

Making a Difference in the Lives of Others...

A caring approach to out of control eating, yo-yo dieting, bingeing, compulsive eating or just continuously making poor food choices are the key issues HungryHeart counselors help their clients overcome. The HungryHeart program is an eight step systematic process to help clients break out of the diet/binge cycle and lose those painful pounds naturally and permanently. It is more than just enjoying the flexibility of building a six figure income or having the freedom to work part time, as a Certified HungryHeart Counselor, you can experience a career that is based on caring, self acceptance, and building self-esteem. Benefits of joining the HungryHeart include:

- Become part of the HungryHeart team, receive superior training, 12 months of follow up support, and the knowledge you need to build a one of its kind business.
- Help others make positive life-long changes in their approach to food and live a life free of out of control eating.
- You will learn the HungryHeart approach toward nutritional counseling and become a Certified Clinical Hypnotherapist.
- You will be provided with detailed training on the HungryHeart 8 step program and the 12 session client support process. Learn how this process fits into your clients' success and your long term business success.
- You will become a Certified HungryHeart Counselor, equipped to begin your own business and ready to counsel clients.

Why the HungryHeart was Founded... Lauren's Story:

As a former compulsive overeater, Lauren, the Founder of the HungryHeart, battled with weight fluctuations, starving and bingeing, and exercising to excess. The obsession with food drained her energy, stole her time, and destroyed the quality of her life. It took her inner peace, self esteem, and happiness.

"I had tried every diet, club, group doctor, therapy, and book available. I frequently contacted others for support and advice. This was understandably a very painful time in my life," explained Lauren.

She continued, "As the Creator of The HungryHeart, I am proud to share I've been free of compulsive overeating for over sixteen years. I have brought on other counselors to my team who have been successful at overcoming their issues with food. We are happy, healthy, and not preoccupied with what we eat. Taking care of ourselves by eating healthy and exercising regularly, is a natural way of life for us. Feeling our true feelings and dealing with the pains and pleasures of real life has allowed us to live free of compulsive overeating."

Today, the HungryHeart is seeking new business owners who are seeking a rewarding business as Lauren explained; "It has been very rewarding helping others free themselves of compulsive overeating by sharing what we've learned and experienced. We are in the process of training individuals throughout the country who would be interested in running and operating their own HungryHeart location."

"I Never Expected This!"

"I never thought my biggest problem would lead to the most rewarding job imaginable," explained Julie Holbrook. Julie was an extremely successful sales and marketing executive in Corporate

America for twenty years. She explained, "I truly enjoyed my corporate days but food issues took up so much of my life. I was bulimic for 20 years and on my own, it took me almost three years to get through it. I was not into the traditional, clinical way of treating eating disorders and it was a learning process to figure out how to get better."

Julie enjoyed her corporate days but wanted something more personally fulfilling. She decided she wanted to work in the health and wellness industry and one day as she searched job positions online, she discovered the HungryHeart.

"With the HungryHeart, I can help my clients in just 3-4 months. Lauren, the Founder of the HungryHeart, and I are very much alike. I feel very blessed to be a part of the HungryHeart," said Julie.

Today, less than a year after Julie started her business, she has a thriving practice. She enjoys an extremely flexible schedule, and has gained certifications in nutrition and hypnotherapy. She said, "There is nothing more rewarding than this! Seeing the changes in my clients is extraordinary. Issues with food are widespread and there are so many people that need help. I never thought I could find a career that allowed me to incorporate my interests and helping others with a great income. This is truly a win-win business!"