



Andrea Caprio



Weight Loss and Emotional Eating Expert

Andrea helps busy people struggling with cravings and emotional eating to lose weight and keep it off 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, she offers cutting edge scientific proven functional nutritional knowledge.

Combined with an emotional, psychological and spiritual approach to well-being, Andrea inspires others to break free from self sabotage, heal their relationship with food and figure out how they want to live life on their own terms.

Andrea's most popular media topics

Fast Track to Lasting Weight Loss: The Simplicity of Starting with Small Steps for Big Results

- Understand the 5 key factors for successful weight loss.
- Learn quick and effective strategies to kickstart your journey.
- Discover the power of implementing healthy habits.
- Embrace food freedom to transform your relationship with food.

Breaking Through Plateaus: Why Implementing Habits Is the Key to Lasting Weight Loss

- Unlock weight loss plateaus with 5 effective strategies.
- Harness the power of simple habit implementation.
- Discover sustainable nutrition and fitness practices.
- Master your mindset for long-term success.

From Self-Doubt to Self-Confidence: Defeating Self-Sabotage and Embracing Food Freedom

- Simple strategies to overcome self-sabotage and internal obstacles.
- Learn 5 steps for successful weight loss.
- Explore the simplicity of making healthier food choices.
- Create lasting change with new habits and a positive mindset.

Conquering Emotional Eating: Strategies for Food Freedom, Mental Well-being, and Lasting Weight Loss

- Understand emotional eating and its impact.
- Cultivate mindful eating habits for a healthier relationship with food.
- Learn 5 strategies for successful weight loss.
- Achieve sustainable weight loss with food freedom.

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 summits focusing on Food Freedom**, featuring 40+ expert speakers
- Speaking on various summits and podcasts such as [Beyond Sugar Freedom Podcast](#), [Unlock the Sugar Shackles Podcast](#)
- And many other podcasts, summits and publications

Praise

"I would recommend joining, because this is not just a "do this, do that" guide. It truly makes you look within yourself and figure out why you are the way you are. Gaining this clarity and understanding about yourself is key." - *Victoria T 06/2023*

"I have been able to break some habits and continue to lose weight. I have more energy and my cravings have decreased substantially" - *Taylor T. 08/2022*

"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. I have listened to many health and wellness videos but this video has volume, passion and motivation." - *Cynthia 10/4/17*

Contact



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