



Eating disorders

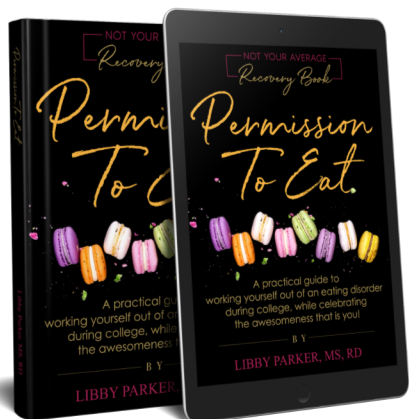
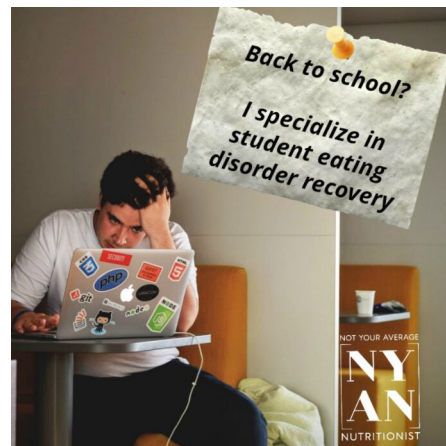
Registered Dietitian, Libby Parker, owner of Not Your Average Nutritionist, LLC, specializes in helping young adults recover from eating disorders/ disordered eating. Office Downtown SLO.

- 1:1 nutrition counseling (in-person & virtual)
- Takes Cen Cal Health insurance
- Eating disorder support groups

College students

Libby's specialty!

She has worked at Cal Poly in the health center seeing students with eating disorders, and at Allan Hancock as a professor of nutrition.



Permission To Eat

Eating disorder recovery self-help book.

Written for students, reviews have proved it's for anyone of any age who has a bad relationship with food.

Care was taken to be gender-inclusive. Get it on Amazon!

Education

Not Your Average Nutritionist has a blog and YouTube channel for the education and hope for people struggling with an eating disorder, as well as special training for medical professionals.



Group practice

This local business is growing! We now have an opening for another dietitian who has a heart for helping people recover.