

Rachel Foy

Food Addiction Therapist helping women overcome addictive eating, binge eating and food obsession



Popular topics

- Food addiction and how to overcome it
- Overcoming binge eating and emotional eating
- The role that trauma plays in addictive eating and food obsession
- Why diet culture is significantly responsible for food dysfunction and what we can do about it
- Navigating a world where slimness is desired at all costs
- A controversial take on obesity and why weight loss isn't the solution
- The symbolism of food addiction and weight obsession
- The connection between money and food
- Stress eating + emotional eating solutions for the entrepreneur
- Why successful people often struggle with food addiction and binge eating



Woman's Own

Medium

Seven Health

THRIVE GLOBAL



Rachel Foy is a food addiction therapist, eating psychology coach and founder of Soul Fed Woman.

She is an internationally acclaimed expert in eating dysfunction, an author and podcaster and an advocate for Health at Every Size (HAES®). With over 12 years of experience both in the UK and Dubai, she is a clinical and cognitive hypnotherapist, nutritional therapist, homeopath and an NLP and EFT practitioner along with being a pioneer in eating psychology and the creator of The Food Addiction Recovery Method™.

Rachel is the author and podcast host of 'The Hungry Soul' and a passionate and confident speaker on all topics related to food dysfunction, diet culture, body image, female empowerment and addiction recovery.

She has been featured in local and national press including TV and radio and is available to speak/comment or be featured for anything relating to food addiction.

She lives in Cheshire with her husband and two children



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