

In this Conversations With Healers episode, my guest is Errin Smith, ‘That Health Chick’ on Instagram, an avid health and fitness fanatic, founder, producer, and host of What We Crave – The Emotional Eating Summit. After 30 years of struggling with emotional eating, food addiction, and shame fasting, Errin became obsessed with understanding the root cause of what it is we are really craving.

We talked about Errin’s self-healing story, how she got inspired to create an amazing roadmap and resource through her struggle, and her incredible insights into why we struggle so much with food and what to do about it.

You can find out more about Errin and her work at Instagram

<https://www.instagram.com/that.health.chick/> and YouTube

<https://www.youtube.com/c/WhatWeCrave>. Register here to watch her interviews with over 50 experts <https://www.whatwecrave.com/>

With love and light,

Damla

Podcast: [Play in new window](#) | [Download](#) (Duration: 1:06:42 — 62.8MB) | [Embed](#)

Subscribe: [Spotify](#) | [RSS](#)