



### **Brief Bio**

**Evelyn Tribole, MS, RDN**, author of 9 books, is an award-winning registered dietitian with a nutrition counseling practice in Newport Beach, California, specializing in eating disorders and Intuitive Eating. She enjoys public speaking and training health professionals on how to help their clients cultivate a healthy relationship with food, mind, and body through the process of Intuitive Eating, a concept she co-pioneered in 1995. To date there are over 600 Certified Intuitive Eating Counselors in 17 countries and over 80 studies showing benefits of Intuitive Eating.

Evelyn qualified for the Olympic Trials in the first ever women's marathon in 1984. Although she no longer competes, Evelyn runs for fun and is an avid skier and hiker. Her favorite food is chocolate, when it can be savored slowly.