



Kitchen Therapy 'Meal Workshop' with  
Dr. Sima Ariam, Psychologist

# GASTRONOMICAL AWAKENING:

Gain life—not pounds—by EATING real food, NOT DIETING!

## What's 'GOOD' on the MENU?

Here is, at last, a delicious way to experience or re-experience the palate of forgotten, and even hated, tastes, smells, texture, flavors, and variation of food items and dishes! In a supportive warm environment, you will have a chance to discover anew or reconnect with your true authentic self—through your personal, specific, and defined choices of food. You will be able to free yourself from the food prison you have lived in—by identifying your long forgotten “wants,” “wishes,” and “desires.”

By investigating and mapping the landscape of the inner feelings that rule your food behavior, you can learn how to turn food to be your best friend, teacher, and therapist, instead of hating it, or feeling guilty, or ashamed about it. This will help getting in touch with your innermost repressed feelings, your core identify, and opening a new path to your forgotten self.



Let thy food be thy medicine  
and thy medicine be thy food.  
—Hippocrates, 400 B.C.

**You can change your  
mind's pathways,  
and love and enjoy  
yourself and the food  
you eat!**

Noted psychologist Dr. Sima Ariam, a longtime expert on eating disorders, offers a one of a kind 'MEAL WORKSHOP,' in which you prepare together a tasty, healthy, nourishing, and satisfying meal, while paying attention to, discussing, and learning about your conscious and unconscious feelings connected with FOOD.

For more information or to reserve a spot, email [Drsima@mindspring.com](mailto:Drsima@mindspring.com), with the subject line Meal Workshop.

## Participation in this workshop will help you to:

- Lose weight by eating the food you want and love! (You just don't know what you love yet!)
- Learn to cook and take care of yourself in a caring mindful way!
- Free yourself from the food prison, learn to savor your food, and rediscover your real and authentic self!

## You will also learn that:

- The best “diet” consists of eating what you really desire and what is natural, nutritious and delicious, not what you are “entitled” to or forbidden of;
- When making food with love, you learn to love your food, and love yourself;
- You need to eat when you are hungry, not when you have a compulsion to eat;
- You need to eat what you want and desire, instead of “sleep eating” or binging on “forbidden” food.

## What are the participants saying and feeling?

“Being in the kitchen with you, I learned to become aware of the options, and what I want, and I celebrated it, and you celebrated it with me!”

“This is what I did not do with my mother. I learned to run away from the table as soon as I could. At the table there was always confrontation or silent rage. That I ran away from.”