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OFFICIAL BIO

Juliana Leamen is a **Board Certified Functional Diagnostic Nutrition Practitioner**, University- trained with a Masters degree in Science, certified as a Functional Genomics Practitioner and trained in Human Behavior by the Demartini Institute. She is an author, the host of 'Confidence From Within' podcast and the creator of *The Release Method*™. She helps women in their 50s and 60s release weight and keep it off through functional DNA testing and behavioral changes, tailored to their body's unique needs.

'Confidence From Within' Show



[Release - The Book](#)



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EXPERT TOPICS

WEIGHT RELEASE FOR WOMEN OVER 50

- What is weight release and how is it different from weight loss?
- Why what worked in your 20s & 30s won't work in your 50s & 60s?
- Why going beyond the scale is key for long-term results?
- Why pushing at the gym is not the solution for weight loss in midlife
- Personalized approach to weight loss that works after 50
- Why it is time to stop counting calories and make friends with fat

WEIGHT LOSS MINDSET

- What are the 5 emotional blocks of weight release?
- What are inner priorities and how do they relate to your weight?
- How to tap into a deeper level of self-acceptance in midlife?
- A fresh take on confidence and exiting the comparison trap in midlife
- Discipline vs. self-accountability in weight release
- Regaining your self-worth and transcending narcissists in your life

PERSONALIZED APPROACH TO DIETING

- What are the 3 pillars of weight release?
- How to eat for your needs after 50 using your DNA?
- Why personalized nutrition is key for long-term weight release
- One-size fits all approaches don't work and here is why
- How to increase your energy in midlife
- The belly fat solution in midlife
- Improving sleep and mood regulation, the functional way

BOOK

'Release' is the one book every woman must read **BEFORE** their next diet!

SAMPLE INTERVIEW QUESTIONS

- What is weight release and how is it different from weight loss?
- You have an unique take on confidence and self-esteem, can you explain?
- What is changing in a woman's body in midlife and why does it impact her weight?
- You talk a lot about letting go of the scale. Without it, how can someone stay accountable and motivated?
- You say "**body fat is our friend and it is performing a job**". What do you mean by that?
- Where can our readers/listeners get your book?

