

## Annabel Johnston

**Gut health dietician and founder of Nutrition for Living, *BRISBANE***

Originally from Melbourne, Annabel Johnston is an Accredited Practising Dietician whose interest lies in the relationship between nutrition and chronic disease prevention and management.

Now based in Brisbane, Annabel founded [Nutrition for Living](#), a dietitian service that works with patients who struggle with eating disorders among other conditions, including Irritable Bowel Syndrome (IBS), Coeliac disease, constipation, Crohn's disease, and ulcerative colitis.

Annabel uses evidence-based approaches to conduct comprehensive nutrition assessments and develop management plans. Through education and support, she aims to empower patients to make sustainable changes to their nutrition, to optimise their physical and mental wellbeing.

Completing her Bachelor of Applied Science and Master of Dietetic Practice at La Trobe University, Melbourne between 2016–2019, Annabel went on to complete further studies on diabetes at James Cook University in 2020 and on IBS at Monash University in 2021.

With a growing interest in eating disorders, Annabel completed the InsideOut Institute's '*Dietician Essential: Treatment of Eating Disorders*' certification in 2022, addressing the nature, identification, assessment and treatment of individuals with eating disorders.

"Many of my clients experience fear around food, whether due to gut-related symptoms or pressure from diet culture.

"Eating disorders like ARFID, orthorexia and binge eating often go unnoticed or undiagnosed," said Annabel.

"That's why the EDGI2 study is so important. It will help us better understand how eating disorders develop and who they affect, so we can provide more targeted support."

To volunteer for the EDGI2, head to [edgi.org.au](https://edgi.org.au) or email [edgi2@qimrberghofer.edu.au](mailto:edgi2@qimrberghofer.edu.au).

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