



ROOTED

Pandora Paloma, Founder of ROOTED Launches an Intuitive Eating & Living Programme.



- Trend forecasters such as [WGSN](#) have coined Intuitive Eating is the new Clean Eating, and the new wellness buzzword to watch.
- People are realising there is no perfect diet and moving away from prescriptive eating, instead wanting to incorporate more instinct to their eating habits.
- The ROOTED philosophy is simple: Listen to Your Body, Feed your Soul.
- Her book, Intuitive Living: A 6-week guide to self-love, intuitive eating and re-claiming your mind-body connection launches May 2019 with Orion.
- Her podcast, ROOTED LIVING launches November 2018.

Like so many people who come to Pandora for help, her eating habits used to be loaded with self-loathing and obsession. Until over a decade ago she decided to do find alternative ways to build a better relationship not just with food, but with herself.

Going in to train as a Life Coach and in Naturopathic Nutrition at the UK's leading College of Naturopathic Medicine in London, Pandora was called by the idea of Intuitive Eating and Living. Believing this is the key to a healthy connection between mind and body, Pandora celebrates – rather than restricts food, a concept that sets her apart from many other nutritionists.

Pandora's new Intuitive Eating & Living Programme aims to banish diets, body shaming and toxic self-talk, while fixing disordered relationships with food, tapping into the body's inner wisdom and allowing a life full of satisfaction where intuitive eating and living is a way of life.

The programme helps override the myths that our minds have created about food and diet, throwing away the rule book and allowing people to re-establish a relationship with intuition. Rather than guilt and deprivation, Pandora guides clients to tune into what they really need to nourish themselves. She coaches empowerment, body positivity and self-love, as well as working with disordered eating habits, healing obsessive or negative thinking about food.

“With the modern world creating so much stress and imbalance in the body, our intuition is unable to fight its way through the noise to distinguish between physical and emotional cues of hunger. Not to mention diet fads, trends and contradictory information, it's become too confusing for much of society. With this programme, I hope to bring back some power, simplicity and clarity into the relationship with have with food” says Pandora.

This Programme empowers clients to start listening to themselves. Trusting their own bodies and learning how to intuit what does and doesn't work for them, giving them permission to be their own health gurus.

THE INTUITIVE EATING AND LIVING 6 WEEK ONLINE PROGRAMME

This carefully curated 6 week programme, includes live webinar sessions with Pandora along with guided meditations, visualisations and lifestyle recommendations such as bodywork, re-programming and healing exercises. Along with personal journey homework to build on finding and keeping your Intuition.

LEARN HOW TO:

- Identify the voice in your head and reframe how it talks to you.
- Make food your friend.
- Fall in love with your body and yourself.
- Allow your intuition to not only guide what you eat, but how you live your life.

- Use all five senses to feel more lighthearted, present, and alive.
- Gain the tools to live a life full of satisfaction and in alignment with your authenticity.

Her courses run for 6 weeks and start from £300. All courses include live webinars, hand outs, access to the ROOTED Facebook community for advice on hand as well as additional resources for extra support.

More information here:

<http://www.rootedlondon.com/intuitive-eating-programme/>



FOOTNOTES:

- In addition to her studies in nutrition, Pandora is also trained as a Life Coach, Yoga & Meditation Teacher and in breathwork, bodywork, Reiki healing and energetic empowerment.
- Pandora Symes works privately and with corporate clients to host group workshops, healing sessions and yoga and nutrition workshops, as well as hosting retreats in the UK and abroad. Her transformative 6 Week Intuitive Eating and Living Online Programme is offered throughout the year.

- Pandora has residencies with Soho House Group, Spotify and Nicholas Kirkwood and has worked with Adidas, Aveda, Freepeople, Topshop and Puma, to name a few.
- Intuitive Eating & Living is also available as 1-2-1 Coaching sessions out-side of the course.

For information, images, expert quotes and/or media places on the course, please contact:

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More information here: www.rootedlondon.com