

Body Confident

NUTRITION

Online nutrition counselling for women and gender diverse people looking for support with

- Eating disorders
- Disordered eating
- Yoyo dieting
- Body image concerns

I offer non-judgemental, supportive and empowering nutrition support to women and gender diverse people via telehealth appointments (video calls).

I can support women and gender diverse people (18+) with:

- Recovery from eating disorders including anorexia, bulimia or binge eating disorder.
- Learning from emotional eating, binge eating, yo-yo dieting and body image concerns to find a more peaceful relationship with food and body acceptance.
- Managing nutrition related health conditions - without dieting or deprivation.

Approach: My approach to nutrition therapy is informed by evidence-based paradigms including the Health At Every Size® framework and Intuitive Eating principles. I am weight inclusive and trauma informed. Rather than offering weight loss strategies, I can support you in working towards a more peaceful relationship with food and your body, exactly as you are.

Fees: \$200 initial/\$160 follow ups. Bulk billing is not available.

Rebates: Medicare rebates via Eating Disorder Plans and Chronic Disease Management Plans are available. The current Medicare rebate for dietitian appointments is \$58. The full cost of each appointment is required at the time of the appointment, with Medicare rebates processed following. Private health insurance rebates are available depending on your insurer and level of cover.

Current wait times: 1-2 weeks.

Appointments: Telehealth (video call).

Melissa O'Loughlan (she/her)

Body Confident Nutrition

Accredited Practicing Dietitian

Credentialed Eating Disorder Clinician

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Hours: Wednesday- Friday + Saturdays by appointment

