

Carly Pollack

Owner of Nutritional Wisdom, Author of Feed Your Soul, Functional Nutrition Practitioner

Please contact a GDA agent for information.

Topics

- Fitness / Diet / Nutrition
- Mindfulness
- Motivation
- Personal Growth
- Wellness
- Women's Health & Issues

About Carly Pollack

Carly Pollack is a published author, hilarious speaker, and the founder of Nutritional Wisdom, an award-winning private practice based in Austin, Texas. She is a certified Clinical Nutritionist specializing in holistic nutrition whole body wellness. Carly has been awarded Best Nutritionist in Austin five years running and has helped over 20,000 people achieve their health and happiness goals. Her book, *Feed Your Soul: Nutritional Wisdom to Lose Weight Permanently*, was a #1 New Release on Amazon.

Carly has lectured all over the country for incredible companies such as Facebook, SXSW, Whole Foods Market, Texas Women's Conference, Rackspace, Nielsen, lululemon, Atlassian, Frog Design, WeWork, Tech Stars, Flatwater Foundation, and the Texas Medical Association—among many more.

Growing up, Carly struggled with anxiety, immune issues, and an ongoing battle with her weight. Through trial and error, Carly was able to figure out why so many of us fail to achieve the health we so badly desire. Through years of study and self-healing, she found the key to creating permanent change. Carly beautifully marries the science of the body to the wisdom of our intuition.

Having grown up as a quick-witted New Yorker, she was raised without the ability to sugarcoat the truth. You won't find any nonsense here—just clear and honest information—and some tough love if you need it. Her teachings empower you to shift your thought patterns, change your physical body, properly manage stress, and live your best life.

Select Keynotes

• Subtle Shifts That Will Vastly Improve Your Health

Improving your health can be quite overwhelming: there are so many things to change, and always another level to reach. In this lecture you will learn the five shifts that will make a huge difference in your health... and they're not what you would think!

In this lecture you will learn how to:

- Help your body function at optimal levels
- Focus on the shifts that yield the most benefit
- Separate wellness trends from science-backed advice

"I've heard a lot of 'healthy tips' but never have I found some that were so realistic and attainable. I've been layering in these shifts over time and have seen a measurable improvement in my health. So happy I attended this!" - Carol

• Conscious Eating: Find the Intuitive Eater Within

We eat for only two reasons: to satisfy physical hunger or to shift our emotions. Bringing awareness to our relationship with food, meaning how and when we use it, is the foundation for permanent change in your physical health. This rarely talked about practice is the key to the end of dieting.



In this lecture you will learn how to:

- ◊ Enjoy your food more and eat less naturally
- ◊ Lose weight without focusing on diet rules
- ◊ Heal your relationship with food
- ◊ Deepen your spiritual practice regarding your eating behaviors

"Mind blowing. So many things from this course are proving to be so true. And it's little changes that are adding up to big changes. When I feel good and comfortable with a few, and start seeing results, I find myself picking up the pace and doing more for myself. Awesome." - Carey, Conscious Eating Graduate

• **Make Your Wellness Transformation a Permanent Change**

Behavior modification is everywhere ("eat this, don't eat that") but it is hard to find the answer to why we "know better" but don't "do better." In this lecture, you will learn the most important tools to shift your psychology and create an authentic desire to make *consistently* healthy choices. This shift in thinking creates the lifestyle change we so badly crave.

In this lecture you will learn how to:

- ◊ Rewire the brain to desire doing the right things
- ◊ Stop repeating the same destructive behavior
- ◊ Create clarity on what you want and how to get there (and stay there)

"The awareness of my thoughts and behaviors plus the tools to make changes in the constant 'all or nothing' loop I was in has been invaluable." - Amanda

• **The Diet for YOU: Rise Above the Diet Dogma and Find Your Unique Medicine**

Paleo, Vegan, Ketogenic... the list of diets seems never-ending. We know we need to be on some sort of organized food protocol, but it's so hard to decide which diet is right for us. Diets are not necessarily a bad thing, but one person's healing diet can be another person's disaster.

We have become obsessed with learning *what* to eat, but we have never been taught how to understand our own unique medicine.

In this lecture, you will learn:

- ◊ How to find your unique diet
- ◊ Why the one-size-fits-all approach is outdated
- ◊ Your body's communication feedback
- ◊ How to pick the health protocol to fit your individual needs
- ◊ Why we need to stop counting calories and focus on far more important factors of eating

"I used to tell my parents when they complained about my [nutritional] pickiness that when buying fertilizer for the yard, they read the bag to know the ratio of this to that, because they want a 'healthy' yard... but they don't even read the ingredients on the box of the food product they themselves eat! It was a pleasure listening to you." - Brian, employee at Livestrong

• **Self Compassion: Creating A New Narrative**

Compassion involves the recognition of the shared human condition. It's not just the blameless victims who deserve this but also those suffering from failures, personal weaknesses, or bad decisions. Compassion is a connection to ourselves. Only through connection can we change our patterns.

In this lecture you will learn:

- ◊ How to accept yourself now so that you can create lasting change from a place of love
- ◊ How to control the mental narrative so that you can focus on what's good and bring more of that into your life
- ◊ How to be gentle and understanding with yourself rather than harshly critical and judgmental

• Starting Your Spiritual Practice

The word "spirituality" means something different to everyone. We are all searching for something to help us understand our place in this world. A spiritual practice helps us stay connected to our inner wisdom. It helps us practice patience, compassion, forgiveness, self respect and self love. The end goal of all goals is to feel happy and at peace. The tools you will receive in this lecture will start you on the path to disconnecting from the voice in your head and *strengthening your inner voice of wisdom*.

"Thank you, Carly! I have done many groups, gone to therapy, and retreats and your support has had the biggest effect on me and my life. I am a loving fan!" - Anonymous

• Don't Just Manage Stress, Eliminate It

Stress is the word that overachievers use for "fear." It keeps us in the *mind* and out of our true essence. There are only three ways we create stress, which means there are only three ways we can get out of it. And no, learning to manage stress is not the answer. Learning how to break it down, get to the root, and eliminate it is the key to freedom from the mind. This is the key to happiness.

In this lecture, you will learn:

- ◊ The three ways we allow the mind to create stress
- ◊ How to retrain the mind to welcome uncertainty
- ◊ Fail-proof tools for making calm your new default emotion

"The food you consume doesn't just affect your hips and thighs; it affects your mind, attitude, and emotions. After just a few weeks I didn't even care what the scale said or what I looked like in the mirror; all I knew was that I felt like a brand new person after making these changes and reducing my stress. I literally crave good food." - Meagan

• Self Care For Busy People

Life can feel like a daily grind of managing chaos. Careers, family, and commitments tend to always come first with very little left over for us to recharge. We become burnt out, always tired, with a body that runs on stimulants and poor sleep. This leads to adrenal fatigue, hormonal issues, and that lack of joy and playfulness we once had. I will teach you to how incorporate self care into a busy schedule so you can live life with drive, energy and passion, while maintaining the playfulness and lightheartedness of your youth.

"Carly delivered one of the most engaging, passionate, and inspirational lectures I've heard in a long time. Combine that with her witty humor and personal anecdotes and you have more than just a lecture, but a hilarious personal journey about becoming the best version of yourself through Nutritional Wisdom. I've now had the opportunity to work with Carly for the last few months on my own personal journey and can firmly say, 'I'm a believer!'" - Sally, employee at Facebook

• Exercise Deep Dive: Work Out Smarter, Not Harder

We are a culture obsessed with fitness, but the number of mistruths floating around is enough to make us doubt whether or not we are working out "smart" or just hard.

In this lecture you will learn:

- ◊ The four biggest exercise mistakes even the fittest athletes do
- ◊ The three biggest exercise myths that need to be retired
- ◊ How to maximize fat burning and achieve fitness goals without living in the gym
- ◊ How to tweak your nutrition so you are burning fat long after the workout

• How to Prevent Burn Out and All or Nothing Mentality

The "all or nothing" black and white mentality is the cause for so much of our temporary health and wellness attempts. If we can't be perfect, then we might as well eat that pizza and start again on the first of next month. Most of us are fighting to maintain and keep a balance that seems just out of reach.

In this lecture you will learn:

- ◊ How to figure out whether you are in a sprint or a pause
- ◊ How to heal the "all or nothing" mentality and live in the grey area
- ◊ How to make commitments to yourself that actually stick

Select Book Titles

- **2019:** Feed Your Soul: Nutritional Wisdom to Lose Weight Permanently and Live Fulfilled
- **2017:** Finally Full-Filled: Lose Weight Permanently and Find Your True Self in the Process

Select Articles

- [Mystery Food Ingredients Revealed - Austin Fit Magazine](#)

With the unfortunate prevalence of food technology, more and more mystery ingredients pop up in our everyday munchies. Foods that were once simplistic in nature are now loaded with stuff we can't even pronounce. On the other hand, there are some hard-to-pronounce ingredients that are completely harmless. Let's navigate the world of mystery ingredients and find out what's safe!

- [Mentally Prep For Bathing Suit Season](#)

I'm back at it with my girl Alexandra Harbushka on her podcast Real World Woman Sex, Money & Food. We're talking about the five ways to mentally prepare for bikini season.

- [Getting Off the Binge Eating Roller Coaster](#)

On this episode of the Real World Woman: Sex, Money, and Food Podcasts, I share how to implement permanent change, learning how to communicate with our bodies, and what true health really means. I talk with Alexandra about why a spiritual relationship with food is so important, and why having a slim figure should not be your ultimate goal. We dig into why our body should be a reflection of the love you have for yourself above all else.

- [Voted Best Nutritionist in 2015 - Austin Fit Magazine](#)

Carly has a bubbly and energetic personality that immediately puts her clients at ease. She's the woman behind Nutritional Wisdom and works to educate about the importance of balance.

- [Freshmen 15](#)

As a woman speaking from personal experience, the "Freshman 15" took one semester to gain and three years to lose. This elusive yet infamous weight gain affects so many unsuspecting students just trying to experience their first year of collegiate freedom! Learn why we pack on the pounds so you can steer clear of the traps and feel your best.

- [40 Austin Under Forty](#)

Nominated for Top Entrepreneurs in Austin Under Forty 2015

- [What's In Carly's Fridge?](#)

Exploring Carly's healthy options with Austin Fit Magazine!

- [Voted Austin's Best Nutritionist of 2014](#)

Carly was voted Best Nutritionist of 2014!

- [How To Overcome Addictive Patterns - Austin Fit Magazine](#)

In our quest for ultimate health and vitality, it is inevitable that we'll encounter behavioral roadblocks that threaten to sabotage our end goal. Old patterns and negative behaviors are bound to surface as we navigate new health paths. The good news: once we train the neural pathways of the brain, addictive patterns can be healed.

- [Carly's Picks For Healthy Dining In Austin](#)

The holidays mean celebrations, guests, and food—lots of food. Often, that food is eaten out, either as part of an event or because you're just too tired from all the activity to cook at home. AFM polled our nutrition writers to find out where they like to go for healthy eating out on the town, and these Austin restaurants made everyone's list. We've provided them—and a substantial amount of "honorable mentions"—to help you make good, healthy choices without sacrificing taste and experience while celebrating the season.

- [Water 101 - Austin Fit Magazine](#)

It's been widely reported and discussed that drinking water is a necessary practice for achieving ultimate health, vitality, and performance. But just because we know better does not always mean we do better. Why is that, and why do people seem to have such a hard time remembering to drink enough water?

- [Need A Vacation... From Vacation? - Austin Fit Magazine](#)

Stemming from the pressure to look good on vacation, people tend to restrict themselves beforehand, which usually leads to binging once they have left the normal routine. The results? Coming home feeling sluggish, bloated, and low in energy—and needing a vacation from vacation...

- [Make Happiness Your Cardio](#)

Even if your day isn't this chaotic, we are all experiencing some degree of stress, and it is affecting our health in more ways than we think.

- [Nutrition And The Mind: The Key To Reaching Our Highest Potential - Tao-Fit.com](#)

How many of you know exactly what you need to do to bring health and happiness into your life, but wonder why it is so hard to bridge that education into action? When clients come to see me, simply telling them what they should eat for optimal vitality is not enough. If we don't address the mind, how it works for and against you, you can never free yourself from emotional eating and self sabotage.

Select Testimonials

My journey has been the hardest thing I have ever done as well as the best thing I have ever done. Over the course of my journey, I have become a new and better version of my authentic self. I started my journey at around 300 pounds and addicted to fast food. I am currently 160 pounds and I don't miss the fast food at all. I have never felt better about myself. In all aspects, mind, body, and spirit. I would have to say that the best thing I learned from Carly at Nutritional Wisdom, aside from the wealth of knowledge and passion she has for health and nutrition, was to understand that this is not just a physical journey. That it is equally an intellectual and spiritual journey. I remember something she said and it has been a tool I have used over and over again along this journey as well as in all aspects of life. "You have to become comfortable with being uncomfortable. Learning to sit in that uncomfortable state and accept it, that is where the spiritual growth happens. That is where the change starts." Thank you, Carly!

— *Adam S.*

I first met Carly when she gave a lecture on nutrition for the endurance athlete. The irony in this is that I clearly was not an endurance athlete, but I think it was my body telling me it was time to take control of my life. Through my work with Carly, I now understand how to listen to my body, understand what it is telling me and understand the importance of balance. For the first time in my life I now know what it means to have true vitality, to wake up and be able to enjoy life as I was meant to enjoy it. While Carly takes a no nonsense approach to her work, she is perhaps one of the most genuine, compassionate and dedicated person I know. She meets her clients at a place where they are comfortable and without judgment. Having lost over 80 pounds since seeing Carly, I can honestly say that working with her has changed my life. I feel as if I have turned my body on for the first time and I am never going back. I am thankful to call her my nutritionist and honored to call her my friend.

— *Anthony F.*

I just wanted to thank you for taking the time today to give the nutrition talk... You are a wealth of knowledge. I've been to talks before that seemed all the same, but I really feel like I took something away with this one...

— *Cindy, Audience Member at the Texas Medical Association Conference*

Thank you so much for speaking to us yesterday afternoon. You certainly enlightened us on many points, and I can speak for most of us. I could go into my thoughts on how I agree with you in so many ways, but suffice to say that you simplified...what we should instinctively know.

— *Dave, Employee at Rackspace*

Carly delivered one of the most engaging, passionate, and inspirational lectures I've heard in a long time. Combine that with her witty humor and personal anecdotes and you have more than just a lecture, but a hilarious personal journey about becoming the best version of yourself through Nutritional Wisdom. I've now had the opportunity to work with Carly for the last few months on my own personal journey and can firmly say, "I'm a believer!"

— *Jeanine, Employee at Facebook*

I have been consulting with Carly for nutrition advice for about ten months now, and let me tell you she is the WHOLE PACKAGE!!!! She is everything you could ever wish for: beyond knowledgeable, full of tips and tricks, motivating, ridiculously funny and REAL!!!!!! Ten months ago I weighed 156 pounds, ate recklessly, and enjoyed my couch over exercise any day. From my first chat with Carly, all that started to change. Carly just doesn't put you on some diet and hope for the best. With her it's about the whole picture, changing your whole lifestyle so you never actually feel like you're on a diet. She digs deeper, totally getting into your psyche, to find the root of the problem. Today I am down to 134 pounds (22 pound loss), went from a size 12/14 to a size 4, and I am still losing weight without starving myself, taking some magic pill, or any other fad diets out there. I eat real food, and ALOT of it!!!! My co-workers often joke that I am the skinniest one who is always eating!!!! And I have

MUSCLE!!!!!! Carly's motivation when it comes to exercise has changed my life, I have a new hobby, and I can honestly say that I enjoy working out now :)

– *Liz P.*

Before going to Nutritional Wisdom, I was incredibly frustrated with my weight. I ate healthy, trained intensely, and competed in speed skating and running yet I still could not seem to lose any weight. Finally I was at the point where I was willing to try anything to take the weight off and scheduled an appointment with Nutritional Wisdom. That turned out to be the best thing I could have done. Carly not only helped me address the issues that were preventing me from losing the weight I needed but she helped me find how to eat healthy specifically for my body. It's been almost 2 years since that first appointment. Since that time not only have I been able to keep my weight under control I directly contribute my weight loss as a major factor in medaling at the United States Roller Sports National Speed Skating Championships in 2012.

– *Melissa P.*

I used to tell my parents when they complained about my [nutritional] pickiness that when buying fertilizer for the yard, they read the bag to know the ratio of this to that because they want a 'healthy' yard... but they don't even read the ingredients on the box of the food product they themselves eat! It was a pleasure listening to you.

– *Michael, Employee at LIVESTRONG*

My fitness trainer recommended Carly's services when I reached a point of not being able to lose weight, no matter how hard I trained. In addition to this, I was also having sleeping issues, heartburn with any/all foods, and a general lack of energy. With Carly's help, I was able to learn how important your diet is to your overall health and well being. As soon as she pointed out what was happening and structured a plan, I was all in. As soon as I finished the 10 day detox program, I not only dropped 9 pounds of fat, but I also began sleeping 8 hours a night, something I had not done in 3 years. Following her direction and now eating to my metabolic type, I was able to drop another 11 pounds in a short time to get from the 200s to the 180s. Over time, I reached a plateau and struggled to maintain the weight I had lost. Working with Carly, and making the commitment to cut my fat intake and cut out alcohol, helped me break out of my plateau and reach my new weight of 165, which I have been able to maintain. In my time with Carly, I've learned how to limit sugar and make my body burn fat, what causes cravings and how to keep them at bay, eat to my metabolic type, and learn which foods have a positive/negative affect on me. The knowledge she has shared has also motivated me to research on my own to help maintain and improve my diet. Carly, thank you for your dedication, motivation, and time. I'm happy to say that I will begin my 40s in excellent health.

– *Vic R.*