Health conscious? 35-55 years old? Spiritually inclined? 20 pounds overweight and almost ready to give up?

At last, be at peace with food, your body and your life

Achieve the emotional and spiritual transformation that will empower you to be the healthy, authentic, purposeful, loving, energetic, peaceful & successful goddess you deserve to be



"Your food cravings, weight and body image are not really about the food," says San Francisco intuitive, EFT practitioner, spiritual author, conscious entrepreneur, 17-year chef & caterer to high profile celebrities and top business leaders, rebel nutritionist, food lover, spiritual cowgirl, and the Eat-Like-A-Goddess mentor, Sandy Zeldes

FREE Webinar Reveals Sandy's

3 Secrets to Ending Food Obsessions & Loving Yourself Skinny

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