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June 21st 2016: The No Judgement Diet

Judgement is the #1 killer of dreams and possibilities. What judgments do you have that keep you feeling like you are trudging through mud? Holding you back? Keeping you unhealthy? Making you broke? Have you experimented with every tool you know is right, and still no celebrating your success? Join Dr Lisa with her guest Katherine McIntosh as they explore the wrong way, the right way and YOUR way to bring your dreams to fruition.



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Featured Guest

Guest Image

Katherine McIntosh

Katherine McIntosh is a coach, consultant, facilitator, and body expert. She is the founder of the No Judgment Diet, an International course in possibilities for the body that has helped hundreds of people in over 18 different countries get out of judgment with their bodies to create the business and life they love! Katherine is an expert working with the energies and systems of the body to change the entire blueprint of someone's life. Katherine treats each person from the perspective that their situation is unique. She specifically caters to the needs & desires by accessing the unknown and unwanted patterns of behavior that are underneath the surface. Through her work, she access

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