

## **Beth Castle**

Emotional Eating Expert  
Dietary Technician/Author/Speaker

**How can I Educate, Entertain,  
and Excite your staff or  
audience about their life?**

### **Find out:**

#### ● **WHY WE EAT**

- Treats
  - Rewards
  - Habits
  - Cravings
  - Emotions
  - Texture
  - What we were told as kids
  - Just because and more
- 
- Food Cravings & the solutions to eliminate those cravings!
  - Find your metabolism that was lost like that sock in the dryer.
  - Emotional Eating Strategies.
  - Reveal the 3 of the biggest secrets to keeping the excess weight off.
  - Find out how people can fix their metabolism that “*they*” broke by relating it to camping and finally “get it”.
  - Lessen the costs to Health Care.
  - Increase the health of our children by avoiding obese lifestyles.

Craving tips from City TV at  
[www.bethcastle.com](http://www.bethcastle.com)

This is the solution vs. a “*bandage*” diet or “*quick fix*” – that has lead a lot of us down a path of false hope.

Put yourself FIRST!

4 Time Award Winning Author!



Beth Castle and friends!  
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Creator of THE Missing Tool for people's weight loss or weight management goals.



People's eating habits directly affect their performance, attitudes, thoughts, energy level, behaviors and Careers!  
I introduce solutions for long term success!  
***THE solution for Our Weight Epidemic***

**BETH CASTLE  
DIETARY  
TECHNICIAN/AWARD  
WINNING AUTHOR/SPEAKER  
403-680-7200 [www.bethcastle.com](http://www.bethcastle.com)  
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**Alberta Beef Producers** – Educator  
**Egg Farmers of Alberta** - Educator  
**Redneck Nutrition** – Beth Castle  
**Stop Emotional Eating** – Beth Castle –  
Author/Speaker

### Past Career

**LA Weight Loss Centres**  
**Jenny Craig Weight**  
**Alberta Agriculture-Statistics Branch**  
**Calgary Health Services** - Communicable  
Disease Unit  
**Calgary Health Services** - *NUTRITION  
DIVISION*  
**Southern Alberta Institute of Technology**  
**1984-1986**  
Dietary Service Technology  
Burns Bequest Fund  
Diploma

Beth Castle –Dietary  
Technician/Author/Speaker & Counsellor  
with 28 years experience helping individuals  
and audiences understand the importance of  
not only what to eat, but Beth also helps  
with food cravings, metabolism, emotional  
eating, cleansing the palate and so much  
more.

## **Join Award Winning Author Beth Castle**

Solutions to “Why We Eat – Emotions, Cravings,  
Treats, Rewards, Metabolism and more.

In society today we are eating less for fuel and  
nutrition & more for other reasons. I address  
those “other” reasons with solutions realistic to  
you! Adjust your thoughts for long term  
success!

Back to the basics of Food!

You will have more to give to your family when  
YOU are topped up!

“Why We Eat” topics:

- emotional eating
- cravings
- habits
- treats
- rewards
- what parents taught us
- lessons in food
- food comfort
- metabolism and sugar spikes
- planning ahead
- prepping for the busy week
- dining out
- travel

and so much more...

In society today we are eating less for fuel and  
nutrition and more for other reasons. I address  
those “other” reasons with practical strategies  
and solutions in my seminars that work.

I get into the mental part of foods – the  
reasoning of our eating habits.

Adjust your thoughts to adjust your waistline  
for good!

Changing eating habits, adjusting or adding  
fitness, adding knowledge for health, and being  
personally motivated to succeed are all factors  
to success of losing weight and/or eating  
healthy. These can often be temporary fixes  
until people address “why” they eat and start to  
instill these habits as a permanent lifestyle  
change for health or to keep it off or maintain  
long term.

## **Emotional Eating, Food Cravings & Metabolism**

“95% of the population are emotional eaters.  
Are you one of them? Stop the madness and  
learn what is driving you to eat the way you do  
and make it easier on yourself! Do you Crave  
Foods? Do you know why? Would you like to  
find out a few great strategies? Did you lose  
your metabolism somewhere along the way  
with that sock in the dryer? Let’s help you find it  
again! Find out the 3 biggest secrets that slim  
gals know and don’t share as in the gift bags at  
the Day Time Emmy Awards Show! Learn about  
all of this and more from Dietary

Technician/Award Winning eBook  
Author/Speaker and Counsellor- Beth Castle

Get that passion and purpose, the boost that it needs! Get the principles right in the book as to what is driving you to eat - it is instant. If I say dining out - what comes to mind? If I say Thanksgiving or Halloween or Christmas -What are your first immediate thoughts of foods and you?  
If I said a "cruise" with very hot weather and swimming? – What are you thinking?  
Come read your journey of self discovery and solutions right as you sit in your chair reading. Let's put you "first" today, so you can get back to your health and get more of your passion and purpose for your life!

Beth is an educator for Alberta Beef Producers, Egg Farmers of Alberta, Redneck Nutrition – Healthy Eating on the Go for Remote Workers and Stop Emotional Eating.

65+ trade shows and events each year since 2008 & many radio and TV appearances USA and Canada

2009 MacKenzie Lake Gold's Gym

2009 Curves Chestermere

2009 Curves Cambrian Heights

2009 Body N'Soul Wellness Presentation

2009 Red Deer Hospital - Dr Farris Gastric Bypass Support Group- Special Guest

2009 Edmonton Central Lions Senior Centre (several events)

2009 Fabulous at 50 Group Presentation

2009 Quality Hotel and Conference Centre 3 part Seminar Series

2009 Htrio Seminar Group

2009 Calgary Coop Midtown Presentations (several events)

2009 Calgary Coop Taradale Presentations (several events)

2009 Edmonton Therassage Clinic Presentation

2010 Medicine Hat Health show

2010 Red Deer Health show

2010 Edmonton Health show

2010 Calgary Health show

2010 Edmonton Women's Show- Special guest

2010 Fort McMurray Women's Show

2010 TOPS Strathmore presentation- special guest

2010 TOPS Harvest Hills presentation- special guest

2010 Olds Hospital Presentation

2010 Red Deer Days Inn Presentation

2010 Calgary Coop Midtown Presentations

2010 Calgary Coop Taradale Presentations

2010 Edmonton Central Seniors Lion Centre Presentations

2010 Operating Nurses of Alberta Conference- Red Deer

2010 Occupational Health Nurses Meeting - NOVA Chemicals Red Deer

ORNAA OCT 21, 2011 conference guest

Speaker (contact Amanda Ganske)

AOHNA - Delores Brisbois RN COHNC (Central Chapter Meeting Sept 2010)

2010 - Audio book Launch - Ladies Night 325 ladies, 70 vendors Quality INN

Conference Centre

2011 - Present Egg Farmers of Alberta Public Educator

2011 – Present Alberta Beef Producers Public Educator

2011 Feb ORNAA Peter Lougheed Hospital Seminar

2011 March Penhold Wellness Event

2011 March Inches A Weigh Fitness Challenge

2011 Sept AOHNA 2011 Education Day

2011 Sept Red Deer Hospital - Dr Farris Gastric Bypass Support Group- Regular Special Guest

2012 Feb Teachers Staff Association Seminar 2 Day Event

2012 May Camrose HEPR Convention Seminar

2012 May Millarville TOPS Seminar

2012 Nov Grande Prairie, Alberta RedNeck Nutrition – Calfrac Well Services

2013 Jan Calgary Real Estate Board Webinar

2013 Feb Calgary Teachers Convention – Seminar

2013 June Womens Retreat – Seminar in Canmore, Alberta

2013 July TOPS IRD Convention

KEYNOTE SPEAKER