

Top dietitian lays bare NHS tyranny in approach to body diversity

The Naked Dietitian's Edinburgh show serves her guests food for thought

Dr Lucy Aphramor is the winner of an OSCA (Outstanding Service and Care Award) for her ground-breaking work as an NHS dietitian.

And now - under her performing alter ego, The Naked Dietitian – Lucy brings her insights to the Fringe for the first time, in an innovative performance that marries a compelling crisis facing society with scientific demystification and an extraordinary personal openness on her own history, to deliver a uniquely engaging and entertaining show.

With an astonishing lyrical vulnerability that saw her crowned *“the literary lovechild of Jeanette Winterson and Allen Ginsberg”* (Broadway Baby) for her erotic poetry performances, Lucy takes her audience through the mistaken orthodoxy of over-simplified health campaigns and blind obedience to prejudice-based medicine, and in doing so challenges listeners to alter their own sense of self-worth: *“For years we’ve been beguiled by the “eat less, move more” approach when ALL the evidence shows a focus on weight-correction is harmful, and the most sound remedy is by promoting justice and body respect for all. Inequity and shame, not calories, are key vectors of illness. Did you know that living with oppression takes its toll by disrupting metabolism? Racism is a well-documented yet under-publicised risk factor in high blood pressure. So, I’ve written this show to take this critical message out of a clinical setting and to make it more accessible to anyone who has ever woken up wishing their body was even just a little bit different.”*

Keeping her content relevant – referencing the tragedy at Grenfell Tower as well as *New York Times* bestselling author, academic and feminist Roxane Gay and her hot-off-the-press book *Hunger*, and causing shockwaves in listeners as she quotes the British Dietetic Association's *Teenwise* site, Lucy keeps sight of the universal truths that drive her formidable thinking and resonate with her audience: *“It was like she was speaking just to me.”* (Male audience member at successful preview at London's Hackney Showroom.)

NHS Highland are pioneers, leading the way for inclusive healthy weight policy in the UK by using Lucy's "respect body diversity" approach to public health. You can catch The Naked Dietitian's intentionally ironic lunchtime show at Venue 40 (Friends Meeting House) on 14th-19th and 21st-26th August. The show on 23rd will be BSL signed, and there will be a post-show discussion after the performance on the 17th. Tickets available online from the Fringe Box Office on <https://tickets.edfringe.com/whats-on/naked-dietitian>. <ENDS>

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Notes to Editors

Lucy Aphramor studied nutrition and dietetics at Surrey University, and completed her doctorate at Coventry University, before starting her work as a clinical dietitian with the NHS. She developed her *Well Now* approach in response to the many shortcomings of NHS and commercial approaches to lifestyle change and dieting, replacing a short-sighted focus on weight correction with self (body) respect and health-gain for all, making the connection between self-care and social justice. *Well Now* has been adopted by NHS Highland Public Health as their healthy weight policy.

Lucy is an author and currently works as a freelance dietitian and spoken word poet. She is both Quaker and queer.

She has won several awards for her work, from organisations across the health service including the NHS, Heart UK, and the British Dietetic Association (BDA). Lucy is on the BDA roll of honour, although she has since resigned her membership of the organisation on a solid Quakerly foundation as a conscientious objector.

Tickets to her performance can be obtained from the Fringe box office at <https://tickets.edfringe.com/whats-on/naked-dietitian>

For more information about Lucy Aphramor, dietitian and poet, visit www.lucyaphramor.com.

Contact Lucy via:

Email: lucy.aphramor@gmail.com

Facebook: [:https://www.facebook.com/TheNkdDietitian/](https://www.facebook.com/TheNkdDietitian/)

Mobile: 07789471652

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