

# True Body Connection with Kerrie Cox



*This week we caught up with Mind Body Nutrition Coach Kerrie Cox. Kerrie is the founder of 'True Body Connection' a weight loss, management and lifestyle practice for health and well-being. We spoke with Kerrie about her work and how it relates to the wholefoods diet.*

*Kerrie is also the contributor of our latest 'Recipe of the Week' ...Raw Mango & Macadamia Slice...enjoy!*

**AW:** What does True Body Connection mean?

**KC:** True Body Connection is about connecting into our body wisdom and living from this place with a more in-depth understanding of what supports us best. We are all so very different, our body responds differently to foods, exercise, stress and the many influences we experience in life. It's about slowing down with food, choosing quality which automatically reduces quantity... It's about giving yourself the grace and space to nurture yourself and to bring joy and pleasure back into your life...and very importantly it's about learning how to reduce stress in your life, naturally.

**AW:** How does this relate to a wholefoods diet?

**KC:** When you come from a place of connection with your body and truly slow down with food and taste what you are eating, you will automatically change the way you eat and what you eat. As you build trust in your choices, you won't need to rely on a diet to direct your eating patterns (which rarely work), as you will be able to feel what is supportive for your body.

When you provide your body with good nutrition through healthy wholefoods in the morning and lunch, you will rarely be called to binge in the afternoon. The higher quality foods you choose, the less quantity you need, the healthier your body will become and the better you feel.

**AW:** As a Mind Body Nutrition Coach, what are some of the benefits you see from this approach to diet and well-being?

**KC:** I absolutely love what I am able to bring to others. This approach is very different to

your main stream diet and exercise plans which focus more on restriction and punishment.

By taking a whole 'Mind Body Nutrition' approach to our diet we are able connect into our own body's wisdom and make more supportive choices for ourselves that can have a profound effect on our health and how we feel about ourselves. This can also have a profound effect on our families and children and how they too will develop their own relationships with food.

Some of the benefits I have seen include more sustainable and consistent eating patterns (less yo-yo), increased confidence and self love, weight loss that happens naturally, greater vitality, decreased stress and increased joy.

I have also seen clients connect with lifelong un-supportive patterns and by understanding where these patterns have formed, they have been able to clear them completely and establish far more supportive patterns which are not only related to food, but also to life.

**To learn more about Kerrie and True Body Connection you can visit her website [here](#).**