

To Abstain or Moderate?

Based on your BEST GUESS of who you know yourself to be, are you a natural moderator or an abstainer? What lets you know?

Savor Your Food

Describe your experience in as much detail as possible. What differences did you notice between eating both ways?

What is your biggest takeaway from Eat to Win?

I'd love to know, so if you're willing, please send me an email with what you wrote above