

The Teeter Totter of Self-Worth

State of Vitality

Nourishment,
Self-Care,
Discernment,
Vitality

State of Misery

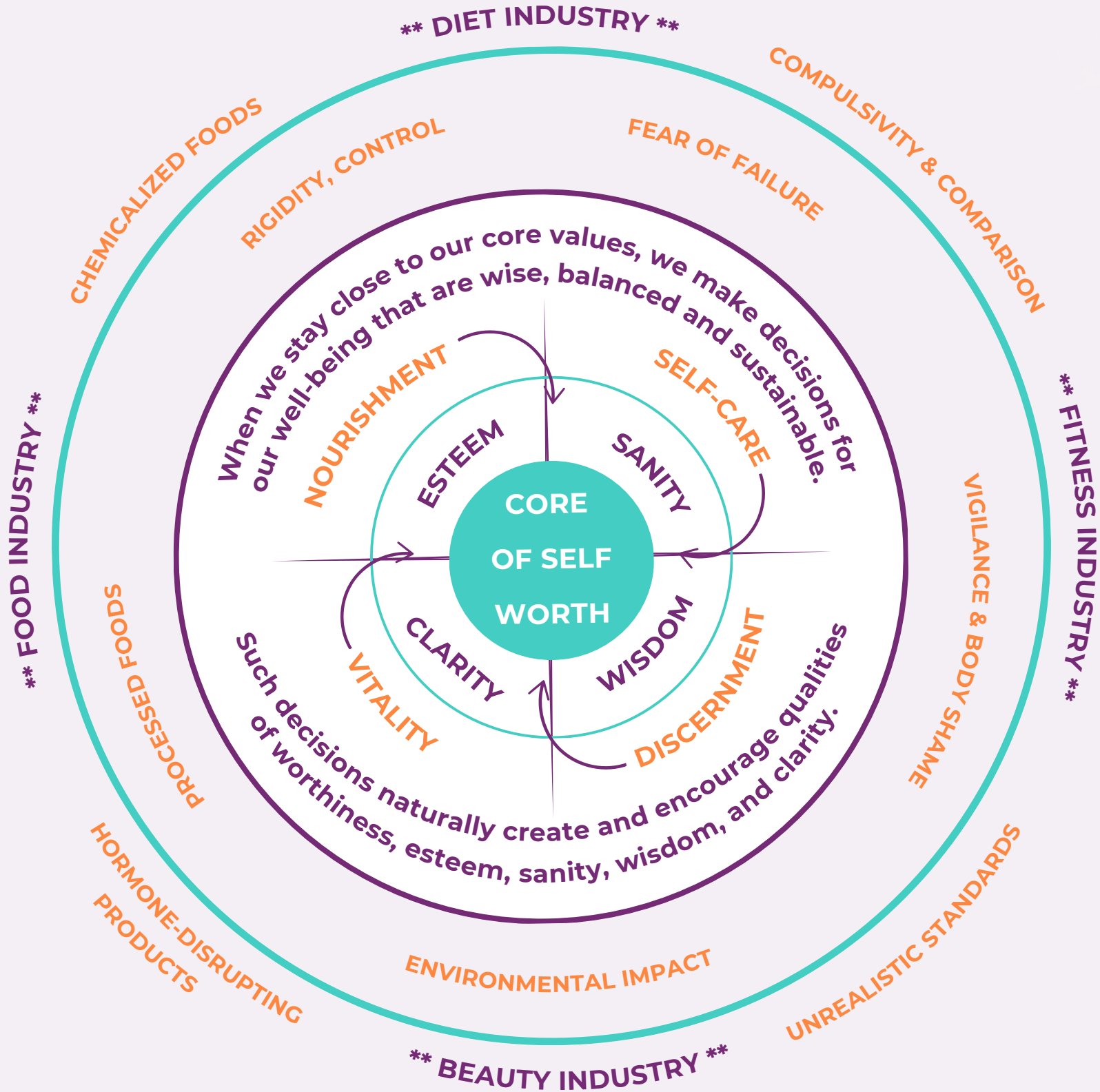
Bingeing,
Compulsive
Eating,
Body Shame,
Anxiety,
Self-hatred

Core
Self Worth

Understand Your Core Self-Worth and the Industries That Threaten It

Understanding the Teeter-Totter frees you from the trenches of good-bad, deprivation-reward, unworthiness, and shame. It empowers you to center into your core self-worth; to live from clarity, sanity, wisdom and self-esteem.

The Teeter-Totter



The State of Misery

Though all of our behaviors once began as coping mechanisms, AKA survival strategies, as the behaviors go on, they become more powerfully able to pull us into the rabbit hole of reflexive habits and compulsivity. We feel out of control. The behaviors start to have more power than we do.

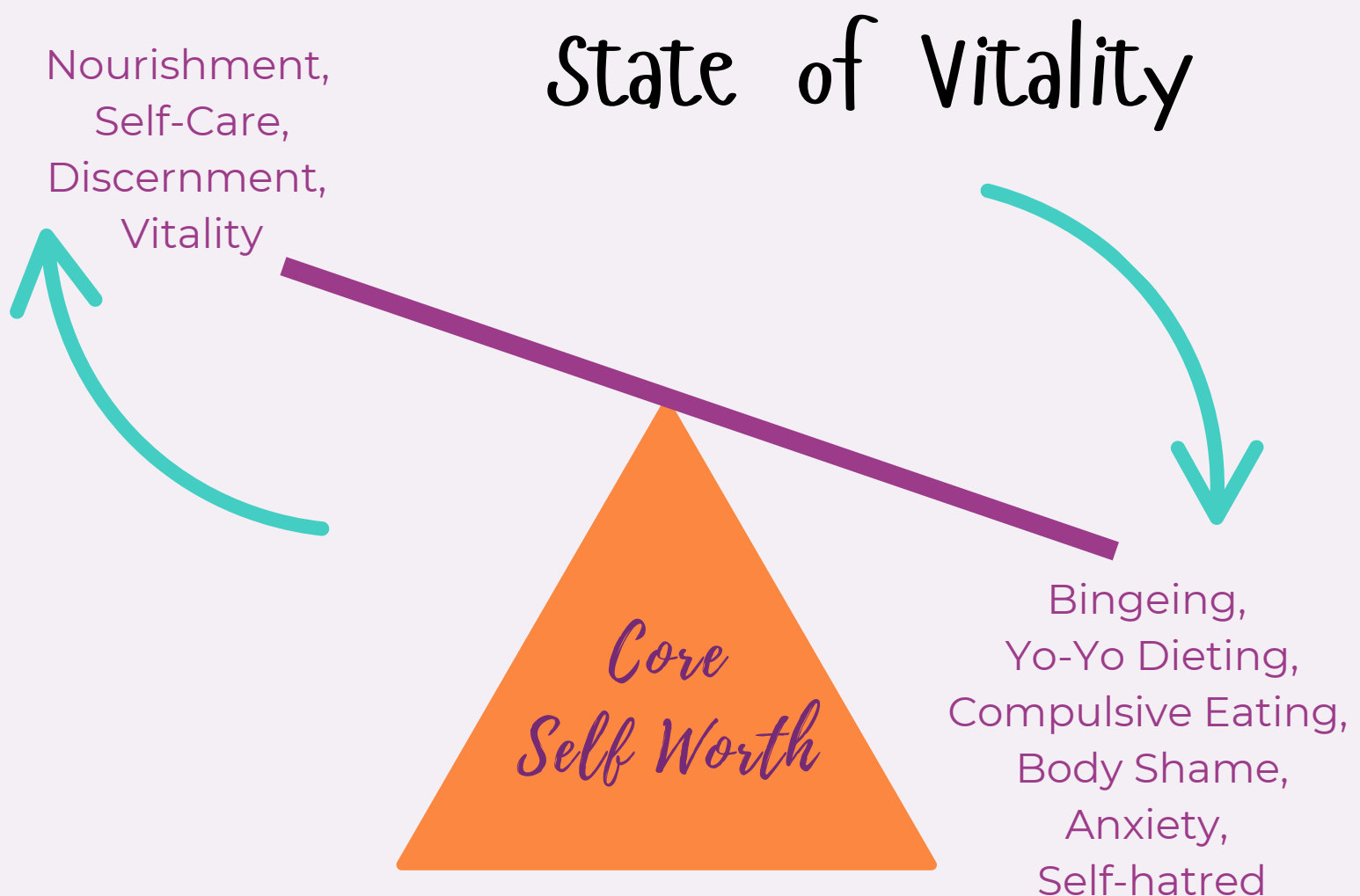
State of Misery



The State of Vitality

With the support of Hunger, Hope & Healing, you will regain control. You'll be able to make decisions that don't send you down the old painful rabbit hole of your downward spiral.

You'll learn skills and strategies to interrupt and overcome your painful cycles while simultaneously creating new behaviors, making healthier choices, and becoming trustworthy to yourself once again.



Foundations Of Self-Worth

The diet and fitness industries market formulaic packages to us. If we follow the formula, we're supposed to be successful. However, they also create the very pitfalls that keep us coming back. **When you “fail” on a diet, it’s not your fault!** Those diets are set up to fail. (Otherwise, the company loses customers!)

Core Self-Worth is not formulaic. But, there are COMPONENTS that make up the foundation of your well-being. Self-worth is your birthright. Don't let big industries take it from you.

Foundations of Self-Worth

Balance

Well-Being

Freedom



Nourishment Self-care Discernment Vitality

Foundation

The Core of Self Worth

Nourishment

Nourishment isn't about rules—it's about meeting your body's needs with care, consistency, and respect.



Self-Care

Self-care is a daily practice of meeting your needs and protecting your energy—not just something you do when you're depleted.



Discernment

Discernment is your ability to choose what truly serves you—not what the algorithm, the ad, or the old pattern says you should do.



Vitality

Vitality is your natural state—when your mind, body, heart, and spirit are aligned.



The Core of Self Worth

While diet and beauty culture conditions you to outsource your value, **true self-worth is built from within**, one choice at a time.

Esteem

Esteem grows when your actions align with your values—each one strengthens **self-respect**.



Clarity

Clarity comes from being **aware** of your patterns and choosing what truly supports you.



Wisdom

Wisdom is the **confidence** that comes from trusting your truth and lived experience.



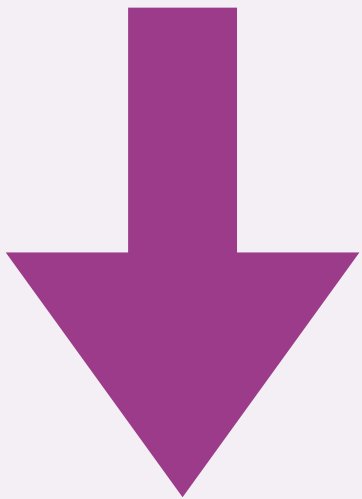
Sanity

Sanity is a state of inner trust. You know you won't succumb. You're no longer seducible by big industries.



Do You Want Misery or Vitality?

Reviving
Your Spirit



Crushing
Your Spirit



The Big Lies

DIET INDUSTRY



FITNESS INDUSTRY



FOOD INDUSTRY



BEAUTY INDUSTRY

True Nourishment

MINDFUL MOVEMENT



AYURVEDA



NOURISHMENT

BEAUTY & RESPECT