

Lana Nelson

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## INTRODUCTION

Pain is something many people have resigned themselves to. Over a decade ago, that's what Lana Nelson believed for herself. That is, until she intuitively discovered a solution to her pain that turned into her life's work.

Diagnosed with a serious "incurable" illness and dealing with years of chronic pain, Lana was determined to find the cause and solution.

After years of searching, trial and error, Lana Nelson discovered the solution was as close as her kitchen cabinets and refrigerator.... food.

Going from daily pain, to living pain free, Lana was determined to share her message near and far ... which she has. Teaching thousands of people every year how to heal themselves with food, Lana is more determined than ever to reach the masses with her message.

Lana is the author of **The Food Codes, Intuitive Eating for Every Body.**

Welcome Lana.

## Questions

1. It's amazing what you've accomplished with your health. What was a big turning point for you?
2. You worked with your Husband Dr. Bruce Nelson a Holistic Chiropractic Physician, tell us about this and what lead you to create The Food Codes.
3. A few years ago, life turned upside down for you and Dr. Nelson. What happened?
4. In your book you talk about one's relationship with food and "making food your friend." Can you explain more about this, and how we can do that?
5. Explain what you mean by "Intuitive eating," what is that and how can a person eat this way?
6. Why is there so much obesity and illness in our country? Is this a fixable problem with food?
7. In your book you mention that diets don't work. How do you help your clients to lose weight and get healthier?
8. I love the recipe section in the book. These are not the usual type of recipes though. Can you explain more about your recipe templates and how to use them.
9. What if someone has never cooked or doesn't know how to cook very well?
10. You have a large family and are a grandmother to 33? The holidays must be incredible. Using your ideas of intuitive eating how do you cook for your family gatherings?
11. You also mention using The Food Codes with animals. How do you do this?
12. What else will people discover when they read The Food Codes, Intuitive Eating for Every Body?
13. What 3 short tips of advice would you give to help anyone eat more intuitively?
14. Besides being an author, you also consult with individuals and you are a keynote speaker. If you had to choose consulting or speaking, which would you choose and why?
15. How can people reach you?