

# Prominent Naturopath Joins Vancouver, WA Group Practice Specializing in Eating Disorders

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VANCOUVER, WA, UNITED STATES, July 12, 2023 /EINPresswire.com/ -- We are delighted to announce the addition of Dr. DeAun Nelson, a highly esteemed naturopath, to our group practice in Vancouver, Washington. With a deep commitment to the well-being and holistic health of her patients, Dr. Nelson specializes in the treatment of eating disorders, supporting individuals on their path to recovery.

Dr. Nelson brings a unique perspective to the field of eating disorder treatment, emphasizing the Health at Every Size (HAES) approach and advocating for body positivity. As a passionate fat activist, she firmly believes in promoting self-acceptance and challenging societal stigmas surrounding weight and body image.



Anne Cuthbert of Body Expressions

Having completed extensive training in naturopathy, Dr. Nelson possesses a wealth of knowledge and expertise in addressing the complexities of eating disorders. Her compassionate and individualized approach allows her to tailor treatment plans to meet the unique needs of each client, empowering them to heal and develop a healthy relationship with food and their bodies.

We are proud to inform the community that Dr. Nelson is currently accepting new patients and welcomes individuals seeking support for eating disorders to her practice. Her availability ensures that those in need of specialized care can access her services without delay.

Additionally, we are pleased to announce that Dr. Nelson is credentialed with Blue Cross insurance, facilitating seamless access to care for many patients. Furthermore, we anticipate that she will be joining the MODA insurance network in the near future, expanding her accessibility to a broader range of individuals seeking her expertise.

Dr. Nelson joins our esteemed team of professionals dedicated to the well-being of our community. Her passion, credentials, and commitment to patient-centered care make her an invaluable addition to our group practice.

For more information or to schedule an appointment with Dr. Nelson, please visit our website at [www.bodyexpressions.org](http://www.bodyexpressions.org) or contact our office at 360-726-4141.

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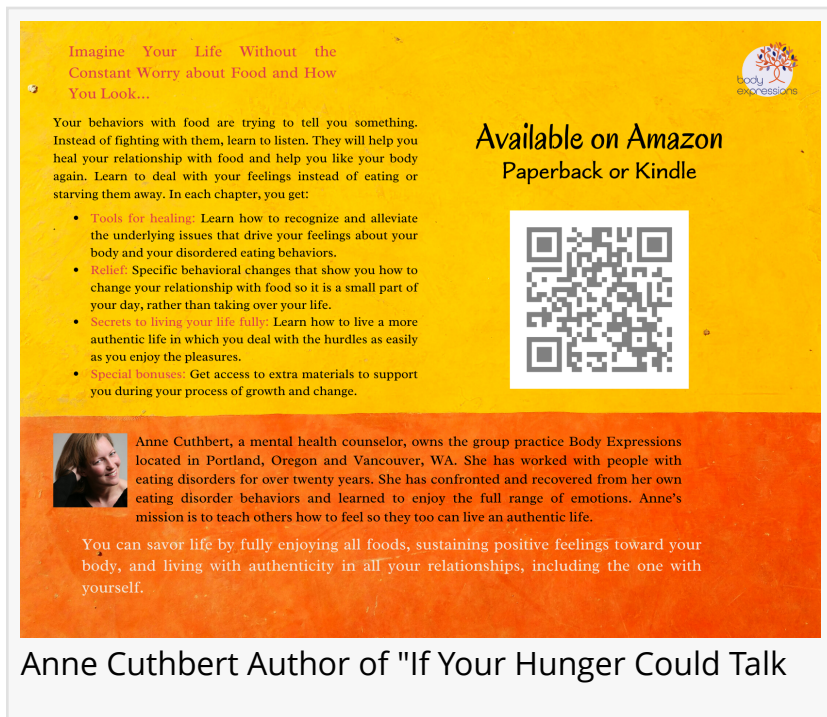
Most eating disorders involve focusing too much on your weight, body shape and food, leading to dangerous eating behaviors. These behaviors can impact your body's ability to get adequate nutrition.”

*Anne Cuthbert*

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Imagine Your Life Without the Constant Worry about Food and How You Look...

Your behaviors with food are trying to tell you something. Instead of fighting with them, learn to listen. They will help you heal your relationship with food and help you like your body again. Learn to deal with your feelings instead of eating or starving them away. In each chapter, you get:

- **Tools for healing:** Learn how to recognize and alleviate the underlying issues that drive your feelings about your body and your disordered eating behaviors.
- **Relief:** Specific behavioral changes that show you how to change your relationship with food so it is a small part of your day, rather than taking over your life.
- **Secrets to living your life fully:** Learn how to live a more authentic life in which you deal with the hurdles as easily as you enjoy the pleasures.
- **Special bonuses:** Get access to extra materials to support you during your process of growth and change.

Available on Amazon  
Paperback or Kindle



Anne Cuthbert, a mental health counselor, owns the group practice Body Expressions located in Portland, Oregon and Vancouver, WA. She has worked with people with eating disorders for over twenty years. She has confronted and recovered from her own eating disorder behaviors and learned to enjoy the full range of emotions. Anne's mission is to teach others how to feel so they too can live an authentic life.

You can savor life by fully enjoying all foods, sustaining positive feelings toward your body, and living with authenticity in all your relationships, including the one with yourself.

Anne Cuthbert Author of "If Your Hunger Could Talk"



Dr. DeAun Nelson, ND

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