



*My body is the sacred
keeper of my soul.*



MY BODY INSPIRES ME
TO EMBRACE JOY.



*My body is a
canvas, expressing my
unique soul magic.*





*All bodies are
good bodies.*



MY BODY IS ENOUGH
IN THIS NOW MOMENT.



My body supports
me in remarkable and
miraculous ways.





Hi I'm Christine, founder of *Hummingbird Food*! Throughout the course of my childhood and early adulthood I had a very toxic, love/hate relationship with food and my body. After years of self-abuse that I infused into many facets of my life, Divine intervention stepped in. I came to the realization that perhaps I'd gone through my eating disorder so that I could one day help others dealing with the same or similar issues. This ultimately led me to pursue my path of becoming a *Body Wisdom Coach*, certified through the *Institute for the Psychology of Eating*, the worlds leading school in nutritional psychology.

Through a very gentle holistic approach, I offer my guidance, support and love to help activate "WHOLE" body liberation within you, which is in fact your birthright. You deserve to live a life on your own terms, free from the limiting, controlling and damaging constructs of society. We ALL deserve to feel free and at home in our bodies, which truly are the sacred keepers of our souls.



If you are interested in coaching or in an intuitive self-empowerment reading, [CLICK HERE](#) to see my latest program offerings!

[BODY WISDOM COACHING WITH CHRISTINE](#)

A few other ways to connect with me:



Join my free Facebook community: [Coming Home To Your Body](#).



[@hummingbirdfood](#)



[@hummingbird.soul.food](#)



[@hummingbirdsoulfood](#)

