

Dr. Denise Lamothe

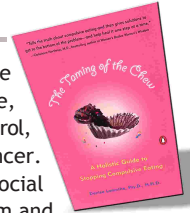
SPECIAL PRESENTATION Taming Your Chew



Dr. Denise . . .
works with people who
want to understand
emotional overeating
and how to stop.

This Workshop is Based on Dr. Denise's Popular Book

The Taming of the Chew: A Holistic Guide to Stopping Compulsive Eating (A Penguin Original 2002) which has helped thousands of people to overcome self-destructive behaviors.



Obesity is a national epidemic. 60% of adults are overweight or obese and at risk of heart disease, type II diabetes, high blood pressure, high cholesterol, bone and joint problems and some forms of cancer. They may suffer with depression, exhaustion, social discrimination, poor self-image, low self-esteem and lack of motivation. These factors negatively impact upon performance both in and out of the workplace. Organizations are noticing the effects of weight related problems and absenteeism due to these conditions is at an all time high. **Dr. Denise can help!**

Having endured phases of anorexia, bulimia and obesity herself, Dr. Denise skillfully combines her personal and professional expertise in this presentation. She outlines causes of food control issues from a holistic point of view - i.e. from physical, emotional, social, spiritual and environmental perspectives. Dr. Denise provides clear strategies for change and offers audience members specific, effective personal tools they can use to stop over eating and to effect positive, healthy changes in their lives.

Dr. Denise will help you to:

- Understand causes and effects of food control issues from a holistic perspective.
- Realize how our socialization process creates a context in which it is nearly impossible to avoid food control problems.
- Know what a holistic approach is and how to incorporate it in planning and implementing personal care for yourself and others.
- Appreciate physical, emotional, spiritual and environmental reasons why so many people struggle with food control and other substance abuse issues.
- Develop powerful strategies for achieving and maintaining emotional and spiritual health.
- Gain a breadth and depth of knowledge about your personal relationship with food and appetite.
- Learn many ways to eliminate guilt and shame, to take responsibility for choices and to implement health-promoting changes.
- Design a personal, individualized plan to take control of your health and to achieve and maintain a healthy body, mind and spirit.
- Discover renewed zest for life and to formulate a plan for maintaining balance and approaching life creatively, positively and joyfully.

The People Have Spoken!

"... everyone was very pleased with the session, thought it was most informative, and enjoyed your pleasant personality and professional presentation style. The information you offered was extremely beneficial and most interesting! ... (they've) requested 'More!' so I look forward to working with you in offering future programs here at Anthem Blue Cross/Blue Shield of New Hampshire."

Carolyn Cote - Anthem Blue Cross/ Blue Shield of NH

"Dr. Lamothe created a positive connection with her audience through her passion for helping people to understand their own personal reasons for over eating, and how to overcome powerful urges through a holistic approach."

Terry Johnson - New Hampshire Celebrates Wellness

"Dr. Lamothe is a dynamic and engaging speaker. She captivates her audience with personal stories that everyone can relate to. She is a true inspiration!"

Bonnie St. Hilaire, MA, RD - New York Dietetic Association

"I have had a lot of positive feedback from the evening. Especially gratifying were the comments from one of my pre-operative patients, who expressed never having felt 'understood' before, and after reading your book and listening to your presentation, feels hope for the future in regards to her eating habits. Many thanks!"

Melanie Davis - Catholic Medical Center

Dr. Denise's programs make powerful partner events!

Dr. Denise speaks from experience!

She has spent her career encouraging people to make wellness a priority in their lives. An expert in her field, she is the "go to" person for anyone seeking to develop a healthier lifestyle. She now devotes all of her time to spreading this important message.

Dr. Denise Lamothe

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