

Food Temptations are around us all of the time...



Ask yourself:

- **Do I eat when I'm not hungry?**
- **Do I eat on-the-run and why can't I give myself the time to sit and eat?**
- **Do I 'comfort eat'? If so, am I trying to avoid facing a situation I can't manage at the moment?**

Gaining a few pounds in weight doesn't usually take long to lose, but carrying too much extra weight can create serious long term problems for our bodies.

Most of us find that diets are only effective briefly and fail to address the reasons, which may be many and complex as to why we eat extra food that we don't need.

Come and talk to an experienced counsellor who will help you develop a healthier lifestyle for the future.

Contact us on **01702 715892**
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