

Feedback from an Eating for Your Health Attendee

I had tried a number of fad diets over the years (no carb and low fat etc.) and while I had initially lost some weight I had always eventually put it back on and made myself extremely miserable in the process.

The situation eventually felt hopeless.

While at a consultation at the sleep clinic I was referred to the Nutrition and Dietetic services and I couldn't be happier I was.

I attended four Eating for Your Health online seminars in 2021. The lessons on mindful eating, buzz foods and more have helped me immensely and I have changed my life for the better. The unexpected part is I enjoy food more than ever.

Best of all, I no longer need a CPAP machine at night time and generally have a lot more energy.

Thank you.