

FIND PEACE WITH FOOD ***FOREVER!***

Say goodbye to dieting behaviors and find the best path to a healthier, happier you.



EAT



EVOLVE



INSPIRE

www.EatEvolveInspire.com



YOUR HEALTH IS WEALTH

Hi! My name's René
Pothes, and I'm NOT a
typical nutrition and wellness
coach.

I understand the desperation that makes people hide their food problems from family and friends, then hate themselves for lying to those they love most.

How they lose weight over and over, only to gain it all back (and then some).

How they waste time exercising like crazy in a futile attempt to "undo" the damage from yesterday's binge.

How they're tortured by cravings...

I know what a miserable waste of life food obsession can be.

I know because this used to be the story of my life.

I've experienced first-hand what it's like to recover from the bloating, self-hatred, and digestive damage caused by the cycles of starvation and excess food.

I've helped hundreds learn how to eat and combat their food demons by dealing with the emotional triggers (mind-body connection), physical triggers, and even familial habits.

My mission is to help you become the best version of yourself and find peace with food forever!

René

Discover all the options available to you as you walk the path to a healthier and happier lifestyle.



One on One Coaching

Online, semi-private coaching for people who are sick of fad diets, trendy exercises and are looking for sustainable, sane habits that create life-long results.

I'll give you the EXACT systems and structures so you can actively make changes to improve your weight, fitness, and lifestyle AND maintain them.

If you're ready to quit diets forever and learn to master your habits, then this is for you.



Small Group Coaching

I teach busy people with low energy how to eat, shop, and manage meals so they can meet life's daily demands without crashing! I love bringing Health Coaching to Small Groups online or in person. It's an affordable way to have your own personal Health Coach. If you want to get healthy but don't have the one-on-one investment in your current budget, let me know and I'll get you connected with other like-minded people who want to start a group.



Corporate Coaching

I'll help your company incorporate health and wellness so you can achieve new heights.

We spend hours each day in our offices, surrounded by our co-workers, and we influence each other either positively or negatively.

When your employees are healthy, happy and personally fulfilled you will find increased creativity and productivity, reduced sick days and an improvement in attitude and morale.

I'll help you:

- Learn conscious eating
- Develop a positive relationship with food
- Understand your body
- Learn the tools for maintenance and live normally
- Reprogram what you thought about dieting, exercise, and your body!
- Break old habits
- Find a passion for good health
- Grow and develop inside and out
- Empower yourself with tools you can use in all aspects of your life!


“What stands between us and where we want to go is never what we think it is– it’s always the story we tell ourselves.” – Dean Graziosi

Isn't it time for you to get control of the story you tell yourself?

Visit www.EatEvolveInspire.com
For inquiries call (541) 279-3342
or email eatevolveinspire@gmail.com

Happy Clients

Victoria Williams
Age: 45
Goal: Reverse
type 2 Diabetes,
Healthy food
relationship




Working with René has been life changing. After decades of emotional eating and yo-yo dieting I took a deep dive with René into my very unhealthy habits and learnt tools to get myself out of the repetitive cycles which ultimately lead me to Type 2 Diabetes and insulin injections. Healthy food choices and becoming more active have given me more confidence, self-respect and most importantly lower blood sugar levels. I've been able to reduce my medication by a third and aim to come off completely in the next few months. I now have a sustainable healthy lifestyle and my relationship with food is much happier.



Sarah Cook
Age: 33
Goal: Acute digestive issues,
improve energy

I found myself dealing with some pretty severe digestive issues that came out of nowhere. René was able to nail down the cause of my issues and helped me find a diet that works with my lifestyle and keeps my gut healthy. I'm not having any further issues and definitely not feeling deprived.

Erin Sionkowski
Age: 23
Goal: Train for first
half marathon and
lose weight



Thank you René for all of your love and support. It's been a wild learning experience about myself the past few months but I'm so happy where it led.