

# CLIENT RESOURCES:

## SOCIAL MEDIA:

Name:	SM handle:
<b>Non-diet / Intuitive Eating</b>	
The Mindful Dietitian - Fiona Sutherland	@themindfuldietitian
The Moderation Movement - Jodie & Zoe	@moderationmovement
Brave Space Nutrition - Katherine Metzelaar	@bravespacenutrition
Christy Harrison	@chr1styharrison
Katheleen Bishop	@body_peace_liberation
Mia Findlay	@whatmiadidnext
Lindo Bacon	@lindobacon
Marina Payne	@food.with.kindness
Georgia Hexter	@oftengood
Georgie Buckley	@georgiebuckley_dietitian
Nadia Felsch	@nadiafelsch
Lauren Cadillac	@feelgooddietitian
Nina Mills	@feelgoodeating
Marnie Nitschke	@forkthatnutrition
Taylor Wales-Ryan	@the_sportsdietitian
Jess Campbell	@haes_studentdoctor
Emma Symth	@emmasmyth.nutrition

Cassie Barnard	@cassiebarnard_dieitian
Ariana	@nutritionari
Cassie Barnard & Ariana	@embodyhealthlondon
Nina	@nutritionparlour
Zoe Nicholson	@zoe.dietitian.lovethefoodyoueat
Karli Battaglia	@dietitian_karli
Lou Grech	@compassionatenutritionist
Alexis Conason	@theantidietplan
Anna Sweeney	@dietitiananna
Anna Greenan	@dietitianatyourtable
Jaz	@jaznutrition
Melissa O'Loughlan	@bodyconfidentnutrition
Emma Sampimon	@the_wellness_dietitian
<b>Eating Disorder Support</b>	
Ryan Sheldon	@realryansheldon
Volunteer-run support page	@beatingeatingdisorders
endED	@endedaustralia
Shannon	@bingeeatinghope
Alexandra Xu (also health justice work)	@alexfoodfreedom
Robyn Goldberg	@robyngoldbergrdn
Amy	@creativementalhealthyoga
Eating Disorders Victoria	@eatingdisordersvictoria
Katie	@edrecoveryblog
Harriet Frew	@the_eating_disorder_therapist

Lauren Mulheim	@eatingdisordertherapyla
Family Support	@eatingdisorderfamilysupportnet
ED Centre	@theeatingdisordercenter
Marie-Pier	@the.balanced.practice
Kelli Rugless	@dr.kellirugless
<b>Body Positivity</b>	
Fat Doctor	@thefatdoctorpodcast
Victoria Welsby	@fierce.fatty
Aubrey Gordon	@yrfatfriend
Natalie	@natalie_bodyimagecoaching
Kathryn	@fat_mystic_art
Michelle Hess	@michellehess_m.a
Haven with Anna	@havenwellnessstudio
WIND - various	@weightinclusivenutrition
EveryBody Podcast	@everybodypodcast
Sam	@curvysam
The Body Positive Collective	@_bodypositiveco
Allira Potter	@allira.potter
Katie Parrott	@katie_parrott
April Hélène-Horton	@thebodzilla
Jo	@icurvy
Jessie Cassandra Hall	@jessiecassandrahall
Chantelle Ellem	@fatmumslim
Melissa Doughty	@melissajadestyle

Sarah-Elyss	@stylenotsize
Kate	@itskatejanmaree
Lucy Ryan	@thatgirl_lucyryan
Maddy Zanatta	@maddyzanatta
Emma Tiatia	@dressmycurves
Sarah	@my.wardrobe.wonderland
Suzanne Stevens	@suzie_stevens
Stace McGregs	@stace_mcgregs
Lacey-Jade Christie	@laceyjadechristie
Lavinia	@_lavi__love_
<b>Body Positive Fitness</b>	
Amy Snelling	@amysnellingpt
Fitness professionals against weight stigma	@againstweightstigma
Lucy Mountain	@lucymountain
EYCZ Body Positive Adventures	@escapingyourcomfortzone
Various - community support	@bodypositivefitness_
Shelley Lask	@bodypositivehf
Janine Biagi	@coach_janinebiagi
Alayna Curry	@alaynajcurry
Emily	@nourishbyemily
Marnie	@marniesgettingfit
Larae	@laraepelletier
Mary McCallum	@mary.mccallum

Sabrina	@sabinamirandafitness
<b>Mental Health Support</b>	
Mental Health Charity	@voicesofhope
Dr. Maria Paredes	@with_this_body
Jodie Arnot (HAES aligned)	@jodie.arnot.counselling
Natalie Peikoff	@kneadtotalk
Dr. Amiee Maxwell	@dr.aimeemaxwell.psychologist
Dr. Adriana Ventura	@dradrianaventura
Mental Health Support	@mentalhealthsupport.____
Global MHS	@global_mental_health_support
Various	@sunshine.support
Various	@wearegoingtobeok

Here is an additional list of social media accounts created by Charlotte Markey:

<https://www.psychologytoday.com/us/blog/smart-people-don-t-diet/202005/build-body-confidence-while-using-social-media>