



PCOS + FOOD PEACE (TM) PROVIDER LIST

Practitioners who have successfully completed Julie Duffy Dillon's PCOS + Food Peace (TM) course

LAURA WATSON (SHE/HER) MS, RD, CDE, LDN - GREENSBORO, NC

I am a fat-positive, anti-diet nutrition therapist. I believe that folx living with PCOS deserve respectful care free from stigma and I hope to help you navigate your journey to peace with food and your body. I self-identify as a Cis-gender woman with thin privilege living without personal experience with PCOS.



 @forktherules.rd
 simplenutritioncounseling.com

KIMMIE SINGH (SHE/HER) MS, RD - NEW YORK CITY, NY

Meh punjabi bol di ah.

I support people with PCOS that are trying to heal their relationships with food and body. I practice with a socially-informed approach that is rooted in body liberation and fat-positivity. I self-identify as a fat woman of color with PCOS.



 @bodypositive_dietitian
 @bodypositive_rd
 bodypositivedietitian
 bodypositivedietitian.com

KRISTEN MURRAY (SHE/HER) MS, RD, LD - CLEVELAND, OH

I am a Health at Every Size® and Intuitive Eating dietitian supporting your journey to a more trusting and peaceful relationship with food and your body. I acknowledge I have privilege as a white, thin, cis-gender woman without PCOS.



 @intuitiveohio
 intuitiveneo.com

NINA MILLS (SHE/HER) ACREDITED PRACTICING DIETITIAN, CERTIFIED INTUITIVE EATING COUNSELLOR - MELBOURNE, AUSTRALIA/VIRTUAL

I am an anti-diet, weight-inclusive Dietitian and Certified Intuitive Eating Counsellor, offering virtual and in-person nutrition counselling for people with eating and body concerns. I use the principles of Intuitive Eating and Health At Every Size® to help people reconnect with their bodies, make food choices from a place of self-care and ultimately feel good eating. I have a particular interest in binge eating and how this intersects with PCOS. I self-identify as a white, cisgender, higher weight Dietitian with a collection of chronic illnesses.





 feelgoodeating
 @feelgoodeating
 feelgoodeating.com.au

CHRISTINE TELLEZ (SHE/HER/ELLA) MS, RD, LD - MIAMI, FL/VIRTUAL

I provide support to people living with PCOS that are looking for help in improving their relationship with food and their bodies. I practice from an anti-oppression and fat positive lens and my work focuses on creating a world that values all bodies. I self-identify as a Latina, bilingual woman with light-skinned privilege and without PCOS.



Yo hablo español.

 @intuitivenutritionmiami
 intuitivenutritionmiami.wordpress.com

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MARY SKOGLUND (SHE/HER) RDN, LD, CDCES - MOSCOW, ID

I particularly enjoy working with people with eating disorders /disordered eating and people with all types of diabetes. I use a weight neutral approach to working with clients and focus on reducing stress surrounding food.



mskoglundnutrition.wixsite.com/dietitian

AMY AUBERTIN (SHE/HER) MS, RDN, LDN - LEOMINSTER, MA/PETERBOROUGH, NH/VIRTUAL



amyaubertin.com

I practice from a non-diet, weight inclusive, and Health at Every Size® approach. I support people with PCOS in mending their relationship with food and body. I acknowledge I have privilege as a white, cis-gender woman without PCOS.

ANGELA WORTLEY (SHE/HER) RDN, CERTIFIED INTUITIVE EATING COUNSELOR - YPSILANTI, MI/VIRTUAL

I practice nutrition through a Health at Every Size® approach and love to support people with PCOS develop a healthy relationship with food and body. I acknowledge I have privilege as a white, straight-sized, cis-gender woman without PCOS



@angelaw_nutrition



angelardn.com

JODIE RELF (SHE/HER) BSC DIETETICS - UNITED KINGDOM



@Balanced_Jo



balancedjo.com

My purpose is to empower women with PCOS with the knowledge they need to understand their body and their symptoms. Provide them with the tools and information (all evidence based) they need to make lifestyle choices that support their PCOS. There are no diets, no restrictions, no rules - only positive choices and empowerment. Having struggled with PCOS myself it's so important to me that women are supported through their diagnosis and do not suffer through their PCOS.

ELISABETH PETERSON (SHE/HER) RDN, CEDRD-S, CERTIFIED INTUITIVE EATING COUNSELOR - RICHMOND & WEEMS, VA IN PERSON/VIRTUAL

I am a nutrition therapist passionate about supporting people in healing their relationship with food and their bodies. I have practiced for over 25 years using a trauma informed, anti-diet, fat positive and weight-inclusive lens. I am a HAES® advocate and anti-oppression & LGBTQ+ ally. I acknowledge I have privilege as a white, cis-gender woman without PCOS. I have loved ones with PCOS which drove me to increase my knowledge and understanding of the condition in an effort to better serve them and my community. Prior to studying under Julie Duffy Dillon, MS RDN, I studied under Monika Woosley, MS RD and presented at the "Polycystic Ovary Syndrome: The Perfect Endocrine Storm Conference" in Phoenix, AZ in 2005.



@resonanteating



Peterson Nutrition & Fitness



@Elisabeth_Pete



petersonnutrition.com

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MCKENZIE CALDWELL (SHE/HER) MPH, RDN - CHARLOTTE, NC/VIRTUAL

I'm a registered dietitian nutritionist. I help people heal from perfectionism around food and their bodies so they can live fully nourished through fertility, pregnancy and beyond. I'm a strong believer that your body is wise, and that tuning into your innate wisdom is powerful. I want to help you find that power through reconnecting to your body, and with a little nutrition science along the way, reach your reproductive health goals and ultimately live your best life. I believe nutrition should be truly holistic - which means it takes into account your mental and emotional health too. That's why I take a weight-inclusive, eating disorder informed approach to my practice. No matter the size of your body, you deserve to receive quality healthcare, feel at peace with food and have positive body image.



Yo hablo español.

www.feedyourzest.com
@womens.health.dietitian

MARY ELLEN BANEVEDES (SHE/HER) RDN, CDCES, CERTIFIED INTUITIVE EATING COUNSELOR - HANFORD, CA/IN-PERSON/VIRTUAL

I specialize in diabetes, including gestational diabetes, and PCOS. With you as the expert of your body and experiences and me as the expert in food and nutrition, we work together as a team to guide you toward eating intuitively and feeling better, while healing your relationship with food and your body image in a safe and supportive environment. I acknowledge my privileges as a cisgender, white, thin woman, without PCOS.



www.maryellenb.com
maryellenbnutritioncounseling

AMANDA HUYNH (SHE/HER) ACCREDITED PRACTISING DIETITIAN - MELBOURNE, AUSTRALIA/VIRTUAL

I empower people with PCOS to feel confident in improving their health and stop dieting forever, through developing sustainable, intuitive and holistic nutrition and healthy habits. Still, feeling healthy and happy with PCOS is more than that. It's also about cultivating self-compassion, moving towards body acceptance, advocating for yourself and your health, and breaking free from the need to meet society's unrealistic, capitalistic, sexist and racist expectations of what you should look like. This is what I can help you do. This is what I love to do. And the results...that is why I do what I do.



www.thedivingdietitian.com
@pcos.freedom.dietitian

LIZ BRINKMAN (SHE/HER) RD, CERTIFIED INTUITIVE EATING COUNSELOR - PHOENIX, AZ/VIRTUAL

I'm a somatic nutrition therapist, registered dietitian and certified intuitive eating counselor in private practice providing in-person and virtual counseling. I'm passionate about helping people makes sense of their complicated relationship with food. My trauma-informed, justice-centered approach helps people grow, heal, change, and come into more fullness in themselves. I support people to find a sense of calm and well-being as they navigate the chaos of eating disorders, PCOS, and Hashimoto's Thyroiditis.



@lizbrinkman_rd
lizbrinkmanrd.com

RAQUEL LOBATÓN (SHE/HER) DIETITIAN (NUTRITIONIST IN MEXICO), DIABETES EDUCATOR, CERTIFIED BODY TRUST PROVIDER BY BE NOURISHED - MEXICO CITY/VIRTUAL

I am a mexican Nutritionist - Dietitian who works under the Health at Every Size® approach and the Intuitive Eating principles. I am also an activist for body diversity and fat liberation. My brand is Nutricion Incluyente, and I work hard to debunk diet culture trying to help people to get out from diet cycles and to achieve food freedom.



Yo hablo español.

Raquel Lobatón
Nutrición Incluyente
@raquelobaton
raquel-lobaton.com



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KRISTIE TOVAR (SHE/HER) MS, RDN, CEDRD - LOS ANGELES, CA/NV/VIRTUAL

I specialize in eating disorders and PCOS/Womens Health. I am dedicated to supporting my clients on their journey to find peace with food and body image concerns. Providing a safe, warm, and accepting environment is essential to understanding and nurturing the relationship with food, as well as to support body image healing.



@kristietovar

kristietovar.com

KATHERINE SWEETMAN (SHE/HER) RDN, CSP, LD, CERTIFIED INTUITIVE EATING COUNSELOR - ANCHORAGE, AK/VIRTUAL

I am a non-diet dietitian specializing in intuitive eating. I practice from a Health at Every Size® approach, which means that that I work with my clients on focusing on health promoting behaviors, rather than the number on the scale. I advocate for an all-foods-fit approach to food, and I fully believe that all foods can be included in a healthful approach to nutrition.



@rerootnutrition

rerootnutrition.com

EMILY MYERS (SHE/HER) PHD, RDN - VIRTUAL IN VA

I use a non-diet, weight-inclusive approach to help individuals manage their PCOS symptoms. I work with clients to heal their relationship with food. Rather than giving you a meal plan or telling you exactly what to eat, I will help you tune into the cues your body gives and help you trust your natural instincts at the table.



riseblacksburg.com

AMY LORRAINE CAMENISCH (SHE/HER) MS, RDN, LD, CLT - LEXINGTON, KY/VIRTUAL

I can't wait to come alongside you on your journey with PCOS! I help people who are fed up with diet culture learn to trust, listen to, and care for their bodies so they can progress toward a relationship with food that feels physically and mentally healthy. I specialize in a non-diet approach to treat PCOS and have experience working with clients who have IBS as well. I see clients 1:1 and run two online courses, Your First 30 Days of Intuitive Eating and Nourish with Intuition. I have PCOS and I acknowledge I have privilege as a white, thin, cis-gender female.



@food.peace.with.amy

amylorrainenutrition.com

KATIE MASSMAN (SHE/HER) REGISTERED DIETITIAN - VIRTUAL

I'm a registered dietitian specializing in PCOS. I help those with PCOS balance their hormones, so they can eliminate their symptoms while experiencing peace with food and their bodies. Unlike restrictive diets and weight-centric approaches, I use an intuitive eating and integrative approach to help my clients improve their PCOS long-term so they never have to diet again. I also have PCOS myself!



@pcos.dietitian.katie

katiemassmannutrition.com

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CLAIRE CHEWNING (SHE/HER) REGISTERED DIETITIAN, CERTIFIED INTUITIVE EATING COUNSELOR - VIRGINIA BEACH, VA/VIRTUAL

I help individuals heal from the negative mental and physical effects of chronic dieting so that they can rediscover pleasure, peace, and trust in their relationships with food and their bodies.



@clairechewing

@clairechewing

clairechewing.com

CHELSEA LEVY (SHE/HER) MS (NUTRITION), CERTIFIED INTUITIVE EATING COUNSELOR - NEW YORK CITY/VIRTUAL



I am committed to utilizing Health at Every Size® (HAES®) principles in my approach to nutrition therapy. I work with individuals struggling with disordered eating and eating disorders, with a focus on weight-inclusive medical nutrition therapy, body image healing, and Intuitive Eating.

I also have a special interest in treating individuals with diabetes, in larger-bodies, who identify as transgender or non-binary. I believe it is vital to provide care relevant to an individual's culture, ethnicity and overall identities. I host a collaborative space for the exploration of food and body healing through creativity and compassion.



@ChelseaLevyNutrition

prospernutritionwellness.com

JADE TYLER (SHE/HER) MED, RD - VIRTUAL IN AZ, CA, CO, MI,

I am an Intuitive eating, trauma informed dietitian specializing in disordered eating and eating disorders. My warm and non-judgmental demeanor coupled with my creativity creates an emotionally safe and therapeutically effective environment for clients to explore and improve their relationship with food. I love working alongside clients on an individual basis offering customized care to meet their unique recovery needs.



@jade_ednutrition

jade-ednutrition.com

REBECCA ARMSTRONG (SHE/HER) RDN - IDAHO FALLS, ID/VIRTUAL



I am an inclusive dietitian specializing in eating disorders, PCOS and behavioral health nutrition.



@bodposnutrition

bodposnutrition.com

KARLA GARZA VILA (SHE/HER) NUTRITIONIST AND DIABETES EDUCATOR - MEXICO

I love to work with patients that want to heal their relationship with their body and food.



Yo hablo español.



@karlagarza.nutricion

karlagarza.com



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LAUREN ANTON MS, RD, CEDRD-S, CPT

I specialize in eating disorders and love working with athletes of all types and anyone who wants to break free from diet culture and renew their relationship with food, body, and movement. I acknowledge I have privilege as a white, thin, cis-gender woman without PCOS.



 @laurenantonrd
 @Lganutrition
 laurenantonrd.com

AMY ORNELAS (SHE/HER) RDN, CEDRD-S SAN DIEGO, CA/IN-PERSON/VIRTUAL

I am so excited to help you along your food recovery journey! I'm a Registered Dietitian, Certified Eating Disorders Specialist, and Yoga Instructor. I self-identify as a Cis-gendered female.



 @AmyOrnelasRD
 i-heart-nutrition.com

ABIGAIL E. HAMMOND (SHE/HER) MS, RDN, LDN - CAMBRIDGE, MA/VIRTUAL

I provide nutrition therapy from an Intuitive Eating (IE), Health at Every Size®, and weight-inclusive lens. I am dedicated to helping individuals heal from disordered eating patterns and to manage their PCOS with more confidence and less fear. I acknowledge my privilege as a white, cis-gender woman living without personal experience of PCOS.




 abigailrdn.com

ANGELA JOHNSTON (SHE/HER) RD, LDN, CDCES, CERTIFIED DIABETES CARE AND EDUCATION SPECIALIST - GREENSBORO, NC CONE HEALTH NUTRITION AND DIABETES EDUCATION SERVICES *NEW CLIENTS NEED TO HAVE REFERRAL FROM HEALTH CARE PROVIDER

Food is meant nourish us on many levels. There are messages coming at us from every direction that we need to be afraid of food and afraid of being fat. So instead of a source of nourishment food becomes a source of anxiety. People in larger bodies are often told that if they lose weight it will solve any health issue that they might have, including PCOS. My mission is to help bring the message to everyone in all body sizes, that we can stop the battle with our bodies, learn to honor our human need to be nourished and improve our life experience.



 conehealth.com/find-a-doctor/doctor-profile/angela-johnston



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**CARLEEN MCKILLOP (SHE/HER) REGISTERED DIETITIAN
NUTRITIONIST, LICENSED DIETITIAN - OREGON/VIRTUAL**

Hello! I am an anti-diet registered dietitian specializing in disordered eating and women's health concerns. I absolutely love working with people who experience PCOS and have a particular interest in how disordered eating often intersects with PCOS. I help people unlearn and dismantle diet culture beliefs, reconnect with their bodies and their inner wisdom, and support them on their own personal journey of self-care. I use a weight neutral approach and count it a great privilege to walk alongside women on their recovery journey!



@bewellatbloom

bewellatbloom.com



www.facebook.com/bewellatbloom

**JENNIFER (JENN) JACKSON (SHE/HER) MPH, RDN, LD
CERTIFIED INTUITIVE EATING COUNSELOR -
ALBUQUERQUE, NM/VIRTUAL**



@lovejennik



@lovejennik



lovejennik.com



www.facebook.com/lovejennik



Jennifer "Jenn" Jackson, MPH, RDN, LD, is a Registered Dietitian Nutritionist and Certified Intuitive Eating Counselor in Albuquerque, New Mexico, USA, on occupied Tiwa territory. Jenn is a provider in a fat body with ADHD, and has lived experience with diabetes as an adult. All Medical Nutrition Therapy services are 100% virtual and private pay at this time, and include the following states in the United States: CA, CO, NM, NY TX. All Coaching and Counseling services can be done any location worldwide. All services offered are anti-racist, fat-positive, HAES-aligned, queer- and trans-affirming, non-diet, nutritionally agnostic and food neutral, sex-positive, trauma-sensitive, from a neurodiversity approach, and both justice- and liberation-driven.

Want to join the Provider List?
Please email info@juliedillonrd.com for
more information.