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combine psychology and nutrition to help you gain freedom from your body, food and eating issues.

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Eugenia is the founder of

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MindFoodNess - Eating Psychology Clinic and Body Love Yoga. Eugenia founded the clinic to enable her clients to get to the root cause of their issues around food.

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Nutrition Coaching - Eating Psychology - Mindfoodness

MindFoodNess is a home where we believe the mind is the missing piece to transform your eating, weight, movement, body image and your entire life. We are on

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a Mission of supporting women and men to heal their relationship with food and re-discover their joy with eating to stop feeling “crazy” around food and body.”

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food cravings. WATCH ANYTIME
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Eugenia shares everything you need to know about food cravings, how to understand food cravings, unpacking what they mean, what we can do to feel in control around food and introduce The Balanced Diet Framework to

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make healthy eating come easily and naturally.

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energy, among others.

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