



7 STEPS TO STOP FEARING FOOD

**THE UNCONVENTIONAL APPROACH
TO SAY GOODBYE TO YOUR DISORDERED
EATING FOR GOOD**

**BY
MINDY GORMAN-PLUTZER CHC, CEPC, FNLP**

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Freedom from Disordered Eating Is Possible

Is your relationship with food holding you hostage? Are you constantly fearing what food will do TO you? Do your food choices reflect what you believe you've earned, rather than what you want?

Do you dread social engagements for fear of losing control? Do you wake up every day with the first thought going to your weight and the size of your thighs?

Are you using food to self-medicate? Are you trading the size of your life for the size of your body?



Do you believe you've tried everything and just can't get a handle on your thoughts, behaviors and how to manage your weight?

YOU ARE NOT ALONE!

You are among the millions of people who struggle with a disordered and dysfunctional relationship with food. Chances are that you also struggle with digestive issues like bloating, gas, reflux; perhaps changes in mood and probably anxiety, because there is a link between these conditions and disordered eating.

But there is hope! And I'm here to tell, from my own healing journey and helping hundreds of others just like you, that you are not broken!

You haven't failed. It's actually the methods you've tried to feel good about yourself, that have failed YOU!

I bet you've tried every diet out there and are still confused about how and what to eat, and haven't really found what works best for you.

Too much weight or too little weight are merely symptoms of throwing your body out of whack by over or under eating. And to complicate matters, overeating or undereating are symptoms of something even deeper that is calling for your attention.

The answer does not lie in any sort of one-size-fits-all-approach, nor will an “all-foods-fit-diet” teach you to feel empowered and trusting that you can eat when you’re hungry and stop when you’re not.

You can find even more information about this incredible approach to managing your health on my website at thefreedompromise.com. And if you have any questions, please email mindy@thefreedompromise.com.

To your health and freedom,

Mindy Gorman-Plutzer

How I Know Freedom Is Possible

I was exactly where you are and where you’ve been – stuck in a toxic relationship with food and my body, feeling completely helpless! I learned to diet in my early teens and took it to an extreme level.

It was a full-time job, calorie counting, constantly restricting what I ate and stressing out over my choices, taking over-the-counter appetite suppressants in hopes of more control, using diuretics and laxatives, and all of it was just making my disordered eating worse.



When I wasn't restricting, I was bingeing because I felt so horribly deprived and then there was the consistent purging out of immense guilt.

Now when I look back on those days, the decades of my life where I should have, could have been experiencing the best of times, I gave away all my joy and energy by measuring my self-worth by the size of my thighs and a number on the scale.

These compulsive behaviors – and what I believed about myself (which just wasn't true) – put enormous stress on my relationships and deeply impacted my health.

At my bottom, I was physically, emotionally and spiritually bankrupt.

I felt like a mere shell inside - weak and demoralized.

As much as I wanted to go forward, my fear of letting go of these behaviors kept me from doing so.

Finally, with my health and most precious relationships in peril, my deep desire to heal sent me to conventional treatment – weekly doctor visits and weigh ins, twice weekly sessions with a therapist and a meal plan offered by a registered dietician.

I was being told what I needed to weigh, what I needed to feel and what I needed to eat.

No one was helping me to realize what I really needed – a connection to my deepest self, how to tune in to and listen to the wisdom of my body and essentially believe in myself.

Yet I intuitively knew there had to be a better way....

In my frustration to find the answers, I enrolled in a program to study nutrition and transformational coaching. I became a board-certified health coach, went on to receive further certifications in eating psychology coaching and functional nutrition and lifestyle practice.

I've since learned that all systems of the body are connected, every one of us is unique and everything matters, from mindset to food, and even our unique biology down to what type of gut flora we have.

That's commonly referred to as the functional medicine way – and I'll explain this in more detail later.

I found support with coaches and mentors that continue to guide me today.

Now that I'm more in tune with myself, it's easy to know exactly what my needs are and how to satisfy my hunger – physically, emotionally and intellectually.

And I wish I knew back then, what I know now.

You see, I can ask myself the hard questions regarding what I'm truly needing, hungering for, and I've become willing to stay long enough to hear the answer.

I've learned that true recovery requires us to accept that being uncomfortable is part of the process: I can explore what feelings are real, if my belief system is faulty and discover what is actually true for me.

Luckily, you don't have to struggle like I did to find the solution!

For the last 24 years, I've been working with women and men, guiding them to a new-found relationship with food, one that is not only *nourishing* but *loving* and *free from fear and confusion*.

Seven years ago, I created *The Freedom Promise* to introduce this functional approach to eating disorder recovery – because I don't want you to feel trapped like I did and I want you to know right now, you can recover!

As part of my program, I developed my signature framework – *7 Steps to Stop Fearing What Food Will Do TO You and Start Embracing What It Can Do FOR You*.

These are the exact steps that I rely on every day to enjoy – yes enjoy! – a more meaningful relationship with food and my body that is nourishing and nurturing, loving and free.

I've been blessed to be able to share it with countless numbers of clients who now are finally living fully nourished lives and spending more of their energy doing other things in life that bring them happiness. So let's dive deeper into that framework...

The Freedom Promise Framework

With my many years of coaching hundreds of people – paired with my training in integrative health coaching and functional medicine training, I've realized that in order to heal *any* chronic illness or imbalance, whether it is in the body, in mindset or emotions or all three – you have to look at the root causes and work there first.

Having functional medicine training was especially helpful in my full recovery, personally, because I realized pretty early on that I needed to heal the “whole me” and that there is also a biological component that needs healing too when disordered eating is at play.

In a nutshell, Functional Medicine addresses the whole person, not just an isolated set of symptoms, body, emotional health and mindset and even environmental factors. Unlike conventional medicine, we don't rush to just match symptoms with drugs... but rather investigate the root cause of the issue at hand... so that we can achieve lasting resolution.

The reason why my signature framework is so powerful is because it's rooted in the wisdom that true transformation is more about what you let go of than what you do to change!

While honoring the story that is yours alone, I guide you to turn the page on the parts that no longer serve you and empower you to reframe and start to write what will become your happily ever after.

Unlike other disordered eating programs, my signature framework is different in that we explore how your behaviors and beliefs (about food and your body) are rooted in your genetics, your story, your biology and your gut!

It's not just about your emotions, habits and mindset – there is a biological component.

You most likely have a dis-regulation of hunger hormones that are a cause (or a direct result) of your disordered behaviors with food.

Restricting, binging and purging create havoc in your microbiome - the universe within

your gut that impacts so many systems of your body – from how you think to how you metabolize and absorb nutrients.

Restricting sets you up for a host of nutritional deficiencies which not only impact what I've already mentioned, but will lead to cravings, setting the stage for a vicious cycle of behaviors and feelings.

That's why my framework and process also involves specific lab testing to root out issues created by food sensitivities, digestive imbalances and inflammatory conditions.

More specifically, it's a 7-step program, an acronym for FREEDOM and it looks like this:

- **F**ind your Enough, **F**ace your feelings and **F**eel the Love!
- **R**est and **D**igest!
- **E**at when you are hungry and stop when you have had enough!
- **E**at mindfully and without distraction!
- **D**o something everyday that makes your body feel good!
- **O**nly eat food, not products!
- **M**ake sure you surround yourself with what truly nourishes you...your relationships, purpose, spirituality and physical activity.

And to witness and understand its amazing impact, and see how it can work for you, I [invite you to my special masterclass](#) entitled *“Stop Fearing Food and Start Loving Your Body: An Unconventional Approach to Say Goodbye to Your Disordered Eating for Good”*.

In it, you'll hear about the three biggest insights that have helped people just like you, people who have struggled to recover from disordered eating for way too long, to finally turn the corner.

I really don't want you to miss out... because frankly, it's an amazing class that gets consistently great feedback!!!

If you're struggling with challenging behaviors with, and thoughts about food and your body, or if you're perennially fatigued and frazzled – then you really can't afford to miss this free masterclass packed with actionable insights.

Yet few conventional health practitioners and eating disorder recovery specialists share (or even know about) what I cover in my masterclass, even though this life-changing information is key to successfully overcome your disordered eating and thriving instead of just surviving!

After you [watch my free masterclass](#) you'll be able to take confident steps to achieving lasting recovery, once and for all, and use my proven strategies that really work.

Your Next Steps

Are you ready for freedom? I invite you to [watch my FREE masterclass](#) - *“Stop Fearing Food and Start Loving Your Body: An Unconventional Approach to Say Goodbye to Your Disordered Eating for Good”*

You'll be introduced to a new way of looking at recovery.

Part of my own healing journey came about when I studied to become the health practitioner I am today.

Through my training, I was able to heal myself and I realized that so many of the mistakes I made can be easily avoided. I'm here to tell you that you **can** get your energy and your health back!



So, listen, there is never a need to “go it alone” or just “suck it up and power through”. The key here is to work with the right professional who really knows how to empower you to become a master of your own healing. *A professional who understands the complexities involved.*

And frankly, I am so glad to connect with you, because I know so many women are suffering from challenging weight management issues as a direct result of their disordered relationship with food. They're being told “it's just part of being a busy mom” or “just a sign of aging”.

What's really infuriating and unfair is that the truth about how to find lasting and full resolution and recovery isn't readily available to women!

And that's why for me, the first step is to get this information out to more people like you, via my [free masterclass](#).

Unlike conventional treatment and practitioners, I've been where you are and know that sustainable and lasting wellness is possible when we look at YOU, rather than your symptoms, understanding your weight issues (too much or too little) are a symptom of over or under feeding yourself, which is a symptom of your thoughts, feelings, beliefs which impact your behaviors.

I lead you on a path to sustainable recovery that includes restoring digestive health as well as emotional and psychological well-being, empowering you with a personalized nutrition and lifestyle plan that fuels your uniqueness - no "all foods fit" diet protocol.

Feeling empowered means you go out with friends or to a party and not be scared of food weeks in advance.

Feeling empowered will allow you to enjoy a meal because you've chosen it, not because you believe you've earned it.

I have worked in the weight management field since 1995 and in my more than 24 years of experience, I have empowered thousands of women and men to finally stop fearing what food would do TO them and start embracing what it could do FOR them.

For the many suffering with Eating Disorders including Anorexia, Bulimia, Emotional and Binge Eating, I offer the opportunity for full and lasting recovery that's rooted in a functional and holistic philosophy.

[Watch the masterclass and start the work to restore your health](#) and honor your unique physiology as it involves digestive health, hormone and brain chemistry regulation, relying on nutrition, lifestyle skills and appropriate supplementation.

Because my passion is to help you become the best you possible. Forgot who that is?

Let me remind you...

... the you that feels confident in your own skin,

... the clear-skinned, full of laughter, glowing you,
... that attracts love and attention everywhere you go, and
... is up for anything and everything.

The you that is in control and in balance.

Acceptance, compassion, forgiveness, mindful wisdom allows for a lightness of being, a coming home.

You are enough.

You can turn the page on your story, re-frame your beliefs and start to write your happily ever after.

[It all starts with the free masterclass](#), I look forward to being your guide on this extraordinary journey.

Stop fearing what food will do TO you.....

Embrace what food can do FOR you!!

About Mindy Gorman-Plutzer

Mindy Gorman-Plutzer brings 24 years of nutritional counseling experience to her private practice as a Certified Functional Nutrition and Lifestyle Practitioner, Board Certified Integrative Health Coach, and Certified Eating Psychology Coach.

She introduces a unique holistic and functional approach to simple and complex health issues relating to or resulting from disordered and addictive eating behaviors.

Mindy has combined her life experience with her extensive training to create a system of strategies that are a combination of functional nutrition, practical coaching techniques, results-oriented psychology, body-centered practices, and mind-body science; introducing a positive and compassionate resolution to the physical and emotional challenges resulting from the afore-mentioned issues.



“My philosophy is to empathetically empower my clients to make nourishing lifestyle and nutritional choices as they learn to connect to the healthy wisdom of their bodies, allowing for sustainable and lasting recovery”

She is the author of *The Freedom Promise: 7 Steps To Stop Fearing What Food Will Do TO You and Start Embracing What It Can Do FOR You* (Balboa Press) Mindy has appeared on Sirius XM’s Doctor Radio, Huffington Post Live, ABC news.com/podcast, various syndicated radio shows and podcasts, written for Mind Body Green, and is a regular contributor to *The Fifty Plus Life*. She blogs regularly on all subjects related to mind, body and spirit.’