

HOW WOMEN'S PURSUIT OF THE 'IDEAL' BODY CAN CREATE HEALTH PROBLEMS

For years, Kate Callaghan, an Australian holistic nutritionist and personal trainer, accepted the prevailing view that women have been led to believe:

- * that 'thinner' equals 'more attractive' and
- * in order to be thinner, we must eat less and exercise more.

However, in her personal life and working with clients, she found that this advice resulted in many women being unhappy and struggling with body image issues, infertility, moodiness, fatigue and still not managing to lose excess weight – and sometimes gaining even more!

On top of all that Kate could see this 'eat less and exercise more' behaviour was causing damage to women's long-term hormonal health, contributing to issues such as **under-active thyroid, obesity, pre-diabetes, PCOS, heart conditions and depression.**

Kate Callaghan understood this all too well. For years, she exercised like a maniac and restricted her daily food intake to less than 1400 calories. She was a bundle of muscle at 13% body fat and a six-pack to boot. She looked healthy, with many saying she had the 'ideal body'. However, she lost her period, was infertile and struggled with deteriorating bone mass. As a health professional, she was horrified by what she had done to herself, so she set about reconstructing her health using the process she shares in *Holistic Nutrition*.

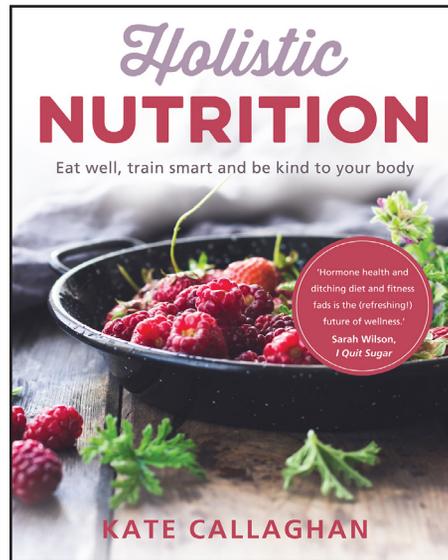
- * Nowadays, in her professional practice, Kate presents the science behind female hormonal health and how they are affected by diet, exercise and stress.
- * She explains why low-carb diets are likely to hinder, rather than help most women achieve optimum health and offers many alternatives on how to eat and exercise instead.



- * Kate offers solutions to very common problems such as how to **lose excess body fat, build muscle, reduce bloating, sleep better, increase energy and not worry all the time about what to eat!**

- * Best of all, Kate outlines the ways women can help nourish their bodies to not only look good, but also **feel confident and beautiful in their own skin.**

WHAT OTHERS ARE SAYING ABOUT *HOLISTIC NUTRITION*



'Hormone health and ditching diet and fitness fads is the (refreshing!) future of wellness. Kate is on the cutting edge of this, walking her talk.' – **Sarah Wilson**, author of *I Quit Sugar*

'This book should be required reading for any woman who wants to start a well balanced, Paleo-inspired diet and get her hormones working for her, not against her.' – **Laura Schoenfeld**, MPH, RD
www.ancestralizeme.com

'This book is like a deep and wonderful conversation with your (very smart and clued-in) best friend... I loved it from the very first chapter.' – **Libby Babet**, AGOGA gym owner and fitness professional

'I love this book and will be recommending it to all of my friends and followers.' – **Claire Deeks**, Real food advocate and blogger at www.domskitchen.co.nz

'*Holistic Nutrition* is a must read for any woman ...' – **Carla and Emma Papas** (The Merrymaker Sisters)

'This book is for any woman who wants to optimise their health ...' – **Mikki Williden**, Ph.D Registered Nutritionist www.mikkiwilliden.com

ABOUT THE AUTHOR

Kate Callaghan is an Australian holistic nutritionist and personal trainer with over fifteen years' experience in the health and fitness industry. Having experienced hormonal chaos herself, Kate is passionate about helping other women find health and happiness, the natural way. Kate is the author of the popular blog 'The Holistic Nutritionist', and currently lives in Central Otago, New Zealand, with her husband and daughter.

Media: Kate Callaghan is available for interviews from Sept 3. To arrange an interview or a review copy, contact Rex Finch/ 0418 690 263 / rex@finch.com.au / www.finch.com.au