

TrimTalk Weight-Loss Coach Nurses a Retired RN Back to Good Health

Like so many yo-yo dieters, Debbie Chabot, a 47-year old wife, mother and retired nurse practitioner, has tried every diet plan imaginable: Jenny Craig, NutriSystem, Weight Watchers, Atkins, The Zone, South Beach, and even the cabbage soup diet among other unconventional and downright unhealthy attempts.

While Debbie, who has struggled with her weight since she was a teenager, would experience short-term success with these efforts, she has never been successful at keeping weight off for an extended length of time. Even after one 6-month stint of maintained weight loss to her credit, she ultimately reverted back to her “old ways” where eating was not just a crutch – it was a way to cope with life’s stresses.

In the 7-years that followed this demise of her most successful weight-loss attempt, Debbie was unable to “diet” for more than 2 or 3 days before she would feel overwhelmed and revert to well-ingrained binge eating habits and a general unhealthy relationship with food.

“I struggled with a lack of motivation, and wondered what was wrong with me. Why couldn’t I just stick to it? I felt desperate.”

It finally occurred to Debbie that the one thing she was missing in ALL of her previous weight-loss attempts was accountability to someone other than herself – someone she could learn from, vent to and be inspired by – a conduit for the resolve she needed to make a full lifestyle change rather than a short-sighted weight-loss attempt.

With that epiphany and an Internet search on weight-loss coaching, Debbie signed on with TrimTalk.com – an affordable service offering live experts that could coach her along via telephone no matter where Debbie was in the world, whether on land or sea. This “anywhere, anytime” accessibility was critical to Debbie who currently sails the Caribbean on a sailboat 6-months of the year, and globe-trots in an RV the remainder of each year.

“I chose TrimTalk because it boasted live coaching support based on my personal needs and schedule. It sounded too good to be true, but it wasn’t!”

Upon joining the program online and based on her personal profile, Debbie was immediately matched with her TrimTalk weight-loss coach Francine, who notes, “My first impression of Debbie from her profile responses was that she was at her wits end with failed weight-loss attempts, but very motivated and passionate about her goal of losing weight. She wisely selected TrimTalk’s three-pronged approach providing coaching, nutrition, and fitness support equally.”



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From their very first telephone conversation, Francine, a credentialed expert in human behavior, established a rapport with Debbie that made her feel safe and comfortable, allowing her to open up about her most deep-seated fears and concerns, without judgment.

"I never had a truly objective person there to 'really' listen to me, to cheer on my successes or to guide me if I got off-track. No matter the challenge along the way, my coach Francine was there with insights and strategies that kept me determined to reach my goal."

With Francine's guidance, Debbie learned that her compulsive eating habits were symptoms of other underlying, unresolved issues that she'd always denied. Each of Debbie's coaching sessions were chock-full of insights and revelations about how her emotions connected to her destructive eating habits and weight gain.

Through TrimTalk's emotional support processes, Debbie was, for the very first time, able to uncover, verbalize and directly address traumatic issues from her past that were affecting her current behaviors at a subconscious level. In doing so, these underlying, previously unspoken issues no longer had an emotional stronghold over Debbie, who has found a new enthusiasm and zest for life in general.

"Thanks to TrimTalk I now have higher self esteem and more self-confidence. For the first time in my life I feel validated and accepted as a whole, integrated being - a result of my healing from the inside out. If I feel in trouble, lost or am just having a moment of weakness, it's deeply comforting to know that I can call my coach Francine and she'll help me get through it."

"My experience with TrimTalk has been far more than just a diet, since I have begun to reconcile the root issues that were influencing my unhealthy eating behavior. I no longer feel the need to stifle my feelings with food or comfort myself with cookies and ice cream."

The Facts:

Name: Debbie Chabot

Age: 47

Program Usage: 30-minutes weekly telephone coaching

Starting Weight: 151

Current Weight: 137

Total Weight-Loss to date: 14 lbs.