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HEALTH & WELLNESS



## Healthy View Radio

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**June 1st 2017: Alexandra Jamieson's Playful Solution to Sugar Cravings and the Bon-Vivant Girl, Nathalie Botros**

In today's episode, I'll be chatting with Alexandra Jamieson, best-selling author of 'Women, Food, and Desire: Honor Your Cravings, Embrace Your Desires, Reclaim Your Body', about her playful solution to sugar cravings and why you should be listening to your body. I'll also be joined by Nathalie Botros, the Bon-Vivant Girl and author of 'If You Are What You Eat, Should I Eat a Skinny Girl?'.



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## Featured Guests



### Alexandra Jamieson

Alexandra Jamieson is a holistic weight loss, nutrition and lifestyle coach, detox expert, professionally trained healthy gourmet chef, and "cravings whisperer."

[Read more](#)



### Nathalie Botros

Nathalie Botros – the "Bon-Vivant Girl" – is a certified health coach and psychotherapist who teaches women how to lose weight and feel great without sacrificing their appetite and love for life.

[Read more](#)

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