



My journey to health, it's a long road. I have 29 years of bad habits, lethargy, weight and self love to change. There is so much more to reducing weight than just food and exercise and it took 6 months, two rounds of TWP and an amazing woman by the name of Katie to make me see that.

My journey seriously started in June, 2016. I first went to Katie as a trial client. I had this magical belief that she would be able to make some switch turn on within my brain and I would just magically shed all the built up weight. I wasn't too off the mark with that belief. Katie did flick a switch inside me, and for that I will forever be grateful.

I initially wanted to lose 30kg in the 6 months and get fit and healthy. Katie made me see how I needed to repair my body first before I could visibly see the physical changes.

I chose to begin to follow a Paleo lifestyle while meeting with Katie and Katie fully supported my choice. Katie was never mad if I made mistakes. I carry enough guilt over things like that, she didn't need to get mad. She did show me that mistakes happen and it's all part of learning but that I am in control and how empowering it can be to make choices which are right for me. I lost 6kg in the 6 months I was seeing Katie. While that may seem like a small loss for a lot of people you need to remember I had 29 years of bad eating habits, 29 years of poor physical health and 29 years of self hate to overcome before I could begin to work on releasing weight.

Katie introduced me to meditation and essential oils which I honestly believe are going to be a big part of my journey to health. Katie supported me when I decided that I was going to walk 21kms. Keep in mind I had probably never walked 5kms in my life but because Katie believed in my ability and made me think that I could actually do anything I set my mind to. So I did. I walked 21kms, in a few hours. Katie helped me encourage my husband and two young children to make changes within their diet also. The knowledge and advice she has given me will be something I carry for the rest of my life. My family will have a better life because of that.

My journey to health is so far from being over, but when I think about it, this is now my lifestyle so it ends when my life ends and not before.

Thank you Katie for showing me this way and having belief in me even when I didn't believe in myself. I would recommend Katie as a Health Coach to anyone wanting to improve their energy, health, weight and self love.



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