# Balancing Diet and Mental Health: Exploring Food-Related Disorders

written by Dr. Ronald Hoffman | November 17, 2026



Ever wondered about the fine line between healthy eating and orthorexia? Nutritionist Dana Monsees on how diets might be fueling disordered eating. Learn about the GI connection to eating disorders, the body image struggles fueled by social media, finding food peace, and transforming your diet relationship. Check it out!