



# Truce with Food® FAQs

Some people are very clear that Truce with Food is the right fit for them. And others feel the call, yet naturally, have some lingering questions given the investment of time, money, energy and hope.

Here are answers to several questions I get year in and year out about Truce with Food. These will help you discern if Truce with Food is the right fit for you.

## **1. I'm great with things like meditating when I'm held accountable. But I know I won't keep things like meditation up for myself. Can Truce with Food address this?**

Absolutely! Many wellness tools, including those suggested for eating well, don't usually address the root issue. As a result, we don't get the best relief or results, and so there's no positive feedback loop. (They do add more things to fail at and beating ourselves up over!)

**Because we get to the root cause** of falling off track with our eating in Truce with Food, **we get liberating results** that we naturally want to keep up and the concept of being held accountable becomes obsolete.

For example, mindful eating will suggest you reflect on how you feel and, when you feel tempted by food, ask yourself if it's worth it? However, in the moment, it's totally worth it because you are numbing out extreme discomfort not caused by food. You're overeating because of your story. When your story gets rewritten, you no longer need mindful eating tools because you've prevented white knuckling food because it's not about the food!

Rewriting your story reduces and simplifies your wellness tools. If a tool adds more for you to do in the long-run or is expected to be used forever, it's not getting to the root of the issue.

## **2. How is this different than traditional health or life coaching?**

Oh, I love this question! It gives me a chance to geek out on radical healing and change. Let me answer under the premise that there is a range of training and expertise for health and life coaches. So, my answer is based on each discipline's general philosophy.

Traditional health and life coaching aren't root-cause resolution to change. It's more of an accountability model that helps you with the issue you want to change.



Traditional coaching is great for people trying to start new habits, who are new to the power of nutrition, and who need ideas on how to be more self-compassionate.

But if you're trying to stop a habit like fighting food and your body, traditional coaching can alleviate the symptoms like Tylenol for a migraine, but you're not addressing the migraine or food battle causes.

For example, an emotional eating health coach might tell you to feel your feelings and help you recognize that you eat when you are lonely. They'll support you to generate ideas of what you can do when you feel lonely like call a friend. But you aren't falling off track with your eating [because you didn't call your friend](#).

**In Truce with Food, we get to the root** of why you feel lonely in the first place. What is your story, patterns and behaviors making you feel alone and what are new choices so you feel connected to yourself and the world around you? The self-awareness and skills you develop will make you self-sufficient and in choice (which feels like control) for the rest of your life, not just with your current loneliness challenge.

**To stop falling off track with your eating, it's not enough to feel your feelings.** In Truce with Food, we take a developmental coaching approach where we identify the story generating a profound amount of your uncomfortable feelings, like loneliness or uncertainty, and help you step out of it and make new choices. These new choices not only prevent a profound amount of discomfort in the long-run, but they satisfy your true needs and wants.

This is so radically different than how coaching has been done since its inception. Google's head of Learning and Development recently called developmental coaching the "future of coaching." I've been using this coaching approach for seven years and I can tell you it provides a radical path to change and results you can only get when you address the root issues.

### **3. Six months doesn't seem long enough for how much I have to work on. What happens if I don't get everything accomplished by the end of the program?**

**First**, when you remove resistance, you get to the root cause of an issue. When this happens, many things clear up in your life on their own. For example, clients are shocked at how learning to balance their blood sugar clears up their cravings AND improves their skin, sleep and calm. The emotional changes you'll experience are no different. They will ripple out into every area of your life because your story is not just controlling how you eat and exercise, but many other areas of your life!



**Second**, my expertise is in nutrition and change theory. Truce with Food is as elegant and precise as the health change process can get. Because you're learning a framework of what works for you, you will surprise yourself at how much progress you make in such a short time.

**Third**, Truce with Food teaches you a new way of thinking. The "tools" and skills are ways to reframe situations, so you have choice versus believing you don't have power over your stress.

Most of us are culturally conditioned to believe "things and people are the way they are." You will develop a way to X-ray life that enables you to have more agency, resilience and confidence to co-create your life. This is why clients find Truce with Food life-changing. **Yes, their food falls into place but, more than anything, they awaken a power they didn't know they were missing.**

Thus, at the end of the six months, issues that seemed too big before, become much more manageable. Once you have this mindset, it's yours for life so you will continue to progress.

Also, I started the Insatiable Community for former clients a couple of months ago. After Truce with Food, you can join and continue to be supported by people who understand the same language and who are also learning how to learn what their out of eating alignment reveals and how to continue to devote themselves to their truth and the risks involved to live those out in all areas of life.

#### **4. I've invested so much time and money into this food thing. I am worried I will fail this too.**

I totally get it. You trust me, not yourself. So many programs promise to be different and yet, underneath, they're all different ways to cut calories or give you a formula (often not based on research) that creates more restriction, which only leads to rebellion.

**This is a process you can't fail if you devote yourself to trying and learning how to understand your out of alignment eating, which is what Truce with Food gives you the awareness and tools to do.**

It doesn't require willpower in the traditional sense. In fact, imperfection is built into the material and expected. We call that "research" in Truce with Food. Most science and life breakthroughs happen when we learn from what *isn't* working.



Having said that, this process is challenging. It's not for everyone. But the challenge is the willingness to be a beginner and continue to show up when you're new (i.e., not the best) at building a new skill set. This can be uncomfortable for perfectionists and those with an all-or-nothing mindset. It's about being devoted to yourself.

Many clients express that it's "uncomfortable in the most freeing way." That might seem paradoxical. But paradox is truth. Once you can be with your emotions, you feel powerful and free. You get the kind of results that make you willing to become devoted to challenging yourself. **Our emotions control us whether we understand them or not.** So, to finally have choices other than *eat in discomfort* is life-changing liberation.

If you can commit to showing up when you feel imperfect, this process will work for you. **There's not a formula for success or failure here.** This process meets everyone exactly where they are in their self-awareness and lifestyle. It's the opposite of having a bunch of rules to follow that only fuel the battle and a sense of failure.

For more insight from my clients about their own fears around this, [check out this video](#). The fourth question is when I ask them about their fear of failing at Truce with Food.

## **5. This process seems like an individual one. Will I get enough support?**

Of course. The group size is limited to about 20 people, give or take a few. This is not one of those huge group programs it's easy to get lost in. We also have 15 live Q&A calls with me over the six months to address your individual questions from the lessons. And robust online support in between calls.

**I've had clients who have taken other group courses and are blown away by how much individual support they get in Truce with Food compared to other courses.** I love getting in the weeds with my clients. Truthfully, I get so excited by all the ah-has and changes.

You'll also be surprised at how much you learn from the group! It's why I continue to do group work – the healing is exponential. And, there will be the opportunity to purchase private sessions with me if you want individual sessions. They aren't necessary, but they're there if you want them.



## 6. \$5,000. That's definitely an investment!

No kidding! Yes. I want you to think about the choice to join Truce with Food. Truce with Food is not cheap. However, it's an incredible value. One client said Truce with Food was worth a million dollars. A few have said it saved their lives. Many others have said it's "priceless" and "invaluable." If you would pay more than \$5,000 to have this food monkey off your back and your life changed in a direction more aligned with your values, you will get way more than your money's worth in Truce with Food.

[As Sara shared when she had to consider the price](#), she ultimately determined after her results from *Why Am I Eating This Now?*, she couldn't afford *not* to do it. Linda recently shared on the Insatiable Podcast [how she has done her best career work](#) as a result of going through Truce with Food. Or, [Krista shared how her work in Truce with Food led to a better job that paid more](#).

Many other clients have found they save money on all those expensive supplements, shakes and superfoods they thought they needed, on takeout, on binges, and they stop spending as much in general as their story is also part of the reason they shop for things they don't need. And long term, the healthcare savings, and time and quality of life can be incredible.

Also, we aren't used to paying for healthcare based on the value. I just had to pay \$500 in health insurance deductibles for an MRI. Yes, it's great to know I don't have breast cancer, and what I'm really paying for are tests and procedures, not any sort of outcome as these tests don't prevent breast cancer; they are just early detection, which is valuable, but not as valuable as prevention!

And, you can use FSA or HSA accounts for Truce with Food. All plans vary but most clients can use their credit cards no problem.

If you have questions that aren't answered here or you are still on the fence, [schedule a 1:1 call with me](#). You need to schedule your call with me before registration closes. And note: this isn't a sales call. My only goal for this call is for you to clarify if Truce with Food is a right fit for you.

Be well,

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