

Libby Parker is

— NOT YOUR AVERAGE — Nutritionist —

Short Bio:

Libby Parker, MS, RD, CEDRD is a Certified Eating Disorders Registered Dietitian and owner/clinical director of the group private practice, Not Your Average Nutritionist®, LLC, based in San Luis Obispo, California. She and the team provide virtual nutrition therapy sessions, as well as an online support group.

Also known as "The Broadway Dietitian®" Libby works with stage performers on best health practices from a weight-neutral philosophy.

Libby has a background in teaching college nutrition and works to educate other professionals on the best practices for assessing and treating eating disorders. Her debut book, *Permission To Eat*, is a self-help recovery book for college students struggling with disordered eating.

"ALL REGISTERED DIETITIANS ARE NUTRITIONISTS, BUT NOT ALL NUTRITIONISTS ARE REGISTERED DIETITIANS."

- ACADEMY OF NUTRITION AND DIETETICS.

Credentials:

Registered Dietitian (RD/RDN)
Certified Eating Disorders Registered Dietitian (CEDRD)
Master's of Science in Nutrition - University of St. Joseph (MS)
Bachelor's of Science in Nutrition & Dietetics - University of Minnesota (BS)
Minor in Leadership - University of Minnesota
Certified Personal Trainer - National Academy of Sports Medicine (2010-2018)



Contact

More info:

www.NotYourAverageNutritionist.com
www.TheBroadwayDietitian.com
Press@notyouraveragenutritionist.com
(805) 225-3027 please leave a message

Social Media:



@NotYourAverageNutritionist



"Not Your Average Nutritionist"



Podcast: "Permission To Eat"

Awards:

San Luis Obispo County "Top 20 Under 40" 2017
"Top 21 nutrition blogs you should know about" 2017
"Best 150 Health and Nutrition Blogs" 2017
"Best Nutrition Blogs" 2017, 2018
"Top 100 Nutrition Blog" 2016
"100 leading sites for holistic nutrition consulting and therapy" 2014

Longer bio:

Libby Parker is a master's-level Registered Dietitian (RD), and Certified Eating Disorder Registered Dietitian (CEDRD), who started a private practice in 2012. She has a passion for educating young people and health professionals about eating disorders and nutrition. Libby has worked as a professor of nutrition at a local college, and was contracted to other schools specifically to treat eating disorders on campus. She has a background in public health, fitness training (personal trainer and spinning instructor), food service management, and was the first corporate wellness dietitian for PG&E's nuclear power plant employees. She also has a passion for health in stage performers, and has a sub-brand as "The Broadway Dietitian®."

Libby's group practice "Not Your Average Nutritionist®, LLC" specializes in helping people recover from eating disorders from a Health At Every Size® approach with the idea that everyone can get back to eating intuitively. With 1:1 nutrition therapy and online support groups, the RDs at Not Your Average Nutritionist are making a difference in so many lives.

In 2019 Libby published a self-help style book for eating disorder recovery aimed at college students - *Permission To Eat*. She is currently working on her next book(s).

Libby has a passion for empowering young people to love their body and has a strong passion for evidence-based science. She lives in California with her husband, daughter, and 2 dogs, and performs in musical theatre as much as possible.



Libby is happy to be interviewed or speak on the following subjects:

- Eating Disorders and diet culture
- Theatre and dance health
- College Student Health and Nutrition
- Transitioning from High School to College (health and disordered eating)
- Fad diets vs. healthy eating
- Dietitian entrepreneurship

Services:

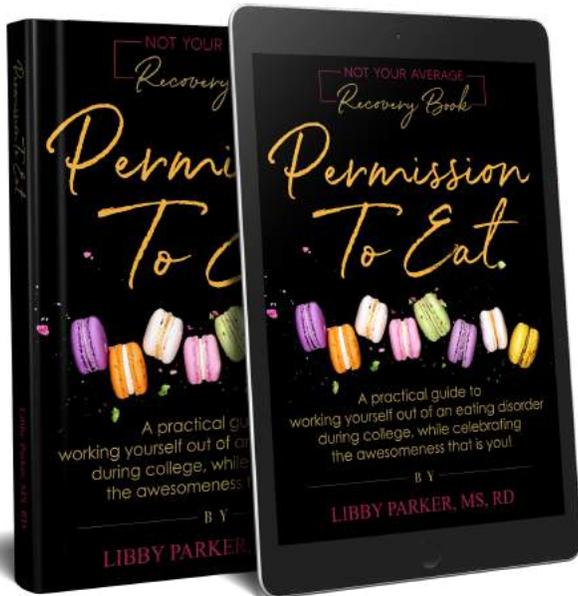
- Speaking and presentations
- Writing/Expert comment on health
- Eating disorder nutrition counseling
- Eating disorder online support group
- Sports nutrition for stage performers



BEHAVIOR CHANGE IS THE PRIMARY GOAL OF NUTRITION COUNSELING

Permission To Eat

A practical guide to working yourself out of an eating disorder during college, while celebrating the awesomeness that is you!



Permission To Eat is a unique book which provides actionable steps to work college students out of the anxiety and frustration their eating disorder imparts.

Available on Amazon:

<https://amzn.to/2YMY7cJ>

Book features:

Education about what is disordered eating, why it starts, psychology of eating, how to get help, and the specific issues college students face.

Detailed actions to take to break free of specific behaviors (eg: calorie counting, purging, bingeing, etc).

Journal prompts to motivate recovery (which build on each other).

Case studies that show you that you are not alone.

Quotes from clients and other professionals.

Learning how to incorporate all your favorite foods into daily life.

Relatable to college students of all genders (LGBTQ+ friendly!).

Downloadable worksheets and guided mindful eating audio

Author, Libby Parker says, “The title for the book came from a frequent conversation I was having with clients, where I would tell them ‘you have permission to eat!’ when diet culture had made them feel bad for eating food they loved and hungered for. I came to realize that a lot of people who desired weight loss or “getting healthy” really had disordered eating practices.”

With positive messaging and a “health at every size” perspective, this book is a must-have for every student heading into college.

Mission

At Not Your Average Nutritionist, it is our mission to use compassion and evidence-based science to assist in the treatment and prevention of eating disorders. We do this through education and a hands-on approach to achieve better mental and physical health, always with an awareness of individual needs. We value diversity, acceptance, and are strong promoters of self-love.



Logos available in white (for dark backgrounds), and colors as high res PNG or vector files.

Photos available upon request.