

Penelope Melas-Lee



# What's Better Than **CHOCOLATE?**

How To Free Yourself From Food Addiction Through Divine Love

What's Better Than Chocolate?  
How to Free Your Self From Food Addiction Through Divine Love

In the Name of Most High, the Universally Merciful and the Singularly Compassionate.

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# Introduction

## What's Better Than Chocolate?

This is a bold, eye-catching question. Most people who see it want to know, "What could be better than chocolate?" For many years, I ate chocolate to feel better. It always ranked in my top favorite foods along with ice cream. Chocolate always gave me comfort, soothed my troubled emotions, and helped me through difficult times. So why bother looking for an alternative to chocolate?

The problem was that I was gaining too much weight. I was trapped in a cycle of feeling uncomfortable and eating treats like chocolate to feel better. Eventually, I needed more and more treats to feel better. As I gained more and more weight, I also felt guilty after eating too many treats.

I began my Freedom from Food Addiction journey looking for a way to drop my extra weight. Diets didn't give me the results I wanted. In fact, many diets made me feel worse about my body and my food cravings. I would lose weight only to regain it. I kept searching for a better way.

Finally, I found something that helped me to change my food cravings for good. My new discovery replaced chocolate as my number 1 favorite. This new favorite has also freed me from my habits of eating and eating even when I was not hungry. In this book, you will learn about how you can heal your food cravings and compulsive eating habits through what I have discovered.

What is my new favorite that I have discovered? I call it Divine Love. My new favorite fills me up in a way that food never could. It also helps me to feel caring and loving toward my body and my self. It helps me to feel better without the guilt of eating too many treats.



What could be better than chocolate?

“From the mother the child learns love”  
- Sufi proverb

### What if you never received unconditional love in your life?

Parents can be one of the deepest sources of love, nourishment and comfort. If you didn't receive this love, you can feel emptiness or a hunger in your body, heart, and spirit. You turn to food to try to fill this insatiable hunger. If you are like me, you have turned to food for this love.

I knew my mother loved me but with three other siblings it was impossible for her to meet all of my needs. I've turned to food for love for as long as I could remember. I realized I was using food to numb the pain of never being loved the way I needed or thought I should be. Therefore, I turned to food to get the love and comfort I desired.

I was 25 pounds overweight and couldn't shed it. I was obsessed with food. I was having a love affair with the refrigerator. I would finish eating and still be hungry. I always wanted to eat.

The only that kept me from being 200 pounds overweight was my desire to be thin. My will was losing. My body was getting bigger and I couldn't stop it. I knew something had to change but I didn't know what. Out of desperation I put myself on a restricted diet for 30 days. I ate only protein, vegetables, and fruit. The weight was coming off by day 3, but I was climbing the walls.

What was going on? I realized the extra weight was comforting me.

As I shed the extra weight, I felt the pain of not getting the undivided attention and love I wanted from my mother. When my mother was caring for my other siblings, I yearned for her attention. I realized I still yearned for it.



Mothers teach  
you about love.



Healthy food or  
comfort food?

Instead of facing and fighting my emotions, I let myself grieve the places in my heart that had never received comfort. It was painful. I let myself turn to a Divine Source of Love to comfort me.

From that experience, my food addiction transformed. I dropped all of my extra weight quickly. I no longer looked to food for comfort. I learned to turn to a Divine Source for love and comfort. This source is always present and available to you.

You have the ability to turn away from the constant need to eat, and turn to a different source to receive love. You have the ability to stop your excess eating without fads, dieting or being put on a program. I had dieted for years. I realized that dieting forces you to eat less and exercise more. Eating less and exercising are great when you are healed but when there are underlying emotional and spiritual issues it will fail.

If I can do this, so can you. I realized that all the love I needed was right in my own heart - not in the refrigerator.

I've found that food can't fill my most primal need to be loved. You can turn to a source that will nourish your heart, body and spirit. Once you find this source, your heart will be more at peace. Other leading experts on women's health are realizing the same thing.

Christiane Northrup M.D, author of 'Mother-Daughter Wisdom', describes the interdependent relationship between how a child is fed and soothed as a baby with the creation of their core beliefs. Fundamental beliefs like "there is enough of everything that I need" or "there is not enough of everything that I need" are powerfully influenced by the amount of support that they receive.

Children develop these core beliefs about "whether they will be provided for" from how they experienced their needs being met by their parents. Feeding and soothing a child is one of the most important ways in which they internalize the feeling of safety and security.

*In the first chapter, you will find a metaphor for your journey to freedom from food addiction that I stumbled upon by accident.*



Releasing what's held in the heart



Turning to a new source



Both parents help create positive core beliefs in children



# *Ch 1: The Journey from Food Addiction to Freedom*

**In 2006, I got extremely frustrated while driving to teach a Freedom from Food Addiction workshop in Charlottesville, VA.** I was following directions from Map quest and one instruction directed me to turn the wrong way. After wasting 90 minutes discovering I was going in the wrong direction and trying to get back on course, I was really upset. I was concerned about arriving on time for the many people who had signed up for the workshop. I needed someone to give me better directions, so I gave up trying to figure it out all by myself.

**I stopped at a convenience store and asked an elderly man for help.** He gave me clear directions that put me on the right roads to the workshop. I felt so relieved when I finally arrived at my workshop. I was very grateful to the man who gave me accurate and easy to follow instructions.

**I realized later that being driven by a food addiction is just like driving with a set of incorrect directions.** Even though I had the best of intentions and worked really hard to get there, I could not have made it to Charlottesville without getting the correct set of directions. So many workshop participants describe how they work hard at dieting and exercising only to turn to eating comfort food when they are feeling stressed.

**People with food addiction have a hidden set of directions that kick in when uncomfortable situations arise.** Instead of staying with healthy foods, these hidden directions take you off course. Instead of achieving your ideal weight or feeling good about yourself, you end up eating more and feel remorseful about your actions. You may feel out of control, weak, or powerless when these hidden directions kick in.

**Unless you change these “hidden directions”, you will never get what you truly want – no matter how hard you try to get there.** Having good intentions and trying harder are not enough to change.



Food addiction is like driving with the wrong directions



Hard work and discipline will never overcome incorrect directions

To heal your addiction, you need guidance in finding and changing the “hidden directions” that are driving you to eat in your attempt to get love, connection and appreciation. Food was my means to try to get love.

**On your journey to freedom, you will discover many of your beliefs around what food means to you.** Food can represent a wide range of things from getting safety, to comforting your emotional pain. It can also be a way to receive love. Every person has their unique way in which they use food to try to get their underlying needs met. You may discover these underlying needs when you have tried going on diets or exercise programs. These needs often show up as you are feeling more irritable or emotional. Most of the time you are unaware of these needs and you eat because you are stressed.

**Just like any trip, you'll need time to get where you want to be.** This is not a quick fix. By applying the tools and guidance you receive in this book, you will see progress in a short amount of time. You will find your journey to be smoother and easier by being compassionate and easy on yourself.

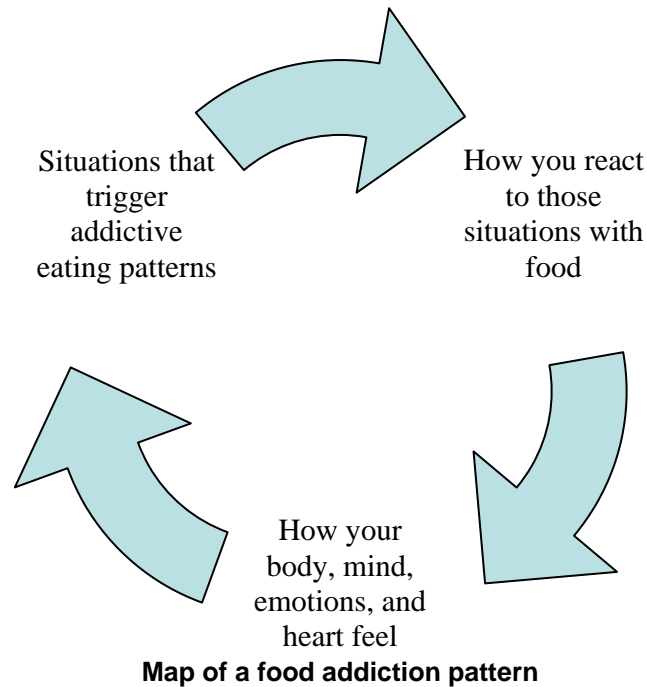
**This book will help you find and change your hidden “directions”.** Once you understand how you have been using food to try to meet underlying needs, you will learn new tools for nourishing yourself. You will also get additional tools for developing a fresh set of “directions” that will help you to see and truly satisfy your underlying needs. As your needs are filled, you will be drawn less and less to food. As the power that food has over you becomes less and less, you will experience the freedom to choose what you want to eat or not eat.

**The first step in this journey is to discover and allow yourself to truly feel where you are.** You will learn through the guidance of this book how to feel empowered wherever you are in your life.



Progress comes with time and new directions

The first part of your freedom from food addiction journey is called the **Awareness Phase**. In this phase, we will discover and map out what happens in your addictive eating patterns.



The diagram above shows the interrelationship between the different aspects of a food addiction pattern: 1) the situations that trigger addictive eating, 2) how you react in these situations, and 3) what happens in your body, mind, emotions, and your heart.

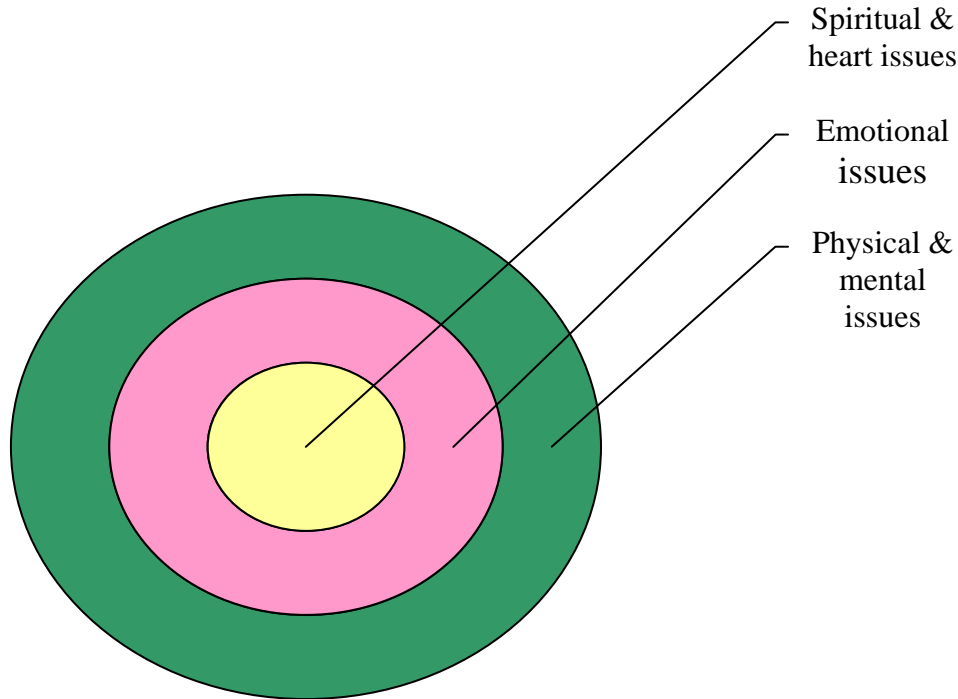
We will also look at what you've tried in the past: diets, exercise, therapy, support groups, or weight loss clinics. We will look at how those different activities were helpful and what was missing in helping you to get free from your food addiction.

We will also look at your goals around your relationship to food:

- Changing eating behaviors like compulsive eating or bingeing
- Eliminating cravings
- Maintaining an ideal weight
- Resolving physical pain
- Healing emotional pain like comfort food guilt
- Fulfilling spiritual longing
- Achieving wellness goals

**Healing Phase:** In the second phase of your journey, we will work on uncovering and healing the core issues in your food addiction.

Every food addiction has underlying issues that may be hidden, unconscious, or repressed. We will work on finding out what your issues are and healing them. As these issues heal, you will discover that your eating behaviors will have less and less power over you.



### Healing the issues underlying your food addiction

These issues are located in the body, mind, emotions and spirit. You will learn powerful self-healing tools for working with these issues when they happen. As these issues heal, you will discover that you have greater choices and control over what you eat. A wonderful thing happens as these issues leave you.

**True Self-Phase:** In the third phase of your journey, we will help you to discover the jewel that has been underneath your patterns of addictive eating. You will discover a new inner strength, confidence, beauty, peace, and wisdom that have been covered up by your food addiction. You may re-experience the freedom and joys that you had at an earlier age. You may also discover new qualities and capabilities that emerge as you find what lives in your heart.



**The flowering of the true qualities in your heart**

This is the flowering of your inner most qualities. You will see how food no longer dictates your thoughts and actions. You will discover a new freedom as you live from the beauty and the love of your heart and spirit.

This book covers the first two phases of your Freedom from Food Addiction Journey. The Advanced Freedom from Food Addiction book will help you with the third phase of your journey.

*The next chapter will help you to determine if you are addicted to food and how it shows up in your body, emotions and spirit.*



# *Ch 2: How Do You Know if You Have a Food Addiction?*

As you read this book, you may be wondering:

**“Am I addicted to food?”**

Here are some of the triggers that workshop participants have shared about their food addiction and why they overeat. Participants have identified this list as the first indications that they are using food to deal with a difficult situation, uncomfortable emotions, or emptiness and longing.

This list is just a start. If you see something not on this list, please feel free to share it with me using the contact information at the end of the book.



You overeat when stressed

## **You overeat when:**

- Feeling judged by others
- Anxious
- A Voice in your heart says, “Eat, Eat, Eat!”
- You are stressed
- Bored
- Feeling grief
- Feeling sadness
- Angry
- Lonely
- Feeling scared
- Worried
- Feeling overwhelmed
- Depressed
- You need a reward
- Rebelling against having to be good or disciplined

- Feeling empty in your heart or soul
- Longing for companionship and food is a substitute partner
- Thinking “I have to have food”
- You don't want the shame or guilt that comes with using drugs or other self-destructive habits
- Wanting or needing more energy
- Wanting to comfort yourself
- Wanting support
- Needing more nourishment
- You just get the impulse
- You are having cravings
- There are awkward social interactions
- Wanting to feel safer
- Thinking to yourself, “I deserve it”
- Feeling deprived in other areas of your life
- Feeling guilty about weight when you overeat
- That voice says, “Food is going to help you feel better”

The list goes on and on. You may see some of your situations or behaviors that trigger you to eat.

**When you recognize what triggers you to eat in an addictive manner, you can begin to reduce the power food has over you.** By knowing what your triggers are, you will regain control of your eating and develop healthier ways of responding to stressful situations instead of turning to food.

**Moving from food addiction to freedom is not a cake walk.** Underneath your triggers, you will encounter your thoughts and beliefs that have kept you trapped. These thoughts and beliefs came to you from many places; your parents, what the media tells you is attractive or desirable, or your peer groups. Sometimes traumatic or abusive events in your life have led you to turn to food for safety or comfort. Based on years of facilitating the Freedom from Food Addiction workshops, the tools and guidance in this book will give you a system for guiding you safely through your most challenging thoughts and beliefs.

**You will also learn about a supportive community of people who have struggled just like you and are here to help on your journey.** In the upcoming chapters, you will hear how others have struggled with similar habits of solitary eating, the roller coaster of feeling good and guilty, or the attempt to fill their emptiness inside with food. Their stories will give you an understanding that you are not alone. You will also learn how they are overcoming their addictions with the tools in this book.



Participants support each other in seminars

**One of the challenges you may encounter on this journey is seeing how you have been judging your body.** One way to discover your self-judgments is to ask yourself questions like, “Why can’t I stay on a diet? Why don’t I have any willpower?” Your answers to those questions often come with self-judgments.



Many woman judge their value on how their body looks

**Through applying the tools and following the guidance in this book, you can make positive changes in feelings of guilt or shame about yourself.** Releasing your negative feelings can be a wonderfully liberating part of your Freedom from Food Addiction journey.

**Another challenge you may discover is how you hold back from sharing what you are truly feeling or wanting.** You may have learned at an earlier age to hold inside opinions or feelings that would lead to strong reactions from people around you. In order to maintain order, you may have put on a mask of nice or good or quiet. You may have turned to food to calm or cover over your own strong emotions.

Shhh!

One of the internal messages that keeps emotions inside

**An important step in freeing yourself from your addiction is having the desire or willingness to change.** When you know the cost of staying addicted and the potential rewards of being free, you have a greater motivation to change. Gaining too much weight is a common factor that has helped many people to want to heal their food addiction.

**Once you have the willingness, the next step is to see your addictive patterns more clearly.** Watching your behavior and “rituals” around food helps you to start making long lasting change. By allowing yourself to see the underlying discomfort that drives your behavior, you will be more open to finding a better way. The positive side to seeing these patterns is that you will do what is necessary to get free as quickly as possible.

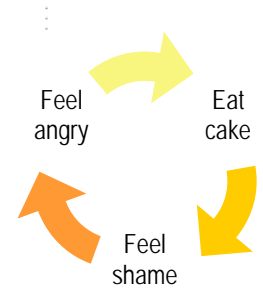
**The effects of food addiction on your life can show up as physical discomfort, emotional pain or emptiness, or spiritual longing.** These symptoms may include one or more of the following:

### *Physical symptoms*

- Eating out of control or constant compulsive eating
- Gaining weight quickly
- Clothes don't fit anymore
- Diet, willpower, and exercise alone aren't working to help you lose weight
- Potential serious health problems: diabetes, obesity, joint pain, high blood pressure, stroke, or heart attack, etc.

### *Emotional symptoms*

- Unhappy with how you look
- Feeling depressed
- Feeling hopeless
- Having a fear of being fat
- Eating to deal with unconscious issues
- Not feeling safe
- Eating to deal with stress, painful events or uncomfortable situations
- Low self-esteem: feeling bad about yourself or not good enough
- Feeling unworthy
- Believing you are not loveable



An unending cycle of emotions and eating

### ***Spiritual symptoms***

- Spiritual longing: feeling empty inside no matter what you do
- You are always hungry and nothing takes it away. Food may pacify it temporarily
- Longing for love from your mother or father no matter how you were treated growing up
- A longing for Divine connection
- Searching for something to satisfy your hunger through things like relationship, drugs, alcohol, gambling, sex, or shopping
- A racing mind
- You are never satisfied with any experience, no matter how wonderful
- Repetitive thoughts that say “You have to change to be happy.”
- Longing to be nurtured like a baby

Through sharing how my clients have used food to deal with challenges, you may gain new insights into your reasons for becoming addicted to food.

**One of the most basic reasons for your food addiction is that you are using food to try to get love.** Love in all forms: Maternal, paternal, comfort, nurturing, companionship, friendship. Love is such a primal need. As humans you need love to survive and thrive.

*In the next chapter, you will learn about why traditional weight loss methods are no match for healing food addiction.*



Love is a need  
that we all have

# *Ch 3: Why Other Systems Fail to Heal Food Addiction*

*Diet, willpower and exercise are no match for the*

The complete version of the  
What's Better Than Chocolate? E-book is available at:

[http://www.twofrogscenter.com/wbtc\\_ebook.html](http://www.twofrogscenter.com/wbtc_ebook.html)

How many times have you been on a diet? If you are like me, you have tried over 100 different diets and exercise plans and none of them have worked for long term. Why?

## **Force is no match for the hidden discomfort**

Under ordinary circumstances, depriving your body and forcing yourself to eat healthy and exercise would be ok. People with food addiction are not operating under ordinary circumstances. There are underlying factors that are not addressed by diet or exercise. They are hidden because seeing and feeling them would lead you to experience discomfort or pain. These underlying factors are called issues.

## **The issues are in the tissues**

Most people who are overweight are eating to suppress strong emotional and spiritual issues. When you go on a diet, you are going to begin to feel the discomfort around these issues. Food and extra weight act as your cushion from feeling those uncomfortable issues. As you eat less and get thinner and thinner, your discomfort comes more to the surface.



Willpower alone cannot overcome the unconscious reasons for eating



Dieting brings up the emotions hidden by addictive eating

# Ch 4: The Journey to Freedom

## The Freedom from Food Addiction System™

This chapter has exercises and articles to help heal specific

The complete version of the What's Better Than Chocolate? E-book is available at:

[http://www.twofrogscenter.com/wbtc\\_ebook.html](http://www.twofrogscenter.com/wbtc_ebook.html)

Here is your road map with the step-by-step list of exercises and articles for freeing you from your food addiction. Each step is like the next set of accurate directions on your freedom from food addiction journey.

I'm happy to share with you the same guided exercises that I teach in my Introductory Freedom from Food Addiction Workshops. This first exercise helps you to find what triggers your addictive eating. This is how you can begin to notice the first signs and change your eating behavior much earlier.

As you do the exercises or read the articles, let yourself explore your feelings and thoughts in a new way. I recommend repeating exercises to gain new insights and to release the old patterns of food addiction.

### Freedom from Food Addiction Road Map

#### Awareness Phase 1

Finding Your Triggers for Eating Exercise

Healing from Traumatic Events Article

Using Cravings to Find What Your Heart Needs Exercise

Discovering Your Hidden Reasons for Eating Exercise

#### Healing Phase 2

Healing Food Addictions through the Divine Love Article

Receiving the Love through the Remembrance Article

Receiving Divine Love for Healing Food Addictions Exercise

Five Steps for Healing Stress Induced Eating Exercise

Stopping Stress Induced Weight Gain Exercise

Feeling True Hunger after Years of Food Addiction Exercise

## *Conclusion:*

The first step to being free of food addiction is recognizing that you have an addiction. Diets and exercise alone will not work when there are underlying emotional and spiritual issues that are driving you to eat. Your tendency is to avoid your issues and to numb yourself out with food. My hope is that this book will help you to heal and become free from these core issues around your relationship to food.

Recognize that food is a way to deal with stress on all levels: physical, mental, emotional and spiritual. Food is a substitute for things like love, comfort and safety. Food is like trying to fill a bottomless pit. There will never be enough food when your real need is Divine Love.

I realized that no mother or father could meet all their children's needs for unconditional love. As I healed my food addiction, I now have a closer and more loving relationship with my mother. I have let her off the hook for what I didn't get growing up. I now know how to receive from a Divine Source that meets and heals my needs for comfort and love.

By following the exercises and reading the articles in the Awareness Phase of the Freedom from Food Addiction Journey, you can see more clearly your triggers and the underlying factors of your food addiction.

In the Healing Phase, you get a set of new directions and healing tools to transform your food addiction. Your old habits are not enough to break your food addiction. Just like on my road trip, you get where you want to go only by following the correct directions.

Along the way, you can know how the Divine Love can nourish you even better than chocolate. My hope is that through this book you will find new tools and a new direction to help you turn from food to my new favorite: a Source of Divine Love and comfort.

I can be contacted for consultations and one-on-one healing sessions. These sessions will help you apply the Freedom from Food Addiction tools and principles to changing your challenges with food. I also lead one and two day workshops on Freedom from Food Addiction locally and nationally. I can be reached at <mailto:melaspen@twofrogscenter.com> or at my Two Frogs Healing Center office at 301.228.3764.

My website, <http://www.TwoFrogsHealingCenter.com>, has a calendar of upcoming events for Freedom from Food Addiction workshops.

Please let me know if you found this book inspiring or helpful. I also welcome feedback on how the exercises in the book can be improved upon.

My warmest regards,

A handwritten signature in cursive script that reads "Penelope". To the left of the name is a small heart symbol.

Penelope Melas-Lee



# *Appendix: The Stories of People's Journey to Freedom*

**There are many ways that clients and workshop participants have used food to deal with their discomfort.** Here are fourteen stories of people who have discovered greater freedom from their food addiction.

The complete version of the  
What's Better Than Chocolate? E-book is available at:

[http://www.twofrogscenter.com/wbtc\\_ebook.html](http://www.twofrogscenter.com/wbtc_ebook.html)

effort when they have the proper tools, guidance, and support.

The real names of my clients have been changed to insure their privacy. As you read each story, you will find their examples inspiring and humbling. I hope their struggles and successes help you to free yourself from the trap of food addiction.

# Resources

“What’s Better than Chocolate?” E-book, Freedom from Food Addiction Workshop, Accelerated Freedom Package, and the Healing Food Addictions through Divine Love Retreat.

If you have read the “What’s Better than Chocolate?” E-book, you’ll be excited to learn about our other services, programs, and products.

Through listening to the needs of the growing Freedom from Food Addiction community, I am inspired to continually creating more products, classes, and customized programs. Here is a guide to help you on your Freedom from Food Addiction Journey. On this page, you’ll find the sequence that has worked best for most clients. On the pages to follow you’ll learn about our other resources, healing programs, and treatment options.

## **Step One: “What’s Better than Chocolate?”**

If you’re wondering why cravings seem to take over your diet, there’s a very good reason. Why? You have got missing or incorrect directions on your map to receiving the Divine Love. Everyone needs food to nourish them self. Unfortunately, because of a specific set of reasons, food ends up to mean more than just nourishment to you.

If you want to stop your cravings from taking over your diet, you need to know exactly what’s going with your eating. The What’s Better than Chocolate? E-book helps you look inside and rewire your cravings and other eating behaviors.

Don’t struggle with expensive diets and programs that require you to be super-disciplined. The What’s Better than Chocolate? E-book shows you how you can end your cravings by nourishing your body with food and feeding your heart with love. To find out more click here:

<http://www.TwoFrogsCenter.com/betterthanchocolate.html>.

## **Step Two: Freedom from Food Addiction Workshop**

Imagine a place where like-minded people similar to you meet and support each other. Imagine topics like effective techniques for ending cravings, powerful tools for receiving Unconditional Divine Love, and new sources of important information and resources that are shared in great detail. Imagine hearing the experience of someone who has healed a food addiction similar to yours. Imagine you are in a group of people who understand what you are going through and who know how to talk to you and support you. You can stop imagining.

If you have read the “What’s Better than Chocolate?” E-book, then your next step is my Freedom from Food Addiction Workshop. Classes are limited to a maximum of 8 participants. If you would like to enroll in an upcoming group class then click here: <http://www.TwoFrogsCenter.com/ffa.html>.

## **Step Three: Accelerated Freedom Program**

A set of twelve highly individualized one-on-one treatments that are tailored to help you break free of your food addictions and reach your health and dietary goals.

This package enables you to achieve the following:

- 1) Make significant improvements in the difficult cravings or compulsive eating behaviors that you are most concerned about.
- 2) Achieve greater mental clarity and emotional inner peace.
- 3) Learn self-healing tools that put your diet back into your own hands.

Sure you can try the next diet that gets popular. Why spend most of your time running around trying to find out what works?

Or you can follow a program that’s been proven and tested. This program provides you powerful tools for addressing your physical, emotional, and spiritual issues around eating. In each session, you will find relief for the physical, emotional, and spiritual challenges to nourishing your self that have been bugging you for a long time. Click here to learn more about the Accelerated Freedom Program: [http://www.TwoFrogsCenter.com/accelerated\\_freedom.html](http://www.TwoFrogsCenter.com/accelerated_freedom.html).

### **Step Three: Healing Food Addictions through Divine Love Retreat**

In a natural retreat setting, you will receive powerful support for creating a long lasting change in your biggest food addiction behaviors.

In the beginning, you will have an initial diagnostic session for getting the most out of your two day retreat. You will receive a detailed plan for receiving daily treatment sessions for healing your food addiction behaviors. Our facilitators have overcome similar struggles with their food addictions.

You will also receive powerful tools and teachings about how to receive the Divine Love to transform your physical, emotional, and spiritual issues related to your cravings, compulsive eating behaviors, and emotional eating patterns. You will get the tools and support for repatterning the way you eat and nourish yourself.

You will also be nurtured by home cooked organic and natural foods that fit your dietary needs. Click here to learn more about the Healing through Divine Love Retreat:

[http://www.TwoFrogsCenter.com/divine\\_love\\_retreat.html](http://www.TwoFrogsCenter.com/divine_love_retreat.html).



## *About the Author*



Penelope with her daughter Rabia

Penelope is a mother of two children. She has led workshops locally and nationally on healing food addictions. She is co-founder of the Two Frogs Healing Center in Frederick, MD where she and her family live.

Penelope was born in Greece and loves the ocean. Penelope loves to garden and likes frogs. She has healed her food addiction by being practical and not fanatical. She has always been interested and studied how people heal for the long term and not just get a quick fix, lose weight and gain it all back.

Penelope's relationship with her mother has grown more and more loving as she has healed the core of her food addiction. They are deepening the caring and compassion in their relationship as they enjoy watching Penelope's two daughters grow. Penelope is giving the love to her daughters in new and exciting ways that she has learned through healing her own food addiction.





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