



Start living a life that you truly love — and let the weight lose itself.

Stop waiting to live your life until you lose weight.

If you're holding yourself back from life until you lose weight — skipping the reunion, postponing the vacation, staying out of the family photo — you'll never lose it.

But if you reverse the equation and get busy really living, setting and achieving your long-forgotten goals and rebuilding your confidence in the process, the weight will lose itself.

If you're ready to live an exciting, joy-filled life and lose weight without dieting, you're in the right place!



HI! I'M CAMILLE.

And I'm so happy you're here! I'm a dietitian, public health writer, and former chronic dieter.

I spent nearly 25 years of my life on a diet . . . until I finally quit. I stopped trying to lose weight (and feeling like a failure) and started setting and achieving goals I never thought possible. And I lost weight without even trying.

You can finally lose weight without using willpower, without changing everything you do, and without the misery of dieting. I want to show you how. Instead of wasting your life trying to lose weight, I want you to live — and love! — your life, and watch the weight lose itself.

Let your environment work for you instead of against you. Sign up to get my free guide to setting your kitchen up for weight-loss success! Your Ultimate Weight-Loss Kitchen



Email Address

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Camille has extensive knowledge, and the suggestions she provides are unlike what I've seen from other dietitians. She is incredibly supportive and encouraging, and I've learned so much from her. She is amazing!

I am so thankful for Camille's advice and encouragement that enabled me to take the first steps to finding my happy again.

Hallie B. client

Get In Touch!

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