

Shaun Riebl PhD, RDN

Saturday, November 15
9:30am–11am PST

The Non-Negotiable Foundation: Full Weight Restoration in Eating Disorder Recovery

Full weight restoration is a critical and non-negotiable component of eating disorder recovery—serving as the foundation for both physical and psychological healing. Drawing from nearly a decade of clinical and research experience, **Dr. Shaun Riebl** will discuss the medical and metabolic consequences of partial versus full weight restoration in recovery.

This talk will highlight evidence-based relationships between nutritional rehabilitation and key health domains, including bone mineral density, menstrual function, hormone regulation, and the restoration of gut-derived hormones that influence hunger, satiety, and digestion. Dr. Riebl will also address common misconceptions, ambivalence, and fears surrounding the concept of “healthy weight” in recovery, offering a deeper understanding of the biological necessity of full weight restoration—and practical strategies for advocating for it within multidisciplinary treatment teams and among caregivers.

Dr. Riebl’s passion for providing trauma-informed nutrition therapy began with his master’s thesis on eating disorders in male cyclists and continued through his doctoral research on eating behaviors. He has held assistant professorships at UNC Chapel Hill and The University of Mississippi, and has conducted research with Duke University. Today, he champions a compassionate, evidence-based treatment that promotes nourishment and flexibility for all individuals on the path to recovery.

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