

# Dr. Denise Lamothe



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

## EMOTIONAL OVEREATING EXPERT

### Author of "The Taming of the Chew"

*The Taming of the Chew: A Holistic Guide to Stopping Compulsive Eating* (Penguin \$14) which has helped thousands of people to overcome self-destructive behaviors.



Having endured phases of anorexia, bulimia and obesity herself, Dr. Denise skillfully combines her personal and professional expertise in her presentations. 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 overeating 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 how 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.

### Topics

#### Emotional Overeating

What it is, why we do it and how to stop.

#### Taming Your Chew

Based on Dr. Denise's popular book, *The Taming of the Chew*. Explores the physical, emotional, social and spiritual reasons for overeating and how to stop.

#### Balancing Life, Work and Family

How to create and maintain balance in an unbalanced world.

### The People Have Spoken

"Dr. Lamothe is a most compelling speaker! She has the distinct ability to mesmerize her audience while imparting warmth, authenticity and comfort."

Ann Louise Gittleman, Ph.D.

- Author of NY Times bestsellers, *The Fat Flush Plan* and *Before the Change*

"It was a pleasure hosting you here at The Greenhouse. Your lectures and workshops were well received by our guests and your accommodating and gracious nature was certainly appreciated by our staff. Judging by the guest's feedback, some life-changing decisions and revelations were made in a few short days. We look forward to continuing the alliance into the future. Many thanks for your spirit and your work."

Julia Trick, ND

- Nutrition Director, Greenhouse Spa, Arlington, TX

### 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.



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# More Praise for Dr. Lamothe

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**Ann Louise Gittleman, Ph.D.**  
Author of the NY Times bestsellers  
The Fat Flush Plan and Before the Change

"Denise Lamothe is a gifted speaker who captivates, motivates and inspires her audience. She communicates with sincerity and an authenticity that can only come from the wisdom of experience. Dr. Denise has 'been there, done that' and has lived to talk about it all with conviction and compassion."

**Kay Channell, Vice President**  
Clayton College of Natural Health  
Birmingham, AL

"I am pleased to say that your reception was nothing less than great and I am delighted to share that all three of your programs were enthusiastically received by the community. To achieve this type of response in this intelligent and demanding population is truly a significant achievement. Bravo! While it's clear that you have a great understanding about the field of disordered eating, your effectiveness comes equally from your ability to connect with individuals. Participants remarked how much more powerful and meaningful an experience it was for them because of 'you.'"

**Alan Wayler, Director**  
Green Mountain at Fox Run  
Ludlow, VT.

"I have been blessed to know Dr. Denise and to hear her speak publicly. She has deep compassion for the journey of each individual soul. In a world of distraction, she is like a rudder of love. Dr. Denise exudes an innate ability to direct those whom she encounters in the direction of physical, mental, emotional and spiritual health."

**Kriss Soterion**  
Master Make-up Artist/Photographer  
Kriss Cosmetics, Manchester, NH

"Participants praised your wealth of information and presentation skills, calling your keynote wonderful, excellent and inspiring and referring to you as very well spoken, interesting and knowledgeable."

**Nancy Casten**  
Yours for Children, Inc.  
Auburn MA

"Denise Lamothe was a featured speaker at the New Hampshire Celebrates Wellness Annual Conference. She effectively created a positive connection with her audience through her passion for helping people to understand their own personal reasons for compulsive eating and how to overcome powerful urges through a holistic approach. Many of our participants reported a desire to spend more time with Denise so that they could even more fully understand how to incorporate her useful strategies into their lives."

**Terry Johnson**  
Executive Director  
New Hampshire Celebrates Wellness

"Dr. Lamothe is a dynamic and engaging speaker. She captivates the audience with personal stories that everyone can relate to and motivates her audience to take effective action in the battle of compulsive eating. Dr. Lamothe is a true inspiration."

**Bonnie St. Hilaire, MA, RD**  
President of the Central  
New York Dietetic Association

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"...everyone was very pleased with the session, thought it was most informative, and enjoyed your pleasant personality and professional presentation style. The information 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,**  
Wellness Coordinator,  
Anthem Blue Cross/  
Blue Shield of New Hampshire

Denise's public speaking is a gift that comes from her heart and teaches yours. Spend time with Dr. Lamothe everyday filling your spirit. You'll become a better you for doing so.

**Mary Boynton, President**  
Business and Professional  
Women of NH (1999-2000)

"As the coordinator of our community health and wellness lecture series, I strive to find speakers our community will enjoy and learn from. Dr. Denise's presentation exceeded my expectations! Audience members stated... she was a pleasure to listen to... shared many facts and great knowledge, very admirable...shared wonderful true stories... a great speaker with much humor!"

**Pat Bronzo, Coordinator**  
Community Health and Wellness  
Exeter, NH

"Dr. Denise speaks from her heart, combining personal experience with insight, weaving a story that had me laughing and connecting with her instantaneously. And, as a practicing nutritionist, I refer clients to her book regularly."

**Melissa Snow, RD, LD, Nutritionist**  
Equinox, Exeter Hospital, Exeter, NH

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