



THE FOOD
ADDICTION
ACADEMY

HOW TO BECOME A QUALIFIED WEIGHT LOSS & FOOD ADDICTION COACH IN JUST 6 WEEKS AND BUILD YOUR OWN PROFITABLE COACHING BUSINESS



THIS ACCREDITED FOOD ADDICTION QUALIFICATION,
BUILT AROUND THE EFFECTIVE, PROVEN R4 METHOD,
WILL ALLOW YOU TO BUILD A SUCCESSFUL CAREER AS A
WEIGHT LOSS AND FOOD ADDICTION EXPERT

GET CLIENTS & MAKE A REAL DIFFERENCE IN THEIR LIVES...

WHILST ULTIMATELY BUILDING YOUR OWN
PROFITABLE COACHING BUSINESS

At Food Addiction Academy, we help you become a leader in your field around weight loss, food addiction issues and mental wellbeing around over-eating. Our accredited R4 Method provides a Framework that will allow you to start or build your business where you can become a leading authority in your field, generate better results for you clients and ultimately charge more and earn more.

The accredited Food Addiction Coach Accelerator Programme is a 6-week, 6 module online training course that will allow you to deliver amazing results for your clients, allowing you to stand out as an authority in your field, earn an accredited recognised qualification and build your own profitable weight loss coaching business.

The Food Addiction Coach Accelerator Programme harnesses the R4 method to deliver results around food addiction and people's relationship to food.

WHO IS THIS COURSE FOR?

If you want to become a leading Weight Loss & Food Addiction Coach in the **\$73 Billion weight management industry**, then **this course is designed for you!**

If you have a desire to earn more money, build a coaching business with an ever-growing client base and really charge your worth, then start your journey with us to a more fulfilling coaching business today.

BECOME A LEADING FOOD ADDICTION COACH IN JUST 6 WEEKS

Learn how to change your client's relationship with food and food addiction - FOREVER

- ✓ Give your clients the tools to break free from food addictions – regardless of how long they've struggled with them.
- ✓ Your clients see results immediately after implementing the revolutionary 4-step R4 Method.
- ✓ Outside of addiction, the programme also delivers amazing weight loss results – even those who have been unable to lose weight permanently before.
- ✓ No more low fee 'pay as you go' clients.
- ✓ Results focused – Finally charge based on value.
- ✓ No more up and down months financially.
- ✓ Easily build a £10K a month business structured programme.
- ✓ Licensed practitioner with national media awareness.
- ✓ Get clients for free via our FAC Hub.



DR BUNMI ABOABA

Hi, I am Bunmi, founder of The Food Addiction Coach Accelerator Programme, the UK's leading authority on Food Addiction. I am passionate about creating change within the food industry to stamp out food addiction and disorder eating. Specialising as an Interventionist and an Energy Medicine Practitioner, I aim to equip nutritionists, clinicians, personal trainers and all who have clients within the health sector, with the skills to support and manage food addiction with their clients.

After developing the R4 Method over the last 20 years, I want to share with you the framework that is responsible for generating hundreds of millions of pounds, euros and dollars for our clients every year by changing your client's relationship with food and food addiction – FOREVER.

WHY AM I DOING THIS?

It's taken me over 20 years of understanding, testing, adjusting and adapting to refine the strategies known as the R4 Method that delivers results beyond anything else out there.

I want to share the R4 Method with you so that the Food Industry has to take accountability and encourage change. I can't do this alone!

I want to help you avoid the costly journey I've been on. And help you to immediately give you the strategies – the exact method - that if implemented will deliver unprecedented returns for your coaching and fitness business.

Over the last 5 years, we've helped hundreds of coaches, personal trainers, nutritionists and consultants, just like you, leverage the power of the R4 Method.

After becoming an accredited Food Addiction Coach you will be able to charge more, deliver better results and become the stand-out authority in your field.



WHAT IS THE R4 METHOD?

Leading authority in Food Addiction, Dr Bunmi Aboaba has developed the accredited Food Addiction Coach Accelerator Programme using the R4 method over the last 20 years. An unrivalled habit breaking course to change people's relationship with food and themselves forever. By learning, and then installing, the R4 Method in your coaching or fitness business you can BECOME A LEADING FOOD ADDICTION COACH IN JUST 6 WEEKS.



RELATIONSHIP

Help your clients understand their current relationship with food and themselves, level of addiction, moving clients forward, assessments, assessing problems with food and themselves.



REFRAMING

You will take your clients through a process that transforms them. Transforming from negative to positive thinking around food, awareness of body, the mind and body connection. Transform thinking.



RESILIENCE

Help your clients create a defence mechanism around craving. Craving control, self sabotage, relapse prevention food plan, triggers coping and recognising, wellbeing and coping techniques, self awareness, self regulation, fulfilment, empowerment at peace.



RECOVERY

The most important part of R4 is ongoing success, this final stage will allow you to change your client's relationship with food forever. Ultimate weight loss, results maintenance plan along with relapse prevention plus spiritual wellbeing.

WHAT TO EXPECT ON THE MODULES

- ✓ Identifying differences between healthy and unhealthy food.
- ✓ Discovering underlying problems connected to food and the impact they have on you.
- ✓ How to help clients deal with food addiction.
- ✓ Which foods are effective in supporting the brain.
- ✓ How stress can affect and change the brain.
- ✓ The Neuroscience of Food Addiction, understanding how our brain functions and responds to food.
- ✓ The importance of brain health which can lead to a reduction in stress and cravings to give your client the best quality of life.

THE COURSE MODULES

Week 1 – WHAT IS FOOD ADDICTION?

We will explore the neuroscience behind it. The focus of this program is not to get your client to lose weight or diet but to change their relationship to food.

Week 2 – RELATIONSHIP.

Welcome to Module 2 and Step 1 of the R4 Method™. This first stage is called Relationship. We will look at triggers, at mental health, and at the environmental and physical signals that can turn a susceptibility into something more serious.

Week 3 – RE-FRAME.

Welcome to Module 3, step 2 of the R4 Method™; Reframe. In this module we will be exploring how to reframe your client's relationship with food.

Week 4 – RESILIENCE.

Welcome to Module 4, step 3 of the R4 Method™; Resilience.

Week 5 – RECOVERY.

Step 4 of the R4 Method™; Recovery, we will be looking at abstinence, why diets don't work, recovery plans, relapse prevention and the relevance of gut health.

Week 6 - BONUS LEAD GENERATION MODULE, WORKSHEET & NOTES BUNDLE.

Private Facebook Support Group and Access To FAC Hub Network.

WHAT OUR CLIENTS ARE SAYING ABOUT THE FOOD ADDICTION COACH ACCELERATOR PROGRAMME

As an emotional eating coach and recovering food addict, I found the Food Addiction Coaching Program helpful from the very beginning. I started using Dr. Aboaba's strategies and recovery plans immediately in my practice. My understanding of food addiction from this course is making a difference in my clients' lives and improvement with their goals, but also with my own personal progress. Dr. Aboaba helps us walk with clients through their health journey and really understand the deeper reasons people are addicted to food. It is so much more than food and healing in all parts of the client's life is necessary. I also am getting lead generating systems and useful strategies to help my business grow.

Kim Hynes
Emotional Eating Coach

★★★★★

As a health and fitness coach, I have chosen to do this The Food Addiction Coach Accelerator Programme for a few reasons. And some of the reasons are simply because obviously nutrition is a huge part of health and fitness, everyone's health and fitness journey and selecting healthy foods and the right foods to eat and putting it on a meal plan, that's straight forward stuff.

But with this The Food Addiction Coach Accelerator Programme, it really digs a lot deeper into why people struggle with various types of food, to why people have intolerances, to why people are hooked on certain types of foods or drinks; and what it does is it really helps to unravel the confusion, the addiction in itself so that's just some of the reasons why I'm doing this course and I can already see it's going to be a great, great, great addition to what I'm already doing.

Isaac Morrison
Health and Fitness Coach

★★★★★

Being a Personal trainer and life coach for over 15 years. I am always looking to acquire more knowledge to help my clients and friends towards a healthier and stronger wellbeing. I was impressed by the approaches in this course that could help clients stop self-sabotaging and have used most to great effect. As a result of new approaches, I have gained more clients through referrals and recognize there is a need.

Bunmi is an amazing mentor, guiding you patiently through the course and being available for questions at all times. I can only recommend this course to everyone.

Alex B
Personal Trainer

★★★★★

WHAT THE EXPERTS ARE SAYING ABOUT THE R4 METHOD



Janey Lee Grace

Radio 2 Presenter and Author of
Happy Healthy Sober

The Food Addiction Coach Accelerator Programme is a game changer for Health and wellness professionals.

Bunmi really knows her stuff, and this is a powerful road map to help those who suffer from a range of disordered eating habits that affect mental and physical health.



Adebayo Akinfenwa

Professional Footballer
Wycombe Wanderers

Dr Bunmi Adoaba has developed a course which, in my opinion, is a must – to – take for any health coach or trainer wanting to learn in depth about the addictive behaviours around food which is now on the rise.

Take this course and learn from the best.

BUY NOW

MONEY BACK RESULTS GUARANTEED

If after 7 days, you don't believe the accredited Food Addiction Coach Accelerator Programme will recoup your investment 20x then we'll refund your course in full.



The Food Addiction Coach is a globally certified training provider.

BUY THE FOOD ADDICTION COACH ACCELERATOR PROGRAMME NOW FOR JUST £297 USUALLY £697 – SAVE £400

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Usually £697 - SAVE £400



BECOME AN AUTHORITY IN YOUR FIELD

Earn an accredited Globally
Recognised Qualification in just 6
weeks. The course will ensure that
you are fully prepared, informed and
empowered to support your clients.



DELIVER GUARANTEED RESULTS FOR YOUR CLIENTS

As an accredited Food Addiction expert
you can provide an unrivalled weight
loss and food addiction solution that
you can guarantee – every time.



CONSISTENTLY CHARGE MORE & EARN MORE

Your earning potential will transform
overnight as you increase your prices,
'productise' your services and your
clients stay with you longer.

BUY NOW

MONEY BACK RESULTS GUARANTEED

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