

# Recovery Space Resources



*\*Disclaimer: Please note, BANA does not own recommended resources, and does not control posted content. Please use with caution at your own discretion. BANA will not be held responsible for potentially triggering content.*



# Podcasts

*When these resources were put together, they aligned with our organizational beliefs and values. However, media / accounts often change overtime, or can be sold for new purposes. If one of our listed resources is no longer weight-inclusive, anti-diet, fat-liberating, or ED-informed, please let us know!*

“Be Yourself: Happy, Healthy, Hopeful”, by BANA’s Health Educator, Stephani Fenkanyn

“Food Psych”, by Christy Harrison

“The Wellness Trap”, by Christy Harrison

“ED Matters”, by Gurze/Salucore

“The Full Bloom: Body-Positive Parenting”, by the Full Bloom Project

“The Recovery Warrior Show”, by Jessica Flint & Recovery Warriors

“Intuitive Bites”, by Kirsten Ackerman

“Fresh Out The Cocoon”, by Dr. Joy Cox

“Balance is Key”, by Brittani Lancaster

“The F\*ck It Podcast”, by Caroline Dooner

“Fat Girls Club”, by Jessica Torres & Liesl Binx

“The Fearless Rebelle Radio”, by Summer Innanen



# Podcasts

“Matter of Fat”, by Cat Polivoda & Saraya Boghani

“She’s All Fat”, by Sophia Carter-Kahn

“Woman of Size”, by Jana Schmieding

“The Fat Lip”, by Ash

“Body Trauma Podcast”, by Nia Patterson

“Body Liberation For All”, by Dalia Kinsey

“The Belly Love Podcast”, by Rachel W. Cole

“The Body Image Podcast”, by Corinne Dobbas

“Hoodrat to Headwrap: A Decolonized Podcast”, by Ericka Hart & Ebony Donnley

“The Fat Club Podcast”

“Eating Disorders: Navigating Recovery”, by Catherine Brown & Francis Lacobucci

“Sex Gets Real”, by Dawn Serra

“Maintenance Phase”, by Aubrey Gordon & Michael Hobbes

“Twisting the Plot”, by Hannah Starobin and Cecilia Dintino



# Podcasts

Podcast Episode: Why We Can't Fight Weight Stigma While Also Advocating for Weight Loss - with Dr. Jeffrey Hunger <https://christyharrison.com/foodpsych/6/why-we-cant-fight-weight-stigma-while-also-advocating-for-weight-loss-with-jeffrey-hunger>

Podcast Episode: Why You Can't Fight Weight Stigma While Promoting for Weight Management - with Dr. Abigail Saguy <https://christyharrison.com/foodpsych/7/bmi-covid-19-and-why-you-cant-fight-weight-stigma-while-promoting-weight-management-with-abigail-saguy>



# Social Media

## Trusted Agencies & ED Specific:

[@thebodylovesociety](#)

[@the\\_nedic](#)

[@bodyconfidencecanada](#)

[@eatingdsna](#)

[@bodybravecanada](#)

[@nied\\_ca](#)

[@bodyposipower](#)

[@projectheal](#)

[@recoverywarriors](#)

[@i\\_weigh](#)

[@chr1styharrison](#)

[@thebodypositive](#)

[@sheenasplace](#)

[@eatingdisordersns](#)

[@renfrewcenter](#)

[@center4bodytrust](#)

[@thebutterflyfoundation](#)

[@balancedtx](#)

[@eatingrecovery](#)

[@banawindsor](#)

[@thedrecoveryproject](#)

[@eatingdisorderfamilysupportnet](#)

[@recoveryreminders4you](#)

[@medafounder](#)

[@within\\_health](#)

[@haes\\_by\\_asdah](#)



# Social Media

## Eating, Food, & Anti Diet:

[@abbeyskitchen](#)

[@dietitiananna](#)

[@murraynutrition](#)

[@langernutrition](#)

[@thenutritiontea](#)

[@isarobinson\\_nutrition](#)

[@your.latina.nutritionist](#)

[@foodsciencebabe](#)

[@rachaelhartleyrd](#)

[@andreaahardyrd](#)

[@theantidietplan](#)

[@redefine\\_wellness\\_](#)

[@jennifer\\_rollin](#)

[@connectedeating](#)

[@platebyplateapproach](#)

[@laurathomasnutrition](#)

[@theintuitive\\_rd](#)

[@no.food.rules](#)

[@foodbody.peace](#)

[@the.mindfuldietitian](#)

[@drcoleenreichmann](#)

[@the\\_adhd\\_rd](#)

[@adhd.nutritionist](#)

[@edadhd\\_therapist](#)

[@black.nutritionist](#)

[@eatingdisorder.dietitian](#)

[@rds\\_for\\_neurodiversity](#)

[@marcird](#)

[@emilyfonnesbeck\\_rd](#)

[@accessiblewellness](#)



# Social Media

## Body Neutrality & Acceptance:

[@yrfatfriend](#)

[@antidietriotclub](#)

[@beauty\\_redefined](#)

[@ragenchastain](#)

[@iamannachapman](#)

[@bodyimagewithbri](#)

[@fatpositivetherapist](#)

[@antidietfatty](#)

[@artifats\\_collection](#)

[@fattiesandfeelings](#)

[@eatingdisordertherapyla](#)

[@fatgirlflow](#)

[@drrachelmillner](#)

[@agingbodyliberation](#)

[@nic.mcdermid](#)

[@sonyareneetaylor](#)

[@fierce.fatty](#)

[@fiercefatfemme](#)

[@bodyimage\\_therapist](#)

[@your\\_body\\_is\\_good](#)

[@historicalfatpeople](#)

[@readytostare](#)

[@blackandembodied](#)

[@fatwomenofcolor](#)

[@4thtribodies](#)

## Movement & Medical:

[@maggielandesmd](#)

[@guadianiclinic](#)

[@drmariannemiller](#)



# Social Media

## Movement & Medical:

[@everything\\_endocrine](#)

[@tallyrye](#)

[@thephitcoach](#)

[@healthyphit](#)

[@emilydeckerfitness](#)

[@fueling.former.athletes](#)

[@rozthediva](#)

[@theunderbellyyoga](#)

[@louisegreen\\_bigfitgirl](#)

[@oncology.nutrition.rd](#)

[@ckd.nutrition.coach](#)

[@joyful.inclusive.movement](#)

[@iamlshauntay](#)





# Reading

## EDs/Body Image:

“Body Respect”, by Lindo Bacon

“Landwhale”, by Jes Baker

“Things No One Tells Fat Girls”, by Jes Baker

“The Unapologetic Fat Girl’s Guide to Exercise and Other Incendiary Acts”, by Hanne Blank

“Oppression and the Body: Roots, Resistance, and Resolutions”, by Christine Caldwell and Lucia Bennett Leighton

“The Fat Pedagogy Reader: Challenging Weight-Based Oppression Through Critical Education”, by Erin Cameron and Constance Russell

“Fat: The Owner’s Manual”, by Ragen Chastain

“Fat Activism”, by Charlotte Cooper

“Fat and Proud: The Politics of Size”, by Charlotte Cooper

“Fat Girls in Black Bodies”, by Joy Cox

“Fat Shame: Stigma and the Fat Body in American Culture”, by Amy Erdman Farrell

“The F\*ck It Diet”, by Caroline Dooner

“What We Don’t Talk About When We Talk About Fat”, by Aubrey Gordon



# Reading

"You Just Need to Lose Weight" And 19 Other Myths About Fat People", by **Aubrey Gordon**

"Lessons From the Fat-o-Sphere: Quit Dieting and Declare a Truce With Your Body", by **Kate Harding and Marianne Kirby**

"Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness", by **Da'Shaun L. Harrison**

"The Not So Subtle Art of Being a Fat Girl", by **Tess Holiday**

"The Body Liberation Project: How Understanding Racism and Diet Culture Helps Cultivate Joy and Build Collective Freedom", by **Chrissy King**

"Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation", by **Dalia Kinsey**

"More Than A Body: Your Body Is An Instrument, Not An Ornament", by **Lindsay and Lexie Kite**

"The Rules of Normal Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters and Everyone in Between", by **Karen R. Koenig**

"The Other F Work: A Celebration of the Fat & Fierce", by **Angie Manfredi**

"Eat What You Love, Love What You Eat for Binge Eating Disorder", by **Michele May**

"The Fat Studies Reader", by **Esther Rothblum, Sondra Solovay, and Marilyn Wann**

"DBT for Binge Eating Disorder and Bulimia", by **Debra L. Safer**

"Big Gal Yoga", by **Valerie Sagun**

"Love Your Body: Your Body Can Do Amazing Things", by **Jessica Sanders**



# Reading

“Every Body Yoga”, by Jessamyn Stanley

“Fearing the Black Body: The Racial Origins of Fat Phobia”, by Sabrina Strings

“Reclaiming Body Trust: A Path to Healing and Liberation”, by Dana Sturtevant & Hilary Kinavey

“The Body Is Not An Apology”, by Sonya Renee Taylor

“Fat!So?: Because You Don’t Have to Apologize for Your Size”, by Marilyn Wann

“Fattily Ever After: A Black Fat Girl’s Guide to Living Life Unapologetically”, by Stephanie Yeboah

## Nutrition and Medical:

“Sick Enough”, by Jennifer L. Gaudiani

“Intuitive Eating (4<sup>th</sup> Edition)”, by Evelyn Tribole & Elyse Resch

“Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating”, by Christy Harrison

“The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health”, by Emeran Mayer

“Enjoy It All: Improve Your Health and Happiness with Intuitive Eating”, by Sarah Berneche

“Body Respect”, by Lindo Bacon

“Health at Any Size, The Surprising Truth About your Weight”, by Lindo Bacon



# Reading

“Gentle Nutrition”, by Rachel Hartley

“Drop the Diet: Guided Recipes for Overcoming Your Food Rules”, by Lori Lieberman and Cate Sangster

“Everything You’ve Learned about Weight loss is Bull\*\*\*\*”, by Louise Adams and Fiona Willer (*E-book*)

“Vitamins A to Z”, by Fiona Sutherland (*E-book*)

## Workbooks:

“The Emotional Eating, Chronic Dieting, Binge Eating, and Body Image Workbook”, by Judith Matz, Amy Pershing, and Christy Harrison

“Your Body Is Not An Apology Workbook: Tools for Living Radical Self-Love”, by Sonya Renee Taylor

“Overcoming Bulimia Workbook”, by Randi E. McCabe, Tracy L. McFarlane and Marion P. Olmstead

“The Anorexia Workbook”, by Michelle Heffner Macera and Georg H. Eifert

“The Body Image Workbook”, by Thomas F. Cash

“The Dialectical Behavior Therapy Skills Workbook for Bulimia”, by Ellen Astrachan-Fletcher and Michael Maslar

“The Food and Feelings Workbook: A Full Course Meal on Emotional Health”, by Karen R. Koenig



# Reading

“Mindful Masculinity Workbook: A Practical Guide to Healthy Masculinity”, Edited by Rocco Kayiatos

“The Queer and Transgender Resilience Workbook”, by Anneliese Singh

“Body Trust Workbook”, To access: Home page > scroll down > enter name/email on <https://benourished.org/>

“The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food”, by Evelyn Tribole & Elyse Resch

“Break Free From ED - by the Centre for Clinical Interventions Workbook”, <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating>

## Gender:

“The Body Is Not An Apology”, by Sonya Renee Taylor

“Your Body Is Not An Apology Workbook: Tools for Living Radical Self-Love”, by Sonya Renee Taylor

“Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation”, by Dalia Kinsey

“Life Isn’t Binary: On Being Both, Beyond, and In-Between”, by Meg-John Barker & Alex Iantaffi

“Gender Outlaws: The Next Generation”, by Kate Bornstein & S. Bear Bergman

“The Queer and Transgender Resilience Workbook”, by Anneliese Singh



# Reading

“Trans Bodies, Trans Selves: A Resource by and for Transgender Communities”, Edited by Laura Erickson-Schroth

“You and Your Gender Identity”, by Dara Hoffman-Fox

“Mindful Masculinity Workbook: A Practical Guide to Healthy Masculinity”, Edited by Rocco Kayiatos

“Gender Failure”, by Rae Spoon & Ivan E. Coyote

“Beyond the Gender Binary”, by Alok Vaid-Menon

## Miscellaneous:

“Mind Over Mood: Change How You Feel by Changing the Way You Think”, by Dennis Greenberger & Christine A. Padesky

“The Body Keeps the Score”, by Bessel van der Kolk

“Pleasure Activism: The Politics of Feeling Good”, by Adrienne Maree Brown

“Come As You Are: The Surprising New Science That Will Transform Your Sex Life”, by Emily Nagoski

“So You Want To Talk About Race”, by Ijeoma Oluo

“Ageism Unmasked: Exploring Age Bias and How to End It”, by Tracey Gendron



# YouTube

“The Problem With Poodle Science”

<https://www.youtube.com/watch?v=H89QQfXtc-k>

“Behind The Before and After: Intuitive Eating and Body Image Documentary”, by The Body Love Society

[https://www.youtube.com/watch?v=eTY\\_hCTmI98](https://www.youtube.com/watch?v=eTY_hCTmI98)

“What Happens When Strangers Get Real About Body Image”

<https://www.youtube.com/watch?v=xBEpOOLhNVQ>

“Removing the Stigma of Talking About Eating Disorders - Gabrielle Bernstein - TEDxSaintAndrewsSchool”, by TEDx Talks

[https://www.youtube.com/watch?v=iVnAqc\\_5ppk](https://www.youtube.com/watch?v=iVnAqc_5ppk)

“An Eating Disorder Specialist Explains How Trauma Creates Food Disorders”, by VICE

<https://www.youtube.com/watch?v=7VZNGgDjsMo>

“Dr. Bando Non-Judgemental Practice”

<https://www.youtube.com/watch?v=ftHPdrRRRnc>

“CTRL-F - Digital Media Literacy” (Skills, Tips, Guided Videos)

<https://www.youtube.com/@CTRLF>

“Eating disorders: a mental illness, not a lifestyle choice - Viveca Lee - TEDxMcGill”, by TEDx Talks

<https://www.youtube.com/watch?v=CQ9KhtNrygE>

“Virgie Tovar Tells Us The Difference Between Body Positivity And Fat Activism”

[https://www.youtube.com/watch?v=o\\_OoS\\_hgXfQ](https://www.youtube.com/watch?v=o_OoS_hgXfQ)

“Lose Hate Not Weight”

<https://www.youtube.com/watch?v=hZnsamRfxtY>



# YouTube

“So You Want to Fight for Body Liberation. Now What?”

[https://www.youtube.com/watch?v=U1Z\\_VMebWG8](https://www.youtube.com/watch?v=U1Z_VMebWG8)

“Joyn Movement”

<https://www.youtube.com/channel/UCOyljZ7ER-b5iv9RYXnaGw>

“NAAFA Webinar Series - Fat Liberation Month: Self Care for Fat Bodies with Anna Chapman”

<https://www.youtube.com/watch?v=AC7zPd18pZI>

“Dove Beauty Campaigns”:

- Real Beauty Sketches  
<https://www.youtube.com/watch?v=litXW91UauE&t=57s>
- Dove Evolution  
<https://www.youtube.com/watch?v=iYhCn0jf46U>
- Reverse Selfie  
<https://www.youtube.com/watch?v=z2T-Rh838GA>
- Black Hair is Professional  
<https://www.youtube.com/watch?v=C0xsTrhaH0Y>
- As Early As 5  
<https://www.youtube.com/watch?v=FGrfhOTxy4Q>
- Beauty on Your Own Terms  
<https://www.youtube.com/watch?v=XOa7zVqx4A4>

The NEDIC on Youtube for webinars, educational series, and informational videos on ED topics.

- “Eating Disorders: Beyond the Myths”  
<https://youtu.be/Qp80hbqBrfQ>





# Other Media

“Fat Positive Coloring Book”, by Tatiana Gill (*colouring book*)

“Body Liberation”, by Lindley Ashline (*body liberation photos*)

<https://bodyliberationphotos.com>

“The Full Body Project”, by Leonard Nimoy (*body liberation photos*)

<https://www.rmichelson.com/artists/leonard-nimoy/the-full-body-project/>

The Adipositivity Project (*body liberation photos*)

<https://theadipositivityproject.zenfolio.com/all>

“The Bodies of Mothers”, by Jade Beall (*photography book*)

BANA Be Yourself Magazine (*BANA’s own, free magazine*)

<https://bana.ca/magazine/>

Embrace (*free documentary*)

<https://tubitv.com/movies/494907/embrace>

The Fat Zine (*magazine*)

<https://www.thefatzine.com/>

“Wann, M. (2009). Foreword: Fat Studies: An Invitation to Revolution. In E. Rothblum & S. Solovay (Ed.), *The Fat Studies Reader* (pp. ix-xxvi). New York University Press.”

<https://doi.org/10.18574/nyu/9780814777435.003.0003>

“Fat Studies”

<https://libguides.pratt.edu/fatstudies/introduction>



# Other Media

**“Fat’ Isn’t A Bad Word – It’s Just The Way I Describe My Body”, Article by Aubrey Gordon**  
<https://www.self.com/story/fat-isnt-bad-word>

**“It’s Time To Retire ‘You’re Not Fat, You’re Beautiful!’”, Article by Aubrey Gordon**  
<https://www.self.com/story/not-fat-beautiful>

**“I’m A Fat Activist. I Don’t Use The Word Fatphobia. Here’s Why”, Article by Aubrey Gordon**  
<https://www.self.com/story/fat-activist-fatphobia>

**“Fat Liberation Self-Study Guide”**  
<https://students.wustl.edu/fat-liberation-self-study-guide/>

**“The Fat Underground”**  
<https://sites.williams.edu/engl113-f18/foreman/the-fat-underground-and-the-fat-liberation-manifesto/>

**“How to Rebuild Your Wardrobe after Weight Gain”, by Marielle Elizabeth**  
<https://www.vogue.com/article/how-to-rebuild-your-wardrobe-after-weight-change>



# Size Inclusive Stores

## In Canada:

- Free Label (up to 5x)
- Reitman's (up to 3x)
- Boohoo (up to 4x)
- Just Plus (located in Essex, ON)
- Shein (up to 4x)
- Good American (up to 6x)
- Torrid (up to 6x)
- Joe Fresh (up to 3x)
- Laura (up to 3x)
- Penningtons (up to 6x)
- Maurices (up to 4x)
- Old Navy (clothing and swimwear up to 4x)
- Warehouse One – The Jean Store (up to 4x)
- Connally Goods (up to 6x)
- Beaton (up to 4x)
- Lesley Hampton (up to 6x)
- Hilary Macmillan (up to 4x)

## Swimwear and Intimates

- Origami Customs (custom gender affirming clothing)
  - Knix (up to 4x)
  - Understance (up to 4x)
- Nettle's Tale (swimwear and apparel up to 4x)
  - Snag Tights (up to 5x)
  - Third Love (intimates, up to 3x)

# Size Inclusive Stores

Based in USA, but ships to Canada:

- Bloom Chic (up to 4x)
- Universal Standard (up to 7x)
- Lane Bryant (up to 7x)
- Eloquii (up to 6x)
- Mod Cloth (up to 4x)
- Wray NYC (up to 6x)
- SmartGlamour (custom)
- eShakti (up to 6x)
- Adelante Shoe Co
- Super Fit HERO (activewear up to 7x)
- Loud Bodies (up to 10x)
- Altar Houseline (up to 6x)
- Alder Apparel (outdoor and hiking apparel, up to 6x)
- Selkie (up to 5x)
- Girlfriend Collective (up to 6x)
- Big Bug Press (up to 6x)
- Jessakae (up to 6x)

## Swimwear and Intimates

- Swimsuits for All (up to 8x)
  - TomboyX (up to 4x)
- Love Your Peaches (up to 10x)
  - Impish Lee (custom)
- Dry Apron Panties (up to 3x)
- Undersummers (up to 5x)
- Vava Lingerie (up to 5x)
- PantyDrop (up to 8x)



# Products

*BANA does not specifically promote any one of these products and advises that all clients should use discretion when choosing items for personal use. These products have been curated from lists made by fat activists as well as our clients. Please also consider reviewing the following resources for a more in-depth exploration of size inclusive products:*

- **NAAFA Webinar Series - Fat Liberation Month: Self Care for Fat Bodies with Anna Chapman**  
<https://www.youtube.com/watch?v=AC7zPd18pZI>
- **Fat Self Care**  
[www.fatselfcare.com](http://www.fatselfcare.com)
- **She's All Fat: Potty Problems**  
<https://shesallfatpod.com/pottyprobs>
- **She's All Fat: Fat Fashion**  
<https://shesallfatpod.com/fat-fashion>
- **Fat Girl Flow - How To Take Care Of Your Fat Body**  
<https://fatgirlflow.com/how-to-take-care-of-your-fat-body-fat-hygiene/>
- **Fat Girl Flow - Where To Shop**  
<https://fatgirlflow.com/category/where-to-shop/>

## **Furniture:**

- **Hercules Chairs (big & tall chairs - up to 1,000 lbs.)**  
<https://www.homedepot.ca/product/flash-furniture-hercules-series-big-tall-1000-lb-rated-burgundy-fabric-stack-chair/1001504695>
- **Big Fig Mattresses (up to 1,100 lbs.)**  
<https://www.bigfigmattress.com/>



# Products

## Devices:

- **Cooling Neck Fan (for overheating)**
- **Cooling Tube (for overheating)**  
<https://www.amazon.ca/CoolTimeUSA-Cooling-Wearable-Summer-Reusable/dp/B08BLQJPZJ>

## Thighs:

- **Knix Thigh Saver Shorts**  
<https://knix.ca/collections/shorts>
- **Thigh Society Shorts**  
<https://thighsociety.ca/>
- **Long-Leg Boxer Briefs, Athletic Shorts, or Deodorant (rub anywhere you chafe)**
- **First Aid Beauty Anti-Chafe Stick with Shea Butter + Colloidal Oatmeal**  
[https://www.sephora.com/ca/en/product/first-aid-beauty-anti-glide-chafe-stick-P504890?om\\_mmc=ppc-GG\\_671377349\\_34210893756\\_dsa-822550141859\\_\\_445569691338\\_9001092\\_c&country\\_switch=ca&lang=en&gad\\_source=1&gclid=CjwKCAjw9cCyBhBzEiwAJTUWNYUUYpQRE8i6qhnFI\\_igsQps3GhrT1XcgTwhLYkJKK-M3kfkq7KYsRoC7UYQAvD\\_BwE&gclsrc=aw.ds](https://www.sephora.com/ca/en/product/first-aid-beauty-anti-glide-chafe-stick-P504890?om_mmc=ppc-GG_671377349_34210893756_dsa-822550141859__445569691338_9001092_c&country_switch=ca&lang=en&gad_source=1&gclid=CjwKCAjw9cCyBhBzEiwAJTUWNYUUYpQRE8i6qhnFI_igsQps3GhrT1XcgTwhLYkJKK-M3kfkq7KYsRoC7UYQAvD_BwE&gclsrc=aw.ds)
- **Megababe Thigh Rescue Anti-Chafe Stick**  
<https://megababebeauty.com/products/thigh-chafe>
- **Monistat Chafing Relief Powder Gel**  
<https://www.monistat.com/vaginal-complete-care-products/chafing-relief-powder-gel>
- **Neosporin**  
<https://www.neosporin.com/products/topical-antibiotics/original-antibiotic-ointment>
- **Gold Bond Friction Defense**  
<https://www.goldbond.com/en-us/products/friction-defense>



# Products

## Hygiene:

### *For hard-to-reach areas:*

- **Foot Scrubbers**
- **Sponge Bottle Washer**
- **Travel Bidet**
- **Peri Bottle**
- **Back Body Brush**
- **Butt Scrubber/Bottom Buddy**

<https://www.arthritissupplies.com/butt-scrubber-personal-hygiene-aid.html>

### *Other:*

- **Shower Chair**
- **Megababe Bust Dust**  
<https://megababebeauty.com/products/bust-dust>
- **Lush Cosmetics Silky Underwear Dusting Powder**  
[https://www.lush.com/ca/en\\_ca/p/silky-underwear-dusting-powder](https://www.lush.com/ca/en_ca/p/silky-underwear-dusting-powder)
- **Panty Drop Elastic-Free Undies (helpful for apron stomach folds)**  
<https://www.pantydrop.me/collections>
- **Tummy Liners (helpful for sweat between stomach folds)**  
[https://www.amazon.ca/TUMMY-LINERS-SIZE-XX-LARGE-SET/dp/B00606RWEK/ref=asc\\_df\\_B00606RWEK/?tag=googleshop0c-20&linkCode=df0&hvadid=578924155139&hvpos=&hvnetw=g&hvrnd=12095600273631164424&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001092&hvtargid=pla-781932055156&psc=1&mcid=ae3a8abb7c2b344aad50df9e8408fe4e](https://www.amazon.ca/TUMMY-LINERS-SIZE-XX-LARGE-SET/dp/B00606RWEK/ref=asc_df_B00606RWEK/?tag=googleshop0c-20&linkCode=df0&hvadid=578924155139&hvpos=&hvnetw=g&hvrnd=12095600273631164424&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001092&hvtargid=pla-781932055156&psc=1&mcid=ae3a8abb7c2b344aad50df9e8408fe4e)



# Websites

**BANA**

[www.bana.ca](http://www.bana.ca)

**Body Brave**

[www.bodybrave.ca](http://www.bodybrave.ca)

**National Eating Disorder Information Centre (NEDIC)**

[www.nedic.ca](http://www.nedic.ca)

**National Initiative for Eating Disorders (NIED)**

[www.nied.ca](http://www.nied.ca)

**Academy for Eating Disorders (AED)**

[www.aedweb.org](http://www.aedweb.org)

**Body Confidence Canada**

[www.bodyconfidencecanada.com](http://www.bodyconfidencecanada.com)

**The Fat Lip**

[www.thefatlip.com](http://www.thefatlip.com)

**National Association to Advance Fat Acceptance (NAAFA)**

<https://naafa.org/>

**Understanding Eating Disorders in Adolescence**

[www.canped.ca](http://www.canped.ca)

**The Body Positive**

<https://thebodypositive.org/>





# Websites

**Eating Disorders Nova Scotia (EDNS)**

[www.eatingdisordersns.ca](http://www.eatingdisordersns.ca)

**Sheena's Place**

<https://sheenasplace.org>

**Recovery Warriors**

[www.recoverywarriors.com](http://www.recoverywarriors.com)

**Inside Out: Institute for EDs**

[www.insideoutinstitute.org.au](http://www.insideoutinstitute.org.au)

**PEACE Pathway: EDs & Autism Resources**

<https://www.peacepathway.org/>

**Centre for Clinical Interventions (CCI) - Looking After Yourself Resources**

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)

**Balanced View - Addressing Weight Bias & Stigma in Healthcare**

[www.balancedviewbc.ca](http://www.balancedviewbc.ca)

**Eating Recovery Centre Resources**

[https://www.eatingrecoverycenter.com/resources?topic%5B3876%5D=3876 \](https://www.eatingrecoverycenter.com/resources?topic%5B3876%5D=3876)

**Fat Self Care**

[www.fatselfcare.com](http://www.fatselfcare.com)

**Your Fat Friend**

<https://www.yourfatfriend.com/>



# Websites

**Fat Girl Flow**

<https://fatgirlflow.com/>

**Yoga For All Bodies - The Underbelly**

[www.theunderbelly.com](http://www.theunderbelly.com)

**Fat Girls Hiking**

[www.fatgirlshiking.com](http://www.fatgirlshiking.com)

**Fullbeing Yoga**

[www.danafalsetti.com](http://www.danafalsetti.com)

**Yoga For Every Body**

[www.yfeb.net](http://www.yfeb.net)

**Dianne Bondy Yoga**

[www.diannebondyyoga.com](http://www.diannebondyyoga.com)

**Dances With Fat**

<https://danceswithfat.org/>



# Websites

## ED Guidelines:

### Eating Disorder Quality Standards (Health Quality Ontario):

<https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Eating-Disorders>

### AED Medical Guidelines

[https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c2a078d02145d/UploadedImages/Publications\\_Slider/2120\\_AED\\_Medical\\_Care\\_4th\\_Ed\\_FINAL.pdf](https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c2a078d02145d/UploadedImages/Publications_Slider/2120_AED_Medical_Care_4th_Ed_FINAL.pdf)

### AED Nutritional Guidelines

[https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c2a078d02145d/UploadedImages/Publications\\_Slider/FINAL\\_AED\\_Purple\\_Nutrition\\_Book.pdf](https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c2a078d02145d/UploadedImages/Publications_Slider/FINAL_AED_Purple_Nutrition_Book.pdf)

## EDs in BIPOC Communities:

### Black Communities:

<https://nedic.ca/bipoc/black-community-members/>

### Indigenous Communities:

<https://nedic.ca/bipoc/indigenous-community-members/>

### East & Southeast Asian Communities:

<https://nedic.ca/bipoc/east-and-southeast-asian-community-members/>

### South Asia Communities:

<https://nedic.ca/bipoc/south-asian-community-members/>



# Websites

**Latine Communities:**

<https://nedic.ca/bipoc/latine-community-members/>

**Middle Eastern Communities:**

<https://nedic.ca/bipoc/middle-eastern-community-members/>

**EDs in 2SLGBTQIA+ Communities:**

**Affirming Care for Every Body:**

<https://nedic.ca/2slgbtq/>

**Rainbow Health on Eating Disorders:**

[www.rainbowhealthontario.ca/wp-content/uploads/2021/03/Health-in-focus\\_Eating-Disorders.pdf](http://www.rainbowhealthontario.ca/wp-content/uploads/2021/03/Health-in-focus_Eating-Disorders.pdf)

**Nalgona Positivity Pride:**

<https://www.nalgonapositivitypride.com/>

**Fed Up Collective:**

<https://fedupcollective.org/>



# Apps



Recovery Record (or RR Eating Disorder Management)



Rise Up + Recover



Brighter Bite



Mindshift CBT

