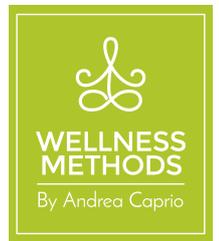




# Andrea Caprio

## End Emotional Eating Forever



Andrea helps busy women struggling with cravings and emotional eating to lose 20 pounds or more without crazy diets, intense workouts or having cut out their favourite foods .

As a Master Certified Transformational Nutrition Coach, Digestive & Hormonal Health Expert and Emotional Eating & Weight loss Specialist, her cutting edge scientific proven functional nutritional knowledge combined with an emotional, psychological and spiritual approach to well-being, help busy women to achieve true transformation and lasting change.

## Andrea's most popular media topics

### 5 sacred secrets to end emotional eating forever

Find out the real root causes for your cravings (it's not lack of willpower) and how to overcome emotional stress eating in simple yet powerful steps with Andrea's Food Freedom Formula.

Value add: More Food, Less Cravings Formula - Learn easy tricks, meditation routines and strategies to beat cravings.

### Lose 5 pounds and more with mindful eating

Andrea shares why mindful eating is so powerful for weight loss and demonstrates a mindful eating practice, that also helps with stress.

Value add: Mindful eating Ebook with a simple eating practice and tips to end cravings

### Weight loss meal planning for busy people

Learn simple tips for preparing healthy meals in minutes and lose pounds without cravings.

Value add: Meal plan template with sample, recipes and tips for your perfect weekly meal planning

### Overcome sugar cravings in 3 simple steps

Why sugar is more addictive than cocaine and which 3 steps help to quit sugar without struggling and feeling ashamed.

Value add: The BBS starter kit helps to overcome sugar cravings by eating the right foods.

## Featured As...

- CureJoy Star Expert with **700+** shares on each article & **60k** views on FB Live Training and engagement of **1.2k+**
- **Hosted her own summit called Food Freedom Festival**, featuring 15 expert speakers
- Regular Contributor for the Live, Love & Eat Magazine
- Guest Expert on Fight: Chronic Diseases, Weight&Digestive Issues, Stress and Anxiety.
- And many other podcasts, summits and publications

## Contact



wellnessmethods.com | welcome@wellnessmethods.com  
+1 786 804 3928 | +39 375 564 1649 | Skype: andrea.gastaud

## Praise

"Great video. I listened to your video for the first time today while I was stuck in traffic on my way to work. So glad I came across your video and requested to join your group. I have listened to many health and wellness videos but this video has volume, passion and motivation. Thank you."  
Cynthia Taylor 10/4/17

"I attended one of Andrea's recent seminars on inflammation. I thought she was very well prepared and had a strong comprehensive understanding of the subject matter. Andrea has a friendly manner that keeps people engaged. She has a way of getting everyone to participate, ask questions, and learn."  
5\* review by Steven M, July 2016