

Non-dieting approaches to weight management

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The prevalence of restrictive dieting and eating disorders continues to rise as do the rates of obesity. Despite billions of dollars spent annually in the US alone in the private weight loss industry the majority of individuals are unable to achieve long-term weight loss. Many report high levels of dissatisfaction with their lives and bodies. Non-dieting approaches, such as intuitive eating and mindful eating, call for a paradigm shift from traditional weight loss strategies to combat obesity. Non-dieting approaches have been statistically and clinically associated with improvements in BMI, physiological measures (e.g., blood pressure, blood lipids), health behaviors such as eating and activity habits, and improvements in self-esteem and body image.

Biography

Debra is a Registered Dietitian and holds a degree in Clinical Nutrition from Loma Linda University. She also holds a specialty certificate in Adult Weight Management from the Academy of Nutrition and Dietetics. Currently, she is CEO of the company Speak 4 Health. At Speak 4 Health she is not just another weight loss speaker. She has dedicated her career to women who struggle with their self-esteem and body image gain greater confidence in themselves. She has been an adjunct professor and College of the Desert in California. Her greatest love is helping women become a size Healthy versus Hollywood.

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