

CLIENT RESOURCES:

PODCASTS:

Title:	Author:
Find Your Food Voice	Julie Duffy Dillon (RDN)
Food Psych Rethinking Wellness	Christy Harrison (MPH, RD, CEDS)
The Mindful Dietitian	Fiona Sutherland (APD)
Food and Body Freedom Podcast	Nadia Felsch
Thinking Nutrition	Dr Tim Crowe (Advanced APD)
Real Health Radio	Seven Health
The BODcast	The Bodzilla - April Hélène-Horton
All Fired Up	Louise Adams
Unpacking Weight Science	Fiona Willer (APD)
Just Eat Normally: Eating Disorder Recovery	Rachel Evans
Life's Too Short to Count Almonds	Meg, Susan
Candid Conversations	Eating Disorders Victoria
Maintenance Phase	Michael Hobbes, Aubrey Gordon
The Anti-Diet Club Podcast	Tamsin Broster, Gilian McCollum
What the Actual Fork	Sam Previte (RDN), Jenna Werner (RDN)
Life After Diets	Sarah Dosanjh, Stefanie Michele
Shame Free Eating	Jule S. Satterfeal (RDN)
The No Food Rules Podcast	Colleen Christensen (RDN)
Nourishing Women	Victoria Myers (RDN)

Fuel Her Awesome	Jessika Brown (RDN)
Intuitively You	Jenn Baswick (RD)
Lift the Shame: Mothering Free From Diet Culture, Food Guilt, and Body Shame	Crystal Karges (RDN)
Train Happy (Exercise)	Tally Rye
Eat the Rules	Summer Innanen
Going Beyond the Food	Stephanie Dodier
No Wellness Wankery	Lyndi Cohen
Imbodi	Megan Boswell (APD), Kiah Paetz (APD)
Behind the Binge	Marissa Kai Miluk (RDN)
Hunger and Fullness Masterclass	Ryan Prentice (LPC, IE counsellor)

DISCONTINUED:

F*ck it Podcast (ended sept 2022)	Caroline Dooner
The Full Bloom Podcast - Body-positive parenting for a more embodied and inclusive next generation (ended sept 2022)	Zoë Bisbing
What the hell do I Eat? (ended march 2021)	Monica Fenwick & Nadia Felsch
Body Kindness (ended march 2022)	Rebecca Scritchfield
Don't Salt My Game (ended sept 2022)	Laura Thomas
Do No Harm (ended June 2021)	DeAun Nelson ND and Sarah Thompson
Unpopular Opinion (ended Nov 2020)	Marina Payne
ED Matters (ended June 2021)	Gurze/Salucore
Nutrition Matters (ended nov 2020)	Paige Smathers

PCOS and Food Peace (ended 2018)	Julie Duffy Dillon, RDN
The BodyLove Project (ended 2018)	Jessie Haggerty RDN, CPT
Therapy Thoughts (ended may 2022)	Tiffany Roe
RD Real Talk (ended dec 2022)	Heather Caplan
The Eating Disorder Recovery Podcast (ended dec 2019)	Tabitha Farrar
The Eating Disorder Recovery Podcast (ended dec 2020)	Dr Jeneane Anderson
The Body Image Podcast (ended may 2022)	Corrine Dobbas
Life Unrestricted (ended dec 2018)	Meret Boxler
InsideOut Institute Podcast (ended dec 2021)	InsideOut Institute