

So you want to know more about me - Cari?

I'm a South African trained psychologist and the founder of the Mind over Fatter movement - the Non-Diet alternative. I've had a number of books published And I've self-published a few others, You check them all out [here](#).





I was the consulting psychologist to SANEP: The South Africa Nutrition Experts Panel



On the Advisory Panel for the South African Journal of Natural Medicine and also an invited peer reviewer for the South African Journal of Psychology.

editorial board | our team of experts

Our authors (and our editor) do not receive any financial reward for their considerable efforts in contributing to the *Journal*. They are only motivated by a generosity of spirit and a passion to further the cause of natural medicine. A warm thanks to all of them and to our sponsors for donating various products.

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Mike Kleyn			

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A regular conference speaker: The South African Department of Health, The Art of Living festival, the Heart recovery support group, the South African Reflexology Association, Natural Products and Organic conference, Weigh Less, Sch'zen, BMW, Budget rent-a-car, McCarthy motors, Shape magazine, FitPregnancy magazine, NIA, Succulent women's festival, Celebrate life festival, High Rustenberg Health Hydro, Standard bank, Investec, Cisco and many others. I also gave my time speaking to over 58 schools, university's and hospital groups.

Here is some of the typical feedback from a talk or workshop - this was from a workshop with SHAPE magazine:



'Best talk I ever heard –life changing' 'wonderful' '.... her talk was extremely powerful and touching. 'Superb!' 'Touched a nerve and I think that is what I have needed for a long time.' 'This is the most informative talk I have heard in the past few years that is very close to home with most women'. 'It is also wonderful to hear from a woman who has been there and done that, but learnt to empower herself to change her life sharing her experience to help us.' Exceptional.

I have been a guest on over 50 radio stations speaking on topics such as:

- Anorexia, Bulimia, Bigorexia and/or Orthorexia
- How to live lightly without diets
- Body image and how to love yourself despite imperfections
- How to keep your children out of food jail
- How not to erode your children's love of activity
- Losing weight has nothing to do with willpower
- How to bond with your body
- What it takes to be naturally healthy

I have been fortunate enough to often have my views quoted in and I have had articles published in almost every major magazine in South Africa and also in many newspapers.



I have been a regular TV guest



And many other programs too....

Presented Mind over Fatter workshops internationally and trained many Mind over Fatter practitioners to run their own groups



I initiated and presented The Body Empowerment workshops sponsored by Kellogg's



Mind over Fatter was selected by Metropolitan Health's 'The Good Life' Program to be their weight loss partner



Thank you for taking the time to get to know me better



