

Linda Bacon and Lucy Aphramor

Bringing HAES to the Clinic, to the Kitchen, to Life

PhD-nutritionists [Linda Bacon](#) and [Lucy Aphramor](#), experts in Health at Every Size® (HAES), are co-authors of the groundbreaking [Weight Science: Evaluating the Evidence for a Paradigm Shift](#), a peer-reviewed study that has up-ended conventional thinking in weight-loss research. Their forthcoming book, *Eat Well: For Your Self, For the World*, promises to reboot nutrition education around evidence-based dietetics and the HAES-inspired directive that “the best nutritionist you’ll ever know lives inside your skin.” Their training workshops, considered “transformative” by participants, have helped many professionals develop confidence delivering the HAES message.

Linda and Lucy are widely recognized for their expertise in translating HAES theory into practice on both sides of the Atlantic. Among lay and expert readers alike, they are spreading the word through a HAES Facilitators’ Guide (wait for it!), which coordinates with Linda’s best-selling, soon to be updated with Lucy as co-author, [Health at Every Size: The Surprising Truth About Your Weight](#), deemed the “HAES Bible” by *Prevention* magazine and others.

Linda, an internationally recognized interpreter of HAES science, is a sought-after [public speaker](#) and [appears regularly](#) in international print, radio, television and internet outlets. She is a professor at City College of San Francisco and serves as an associate nutritionist at the University of California, Davis.

Lucy, an honorary Research Fellow at Coventry University and visiting lecturer at Surrey University, pioneered HAES approaches in the UK National Health Service by creating the six-week “Well Now” training course, now available internationally through [Well Founded, Ltd.](#), the consultancy she directs, delivering social wellbeing activities and workshops in ethical dietetics.

Passionate, charismatic, and informative, Linda and Lucy bring scientific authority, clinical expertise, and old-fashioned compassion to their writing, speaking and teaching on HAES, weight, health, and social justice.