

The Inner Diet®

You Can't Change Your Weight...Until You Change Your Mind!®

**** Free Sample ****

Do You Believe
Your Clients Need Help
Addressing Emotional Eating
But You Lack The Time, The Expertise
And/Or The Staff Needed To Properly Address It?

Sound Like You? Well We're Here To Offer You
A Practical Solution. To Be Successful
It Takes Both Body & Mind.
The Solution is Found In
The Inner Diet!

If you would like to better understand why **HealthWise** has decided to promote The Inner Diet to their professional clients, please accept our FREE offer below. Receiving your complimentary Inner Diet is as easy as 1-2-3! Just follow the 3 simple steps below and your Inner Diet program will be immediately delivered to you via email. We hope you take advantage of this free offer because the need for this excellent program is simply undeniable and both you and your clients will benefit from the awareness, the understanding and the direction that it delivers. Awareness is the key to change. The Inner Diet adds that critical and missing piece of the weight loss puzzle to your program and lays the foundation for real change.

Step 1:

Go To: www.innerdietpro.com/start

Step 2:

Enter The Inner Diet Access Code Listed Below
myfreeinnerdiet

Step 3:

Complete The Inner Diet Questionnaire

Dr. John H. Sklare
drsklare@innerdiet.com

The Inner Diet®

Dr. John H. Sklare

The Inner Diet is a self-help, home-study program that addresses emotional eating and is comprised of the following 4 components:

- **The Questionnaire:**

The Inner Diet Questionnaire is a statistically *valid* and *reliable* assessment. This means that it has undergone scientific tests that support its findings and its creation was the topic of a Doctoral Dissertation. An example of a *valid* and *reliable* instrument is a tape measure. It measures what it says it measures (inches) and it does it consistently every time you use it. The 40 questions that make up **The Inner Diet Questionnaire** focus on your attitudes, feelings and thoughts about a variety of topics related to dieting, weight control and emotional eating. There are no right or wrong answers, only a personal and honest assessment of your feelings and opinions. Your responses to the questionnaire will identify how you score on the six **Inner Diet** issues. The theory is quite simple. Before you can solve a problem, you must first become aware that you have a problem. The questionnaire provides that first critical step.

- **The Personal Profile:**

The Inner Diet Personal Profile is what makes this program so unique and meaningful. Depending on how you answer the questionnaire, you receive different information in your profile. That's why we call it a "*personalized*" profile. Your profile results are truly a reflection of your specific personality. Each personalized profile varies in length from between 6 to 15 pages depending on how you answer the questions. Your personalized profile contains an explanation of each of the six issues, your scores on each of the six issues as well as an explanation of what your specific scores mean.

- **The Activity Book:**

The 32-page **Inner Diet Activity Book** was designed to provide you with the awareness, understanding and direction that you need to make better decisions about the food you eat and the health choices that you make. It will make you a more mindful eater by focusing your attention on those underlying thoughts and beliefs that trigger, motivate and sustain emotional eating. The Activity Book is divided into six sections and each section is designed to address each of the six emotional eating triggers identified in your Inner Diet Personal Profile. The Activity Book will help you to understand and address those repetitive, self-defeating, thoughts and behaviors that are at the very heart of making poor nutritional choices.

- **The Inner Diet Audio Support:**

The Inner Diet Audio Support Center provides 1 hour and 46 minutes of audio support that both explains the entire program and walks you through it step by step in order to help you get the most out of your Inner Diet program.