

# **Dr. Nina Savelle-Rocklin**



## **PRESS KIT**



424-777-0548

# BIOGRAPHY

---



There are 108 million dieters in the United States alone, fueling a \$60 billion diet industry that sells diet books, diet food, and diet drinks, giving people hope that lasting weight loss is within reach. Yet 37 percent of all Americans are considered obese.

Our client, Dr. Nina Savelle-Rocklin, considered a thought leader in the field of food, weight and body image issues, knows why diets fail and – more importantly – she teaches people how to lose weight without dieting. A psychoanalyst and expert in the psychology of eating, she has treated thousands of people in both her private practice and online program, Kick The Diet Habit.

Many dieters believe they are addicted to carbs and sugar, or think they lack willpower. Dr. Nina helps them find a path to lasting weight loss that has nothing to do with dieting.

Dr. Nina is a psychoanalyst, author, and radio host who has been featured in the Los Angeles Times, Prevention, Real Simple, Huffington Post and many other publications. She is a frequent guest expert at summits, radio shows and other events, including the prestigious National Meeting of the American Psychoanalytic Association.

Her personal experience with this issue gives her a unique understanding of what it's like to struggle – and she knows change is possible! She brings a fresh perspective by helping people understand "why" they turn to food instead of focusing on what they're eating.

In addition to her private practice based in Los Angeles she hosts a radio show on [LA Talk Radio](#) and she writes an award-winning blog, [Make Peace With Food](#), hosts a popular podcast, [Win The Diet War with Dr. Nina](#), and offers "food for thought" on her video series, [The Dr. Nina Show](#). She has contributed to two books on psychoanalysis, and her own book “**Food For Thought**” is an Amazon bestseller.

# Press

---



## Dr. Nina Show



Digital Link: <http://bit.ly/2AuBYEH>



Outlet: Mel Magazine

Date: February 20, 2018

## The Self-Destructive Psychology of “Dude Food”

Why men are so obsessed with unhealthy eats, as explained by a food psychoanalyst



There's food, and then there's *dude* food: The unholy, can-you-believe-I'm gonna-eat-this-shit Frankenstein-ing of tailgate fare and stoner snacks, glued together with Jack Daniels and bacon. It's meat, fat, salt and hot sauce, deep fried and served with a fist bump. It's the heart and soul of *Man v. Food*, *Diners, Drive-ins and Dives* and *Epic Meal Time*. And most importantly, it's best enjoyed in front of a big-screen TV after shotgunning a few beers in the backyard. But... why the fuck are men eating this stuff?

It goes without saying—indeed, its gross and sorta dangerous nature is kind of the whole point—but dude food involves thousands of calories and giant portions of artery-clogging fat. American men are far more likely to be overweight or obese than women ([last year, 70.7 percent of adult men were overweight or obese, compared to 58.8 percent of adult women](#)), and dude food takes this problem to its “Challenge me, brah!” extreme.

Even when not served in comical, ratings-friendly portions, the kind of foods marketed at men by popular restaurant chains are basically the same thing ([Double Down](#), anyone?) So what is it about defiantly unhealthy food that makes it, by default, something that men are supposed to enjoy? [Nina Savelle-Rocklin](#), a psychoanalyst who specializes in weight, food and body image issues and author of [Food For Thought: Perspectives On Eating Disorders](#), has a few theories.



# Press

---

“It’s stereotypical (but also typical) that women order salads at restaurants and often take pride in denying their appetites, as if eating sparingly somehow makes them more appealing,” Savelle-Rocklin explains. “Dude food is the opposite of the, ‘Oh, I’ll only have a salad’ refrain so common in women, and is therefore a very masculine stance to take—perhaps it’s a dude’s way of unconsciously differentiating from women.”

Savelle-Rocklin also theorizes that this drive to indulge in ludicrous eats stems from the fact that [men are generally more competitive than women](#). “There’s something about eating recklessly that’s reminiscent of extreme sports—you’re pushing your limits, which can provide an adrenaline rush,” she says. “Eating dude food is a lot like sport eating, [and it’s in our DNA that guys are typically more into sports than women](#).”

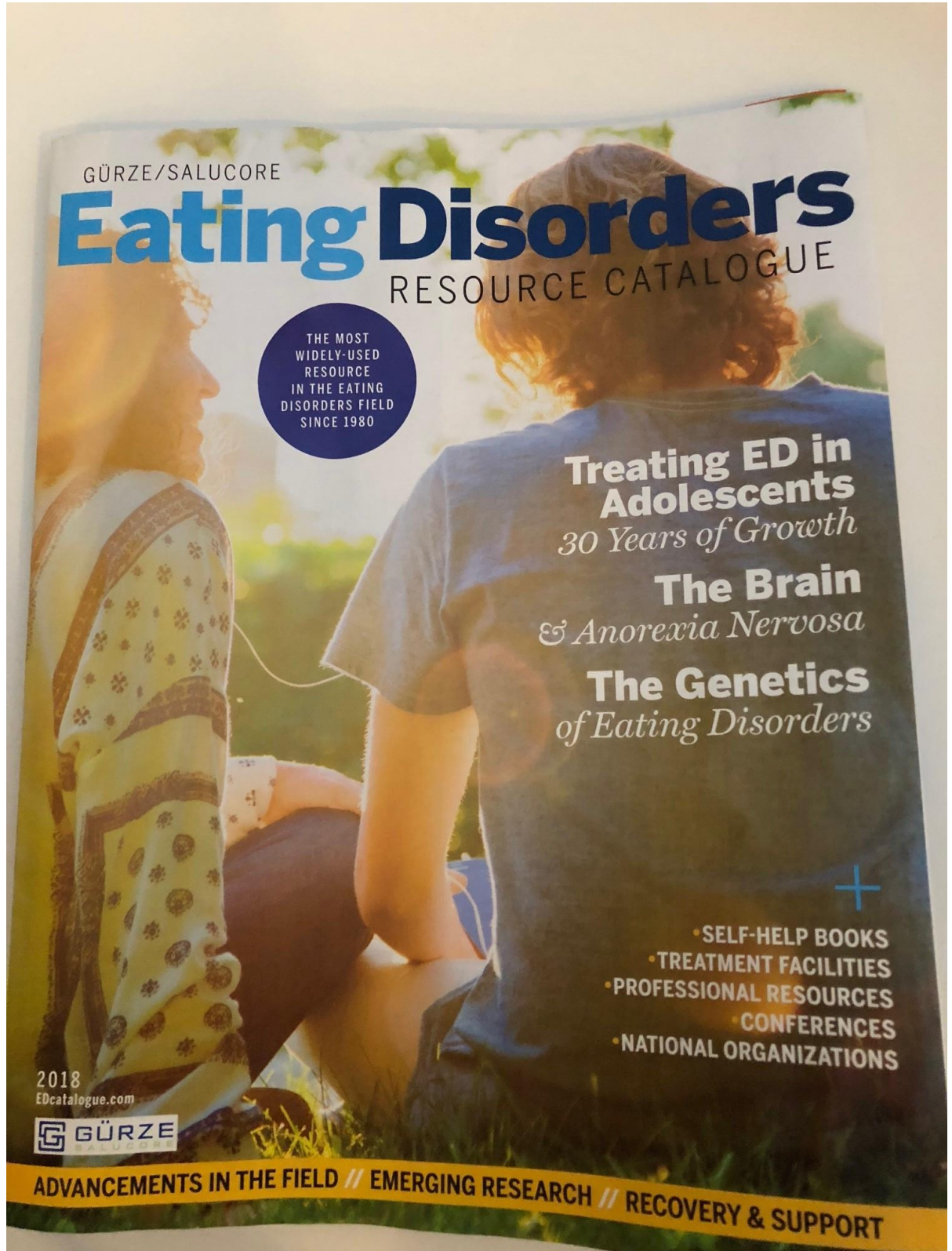
For some men, stuffing their faces with quadruple-stacked nachos might also be a reaction to constantly repressing their feelings, since [society tends to teach men to just “get over it” from a young age](#). “Sometimes, eating these foods can cause physical pain, which may be an unconscious way of converting emotional pain to physical pain,” Savelle-Rocklin speculates—a sort of digestive self-harm, in other words. “Many of my male patients have talked about the pressure to deny feelings, but those emotions have to come out somehow. If you can’t feel hurt because you didn’t get that raise, maybe you’re going to eat dude food to the point of physical pain, turning your hurt about the job into a stomachache.”

But Savelle-Rocklin also equates dude food to freedom, which is something pretty much everyone craves. “Think about *why* you’re choosing to eat a doughnut-burger mashup,” she says. “Is it because that’s a taste combination you absolutely must have, or is it a way of pushing limits and allowing yourself to have whatever the heck you want, because life is filled with constraints? Eating without limits can be the only way some guys can have what they want, when they want it.”

If Savelle-Rocklin is correct in her assumptions, then changing the way men eat requires a tidal shift in the way we view not just diet but masculinity itself. But on a personal level, [if you’re a dude food fanatic who wants to eat healthier](#), she has this tidbit of advice: “Dude, just think about the way you’re going to *feel* after you eat that doughnut-burger-fries mashup,” she implores. “If the prospect of a [food hangover](#) doesn’t appeal to you, you’re on your way to making healthier choices.”

That doesn’t mean you can’t occasionally splurge on a slice of [lasagna made from 45 hamburgers and a liter of Big Mac Sauce](#). But do it because that’s actually what you feel like eating—not because you’re eating your feelings.

# Press





> BOOK EXCERPT <

## Food for Thought Perspectives on Eating Disorders

BY / NINA SAVELLE-ROCKLIN, PSYD

### EATING DISORDER PATIENTS OFTEN SPLIT THEMSELVES INTO A PSYCHOLOGICAL SELF AND A BODY SELF,

responding to their bodily needs in a punitive manner, often with undisguised contempt. The body is experienced as something separate, with which a person is at war. Many report looking in the mirror or catching a glimpse of their reflection and feeling a sense of revulsion, along with the sense that the reflected image is not the "real" them. One woman poked at her stomach and declared, "This is not me. I don't know who it is, but it's not me."

Conceptualizing a patient's relationship to his or her own body is a crucial part of therapeutic exploration. Many people conceptualize their bodies as their only self-definition, without any regard for the emotional, relational, creative, intellectual, or spiritual aspects of themselves. I once treated a psychotherapy patient who had an extremely harsh internal critic and suffered a great deal because of her self-castigation.

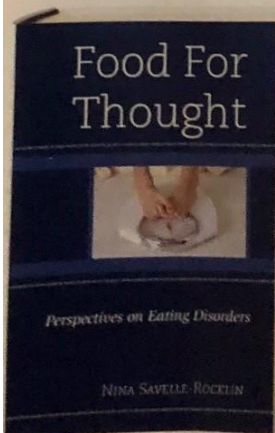
When I suggested cultivating a kinder attitude toward herself and practicing a higher degree of self-care, she protested that she took wonderful care of herself. She described herself as the "queen of

self-care" and pointed out that she treated herself to weekly manicures and hair styling appointments, as well as monthly facials and massages. I acknowledged that she was taking extremely good care of her body, but framed this as grooming, not self-care.

"What do you mean?" she asked, baffled. "What other self is there?"

She had no other concept of her "self" other than her physical form. For her, and for many people with eating disorders and body image disturbances, the body functions as the primary self. Patients who define themselves by their appearance alone believe that they will be good enough only when their bodies are good enough. They think they can get other people to like them, hire them, accept them, and appreciate them by changing their appearance. They unconsciously imagine that by ridding themselves of excess weight, they are getting rid of aspects of themselves they despise. They believe they control their world by controlling their weight.

John Russon (2003) writes of the concept of embodiment, "To be a body is to be a specific identity that is open to involvement with others. Indeed, pleasure and pain are two faces of this involvement, the ways in which that with which we are involved either welcomes or hinders our determinacy. Our bodies are the living process by which we establish contact with reality" (p. 21). He goes on to describe how the culture has facilitated a way of thinking about bodies in terms of size and physical attributes, which has created a sense of a body as an object rather than a subject. He notes that this culture has led to a "fundamental separation between body and experience, as if 'to experience' were one thing and 'to be a body' something separate and unrelated" (pp. 22-23). ♦



EXCERPTED WITH PERMISSION  
FROM *FOOD FOR THOUGHT:  
PERSPECTIVES ON EATING  
DISORDERS* © 2017 LANHAM,  
MARYLAND: ROWMAN &  
LITTLEFIELD; BY NINA  
SAVELLE-ROCKLIN; 210 PAGES,  
HARDCOVER/PAPER.

## The 10 best blogs for eating disorders

Published Thursday 18 January 2018

By [Hannah Nichols](#)

[Fact checked](#) by Jasmin Collier

If you are living with an eating disorder, you are not alone. Blogs written by others going through similar experiences and even healthcare professionals specializing in eating disorders are available to provide advice and support.



Eating disorder blogs provide information and support from people who are on the road to recovery from an eating disorder.



## Make Peace with Food



Dr. Nina Savelle-Rocklin is a psychoanalyst, author, and speaker who specializes in body image, weight, and disordered eating. She is also the blogger behind [Make Peace with Food](#).

Dr. Nina experienced an eating disorder in childhood and adolescence that continued into her college years. She uses her professional and personal experience to help others achieve a happier and healthier relationship with food.

Recent blog posts on the Make Peace with Food blog include [how to get food pushers to back off](#), [how to halt a binge](#) in 25 seconds or under, and [how to love your body](#).

[Visit the Make Peace with Food blog.](#)

Digital Link: <http://bit.ly/2yLC5hy>



## Stop The Fat Talk Nina Savelle-Rocklin, Psy.D.

Women tell me all the time how much they hate their bodies. One woman said to me, "If I can't stand to look at this," she waved her hand over her stomach, "then how can I expect a guy to want to be with me?" I once treated a 13 year old girl who was more than one hundred pounds overweight. I'll never forget the time she poignantly told me, "Bad things don't happen to big girls."

At my weekly bare class, the blonde woman standing next to me turned away from the mirror, making a face. "I'm so fat and gross," she said in disgust. "I can't stand looking at myself." Her friend said, "You look great. I'm the size of a planet." Both women were attractive, yet made themselves seem repulsive. Criticizing and ridiculing your appearance (or anyone else's) is a type of verbal bullying called body shaming. Not only is body shaming bad for your self-esteem, it can negatively affect your waistline. When you make negative comments about your body, you may feel depressed, hopeless, or frustrated. If you eat for comfort, body shaming can actually make you gain weight, especially if you turn to food just to get away from your own mean voice. Losing weight takes time, but you can drop the fat talk in no time, using these four principles:

### #1 Turn Your Inner "Mean Girl" Into A Bestie

"If you talked to your friends the way you talk to your body, you'd have no friends left." A brilliant quote by body image expert Marcia Hutchinson. Example, my patient Cheryl ordered pasta and then regretted it. "I shouldn't be eating carbs," she said. "What's wrong with me? I can't stand myself." I asked her to imagine a friend getting upset about eating carbs. Would she say, "What's wrong with you? I can't stand you." Cheryl was horrified. "I'd never say that it's mean." Yet she had no problem being mean to herself. The next time you criticize yourself for what you eat or weigh, think about what you'd say to someone in a similar situation. In Cheryl's case it was, "Ordering pasta is not a crime. You won't gain weight from one meal. You'll do better tomorrow." When Cheryl turned her inner critic into a friend, she lost weight and kept it off. If you wouldn't say something to a person you care about, don't say it to yourself.

### #2 Practice Self-Acceptance

You aren't fat, you have fat. You also have finger-

nails. You are not fingernails. When it comes to "self acceptance" what "self" do you think of first? The one in the mirror? You are more than a number and a size. Consider what you like about your mind as well as your body: your humor, intelligence, warmth and more. Identify and embrace those qualities; they are what make you the unique, likable, and lovable person you are. When you stop being at war with your body and start accepting your whole self, it's easier to make healthy choices.

### #3 What Is Weighing On You?

What you're eating isn't the problem, it's what's eating "at" you. What would you be thinking about if you weren't thinking negatively about your body. What would be on your mind?

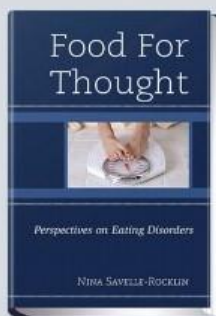
- Job security
- Finding the right partner
- Relationship concerns
- Family issues
- Parenting problems

Body shaming distracts from what's worrying you. Instead, of focusing on what you weigh, attend to what is weighing on you.

### #4 Break Up With The Scale

You cannot measure your value on a bathroom scale. Think to the last time stepping on the scale ruined your entire day. No piece of metal and plastic should have that much power over your life. Our weight naturally fluctuates, so don't let your self-esteem fluctuate with your weight. Get rid of that scale for good. Throw it out. Better yet, smash it with a hammer before you toss it in the trash (this can be very satisfying). You'll be amazed how much freer and better you feel when you stop weighing yourself. Hating your body does not lead to changing your body. The key to permanent weight loss is change your mind-set. These strategies will help you spend less time counting calories, fat grams, and carbs and more time living the life you love. ■

Dr. Nina interview series Focus TV Network  
Dr. Nina Show on LA Talk Radio  
Get the LA Talk Radio APP 818-602-4929  
Book: 'Food For Thought Perspectives on Eating Disorders' available on Amazon



## healthy life

# Food for Thought: Perspectives on Eating Disorders

By Dr. Nina Savelle-Rocklin

Recently I asked a friend to imagine a typical eating disorder patient. She considered for a moment then said, "A girl in high school, maybe 17 years old, who's super-skinny but she thinks she's fat."

My friend was wrong. The most common eating disorder is actually binge eating, and the typical eating disorder patient is an adult who may or may not be overweight. In fact, nearly half of those with binge eating disorders are men. Many people who struggle with bingeing don't realize it's a diagnosable and treatable condition. They feel tremendous shame and often keep their behavior a secret, too embarrassed to get help. They say things like, "I have zero willpower."

Other eating disorders look different on the surface. Some people take "dieting" or "clean eating" to an extreme, or they binge and purge. Whatever form the eating disorder takes — anorexia, binge eating or bulimia — it's ultimately not about food. I often tell patients, "It's not what you're eating (or not eating) that's the problem. It's what's eating 'at' you."

As every gardener knows, pulling a weed is not a permanent solution. To get rid of a weed for good, you have to dig out its root. It's the same with eating disorders. Whatever is going on with food is just like a weed. The true problem is deeper and more hidden than it appears. Consciously it may be about losing weight or being a certain size. Unconsciously, restricting may be a way

of expressing deprivation, setting limits, or staying young and little. Bingeing can be an expression of wishing for more in life or fill a symbolic emptiness. Those are just a few of the messages that an eating disorder might be conveying. As a psychoanalyst, my work with patients is to crack the code and figure out what's going on under the surface so we can create lasting change.

Another common misperception is that an eating disorder is a life sentence. This is absolutely not true. Whether someone is suffering from anorexia, bulimia or binge eating disorder, the behavior serves him or her in some way. One woman referred to bingeing as a "frenemy" because as a friend, it served to help her calm down and "numb out." As an enemy, it caused emotional and physical pain. Once we recognized what bingeing did for her, we created new ways for her to calm down and relax. She started giving herself comfort words instead of comfort food, and eventually stopped bingeing. When people learn to soothe themselves, express themselves and process the underlying pain or trauma, they no longer need the eating disorder to cope.

I don't treat eating disorders. I treat people. Each person develops food, weight and body image problems for reasons that are as individual as they are. I have treated countless women and men who enter therapy at war with their bodies and ultimately make peace with food by healing themselves. Their stories are as inspiring as they are heartbreaking. They prove that no matter what, there is always hope.



Dr. Nina Savelle-Rocklin at home.



**Dr. Nina Savelle-Rocklin** is a psychoanalyst and internationally-recognized expert in the psychology of eating. Considered a thought leader in her field, she has treated thousands of people in her private practice and online program, *Kick The Diet Habit*. She has a radio show on LA Talk Radio, and hosts an interview show on Focus TV Network, helping people find a path to weight loss without dieting. She also writes an award-winning blog, *Make Peace With Food*, and her book, *'Food For Thought'*, is an Amazon bestseller. [winthedietswar.com](http://winthedietswar.com)



## PEOPLE TO WATCH

### NINA SAVELLE-ROCKLIN, Psy.D.

PSYCHOANALYST/AUTHOR/RADIO HOST

CREATOR OF KICK THE DIET HABIT

When it comes to weight loss, Dr. Nina Savelle-Rocklin wants the world to know it's not about willpower. She's on a mission to help people get healthier without counting a single calorie or carb. Considered a thought leader in the field of eating psychology, she's guided thousands of men and women to heal their relationships to food, stop the binge-diet cycle, and lose weight for good.

Dr. Nina's personal experience gives her a unique understanding of what it's like to struggle with food, weight, and body image. As a child and throughout adolescence, she struggled with eating disorders. Today, she is a psychoanalyst, author, and radio show host, bringing a fresh perspective to weight loss by helping clients and listeners focus on what's eating "at" them instead of on what they are eating.

She's been featured in Psychology Today, the Los Angeles Times, Prevention, Real Simple, Redbook, Huffington Post, and many other publications. She is also a frequent guest expert on radio shows and podcasts, including the Dr. Drew Podcast.

In addition to her private practice based in Sherman Oaks, Dr. Nina hosts a show on L.A. Talk Radio and recently started doing on-camera interviews on Focus TV Network. She writes an award-winning blog, Make Peace With Food, and has a YouTube video series, The Dr. Nina Show. Her book Food For Thought: Perspectives On Eating Disorders is an Amazon bestseller.

Dr. Nina was inspired to develop an online program to help those who are unable to see her privately. She created Kick the Diet Habit, a 30-day online course to help as many people as possible make peace with food from the comfort of their homes. The program is currently international, with members from over 19 countries.



One popular concept is the Food-Mood Formula, which correlates specific foods and moods. Smooth, creamy foods are associated with a wish for comfort. Bulky, filling foods are connected to loneliness. Crunchy textures are linked with anger.

By addressing these underlying triggers and using comfort words instead of comfort food, it's possible to create permanent, sustainable weight loss without dieting. Above all, she wants everyone to know that there is always hope.

Dr. Nina currently offers several free resources on her website, [winthediethabit.com](http://winthediethabit.com). For information on her online program, please visit [kickthediethabit.com](http://kickthediethabit.com). ■

15233 VENTURA BLVD., #1203  
SHERMAN OAKS, CA  
818.990.0622  
[WINTHEDIETWAR.COM](http://WINTHEDIETWAR.COM)

# Press

---



**Outlet:** Hollywood e Aqui

**Date:** December 26, 2017

Hollywood e Aqui, a leading Brazilian outlet covering entertainment, talks to Dr Nina Savelle-Rocklin: “How to lose weight without dieting or focusing on food”

**“Perca peso sem fazer dieta! Dicas de uma especialista em transtorno alimentar”**

Quantos dos nossos leitores sofrem de transtorno alimentar? Quando não a gente mesmo, temos um amigo ou membro da família passando por este problema.

Hollywood é Aqui bateu um papo com a Dra. Nina Savelle-Rocklin, Psy.D. que é psicanalista, escritora, apresentadora de um programa rádio e TV e especialista em transtorno alimentar.



A Dra. Nina sofreu de transtorno alimentar e hoje ajuda um exército de homens e mulheres de todas as idades e vários países do mundo a lidar com o problema. No seu programa on-line, “Kick The Diet Habit” (“Deixe de lado o hábito da dieta”), Dra. Nina orienta as pessoas, ajudando-as a identificar os problemas que estão por trás do seu peso, mostrando a elas as ferramentas e estratégias necessárias para solucionar as suas questões, para que eles, assim, consigam perder peso, sem fazer dieta e de uma maneira permanente e sustentável.

Seu programa online conta com a participação de pessoas de 19 países do mundo. Por isso, se você fala inglês, e está enfrentando problemas de transtorno alimentar ou conhece alguém que precise de ajuda, não deixe de conferir os cursos disponíveis: <https://winthediethwar.com/kick-the-diet-habit-now/>

For the full interview:

Digital Link: <http://bit.ly/2A9ARJf>

# Press

---

**Dr. Drew**

**OUTLET: DR. DREW PODCAST**  
**DATE: DECEMBER 4, 2017**



## **Dr. Nina SavelleRocklin** **[Episode 304]**

DrDrew.com – Official Website

Drew is joined this week by Dr. Nina Savelle-Rocklin to examine eating disorders. Dr. Nina walks Dr. Drew through her own experiences with the condition, and how she was able to seek treatment to overcome and take flight on an ultimate journey earning a doctorate in psychoanalysis to help others struggling with the same condition.

Digital Link: <http://bit.ly/2EWhO97>



# Press

---



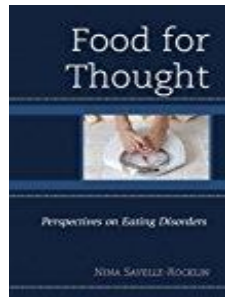
**Outlet: New Books Network**

**Date: September 12, 2017**

NINA SAVELLE-ROCKLIN

## **Food for Thought**

Perspectives on Eating Disorders



The psychology of eating disorders is poorly understood. Recent trends in research and treatment focus near-exclusively on behaviors around food and weight without sufficiently attending to their psychic undercurrents. Yet evidence shows that, when patients start putting words to the pain their eating disorders express, they start gaining freedom from these vexing patterns. Psychoanalytic psychotherapy is well positioned to offer individuals such an opportunity, and the rationale for such an approach is well-described in Dr. Nina Savelle-Rocklin's new book, *Food for Thought: Perspectives on Eating Disorders* (Rowman and Littlefield, 2017). In her book, Dr. Nina—as she likes to be called—explains psychoanalysis's unique perspective on eating problems: that they express relational needs and traumas when words cannot, and that treatment which focuses on “what’s eating at you” rather than “what you’re eating” offers deeper and longer-lasting healing. In our interview, Dr. Nina shares her personal journey to this realization and offers insights about our relationships with food that will speak to us all.

# Press

---



**Outlet: New Books Network**

**Date: September 12, 2017**

Dr. Nina Savelle-Rocklin is a psychoanalyst, author, radio host, and internationally recognized expert in the psychology of eating. She has been featured in *Psychology Today*, *The Los Angeles Times*, *Prevention*, *Real Simple*, *Redbook*, *Huffington Post* and many other publications, as well as numerous radio shows, summits and events. Dr. Nina also writes an award-winning blog, Make Peace With Food, and hosts a call-in radio program, The Dr. Nina Show, which airs Wednesdays at 10am PST on LA Talk Radio.

**Digital Link:** <http://bit.ly/2xuW4zL>

# Press

---



**Outlet: National Eating Disorder Association**  
**Date: August 22, 2017**



My best friend and I have always been candid about our eating disorders. We've known each other for 20 years, and when we met, we were in the midst of anorexia. Our eating disorders were similar: there was no magic moment when either of us announced we were in recovery, not even when I went to in-patient treatment.

Slowly, though, we began doing things that many friends probably take for granted like going out to lunch or getting the drink that actually sounded good from a coffee shop and not just the one with the fewest calories. Lately, though, my best friend has been focused on sugar—it sneaks its way into our most benign conversations.



# Press

---

## 5) DEFLECT.

She says something about sugar. You ask if she's seen the latest *Game of Thrones* episode.

She says you look great and asks what you're eating. You say, "Breakfast, lunch, and dinner. Hey, what do you think about a spa day next month?"

When you refuse to participate in the conversation about sugar, she'll eventually get the hint and stop talking about it.

**JoAnna Novak is the author of *I Must Have You* (Skyhorse Publishing 2017) and *Noirmania* (forthcoming from Inside the Castle 2018). A founding editor of the journal and chapbook press *Tammy*, she lives in Los Angeles.**

**Digital Link:** <http://bit.ly/2eCqplm>



## **EATING DISORDERS: EVERYTHING WE LEARNED AND EVERYTHING YOU NEED TO KNOW**

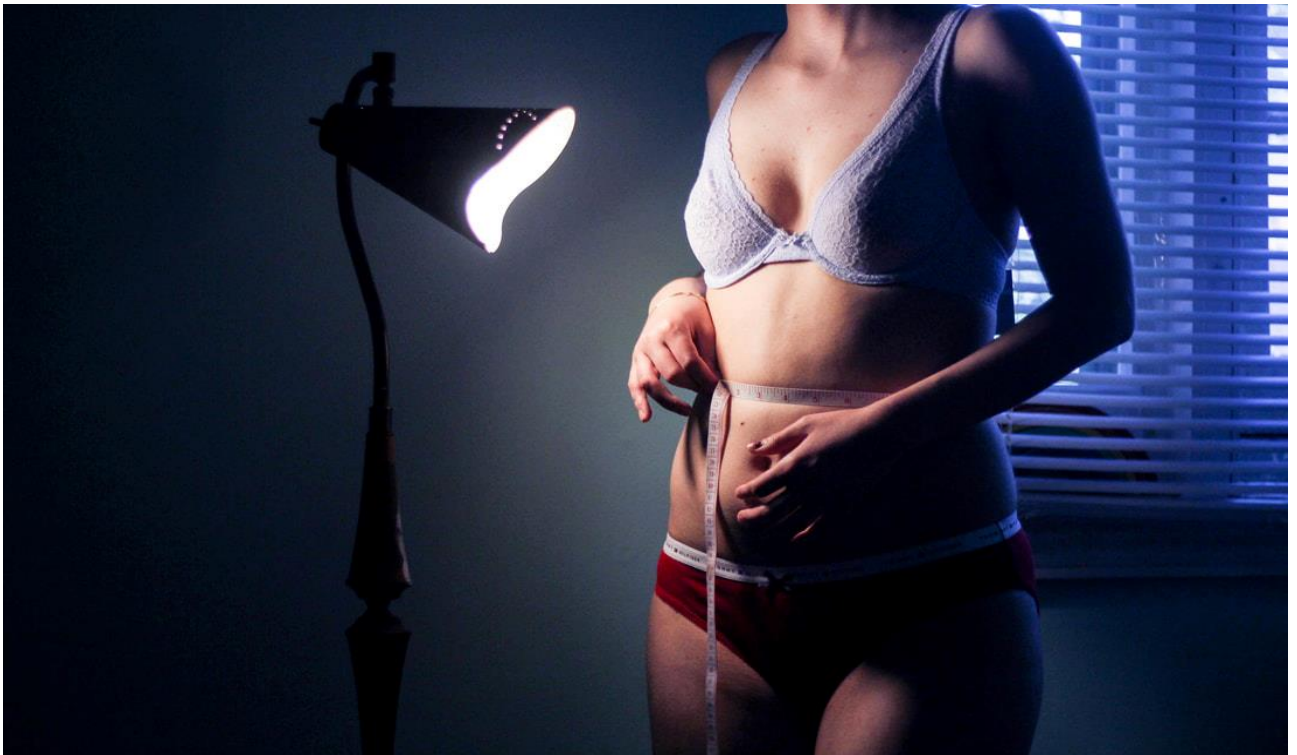


Photo: Sarah Krichel

There are imperfections in physical appearance that societies across the world focus on. In North America in particular, a lot of pressure is placed on women to look perfect. Everywhere you see constant reminders that tell people if they don't look a certain way, they will never be good enough.

# Press

---

An eating disorder is typically the symptom of a deeper issue, and it's essential for those dealing with a disorder to find out why and how they've developed their symptoms. People who struggle with eating disorders also often lack a vocabulary for their feelings and instead of expressing themselves they experience anger, sadness, frustration and hostility.

"In my experience, psychoanalytic psychotherapy or psychoanalysis is the key to lasting change, since this form of therapy does not simply treat the symptoms, but instead changes the way people relate to themselves – and others – so that the eating disorder goes away completely," Savelle Rocklin says. "There's always hope."

Digital Link: <http://bit.ly/2tEeuxl>



Feedspot

Outlet:Feedspot

Date: July 8, 2017

## Top 100 Eating Disorder Blogs and Websites on the Web



### Eating Disorder Blogs List

The Best Eating Disorder blogs from thousands of top Eating Disorder blogs in our index using search and social metrics. Data will be refreshed once a week.

These blogs are ranked based on following criteria

Google reputation and Google search ranking

Influence and popularity on Facebook, twitter and other social media sites

Quality and consistency of posts.

Feedspot's editorial team and expert review

# Press

## Top 100 Eating Disorder Blogs Winners

CONGRATULATIONS to every blogger that has made this Top Eating Disorder Blogs list! This is the most comprehensive list of best Eating Disorder blogs on the internet and I'm honored to have you as part of this! I personally give you a high-five and want to thank you for your contribution to this world.

If your blog is one of the Top 100 Eating Disorder blogs, you have the honor of displaying the following badge on your site. Use the below code to display this badge proudly on your blog. You deserve it!:



14 **Dr. Nina - Make Peace With Food** [+ Follow](#) 22,981 14,434 23,318,085



*makepeacewithfood2day.blogspot..*

Los Angeles, California

**About Blog** - Dr. Nina Savelle - Rocklin Psy.D and psychoanalyst, author and speaker specializing in weight, body image and disordered eating, runs a successful clinical practice in Los Angeles. Dr. Nina aims to

totally transform your relationship to food.

**Frequency** - about 1 posts per week

**View Latest Posts** ▾

GET EMAIL ALERTS

Enter email

Subscribe

OR Subscribe using



# Press

---

*Balanced Babe™*



Outlet: Balanced Babe  
Date: July 6, 2017

## Emotional Eating Revealed: What's Really Triggering Your Food Cravings



*"If I had more willpower, I wouldn't eat cake."*

*"I have no control when it comes to potato chips."*

*"Bread is my thing. I can't help myself."*

If you're like most people, you probably know exactly how to lose weight. Eat less, and exercise more. Yet, that is usually easier said than done. Many of us find it difficult to consistently make healthy food choices. We sometimes feel out of control or think we lack willpower. We often believe that food itself is a trigger.

# Press

---

Keep in mind that bread, chips or ice cream are not always signs of inner conflict. There's nothing wrong with having chips with your sandwich or ice cream for dessert once in a while. This formula only applies to situations in which you may be using food for comfort or distraction.

The key to permanent, sustainable weight loss is to identify and process your underlying emotions. By accepting yourself and taking care of your emotions, you will make lasting peace with food.

\*All names have been changed for privacy reasons

## About the author:



Dr. Nina Savelle-Rocklin is a psychoanalyst, author, radio host and internationally-recognized expert in the psychology of eating. She has been featured in Psychology Today, The Los Angeles Times, Prevention, Real Simple, Redbook, Huffington Post and many other publications, as well as numerous radio shows, summits and events. Her book, **Food For Thought**, is an Amazon bestseller. Dr. Nina also writes an award-winning blog, Make Peace With Food and hosts a call-in radio program, The Dr. Nina Show, which airs Wednesdays at 10am PST on LA Talk Radio. For more information please visit: [WinTheDietWar.com](http://WinTheDietWar.com)



# Press

Available on any Device. Wherever You Go

ISSUE 09 JUNE 2017


# MASTERS

## OF HEALTH

**WIN THE  
DIET WAR  
Make Peace  
with Food**

**Dr. Nina  
SAVELLE-  
ROCKLIN,  
PSY.D**

**NATURAL  
SKIN  
DEFENCE  
SANDY SANDERSON**



WE ARE NOT VICTIMS OF OUR GENETICS, WE ARE MASTERS OF OUR HEALTH

## 3 WAYS TO LOVE YOUR BODY

by Dr. Nina Savelle-Rocklin



**The Buddha says, "Cherish your body. It is yours this one time only."**

Many people yearn to have a different body, while ignoring the one they have. Our culture has no shortage of people waging war against their bodies. Social media is filled with photos of women who are doing fad diets, starving themselves, or going to other extreme measures, desperate to change their weight and appearance.

All too often, we hold ourselves up to an ideal of physical perfection and find fault with

ourselves when we inevitably fail to meet their goals. This is true of men as well as women. As one of my male patients once said, "It is just as hard to be Ken as it is to be Barbie."

To create a more peaceful and realistic way of relating to ourselves, we must challenge the notion that there is only one good way to have a body, so that we can cherish, as well as nurture, the bodies we have.

### LOVE TIP #1: APPRECIATE YOURSELF

Many people, when they think of their "self" only think of their image in the mirror. Yet, we are so much more than our size and appearance.

A woman who joined my online program wrote me that she was the "queen of self care" and didn't understand why she still felt bad about herself. When I asked exactly how she took care of herself, she said she got manicures and pedicures, facials and massages on a regular basis.

I told her that was grooming, not self-care. Her challenge was realizing that there was much

more to her – and to all of us - than meets the eye.

Always keep in mind that you have a body, but you also have a mind. There are intellectual parts, emotional, relational, creative, spiritual parts of yourself, and a whole range of other qualities that make you the person you are, .

Make it a point to identify, embrace and nurture all parts of yourself, because they all need your appreciation. When you feel good about your whole self, you won't be as focused on your weight as a way to define yourself.

### LOVE TIP #2: LISTEN TO YOUR BODY

The human body is amazing and has much to communicate, if only we are willing to listen. When we tune in to our bodies, we learn to recognize its needs. Your body will tell you

what kind of food it requires, what kind of exercise and sleep.

One significant roadblock to listening to your body is being on a diet.



Diets fail for reasons that are both physical and psychological. Diets are often restrictive, which leads to hunger and also a slower metabolism. When you don't get enough calories, your metabolism gets more efficient. When you go off the diet, you gain weight because you now need fewer calories just for maintenance.

In terms of the psychology of eating, diets fail because on some level they're about deprivation, which almost always leads to overeating or bingeing.

If you're thinking about not eating pizza, ice cream or anything with a carb, then you've got food on the brain all day. That puts the focus on the wrong thing, which is what you are

eating instead of why.

Diets do not address the underlying issues that make you turn to food in the first place. There are many reasons, ranging from wanting comfort or distraction, numbing out, or symbolically filling up an inner emptiness. You may even eat until you are in physical pain, which is a way of unconsciously converting emotional pain to physical.

The good news is that when you stop dieting and start responding to yourself in a new way, with food that is healthy and nourishing, and with a kind, loving attitude, you will not use food for comfort or distraction. Then, your weight can stabilize to the point that is most healthy for your body.

## LOVE TIP #3: ACCEPT YOUR EMOTIONS

In treating thousands of men and women all over the world, in my private practice and online program, Kick The Diet Habit, I have seen a major commonality in all of them: they don't know how to feel their feelings.

One reason is that our culture has a big problem with emotions. We make feelings bad and scary.

Angry? Maybe you need anger management classes

Sad? You're depressed and you need anti-depressants

Anxious? There is a pill for that, too

Happy? Are you a bit too happy? Maybe you are hypomanic.

We are told that we are weak if we feel our feelings and strong if we don't. Yet, it takes a lot of strength to deal with painful, difficult emotions.

What happens to those feelings we don't allow ourselves to feel? We can't stuff feelings down, can't starve them away, drink them away, gamble them away, work them away, let them go, or use positive thinking to get rid of them.

As counterintuitive as it may seem, the only way to get rid of feelings is to actually feel them. We need to accept that feelings are reactions to situations and not character flaws. If you get mad, you are not an angry person; you're a person who is angry.

When we accept our emotions and give them our attention, not our condemnation, we feel so much better.

So, accept your tears. Accept your fears. Accept everything you feel, today and every day, because ultimately emotions are not a sign that you are weak. They are a sign that you are human. By accepting your emotions, you embrace your humanity.

To cherish the body you have, define yourself by your basic values and unique characteristics, instead of by your appearance. Tune in to your physical needs by avoiding restrictive diets and cultivating a more intuitive approach to your food choices. Last, accept your emotions and attend to them, instead of ignoring them. This is the key to true transformation and inner peace.

# Press



## DR. NINA SAVELLE-ROCKLIN

A thought leader in the field of food, weight and body image issues, knows why diets fail and – more importantly, she teaches people how to lose weight without dieting.

A psychoanalyst and expert in the psychology of eating, she has treated thousands of people in both her private practice and online program, Kick The Diet Habit.

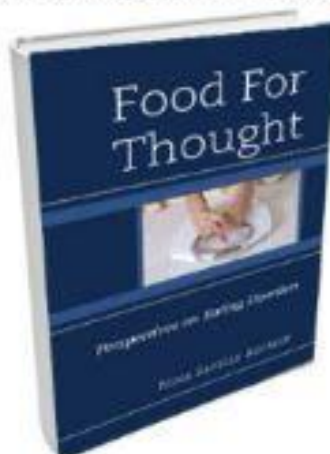
Many dieters believe they are addicted to carbs and sugar, or think they lack willpower. Dr. Nina offers a fresh perspective and helps them find a path to lasting weight loss that has nothing to do with dieting. Her personal experience with this issue gives her a unique understanding of what it's like to struggle – and she knows change is possible.

She has been featured in the Los Angeles Times, Prevention, Real Simple, Huffington Post, Redbook and many other publications, and is a frequent guest expert at summits, podcasts, and radio shows.

In addition to her private practice in Los Angeles, she writes an award-winning blog, Make Peace With Food, hosts a popular podcast, Win The Diet War with Dr. Nina, and offers "food for thought" on her video series, The Dr. Nina Show.

She has contributed to two books on psychoanalysis, and her own book "Food For Thought" is an Amazon bestseller.

## ORDER YOUR COPY BELOW





**BELLA**  
LOS ANGELES

OUTLET: DECANNEWS9.COM  
DATE: MAY 10, 2017

## **Kick the Diet Habit: How to Lose Weight Without Dieting**

Health/Wellness, Mind + Body, Wellness / May 10, 2017



The diet industry is a \$60 billion market with over 100 million Americans reportedly on a diet at any given time. Yet, 37 percent are considered obese.

Respected food, weight and body issues specialist, **Dr. Nina Saville-Rocklin**, has clear views on why diets don't work and teaches people how to get fit and healthy without resorting to restrictive diets. Through her online program, **Kick The Diet Habit**, and her private practice, the psychoanalyst and psychology of eating expert has helped thousands of people.

Many people feel lost and without hope believing they either don't have enough willpower or have an addiction to sugar and carbs. But Dr. Nina has a different viewpoint on that and has a unique perspective on the struggle many dieters face.

Here she talks to Bella Los Angeles and shares advice on how best to finally gain control of yo-yo dieting and food and weight issues.

**There are over 30 million men and women suffering from eating disorders in the US – why do you think the problem is so prevalent here?**

One primary reason is our cultural attitude toward emotions. Our society makes emotions a bad, scary thing, and since an eating disorder is a way of dealing with what's upsetting, there are a lot of people who don't know how to express their feelings and use eating disorders as a negative coping strategy.

# Press

Yet, we can't stuff feelings down, starve them away, or purge them. There is only one way to get rid of feelings, and that's to actually feel them, but we're given the message that we're strong if we don't feel our emotions and weak if we do. This is a major problem.

There are other theories about what causes eating disorders, as well as a lot of myths, which is something I talk about extensively in my book, *Food For Thought*. Some people think eating disorders are brain-based illnesses caused by genetics, others think they are caused by media influence, or that they are about control.

Ultimately, people develop eating disorders for reasons that are as unique as they are. Each person has a different combination of psychological and biological factors that caused the eating disorder to develop. The key is to understand and help each person on an individual basis.



**Eating disorders are not just about food? Talk about how eating disorders are a symptom of a deeper issue.**

I like to say it's not what you're eating that's the problem, but what's eating "at" you.

Let me give the example of a client who I am calling Jenna\* who had binge eating disorder, the most common type of eating disorder. One day she walked into my office, announcing that she was a food addict, and said she could prove it.

She knew that I don't believe in food addiction, but she told me that the night before, she was watching TV after work and suddenly, as she put, Ben & Jerry's was calling her name.

Nothing was wrong, nothing was bothering her, and she felt fine. Jenna thought this proved she wasn't emotional eating, and that she was addicted to Chunky Monkey ice cream.

I wondered what she'd been watching on TV. It was *Charmed*, her favorite show.

She said, "See, I was happy, watching my favorite show. I'm addicted to ice cream."

# Press

---

- If you only exercise in the park – check out the local gym or YMCA (they usually offer one day passes for a reasonable fee)
- If you are shy – try smiling at a stranger.
- If you only date tall people (or short people) – try going out with someone who doesn't meet your height requirements.

By figuring out what's eating "at" you instead of dieting, and being responsive to yourself instead of critical, you'll feel better. When that happens, you won't use food for comfort. And that is how you win the diet war.

\*All names are changed to protect patient confidentiality

Dr. Nina runs a private practice in Los Angeles, writes an award-winning blog, *Make Peace With Food*, hosts a popular podcast, *Win The Diet War with Dr. Nina*, and offers "food for thought" on her video series, *The Dr. Nina Show*. She has contributed to two books on psychoanalysis, and her own book "*Food For Thought*" is an Amazon bestseller.

Digital Link: <http://bit.ly/2qxr7VY>



# Press

---

## **12<sup>th</sup> Annual Denim Diamonds & Stars October 22, 2017**



Denim, Diamonds & Stars is a fundraiser that benefits underserved children with autism.



# Press



"#ShakeIt for Self-Acceptance! Day" during an LA Sparks Halftime on July 13, 2017

# Press

---



LA40 – with Katerina Cozias

May 2017



# Press

# VoyageLA

May 2017

Meet Nina Savelle-Rocklin of Dr. Nina, Inc. in Sherman Oaks



March 2017

Today  
we'd  
like  
to  
introduce  
you  
to  
Nina  
Savelle-Rocklin

Nina, can you briefly walk us through your story – how you started and how you got to where you are today.

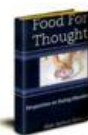
When I was five years old I developed an obsession with my thighs. I truly thought that if my legs were thinner, I'd be perfect. And I was a perfectly normal weight child. I became convinced that skinnier legs would somehow make me a better person. And my obsession got worse as I grew older. Throughout adolescence and into college, my last thought at night was, "What did I eat today?" I fell asleep counting calories and fat grams. I calculated every bite and sip, wondering if I'd lose weight by the next morning or gain it. The scale was my most welcome friend and my biggest enemy.

If that scale registered an added pound, my day was ruined. A lost pound made me feel euphoric. When I hung out with friends, I focused on how many calories I was burning instead of how much fun I was having. I alternated severe restriction and deprivation with bingeing. I was thin, but in a constant state of anxiety. Eventually I began therapy. I shared my boyfriend issues, my goals and dreams and fears. I was open with my therapist about every aspect of my life – except one. I never told her what was going on with food. I went once a week for three years and NEVER talked about my eating disorder. In truth, I did not want to give up my relationship to food. Starving gave me a sense of strength and superiority. I felt secretly better than other people because I had the will to deny myself.

Check out some of her work below:



VoyageLA



Eventually my willpower failed and I binge'd, then used laxatives, or vomited to get rid of the food I had consumed. My struggle was too shameful to admit to anyone, including my therapist, so I waged my war with food in private. Several months into therapy I noticed some changes. Restricting food no longer made me feel superior. It made me feel deprived. I started to feel hungry – for food, but basically, for life. I became aware of feelings that I had denied. I learned to process those emotions, rather than deny them. I began using words to comfort myself, and talking to myself in a supportive way, instead of criticizing myself. By the time I left therapy, I no longer engaged in any eating disorder behavior. Not once did I reveal to my therapist what was going on with food.

How was this possible?

My eating disorder was a symptom of the actual problem, my mean relationship with myself. In therapy, I learned to cope with difficult situations, instead of using food to distract from them. I learned to soothe myself with words instead of using ice cream or cookies. I know from experience what it's like to struggle with disordered eating but I also know that complete recovery is possible. Why did I develop an obsession with my thighs as a child? I was constantly being told that I was too loud, too emotional, too rambunctious. I interpreted this as being "too much" and my five year old mind thought there was too much of me – if I were smaller, I would not be so much of a problem. Now, as a psychoanalyst, author, speaker, I help people all over the world heal their relationship to food. In my private practice, I treat people with food, weight and body image issues. I also write an award-winning blog, host a podcast, a video series, and I have online programs that help people in 18 different countries lose weight without dieting and make peace with food.

Great, so let's dig a little deeper into the story – has it been an easy path overall and if not, what were the challenges you've had to overcome?

I certainly had moments of concern. Early in my private practice, I had a week in which half of my patients had to leave for various reasons, and I was worried that nobody else would walk through my door! I decided to be very clear about my own personal history with disordered eating, which was a very vulnerable thing to put out there on a website, and it turned out to be the right decision – so many people have told me that my story gives them hope.

It's incredibly gratifying to help people change their lives. I love what I do!

Alright – so let's talk business. Tell us about Dr. Nina, Inc. – what should we know? I'm a psychoanalyst specializing in food, weight and body image issues. In my private clinical practice I treat men and women who struggle with eating disorders. I also write an award-winning blog, *Make Peace With Food*, host a podcast, *Low Weight Without Dieting* with Dr. Nina, and have a video series, *The Dr. Nina Show*. My book on eating disorders, *Food For Thought*, was recently published by Rowman & Littlefield and was an Amazon bestseller in its category. In my private practice, I help people recover from disordered eating. I also created *Win The Diet War*, and have two online programs that help people lose weight without dieting. What sets me apart is that I help people achieve weight loss by taking a non-diet approach. It is not what you're eating that's the true problem, it's who's eating "for" you. I help people get to the root issues of "why" they're eating, instead of focusing on food. I help them make peace with food by making peace with themselves. I also treat many people in mid-life – most of my patients and online clients are in their 40s – 70s, and I treat a lot of men, as well as women. I'm proud of the world that I do and it is a privilege to help people change their lives.

Is there a characteristic or quality that you feel is essential to success?

I drink a lot of coffee!

I believe my resilience and tenacity has been instrumental to my success. I believe strongly in my mission to help people and I am creative and persistent. If there's an obstacle, I find a way around it. I'm also a huge believer in using social media to spread my message, which is not something that many other psychoanalysts are doing. I believe that keeping an open mind, trying new things, and never, ever giving up is the key to my success.

Website: [www.winthedietwar.com](http://www.winthedietwar.com)

Phone: (818) 990-0622

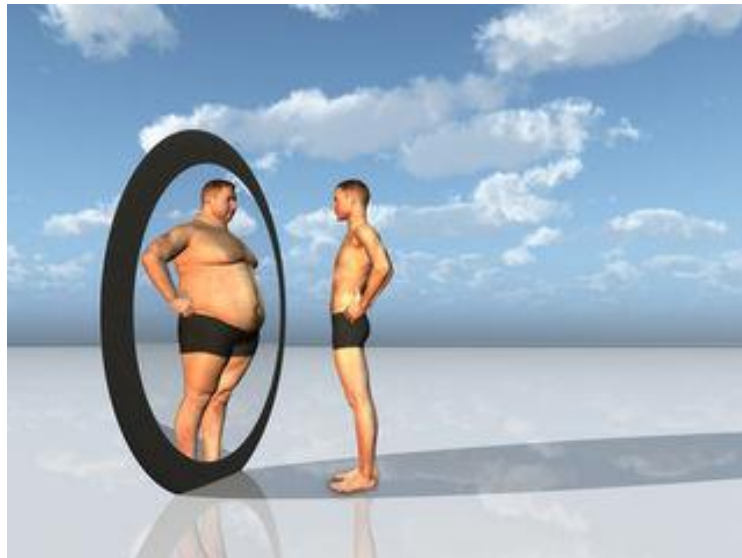
Email: [dr.nina@winthedietwar.com](mailto:dr.nina@winthedietwar.com)





## 3 Myths About Men and Eating Disorders

Many men suffer in silence and do not get treatment



By Nina Savelle-Rocklin, PsyD

**2017 National Eating Disorders Week: February 26th to March 4th.**

1. Only teenage white girls get eating disorders
2. Male eating disorders are a new phenomenon
3. Only gay men struggle with their **body image**

All these statements are false.

The reality is, eating disorders impact people of all races, ages, and genders, regardless of sexual orientation. It is estimated that 10 million men suffer from a clinically diagnosable eating disorder.

The author Brian Cuban, who details his struggles with **bulimia** and body dysmorphia in a memoir, **Shattered Image**, says, "People tend to believe that men who suffer from eating disorders are not 'real men' as society defines us."

Due to ongoing **stereotypes** about eating disorders, many men suffer in silence and do not get treatment, which suggests that the incidence of male eating disorders is likely higher than reported.

### An Example

Even when men do seek help, the medical community may not recognize or consider an eating disorder diagnosis. Frank\*, a grandfather in his 60's, had bulimia since **childhood** and finally summoned the courage to disclose to his physician. He told his doctor, "I throw up every day."

The doctor presumed it was a case of spontaneous vomiting and ordered several invasive medical procedures to isolate the problem. Frank was too mortified to explain that he was forcing himself to purge. He endured the tests rather than suffer the **humiliation** of further explanation.



# redbook

January 2017



## 7 Diet Mistakes You're Definitely Making

Stop punishing yourself with a diet of salad flavored with tears.



Getty

### 6. Rewarding Yourself With Cheat Days



If you find yourself looking forward to a "cheat day" every week, it may be a sign that your new diet isn't a sustainable way of eating for you. It can even trigger overeating or bingeing by creating a "better eat it while I can" mentality, warns [Nina Saville-Rocklin](#), a psychoanalyst specializing in eating disorders. "After that, post cheat-day remorse may lead to restriction, followed by overeating, and the cycle perpetuates itself. In fact, dieting itself leads to a binge-starve cycle." Instead of focusing on "what" you're eating, focus on "why" you're eating, Saville-Rocklin advises. "Ultimately, diets fail because they only deal with food. Diets do not address the underlying conflicts that make you turn to food in the first place."

# Press



Dishing with Judith – hosted by Judith Mancini

## DISHING WITH JUDITH



Listen LIVE Fridays at 10 AM PST



On K4HD.com

Sharing powerful knowledge for  
success, abundance and happiness.



JUDITH  
MANCINI



With Special Guest,  
**Dr. Nina**

Psychoanalyst, Author, and Speaker

# Press

---

## 7th Annual Gala benefitting Wags and Walks September 2017





# Press

---

## Breaking the Chains Foundation Benefit – Red Carpet October 2016



# Press

---

# FOCUS TV

Empowerista – November, 2016



**MANOS**  
PUBLIC RELATIONS  
424-777-0548