

Intuitive Eating and Nutrition

The Therapeutic Approach to Intuitive and Mindful Eating



- Understanding the definition, principles, benefits, and challenges of intuitive and mindful eating.
- Identifying which patients can benefit from this approach and how to integrate it with other therapeutic interventions.
- Practical strategies for implementing intuitive and mindful eating.
- Recommended resources for learning more about intuitive and mindful eating.

Find out how TeamNutrition can support your patients with:

- Our KoalaPro health app and its exclusive Support+ service.
- A food diary powered by artificial intelligence.
- The integration of our referral form.
- And more!

Expand your knowledge and your team's expertise – book your Lunch and Learn today by contacting jlamarche@equipenutrition.ca.