love myself. Working with Pauline was great! She is always full of good advice, kind and supportive. She knows how to direct you on the right path and to tell you the exact things you need to hear in order to open your eyes. She will teach you a new way of looking at things and at life in general.

I have changed a lot! It’s hard to explain it all but for me it mostly comes down to accepting and loving who I am – on all levels. I have gained confidence and trust in myself as well as self-love and overall peace of mind.



Zoe

Pauline Hanuise’s Coaching Student

ALREADY SEE RESULTS!

I can't speak highly enough of this course. The material that Pauline presents here is SO empowering and really nothing you will find just browsing the internet and in blogs and whatnot.

I've done a ton of reading/research. I've only found clarity here. I learned so much and I was able to put the ideas immediately into practice and **already see results**.

I've never met Pauline personally and I'm the type of person who never writes reviews. I'm writing this simply because from the bottom of my heart, I think **this course can change your relationship with your body, yourself, your mind and food for the rest of your life like nothing I've ever seen**.

I did email Pauline a question and she was so incredibly generous with her responses so you truly can reach out to her as she says. The way Pauline presents the information (she is so empathetic, kind and also extremely clear) it will make you feel better immediately in addition to giving you real, solid things you can do to turn your life around.

She also doesn't overcomplicate things, which is another gift that makes recovery so much more achievable in my opinion. You don't need to suffer anymore. Do sign up. I can say with all my heart, it is totally absolutely worth it and I'm happy for you for having found this!

Mira

Pauline Hanuise's Coaching Student

What You'll Learn In Pauline Hanuise's Make Peace With Food Program

- ✓ **Techniques to achieve and maintain your ideal weight.**
- ✓ Advice on how to improve your health and happiness.
- ✓ **Step-by-step methods to reduce your food cravings.**
- ✓ Tips on how to regain self-worth and confidence easily.
- ✓ **Shortcuts to start a healthy relationship with food.**
- ✓ Tools to help you start feeling great in your body.
- ✓ **“Playsheets” to help you create a fulfilling life.**
- ✓ Advice on how to improve your mood and energy levels.
- ✓ **Easy methods to help you stop binge eating.**
- ✓ Techniques to erase deep-seated negative thought patterns.

What You'll Get From The Make Peace With Food Program...

When I first started on my journey to recover from binge eating, I had no access to the information that I'm now providing you.

If you want to stop struggling with your bad relationship with food and start creating a meaningful life for yourself, it's time to do something about it today.

Introducing...

The Make Peace With Food Online Program



SECTION 2: Mind

10	▶ What Are You Really Hungry For?	16:20
11	▶ Putting Recovery First	14:28
12	▶ Applying The Powerful Technique Of Dissociation	16:39
13	▶ Creating & Erasing Habits	15:53
14	▶ Developing Rational Thinking	10:40
15	▶ Interview With Kathryn Hansen - Author Of Brain Over Binge	33:58

What's inside...?

- ✓ 10-weeks online program
- ✓ **Lifetime access to 23 lectures.**
- ✓ More than 4 hours of videos
- ✓ **Unlimited email support from me**
- ✓ My bonus recipe book!



BONUS! The Happy and Healthy People Recipe Book!

Over 25 scrumptious plant-based, sugar free recipes to boost your mood and energy!

All the recipes have been tested by my power posse and me. They all are super yummy and mega easy to prepare!

WARNING: Side effects include glowing skin, sparkling eyes, strong and shiny hair, mental clarity, energy boost and weight loss.

[Click Here](#) to instantly access this course.

After you click the link, you will be taken to my Udemy Course Page for payment.

After your payment is approved, you receive **instant access to my course** along with your **FREE Bonus**.
...Even if it's 3:00 am in the morning!

You will be learning techniques from this breakthrough course in just a few minutes... and using them to stop binge eating forever.



Order Online By Safe, Secure Server

[Click Here to Order Now!](#)

(Only a one-time payment of \$199 with this time-limited coupon: **LOVEACCESS**)

And best of all... No smoke and mirrors here!

All You Need To Do Is Email Me And I'll Refund Your Money Back If You're Not Satisfied...

How's that for a money-back guarantee?

Here's the deal: You've got thirty days to use the course to see if it works for you. If you're not satisfied with it for any reason, then you can simply email me and I'll give you your money back with no questions asked.

So, for one last time, here's everything that's included in the Make Peace With Food Program...

- 1. Instant Relief from Binge Eating** – how to use the “Structured Eating Plan” to stop binge eating as soon as possible.
- 2. Overcome Weight Gain** – ditch your fat fears with the “tune-in” method that will teach you how to reduce food cravings and maintain your ideal weight.
- 3. Is Your Eating Disorder Taking Over Your Life?** – how to turn this around in the shortest time possible with the dissociation technique.
- 4. What Your Body Is Really Telling You** – what to do and how to react when you start feeling hungry. This involves powerful tactics that will erase deep-rooted negative eating patterns and help you determine when to start eating and when to stop.
- 5. Become Who You Really Want to Be** – get instant access to my personal techniques to increase happiness levels and improve your broken relationships!
- 6. Stop Binge Eating, Bulimia, and Chronic Dieting Forever** - a “self-love menu” with a list of 15 things to do to that will help you stop distorted eating patterns and love yourself once more.

AND...

- **Techniques to achieve and maintain your ideal weight.**

- Advice on how to improve your health and happiness.
- **Step-by-step methods to reduce your food cravings.**
- Tips on how to regain self-worth and confidence easily.
- **Shortcuts to start a healthy relationship with food.**
- Tools to help you start feeling great in your body.
- **“Playsheets” to help you create a fulfilling life.**
- Advice on how to improve your mood and energy levels.
- **Easy methods to help you stop binge eating.**
- Techniques to erase deep-seated negative thought patterns.

...Plus unlimited email support from me!

I've left nothing out in Make Peace With Food online program. Sounds good, right? Better still is the fact that you can be on your way to stop binge eating in the **next five minutes** – but only if you get started now.

Order Now

Make Peace With Food, Change Your Life

YES, Pauline! This is exactly what I've been waiting for! I'm eager to learn everything I need to know to stop binge eating, bulimia, and chronic dieting forever!

[Click Here To Order Now](#)

**YOU WILL RECEIVE THE COURSE AND BONUSES
INSTANTLY ON THE UDEMY PLATFORM**

Best Regards,

Pauline Hanuise