

# Intuitive Eating for Neurodivergent Minds

Please read through the below list to determine if you may be a good fit for our program. We want to ensure that our clients are prioritizing their health and wellness, which means not everyone will benefit from intuitive eating.

The following criteria should be considered before signing up for IE4NM. If you fall into one of these categories, please consider [Executive Function Coaching](#) as an alternative to this program.

## **This program may not be a good fit if you...**

- *are actively being treated for an Eating Disorder*
- *have been through a rehabilitation program or are in active recovery from an eating disorder*
- *have been given a specific dietary plan by a medical practitioner to meet dietary or health goals or concerns*
- *have High Blood Pressure, Diabetes T1/T2, or any illness, chronic or otherwise, that is currently being moderated by diet, medication, or medical devices*
  - *are intending to use this program to lose weight or modify your body*
  - *cannot maintain meetings with your coach consecutively for 9 weeks*
  - *are seeking assistance in creating a meal plan for yourself or others*
- *are under the age of 18 or seeking assistance for someone under the age of 18*

We are happy to meet with you and hear any specific concerns you may have, as well as determine if you are able to participate in this program. If you are not a good fit, we will share resources that may be more aligned with your needs.