

I NOW EXPERIENCE TREMENDOUS EASE AND LIGHTNESS IN MY BODY. – D.T.



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Beginning my SHAPE Program journey was one of the smartest and most empowering decisions of my adult life. Here's why:

I am a sugar addict and recovering binge eater. For as long as I can remember, I used sugar and food as a distraction, as a way to escape and numb myself. That's how I "dealt" with my problems — by shoving sugar and food down my throat. I used my financial problems, relationship issues, family issues, trauma, sadness, feelings of worthlessness, anxiety and PMS as excuses to eat whatever I wanted as much as I wanted. I used them as a form of self-care and nurturance. I used them as a reward for small successes like getting through a hard day, being good all day long, getting a new class or a new client, or simply to congratulate myself for gathering up the energy to clean the house.

Triggered by any kind of stress, aversion to discomfort or negative thinking, I'd instantly crave sugary food. I could easily deaden the present and even the past with an extra dose of cookies, a bag of chocolate and an extra-large, extra-cheese pizza. I'd continue eating until the disappointments, pain, overwhelmed feeling and heartache were masked by the feeling of being stuffed. Then I'd keep going.

I remember sitting on my couch one day and admitting out loud, "I need help, and I'm ready. Please help me." Then I instantly thought of a friend who was doing SHAPE herself and I could see the results she achieved in her body and her energy. I decided to try it.

When I came to SHAPE ReClaimed, I was completely unhappy in my body and mind. I was at least 60 pounds overweight and suffering from joint pain, poor sleep, anxiety and depression. I felt miserable.

After just a week on the SHAPE Program, I noticed my sleep improved, my inflammation was reduced, my mood was stable, and I had shed more pounds than expected, which motivated me to continue. I was genuinely excited to prepare delicious, healthy meals and to discover new recipes that nourished my body. I also noticed how satisfied I felt after eating real foods that supported my well-being.

It's been over two years, and I am proud to say I am still living a SHAPE lifestyle. I am sugar free and now experience tremendous ease and lightness in my body. Being on the SHAPE Program is truly a gift that has taught me to listen to the intelligence of my body and trust myself again. I am beyond grateful!!!

Practitioner: Deborah Zorensky, MS, RD, LD, CCN

