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General Speaking Topics

(Contact Sarah for pricing & presentation options)

1. Protein-how much do I need, plant vs animal protein
2. Digestion 101, beat the bloat
3. Leaky gut and interventions for success
4. Top 10 kitchen gadgets
5. Macros-what are they and why does it matter?
6. Whole foods on a budget
7. What is an Anti-Inflammatory Diet? What is inflammation exactly?
8. Meal planning and batch cooking
9. What is a low fodmap diet? What should I eat if I have IBS?
10. What is an elimination diet?
11. Commitment, planning ahead and consistency 80/20
12. Why you aren't losing weight that doesn't involve calories
13. Habits-what to do more of and what to do less of
14. How to involve your family in your health journey
15. Why am I so tired? How can I get to root cause?
16. Supplements 101-What do I need?
17. Top 10 nutrition questions and myths
18. Kids nutrition: the basics
19. The impact of Alcohol on health
20. Nutrition density-a calorie is not a calorie
21. Nutrition and lifestyle changes for adult acne
22. Nutrition and supplementation for ADHD and Anxiety
23. Weight loss after 40
24. Unconscious Hunger-getting to the root of emotional eating
25. How to do a sugar detox

26. JUST START: new habits for a lifetime
27. Hydration and electrolytes
28. Intermittent fasting and meal timing
29. Raising your Vitamin D levels: testing and supplementation
30. How to move forward (even a little bit) when you are exhausted!
31. Adrenal fatigue and HPA axis dysfunction
32. Small intestinal bacterial overgrowth: testing and treatment
33. "Healthy foods" to avoid
34. How stress affects the body
35. How to transition to a whole foods diet
36. Carbs, fats and protein-how much of each do I need?
37. Histamine, allergies and sinus issues as it relates to what you eat
38. Hypothyroidism and important diet modifications
39. Hormones and health
40. Nutrition and supplements for RA and Fibromyalgia
41. Sunscreen and eczema-supplements, best products and food
42. Improve your sleep!
43. Whole food carbohydrates-the best choices