

Millie Thomas

Eating Disorders Recovery Coach, *SUNSHINE COAST*

Originally from Auckland, New Zealand, Millie Thomas battled anorexia nervosa for 15 years. She is now fully recovered and is a Carolyn Costin Institute certified Eating Disorders Recovery Coach, supporting clients throughout Australia and New Zealand.

Millie is also a Certified Practitioner of Neuro-Linguistic Programming and a Certified Practitioner of Time Line Therapy®, both used in the treatment of eating disorders. She is based on the Sunshine Coast, where she works with Eating Disorder charity, 'endED', which, in partnership with The Butterfly Foundation, is establishing Australia's first residential Eating Disorders facility 'endED Butterfly House'. At endED, Millie provides individual recovery coaching, runs a fortnightly support group and manages endED's social media platforms.

In her role as an Eating Disorder Recovery Coach, Millie helps clients to re-learn a myriad of practical life skills that would normally fall outside the scope of practice for most clinicians and therapists. Recovery Coaches are trained, willing and able to take clients food shopping, assist with the clearing out of clothes that no longer fit, supporting them through eating challenging 'fear foods', attending social events, and helping them to reintegrate back in to the community.

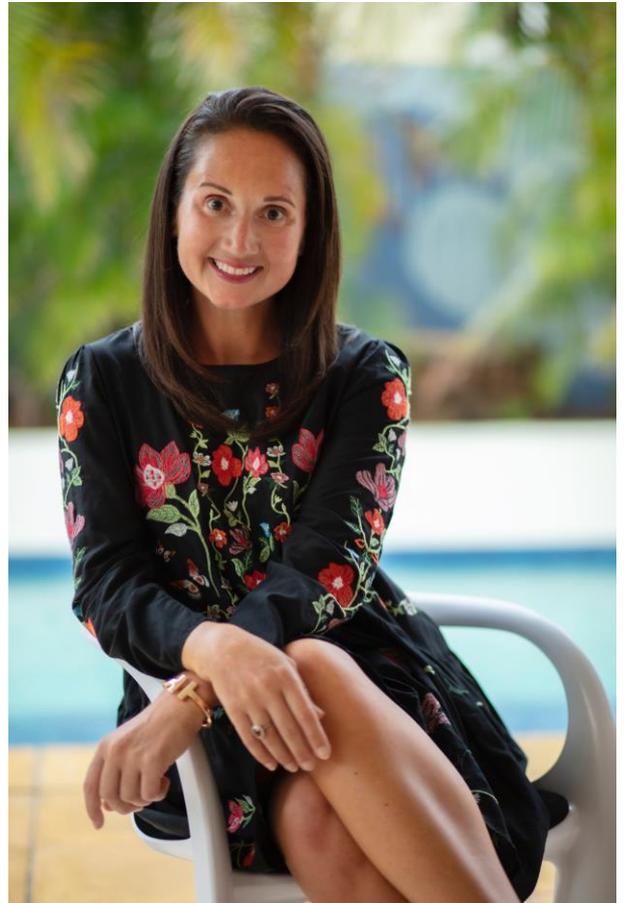
Millie believes no matter how long or how hard someone's journey with an eating disorder has been, full recovery is always possible.

Millie is a strong advocate for the Eating Disorders Genetic Initiative (EDGI) – the world's largest genetic investigation of eating disorders ever performed, that aims to identify the hundreds of genes that influence a person's risk of developing anorexia nervosa, bulimia nervosa and binge-eating disorder, to improve treatment, and ultimately, save lives.

"It will be extremely important to have a better understanding of the genetics of eating disorders and identify potential genes that could distinguish individuals who are predisposed to developing an eating disorder.

"Identifying the genes that predispose people to eating disorders will revolutionise future research into causes, treatment and prevention of the illnesses," said Millie.

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