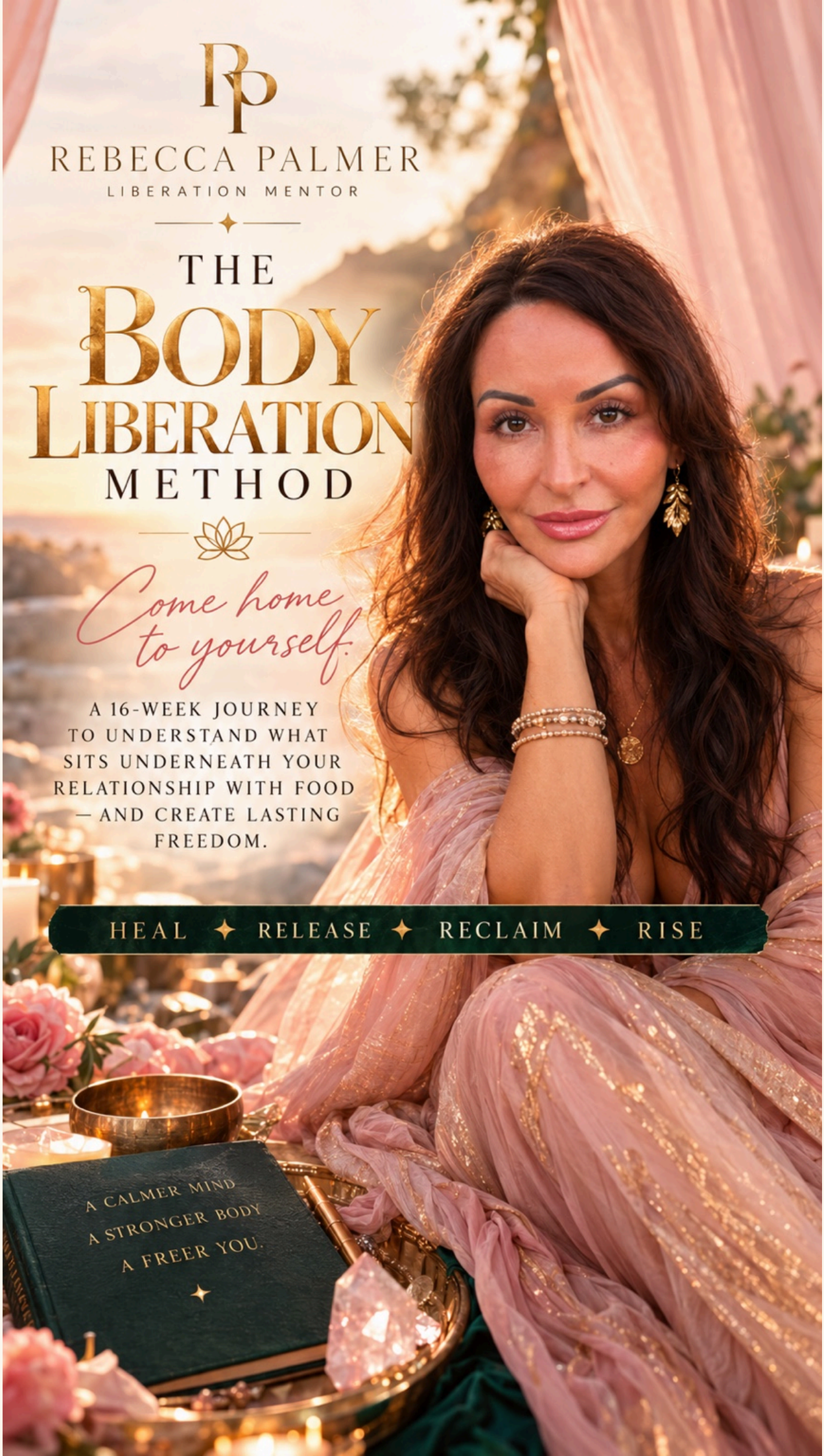

REBECCA PALMER
LIBERATION MENTOR
THE
BODY
LIBERATION
METHOD
Come home to yourself.
A 16-WEEK JOURNEY TO UNDERSTAND WHAT SITS UNDERNEATH YOUR RELATIONSHIP WITH FOOD — AND CREATE LASTING FREEDOM.
HEAL ✦ RELEASE ✦ RECLAIM ✦ RISE
A CALMER MIND
A STRONGER BODY
A FREER YOU.

THIS IS FOR THE WOMAN WHO IS TIRED OF STARTING AGAIN

Maybe you are tired of trying to fix yourself.

Maybe you have spent years thinking the answer would be the next diet, the next plan, the next Monday, the next injection, the next surgery, the next version of you.

Maybe you know exactly what you are supposed to do with food - and still find yourself reaching for it when you are overwhelmed, lonely, tired, angry, anxious, numb or simply needing something.

Maybe you have changed your body before and discovered that changing the outside did not automatically create peace on the inside.

If any of that feels familiar, I want you to know this journey does not begin by telling you what to eat. It begins by helping you understand yourself.

What if this was never only about food?

THE QUESTION BENEATH THE QUESTION

Before we change WHAT you eat...

let us understand

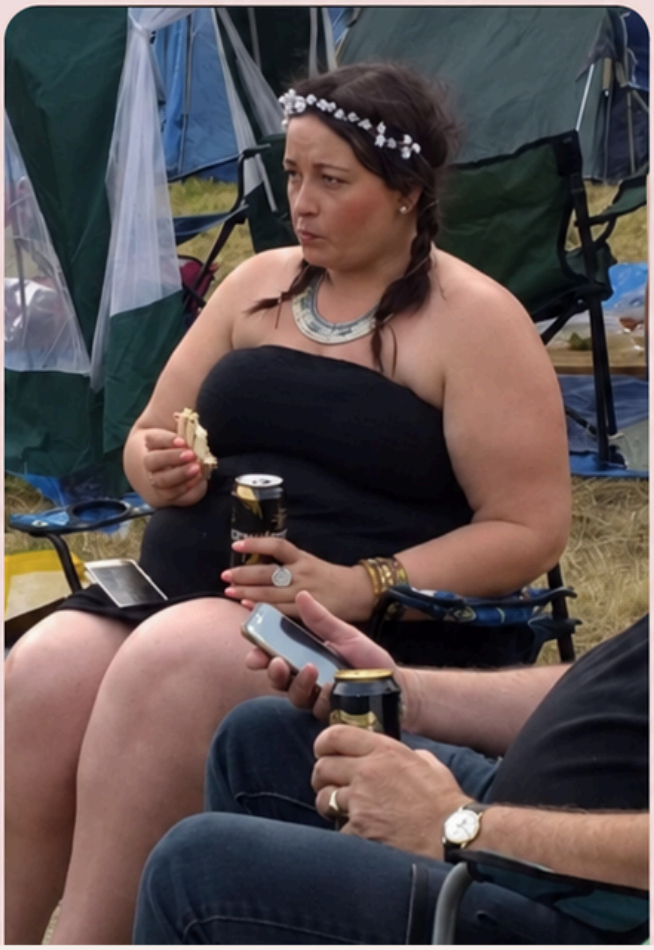
WHY *you choose to eat.*

Not to blame you. Not to take your choices away. But because awareness creates a pause - and inside that pause, you begin to have more choice.

Everything is a choice. Understanding the influences behind that choice gives you more power - not less.

MY STORY

I spent years believing my weight was the problem.





At my heaviest I was 22 stone. For years I believed my weight was the problem - and that changing my body would finally change how I felt about myself.

Food had become comfort, escape and regulation long before I understood why. I kept trying to fix the outside because I had not yet learned how to understand what was happening underneath.

The problem was never simply my body.

THE MOMENT EVERYTHING CHANGED

The surgery changed my stomach.

It did not change the part of me that still wanted to eat.

In 2020 I had gastric bypass surgery. Lying in my hospital bed in agony, I realised something that changed the direction of my life: I still wanted to eat.

The surgery had changed my stomach, but it had not changed my relationship with food. That was when I began the work that would become The Body Liberation Method(TM).

The years that followed brought serious complications from the bypass and, eventually, I chose to have it reversed. After the reversal, a serious bowel obstruction and emergency surgery nearly cost me my life.



That experience became part of my mission.

I did not build BLM from a textbook.



I built it by living it.

That experience became part of my mission: to help women understand the emotional patterns, nervous-system responses and beliefs that can sit beneath food and body struggles - before they spend another year believing the answer is simply to change their body.

BLM is not anti-weight loss, anti-GLP-1 or anti-surgery. Women deserve informed choice and appropriate medical care. My work is the deeper layer: helping you understand yourself, strengthen self-trust and create change from awareness rather than shame.

Your story does not have to look like mine. You get to choose your path.



Earlier chapters of my story



THE BODY LIBERATION PATHWAY

You do not need to become a different woman.

You begin by seeing yourself more clearly, understanding what has shaped you and creating space to choose differently.



Notice what is really happening.

Explore the pattern beneath the pattern.

Create a pause and reclaim agency.

Let go of what no longer needs to lead.

Practise a new way of being.

Awareness creates choice. Choice creates change.

Repeated choice creates a new way of being.

YOUR JOURNEY

Four phases.
One return to yourself.

AWAKEN

- You begin to notice. Your relationship with food, your story, the woman beneath the weight and the places you may have stopped listening to yourself.

UNRAVEL

- You explore what has been shaping your choices: old patterns, forgiveness, boundaries, your environment and the ways self-sabotage may have once been self-protection.

RECLAIM

- You reconnect with your body and nervous system, understand emotional eating and food noise, and begin building trust with yourself around food and body image.

LIBERATE

- You move from insight into living: self-love, nourishment, wellbeing, identity, vision and the choices of the woman you are becoming.

This is not about doing it perfectly.

It is about noticing sooner, understanding more deeply, choosing more consciously and returning to yourself when you lose your way.

THE FIRST HALF OF THE JOURNEY

AWAKEN + UNRAVEL

1

Meet Your Inner Goddess

Who are you beneath the weight, the roles and the expectations?

2

Your Relationship With Food

Notice the moment before the eating choice and begin understanding what you are really reaching for.

3

Understanding Your Story

Explore your timeline, repeated patterns and the history your behaviour may be carrying.

4

Return to Yourself

Cacao, reflection, Higher Self and reconnecting to the woman underneath the noise.

5

Forgiveness

Release without forcing reconciliation, denial or pretending the past did not matter.

6

Hidden Patterns of Behaviour

Map the trigger, pattern, payoff, cost, need, options and choice.

7

Cleaning Up Your Environment

Look at boundaries, relationships, spaces and influences that either support or pull you away from yourself.

8

From Self-Sabotage to Self-Leadership

Move from shame into evidence, choice and conscious self-leadership.

THE SECOND HALF OF THE JOURNEY

RECLAIM + LIBERATE

9

Your Nervous System

Learn to notice your body’s language and build simple regulation practices.

10

Emotional Eating & Food Noise

Meet urges differently, practise the pause and ask what you really need.

11

Coming Home to Your Body

Explore body story, body image, visibility and the relationship you have with the woman in the mirror.

12

Food Freedom & Self-Trust

Develop a more flexible, conscious relationship with nourishment, pleasure, health and choice.

13

All You Need Is Love

Practise compassionate truth rather than punishment, abandonment or false positivity.

14

Your Wellness Blueprint™

Create a wellbeing rhythm that works in real life and supports intuitive nourishment.

15

Your Complete Vision

Meet the woman you are becoming and gather evidence of what has already changed.

16

The Liberated Woman

Create your Return Plan™, Declaration™ and a way of coming back to yourself again and again.



AFTER THE 16 WEEKS

Then you live it.

There is a difference between understanding something and living it.

That is why BLM does not end when the teaching modules finish.

You move into a supported Embodiment Month - space to practise the tools in ordinary life. To notice what happens when you are tired, triggered, busy, celebrating, grieving, travelling, eating out, saying no, receiving support or simply being human.

You are not trying to become perfect. You are strengthening the relationship you have with yourself.

Then, when you arrive at the retreat, you are not arriving as a beginner. You are arriving with months of awareness, practice and lived experience inside you.

Knowing is not the same as embodying.

THE BODY LIBERATION RETREAT

A week to step out of ordinary life and go deeper.





The retreat is the immersive culmination of the six-month journey: seven days of sisterhood, reflection, ceremony, embodiment, rest, nature, conversation, personal work and space to be seen without needing to perform.

ARRIVE	Safety, connection, intention and permission to receive.
REMEMBER	Cacao, story, sacred witnessing and Taking Off the Mask.
UNDERSTAND	Nervous-system work, deeper exploration and personal process.
RELEASE	Forgiveness, ritual, rest and integration.
RECLAIM	Body image, visibility, movement and optional liberation photoshoot.
BECOME	Higher Self, values, nourishment, boundaries, vision and celebration.
LIBERATE	Closing circle, Return Plan™ and taking the work home.

Proposed retreat dates: 10–16 July 2027 • Location to be announced

THIS MAY BE FOR YOU IF...

You are ready to stop making your body the condition for your worth.

- You feel trapped in repeated dieting, overeating, bingeing or food-noise cycles.
- You have lost weight before but still do not feel free around food or inside your body.
- You use, or are considering, GLP-1 medication, bariatric surgery or another weight-loss route and want to understand the emotional side too.
- You want to feel safer in your body, more honest with yourself and more able to recognise what you need.
- You are tired of shame and want a way of changing that still leaves you with your power and choice.
- You are open to personal development, nervous-system work, reflection and a spiritual dimension to the journey.

You get to choose what you do with your body. Weight loss, medication, surgery, aesthetics, none of them, all of them - BLM is not here to make those choices for you. The question is whether your choices come from awareness, self-respect and truth rather than from the belief that you have to earn your worth.

WHAT YOU RECEIVE

One connected journey.

- 16 core Body Liberation modules delivered live
- Three integration weeks plus a Closing Circle
- Participant workbooks, journalling prompts and signature BLM tools
- Guided practices and selected recordings
- Private community support
- A supported Embodiment Month
- The seven-day / six-night Body Liberation Retreat, subject to final venue and confirmed inclusions
- Post-retreat Return Circle and integration support

A NOTE ON SUPPORT

BLM is a personal-development and coaching journey. It does not replace medical, psychological or specialist care. Suitability is explored before joining, and I will refer or encourage outside support when something sits beyond the scope of the programme.





THE WOMAN UNDERNEATH ALL OF IT

You are worthy now.

Not when you lose the weight.

Not when you feel confident every day.

Not when you finally become “better”.

Beauty is something you express - not something you achieve. Your body can change if you choose. Your life can change. Your relationship with food can change. But none of those changes create your worth.

You do not have to earn your way back to yourself.



YOUR INVITATION

If something in you recognises this…

You do not have to know exactly how everything changes.

You do not have to arrive confident, healed or certain.

You do need to be willing to meet yourself honestly, practise what you learn and take responsibility for the choices that belong to you.

My role is to guide, teach, reflect, challenge, support and hold the space. Your power stays with you.

If you are ready to understand what sits beneath the food and begin a different relationship with yourself, I would love to meet you.

APPLY / ENQUIRE

BLM begins Friday 15 January 2027

Live sessions: Fridays at 10 am UK time

Retreat proposed: 10–16 July 2027

Investment and final retreat details provided before enrolment.