

**Irene Jorgensen
Food Cravings Expert; Author & Speaker**



“The quickest way for me to gain weight is to go on a diet. Or any kind of eating plan.”

Irene’s story about years of dieting and bingeing, and the belief that finding her way out of despair was only through a bag of party sized chips and a carton of dip, resonates with many women. It’s an engaging talk packed chock full of information that astounds audience members, and has a resolution that not only doesn’t disappoint, but mesmerizes.

**Join Irene, Diet-Free Weight Loss Virtual Coach & Food Cravings Expert,
for her signature talk:**

**Clear Your Cravings: 3 Surprising Mistakes That Keep Women
Over 40 Struggling With Diets & Unable To Lose The Weight**

Food Cravings Expert, Irene Jorgensen—author of the book ***Clear Your Cravings: 3 Secrets To Diet-Free Weight Loss (It’s Not What You Think)*** shows women who are fed up with dieting and fighting with food cravings how to gain body confidence and lose weight without giving up ANY of the foods they love. (Yes, this includes potato chips and chocolate.)

Irene’s path to becoming an expert in food cravings started when an ex-boyfriend, who shall remain nameless, said, *“I hate fat. If you gain even five pounds, I’ll dump you.”*

Yes, she knows she should have told his shallow highness to move out. But aside from the fact they were living in his apartment, a part of her believed that anything of value she had to offer hinged on what she looked like, and mostly on what she weighed.

She spent years on and off diets. When she wasn’t dieting, she was bingeing.

But that was then. It wasn’t until Irene gave herself the permission to eat ALL the foods she loves that she stopped bingeing on them. Now after 30+ years of living through the diet-crave-binge cycle, Irene has created a suite of programs as part of her unique diet-free weight loss system. It’s a step-by-step system that blends her nutrition expertise and her extensive experience with food cravings with a cutting edge mind-body technique that her clients are raving about. You will want to learn more at ClearYourCravings.com.

To engage Irene to give her signature talk, call 289-313-0914 or send her an email at Irene@ClearYourCravings.com.