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Nutritional Wellness - Beyond Food Archives Available

September 03rd 2014: When Food Consumes You

You are intelligent and educated. You manage a household and a job, career or business. You have a social life, activities, family and friends. You are also the manager of you; what you eat should be the easy part and yet food is in control of you. It doesn't seem fair to reduce this complex scenario to two words, emotional eating, but that's what we call it. When did it start? Who is to blame? Why is it so seemingly impossible to overcome? Is there a solution? My guest, holistic nutritionist Rachelle Wood, and I will discuss this dignity-stealing issue in the context of individuality and ass

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Featured Guest



Rachelle Wood

Rachelle Wood is a nationally award-winning Registered Holistic Nutritionist and Young Entrepreneur from Prince Edward Island. She recently relocated her 10 year private practice to Moncton, New Brunswick, within Gallie Wellness. As an author, teacher, mentor, lecturer, recipe-developer and weight loss expert, Rachelle is changing the way Canadians eat. Her hilarious and simplistic ways of explaining the complex human body inspire audience members to live whole-hearted healthier lifestyles. Having studied many alternative therapies, she believes that dietary therapy should be customized to each client and her approach does just that. Rachelle is the creator of a 52-week healthy living and we

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