



Sabina Starr Zobel  
Eating Recovery Coach  
CCI EDC, PSS



## Building Healthy Relationships with Food, Body & Self

As an Eating Recovery Coach I will work with you on the here and now struggles, bringing awareness through listening, deep inquiry, providing feedback, setting and reaching goals that will help you reach your desired place along the recovery journey.

- In Person and virtual support for Ages 15+
- Individual Coaching Sessions
- Text & Email Support
- Meal & Shopping Support
- Exercise Support
- Group Sessions
- Collaboration with other providers
- Consultations to build a support network

Email to request  
a complimentary  
Discovery Call.



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Southern Oregon & Virtual





Struggling with an eating disorder for many years, I faced similar challenges, self-doubt and fears. I also found recovery. It was not without challenges but well worth the work. And, I know that if I can do it, you can too. Our paths may be unique, but the struggles and strength are shared. If you will allow me, I will guide you down a new path of self-discovery and self-love. Remember the time when food and exercise were without inner conflict? I can help you recapture that bliss, self-love, and trust in your body. I look forward to working with you.

*Sabrina*

### Conscious Eating Tips

- Listen to your body's hunger and fullness cues, eating at least every 4 hours.
- Notice which foods give you energy and which ones you really enjoy. Allow yourself to eat all foods in moderation (this does not apply to medical conditions such as diabetes).
- Accept overeating as something everyone does from time to time and start new at your next meal. Choose a balance of carbohydrates, protein, and fats for meals.
- Try to be mindful while preparing and eating food.
- Bring joy to the experience, light a candle, say a prayer, listen to music...