

17th International Conference on

Obesity, Diet and Nutrition

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Isabelle Plasmeijer's personal journey with dieting, nutrition and health



Isabelle Plasmeijer

ISA Power Team, Netherlands

Food is the cure and the cure is food. The body is the only thing that can heal itself. Striving for a better health our speaker Isabelle Plasmeijer got caught up in the vicious cycle of an eating disorder; Anorexia Nervosa and Bulimia Nervosa. Today's society is confused about what is healthy food. Can we trust the products in our grocery shops? After Isabelle sought treatment she wrote 3 books and set up ISA Power, an organization that helps other sufferers, family and professionals. Isabelle will not only share her own difficulties with her struggle from a mental illness, but she educates other professionals to help clients quicker, faster and better to full and lasting recovery.

She will answer questions such as:

- How do emotions influence our food choices?
- How is the brain influenced when you eat unhealthy and processed food?
- How can we treat our body as our temple?
- How can we make more conscious choices?

Isabelle believes that there is more to becoming healthy and recovery than eating 'normal' again and restoring bodyweight.

In order to get better you need to become a new and better version of yourself and integrate a healthy lifestyle with exercise, fresh air, breathing techniques and mindfulness.

Biography

Isabelle Plasmeijer set up her own organization ISA POWER Team and together with 25 coaches in her team she helps people from all over the world recover from an Eating Disorder. She educates schools, trains professionals.

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