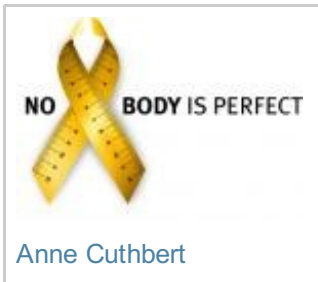


Expert Eating Disorder Counselor Helps Women End Food Addiction

Anne Cuthbert September 08, 2014



Anne Cuthbert, Licensed Professional Counselor and expert in the field of disordered eating and body image, announce the launch of her ground-breaking programs that facilitate women and men to combat food addiction. Move from food addiction to food freedom

(Newswire.net -- September 8, 2014) Portland,, Oregon -- Anne Cuthbert, Licensed Professional Counselor and expert in the field of disordered eating and body image, announce the launch of her ground-breaking programs that **facilitate women and men to combat food addiction**. These programs provide step-by-step changes that will support moving from food addiction to food freedom

Anne's extensive work with men and women around body image and disordered eating both in individual, groups and intensive workshops has fostered positive behavior change and self-esteem in all her clients. Anne also understands very well what it's like to deal with shame about her body, disordered eating, yo-yo dieting, addictive eating, binge eating, and obsessing about food. It's her own growth and learning that has helped her to understand, empathize and offer specific tools to help many women and men heal. Results from her programs offer clients the ability to take the addiction out of eating and put an end to binging, listening to your body and what it really needs from food as well as self-care nourishments, learning to feel beautiful in the body you have, creating a healthy exercise perspective and routine, and tools for long lasting results that help in all areas of life, not just with food. **"If you're eating feels addictive, you worry about everything you put into your mouth and how horrible you feel about your body, you aren't really living your life. It's not really about food addiction, it's about how you treat and feel about yourself,"** Anne explains.



Anne Cuthbert has been the host of two telesummits with expert speakers in the area of eating disorders, body image, Health at Every Size™, and intuitive eating. She has spoken at conferences to other therapy professionals. She has created and held numerous intensive workshops focused on healing body image and helped many women and men create a healthy relationship with food.

Anne Cuthbert, M.A. is a Licensed Professional Counselor whose counseling experience spans over 14 years and has included studying and working with experts in the eating disorder field, teaching counseling and communication skills classes, supervising counseling interns, and assisting and managing several personal growth seminars and support groups. In addition to eating disorders, Anne has provided counseling to people with a variety of relationship issues, including adults who were abused as children.

About Anne Cuthbert: Food Is Not the Enemy

I help women who are in the non-stop cycle of obsessing about food and weight. I help them make every meal an act of self love and acceptance. I offer individual and group counseling, workshops and audio programs for those who want to have a healthy relationship with food and their body.

Anne Cuthbert: Food Is Not the Enemy

1235 SE Division St, Suite 104

Portland,, Oregon United States 97202

(503) 766-3399

anne@foodisnottheenemy.com

<http://www.foodisnottheenemy.com/>

Source: <http://newswire.net/newsroom/pr/00084927-expert-eating-disorder-counselor-helps-women-end-food-addiction.html>