



Elyse Resch

Elyse Resch, MS, RDN, CEDS-S, Fiaedp, FADA, FAND, is a nutrition therapist in private practice in Beverly Hills, California, with forty years of experience, specializing in eating disorders, Intuitive Eating, and Health at Every Size. She is the co-author of Intuitive Eating, now in its 4th edition, the Intuitive Eating Workbook, and The Intuitive Eating Card Deck—50 Bite-Sized Ways to Make Peace with Food. Elyse is also the author of The Intuitive Eating Workbook for Teens and The Intuitive Eating Journal—Your Guided Journey for Nourishing a Healthy Relationship with Food and a chapter contributor to The Handbook of Positive Body Image and Embodiment. She has published journal articles, print articles, and blog posts. Elyse does regular speaking engagements, podcasts, and extensive media interviews. Her work has been profiled on NPR, CNN, KABC, NBC, KTTV, Wall Street Journal, New York Times, Los Angeles Times, AP Press, KFI Radio, USA Today, and the Huffington Post, among others. Elyse is nationally known for her work in helping patients break free from diet culture through the Intuitive Eating process. Her philosophy embraces the goal of reconnecting with one's internal wisdom about eating and developing body liberation, with the belief that all bodies deserve dignity and respect. She supervises and trains health professionals, is a Certified Eating Disorder Specialist and Supervisor, a Fellow of the International Association of Eating Disorder Professionals, and a Fellow of the Academy of Nutrition and Dietetics.