



THE DIETARY PATTERNS APPROACH Understanding Your Behaviours and Making Peace with Your Body and Mind

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Foreword: Dr. Julie St-Pierre

The six standard dietary behaviour patterns and strategies
for finding a balance.

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The authors are dietician-nutritionists specializing in the treatment of eating disorders and obesity management. In this book, they propose an innovative naming system to describe the six major dietary patterns they have identified in their 20 years of practice. We discover the Restrictive, Ambassador, Dissatisfied, Balanced, Traditional, and Vortex eaters, and strategies for optimizing their relationship with food. Throughout the book, they discuss relationships with food, self-image, health, and qualitative and quantitative perceptions of foods.

For each pattern, the authors present:

- A clear definition;
- Ways in which the main pattern develops and its variations;
- Fictitious conversations and concrete examples to illustrate the text;
- Strategies for adjusting your dietary pattern to be more in harmony with yourself, your diet, and your weight.

The book is written for the general public, specifically people who have trouble understanding why their attempts to achieve nutritional well-being sadly end in failure, but also for professionals (nutritionists, general practitioners, social workers, psychologists, and nurses) looking for new tools. The dietary pattern approach enables readers not only to identify their own pattern, but also to become aware that, in this field, the thoughts and behaviours we sometimes don't admit to are more common than we think.

STRONG POINTS

- A book that tackles the complexity of the act of eating in a totally unprecedented way.
- A daring approach paving the way for future research.
- An in-depth presentation of types of eaters and concrete strategies for finding a better balance.
- The book's entire content has been verified by healthcare professionals: an endocrinologist, a psychologist, a doctor of kinesiology, a dietician-nutritionist, a social worker, a pediatrician, a family doctor and a lipidologist.

Subjects: diet, nutrition, weight management, eating disorders, health

Evelyne Bergevin has been a dietician-nutritionist for nearly 15 years. She holds a bachelor's degree in nutrition, a graduate degree focussing on eating behaviour and psychology and specializes in the caring approach to the treatment of obesity.

Stéphanie Thibault is a certified nutritionist. She also has a certificate in the psychology of human development, and has begun training in NLP coaching. As the director of the NutriSansChichi clinics, she stands out for her comprehensive care for people with eating disorders and an unhealthy relationship with their body image. Teenagers and young adults are her preferred clients.