

## David Wiss, PhD, MS, RDN Curriculum Vitae & Resume @drdavidwiss

### EDUCATION

**University of California, Los Angeles** October 2017 - Feb 2022  
*Doctor of Philosophy (PhD)*  
*Fielding School of Public Health, Community Health Sciences Department*  
*Minor in Health Psychology*

**California State University, Northridge** July 2012 - May 2013  
*Dietetic Internship, Medical Nutrition Therapy (UCLA Medical Center)*  
**Registered Dietitian Nutritionist (RDN) #1089886**

**California State University, Northridge** May 2013  
*Masters of Science (MS) in Nutrition, Dietetics, & Food Science*

**University of Southern California** Aug 2007  
*Bachelor of Arts (BA) in Social Science (Emphasis in Economics)*

### WORK EXPERIENCE

**Founder, Wise Mind Nutrition, Los Angeles, CA** 2021 - Present

- Tech start-up (native app for iPhone and Android)
- Nutrition and lifestyle medicine content for mental health
- Strategy, blogging, video production, social media management, marketing

**Founder, Nutrition in Recovery, Los Angeles, CA** 2012 - Present

- Group private practice of registered dietitian nutritionists working in mental and behavioral health
- Functional medicine approach including various testing technologies
- Providing nutrition education/counseling/consulting for individuals and groups
- Residential treatment centers, outpatient facilities, sober livings, and other recovery environments
- Specialties: addictions, eating disorders, mental health, body image, gut health, general wellness
- Supervision for other registered dietitian nutritionists and other health professionals

**Preceptor for Dietetic Interns and Dietetic Technicians, Los Angeles, CA** 2013 - Present

- Trained and supervised upcoming nutrition professionals. Students from:
  - *NutraCo Dietetic Internship*
  - *Sodexo Dietetic Internship*
  - *California State University, Long Beach*
  - *University of Southern California*
  - *Central Arizona College, Oakwood University*

**Self-Employed Certified Personal Trainer (CPT), Los Angeles, CA** 2007 - 2023

- National Academy of Sports Medicine, CPR/First Aid certified, Continuing Education Units
- Consultant related to fitness goals, specializing in movement for mental health

### SUBSTANCE USE DISORDER RESEARCH AND EXPERIENCE

**Nutrition in Recovery, Los Angeles, CA** 2020 - 2024

- Principal Investigator of IRB-approved study (University of California, Los Angeles)
- Online data collection at intake into private practice
- HIPAA-compliant data management
- Coding and data analysis in Stata software

**mSTUDY, University of California, Los Angeles** 2019 - 2022

- Doctoral student researcher and collaborator on multidisciplinary team

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- First author: “Food insecurity partially mediates the association between drug use and depressive symptoms among men who have sex with men in Los Angeles, California”
- Doctoral dissertation: “Adverse childhood experiences and mental health over the life course among men who have sex with men in Los Angeles County”

<b>Janus of Santa Cruz, Santa Cruz, CA</b>	2019 - 2020
<ul style="list-style-type: none"><li>• Consultant for facility-wide food services changes, staff training in <i>Nutrition in Recovery</i></li><li>• Principal Investigator: “Barriers to nutrition intervention in substance use disorder treatment”</li><li>• Paper published in esteemed journal Public Health Nutrition</li></ul>	
<b>United States District Court, Central District of California, Los Angeles, CA</b>	2013 - 2019
<ul style="list-style-type: none"><li>• Nutrition Interventionist for Conviction and Sentence Alternatives (CASA) Program</li><li>• Developed curriculum to teach <i>Nutrition in Recovery</i> courses to post-guilty plea defendants</li></ul>	
<b>Beit T'shuvah Residential Treatment Center, Los Angeles, CA</b>	2010 - 2014
<ul style="list-style-type: none"><li>• Developed curriculum to teach weekly <i>Nutrition in Recovery</i> courses to inpatient residents</li><li>• Coached and trained residents to complete Los Angeles Marathon annually</li></ul>	
<b>Veterans Affairs Healthcare System, Los Angeles, CA</b>	2012 - 2013
<ul style="list-style-type: none"><li>• Research coordinator for <i>Nutrition and Substance Abuse</i></li><li>• Multidisciplinary multisite nutrition study of US Veterans (Master's Thesis)</li></ul>	
<b>Children's Hospital Los Angeles, Adolescent Medicine, Los Angeles, CA</b>	2011
<ul style="list-style-type: none"><li>• Developed gender-specific nutrition curriculum for male youth drug offenders</li><li>• Taught hands-on nutrition as a component of a 10-week class <i>HEARD MENTality</i></li></ul>	

## **CERTIFICATIONS, HONORS, AWARDS, POSITIONS** (bold indicates dietitian award)

Director of Mental Health Communications, Center for Nutritional Psychology	2024
Board Member, Dietitians for a Healthier America	2024
Co-Chair, Substance-Related and Addictive Disorders, Academy of Eating Disorders	2022 - 2024
Depression Intensive Program, Psychiatry Redefined	2022 - 2023
Applying Functional Medicine in Clinical Practice, Institute of Functional Medicine	2022
<b>Emerging Dietetic Leader Award, California Academy of Nutrition and Dietetics</b>	Apr 2020
Certified LEAP Therapist (CLT), Oxford Biomedical Technologies	2019 - Present
<ul style="list-style-type: none"><li>• Providing food sensitivity testing when clinically appropriate</li></ul>	
UCLA Eleanor J. De Benedictis Endowed Fellowship Fund	2018 - 2021
Dietitians for Professional Integrity	2013 - 2018
<ul style="list-style-type: none"><li>• Co-founder of advocacy group</li><li>• Advancing the dietetic profession and credential through advocating for greater financial transparency and ethical sponsorships within the Academy of Nutrition and Dietetics</li></ul>	
Los Angeles District of the California Dietetic Association, Sponsorship Chair	2014 - 2020
<ul style="list-style-type: none"><li>• Hosted Conference “More than Meets the Eye” Virtual</li><li>• Hosted Conference “Dialectics in Dietetics” at Children’s Hospital Los Angeles</li><li>• Hosted Conference “One Size Does Not Fit All” at Children’s Hospital Los Angeles</li><li>• Hosted Conference "Public Health and Private Profits" at Children's Hospital Los Angeles</li></ul>	July 2020 Apr 2019 Apr 2018 Apr 2017
<b>Behavioral Health Nutrition “Excellence in Practice” Award for Addictions (presented at FNCE)</b>	Oct 2017
Behavioral Health Nutrition Dietetic Practice Group, Membership Chair	2013 - 2014
CSUN Family and Consumer Sciences Scholarship, Carrie Latt Wiatt	2012
Kappa Omnicron Nu National Honor Society, Omnicron Beta Epsilon Chapter	2011

## **PEER-REVIEWED JOURNAL PUBLICATIONS**

Wiss, D. A., LaFata, E. M. (2024). Ultra-processed foods and mental health: Where do eating disorders fit into the puzzle? *Nutrients*, 16(12). doi:10.3390/nu16121955

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- Wiss, D. A., LaFata, E. M., & Tomiyama, A. J. (2024). A novel weight suppression score associates with distinct eating disorder and ultra-processed food addiction symptoms compared to the traditional weight suppression measure among adults seeking outpatient nutrition counseling. *Journal of Eating Disorders*, 12(75). <https://doi.org/10.1186/s40337-024-01029-5>
- Brewerton, T. D., Dennis, K., & Wiss, D. A. (2024). Dismantling the myth of “all foods fit” in eating disorder treatment. *Journal of Eating Disorders*, 12(60). <https://doi.org/10.1186/s40337-024-01017-9>
- Wiss, D. A., Prelip, M. L., Upchurch, D. M., von Ehrenstein O. S., Tomiyama, A. J., Gorbach, P. M., & Shoptaw S. J. (2023). Association between childhood maltreatment and depressive and anxiety symptoms among men who have sex with men in Los Angeles. *Journal of Urban Health*. doi:10.1007/s11524-023-00719-w
- Wiss, D. A., Prelip, M. L., Upchurch, D. M., von Ehrenstein O. S., Tomiyama, A. J., & Shoptaw S. J. (2022). Perceived social support moderates the association between household dysfunction adverse childhood experiences (ACEs) and self-reported drug use among men who have sex with men in Los Angeles, CA. *International Journal of Drug Policy*, 110, 103899. doi:10.1016/j.drugpo.2022.103899
- Unwin, J., Delon, C., Giaver H., Kennedy C., Painschab, M., Sandin, F, Poulsen, C. S., & Wiss, D. A. (2022). Low carbohydrate and psychoeducational programs show promise for the treatment of ultra-processed food addiction. *Frontiers in Psychiatry*. doi:10.3389/fpsy.2022.1005523
- Wiss, D. A. (2022). Clinical considerations of the ultra-processed food addiction across weight classes: An eating disorder treatment and care perspective. *Current Addiction Reports*. doi:10.1007/s40429-022-00411-0
- Wiss, D. A., Brewerton, T. D., & Tomiyama, A. J. (2021). Limitations of the protective measure theory in explaining the role of childhood sexual abuse in eating disorders, addictions, and obesity: An updated model with emphasis on biological embedding. *Eating and Weight Disorders*. doi:10.1007/s40519-021-01293-3
- Bray, B., Rodríguez-Martín, B. C., Wiss, D. A., Bray, C. E., & Zwickey, H. (2021). Overeaters Anonymous: An overlooked intervention for binge eating disorder. *International Journal of Environmental Research and Public Health*, 18(14), 7303. doi:10.3390/ijerph18147303
- Wiss, D., Javanbakht, M., Li, M., Prelip, M., Bolan, R., Shoptaw, S., & Gorbach, P. (2021). Food insecurity partially mediates the association between drug use and depressive symptoms among men who have sex with men in Los Angeles, California. *Public Health Nutrition*, 24(13), 1-9. doi:10.1017/S1368980021002494
- Wiss, D. A., Avena, N., & Gold, M. (2020). Food addiction and psychosocial adversity: Biological embedding, contextual factors, and public health implications. *Nutrients*, 12(11), 3521. doi:10.3390/nu12113521
- Wiss, D. A., Russell, L., & Prelip, M. (2020). Staff-perceived barriers to nutrition intervention in substance use disorder treatment. *Public Health Nutrition*, 24(11), 3488-3497. doi:10.1017/S1368980020003882
- Wiss, D. A. & Brewerton, T. D. (2020). Separating the signal from the noise: How psychiatric diagnoses can help discern food addiction from dietary restraint. *Nutrients*, 12(10), 2937. doi:10.3390/nu12102937
- Wiss, D. A. & Brewerton, T. D. (2020). Adverse childhood experiences and adult obesity: A systematic review of plausible mechanisms and meta-analysis of cross-sectional studies. *Physiology & Behavior*, 223(112964). doi:10.1016/j.physbeh.2020.112964
- Wiss, D. A. (2019). The relationship between alcohol and glycohemoglobin: A biopsychosocial perspective. *BioResearch Open Access*, 8(1), 146-154. doi:10.1089/biores.2019.0009
- Wiss, D. A. (2019). A Biopsychosocial overview of the opioid crisis: Considering nutrition and gastrointestinal health. *Frontiers in Public Health*, 7(193). doi:10.3389/fpubh.2019.00193
- Wiss, D. A., Avena, N., & Rada, P. (2018). Sugar addiction: From evolution to revolution. *Frontiers in Psychiatry*, 9(545). doi:10.3389/fpsy.2018.00545
- Wiss, D. A., Schellenberger, M., & Prelip, M. L. (2018). Rapid assessment of nutrition services in Los Angeles substance use disorder treatment centers. *Journal of Community Health*, 44(1), 88-94. doi:10.1007/s10900-018-0557-2
- Wiss, D. A., Schellenberger, M., & Prelip, M. L. (2018). Registered dietitian nutritionists in substance use disorder treatment centers. *Journal of the Academy of Nutrition and Dietetics*, 118(2), 2217-2221. doi:10.1016/j.jand.2017.08.113

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- Wiss, D. A., Criscitelli, K., Gold, M., & Avena, N. (2017). Preclinical evidence for the addiction potential of highly palatable foods: Current developments related to maternal influence. *Appetite, 115*, 19-27. doi:10.1016/j.appet.2016.12.019
- Wiss, D. A., & Brewerton, T. B. (2016). Incorporating food addiction into disordered eating: The disordered eating and food addiction nutrition guide (DEFANG). *Eating and Weight Disorders, 22*(1), 49-59. doi:10.1007/s40519-016-0344-y

### **BOOK CHAPTERS**

- Wiss, D. A., Avena, N. (2020). Food addiction, binge eating, and the role of dietary restraint: Converging evidence from animal and human studies. In Frank, G. K. W., Berner, L. A. *Binge Eating: A Transdiagnostic Psychopathology* (pp.193-209). Springer, Cham.
- Wiss, D. A. (2019). The role of nutrition in addiction recovery: What we know and what we don't. In Danovitch, I., & Mooney L. J., *The Assessment and Treatment of Addiction* (pp. 21-42). St. Louis, MO: Elsevier Publishing.
- Wiss, D. A., & Waterhous, T. S. (2014). Nutrition therapy for eating disorders, substance use disorders, and addictions. In Brewerton, T. D., & Dennis, A. B., *Eating disorders, substance use disorders, and addictions* (pp. 509-532). Heidelberg, Germany: Springer Publishing.
- Specter, S. E., & Wiss, D. A. (2014). Muscle dysmorphia: Where body image obsession, compulsive exercise, disordered eating, and substance abuse intersect in susceptible males. In Brewerton, T. D., & Dennis, A. B., *Eating disorders, substance use disorders, and addictions* (pp. 439-457). Heidelberg, Germany: Springer Publishing.

### **POSTER PRESENTATIONS**

- Goh, V., Petersen, S., Gray, V., Barrack, M., Wiss, D., & Wang, L. (2018, October). *Eating disorder risk evaluation for males in substance use disorder treatment center*. Poster session presented at the Food and Nutrition Conference and Expo, meeting of the Academy of Nutrition and Dietetics, Washington, D.C.
- Wiss, D. A., Schellenberger, M., & Prelip, M. L. (2018, June). *Rapid Assessment of Nutrition Services in Los Angeles Substance Use Disorder Treatment Centers*. Poster session presented at the Nutrition 2018 Conference, meeting of the American Society for Nutrition, Boston, MA.
- Moore, K., & Wiss, D. A. (2016, October). *Hands-on Nutrition and Culinary Intervention Within a Substance Use Disorder Facility*. Poster session presented at the Food and Nutrition Conference and Expo, meeting of the Academy of Nutrition and Dietetics, Boston, MA.
- Wiss, D. A. (2016, May). *Incorporating Food Addiction into Disordered Eating: The Food and Weight Unit Spectrum Model (FWUSM)*. Poster session presented at the International Conference on Eating Disorders, meeting of the Academy of Eating Disorders, San Francisco, CA.

### **PROFESSIONAL & MISCELLANEOUS PUBLICATIONS**

- Wiss, D. A. (2022). *Adverse childhood experiences and mental health over the life course among men who have sex with men in Los Angeles County* (Doctoral dissertation). Retrieved from <https://escholarship.org/uc/item/87k836m7>
- Wiss, D. A. (2020). The relevance of nutrition in substance use disorder treatment. *BHN In the kNOW, 12*(2). Retrieved from <https://mailchi.mp/bhndpg/nutrition-and-sud-dpg-news-fnce>
- Wiss, D. A. (2020). What do you prescribe for clients that present with elevated BMI or associated health and nutrition conditions? *Behavioral Health Nutrition Newsletter, 12*. Retrieved from [https://www.bhndpg.org/wp-content/uploads/2020/07/BHNNews-Spring2020\\_FINAL-2.pdf](https://www.bhndpg.org/wp-content/uploads/2020/07/BHNNews-Spring2020_FINAL-2.pdf)
- Wiss, D. A. (2018). Nutrition for substance use disorder recovery: The gut-brain axis. *Journal of Recovery Science, 1*(2), c1. Retrieved from <http://doi.org/10.31886/jors.12.2018.10>
- Goh, V., Petersen, S., Gray, V., Barrack, M., Wiss, D., & Wang, L. (2018). Eating disorder risk evaluation for males in substance use disorder treatment centers. *Journal of the Academy of Nutrition and Dietetics, 118*(9), A28. Retrieved from [https://jandonline.org/article/S2212-2672\(18\)31295-4/fulltext](https://jandonline.org/article/S2212-2672(18)31295-4/fulltext)

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- Henderson, V., & Wiss, D. A. (2018, Winter). Bulimia nervosa: An update on the literature. *Behavioral Health Nutrition Newsletter*, 9-12. Retrieved from [http://www.bhndpg.org/wp-content/uploads/2018/04/BHNewsletter\\_Winter-2018final.pdf](http://www.bhndpg.org/wp-content/uploads/2018/04/BHNewsletter_Winter-2018final.pdf)
- Moore, K., Gray, V., Wiss, D., & Parker, E. (2016). Hands-on nutrition and culinary intervention within a substance use disorder residential treatment facility. *Journal of the Academy of Nutrition and Dietetics*, 116(9), A20. Retrieved from <http://dx.doi.org/10.1016/j.jand.2016.06.058>
- Schellenberger, M., & Wiss, D. A. (2016, Summer). Need for nutrition services for those with substance use disorders. *Behavioral Health Nutrition Newsletter*, 11-13. Retrieved from [http://www.bhndpg.org/wp-content/uploads/2016/09/BHNewsletter-Summer16\\_FINAL.pdf](http://www.bhndpg.org/wp-content/uploads/2016/09/BHNewsletter-Summer16_FINAL.pdf)
- Moore, K., & Wiss, D. A. (2016, Winter). Hands-on nutrition interventions for addiction recovery. *Behavioral Health Newsletter*, 7-8. Retrieved from [http://www.bhndpg.org/wp-content/uploads/2016/02/BHNewsletter\\_Winter2016\\_FINAL-1.pdf](http://www.bhndpg.org/wp-content/uploads/2016/02/BHNewsletter_Winter2016_FINAL-1.pdf)
- Wiss, D. A. (2014, Summer). Hormones and addiction. *Behavioral Health Nutrition Newsletter*, 1-9. Retrieved from [http://www.bhndpg.org/wp-content/uploads/2014/07/Summer\\_2014\\_BHNewsletter-2.pdf](http://www.bhndpg.org/wp-content/uploads/2014/07/Summer_2014_BHNewsletter-2.pdf)
- Wiss, D. A. (2013). *Nutrition and substance abuse* (Master's thesis). Retrieved from <http://hdl.handle.net/10211.2/3444>
- Wiss, D. A., & Hoffinger, R. (2013, Spring). Food addiction: Past, present, future. *Behavioral Health Nutrition Newsletter*, 1-6. Retrieved from [http://www.bhndpg.org/moa/newsletters/BHNewsletter\\_Spring2013\\_WEB.pdf](http://www.bhndpg.org/moa/newsletters/BHNewsletter_Spring2013_WEB.pdf)
- Wiss, D. A. (2013, Winter). Self-efficacy and nutrition: Promoting behavior change in substance abuse recovery. *Behavioral Health Nutrition Newsletter*, 11-12. Retrieved from [http://www.bhndpg.org/moa/newsletters/BHNewsletter\\_Winter\\_2013\\_WEB.pdf](http://www.bhndpg.org/moa/newsletters/BHNewsletter_Winter_2013_WEB.pdf)
- Wiss, D. A. (2012, Fall). Caffeine, nicotine, nutrition: Practical implications for substance abuse recovery. *Behavioral Health Nutrition Newsletter*, 13-14. Retrieved from [http://www.bhndpg.org/moa/newsletters/BHNewsletter\\_Fall\\_2012.pdf](http://www.bhndpg.org/moa/newsletters/BHNewsletter_Fall_2012.pdf)

## ACADEMIC SERVICE

### Master's Thesis Committee Member

- **California State University, Long Beach (Dr. Virginia Gray & Dr. Michelle Barrack)** 2014 - 2022
  - Maldonado, M. (2023) *Nutrition Guide for Low-Income Women Experiencing Symptoms of Anxiety and Depression*
  - Abu-Sneineh, L. (2021) *The Relationship Between Social Media Use on Eating Attitudes and Drive for Muscularity Among Male College Athletes.*
  - Petersen, S. (2017) *Eating Disorder Risk Among Males in Substance Abuse Recovery: A Comparison of Two Survey Evaluation Tools.*
  - Moore, K. (2015) *Hands-on Nutrition and Culinary Intervention Within a Substance Use Disorder Residential Treatment Facility.*

### Consultant Reviewer (more detailed report available through publons.com)

- Behavioral Sciences 2021 - 2024
- International Journal of Obesity Feb 2022
- International Journal of Environmental Research and Public Health Oct 2021
- Psychological Reports Sep 2021
- Childhood Obesity Sep 2020
- Child Maltreatment June 2020
- Nutrients Aug 2019
- Nutrition Research Mar 2019
- Eating and Weight Disorders – Studies on Anorexia, Bulimia, and Obesity 2017 - 2018

## PRESENTATIONS & TEACHING (bold indicates county/state/national/international academic conference)

- USC Department of Gerontology Guest Lecturer: *Commercial Determinants of Health* Nov 2024
- The Things That Matter Podcast: *Mindful Nutrition* Aug 2024

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Making it Awkward Podcast: <i>Eating Disorders, Food Addiction, Hyperpalability, and Mental Health</i>	July 2024
ANEW Body Insight Podcast: <i>Revolutionizing Nutrition and Mental Health</i>	July 2024
Hack your Blood Sugar Podcast: <i>Nourishing Recovery: Exploring the Intersections</i>	July 2024
The Binge Cure with Dr. Nina: <i>Fueling the Mind</i>	June 2024
<b>International Food Addiction Consensus Conference: <i>Ultra-Processed Foods and Mental Health</i></b>	May 2024
Social Model Recovery All-Staff: <i>Ultra-Processed Foods and Mental Health</i>	May 2024
Self Expansion Podcast: <i>Addiction Recovery with Trauma-Informed Nutrition Interventions</i>	May 2024
CEO Wisdom Podcast: <i>Hollywood Diets, Nutrition and Recovery</i>	May 2024
Dr. Laurie Marbas Podcast: <i>Unpacking the Intersection of Nutrition, Mental Health, and Addiction</i>	May 2024
The You Project Podcast: <i>Ultra-Processed Food Addiction</i>	Apr 2024
Satiated Podcast: <i>How Trauma and Mental Health Issues Will Affect Food</i>	Apr 2024
The Sober Daughter Podcast: <i>Healing the Body &amp; Mind Through Nutrition</i>	Apr 2024
Badass Confidence Coach Podcast: <i>Connection Between Nutrition and Mindset</i>	Apr 2024
Behind the Smile Podcast: <i>Uncovering the Connection Between Nutrition and Mental Health</i>	Apr 2024
<b>International Association of Eating Disorder Professionals: <i>Ultra-Processed Foods and Mental Health</i></b>	Mar 2024
Pej's Recovery Corner: <i>Cross-Addictions: Caffeine, Nicotine, and Processed Food</i>	Mar 2024
The Paul Taylor Podcast: <i>Everything You Need to Know About Nutrition and Mental Health</i>	Mar 2024
Fuel Her Awesome Podcast: <i>Decoding Food Addiction</i>	Mar 2024
Women Infant Children (WIC) Michigan: <i>Diet for Depression</i>	Mar 2024
Heal your Hunger Podcast: <i>Is It an Eating Disorder or Food Addiction?</i>	Feb 2024
Teaspoon of Healing Podcast: <i>Nutrition and Mental Health</i>	Feb 2024
University of California All-Staff Registered Dietitian Nutritionists: <i>Nutrition for Mental Health</i>	Feb 2024
Long Beach California Association of Marriage and Family Therapists: <i>Nutrition for Mental Health</i>	Feb 2024
The Elle Russ Show: <i>Dr. David Wiss</i>	Jan 2024
The Wonder Why Podcast: <i>The Root Causes of Eating Disorders</i>	Jan 2024
Out of the Cave Podcast: <i>The New Middle Ground</i>	Jan 2024
The Eating Disorder Therapist Podcast: <i>Adverse Life Experiences and Eating</i>	Jan 2024
Quit Sugar Summit: <i>Sugar Addiction &amp; Eating Disorders</i>	Jan 2024
Designed for Greatness Podcast: <i>Using Nutrition to Land in Body Love</i>	Jan 2024
Trust Your Gut Podcast: <i>Nutrition for Mental Health</i>	Jan 2024
The Health Hub Podcast: <i>Nutrition for Mental Health</i>	Dec 2023
The Truth About Addiction Podcast: <i>How to Reframe and Heal our Relationship with Food</i>	Dec 2023
UCLA Department of Community Health Sciences Guest Lecturer: <i>Nutrition for Mental Health</i>	Nov 2023
Human Theatre Podcast: <i>The Eating Disorder Recovery &amp; Food Addiction Revolution</i>	Nov 2023
Live Unrestricted Podcast: <i>Intersection of Nutrition, Addiction, Mental Health, and Eating Disorders</i>	Nov 2023
The Food Junkies Podcast: <i>Dr. David Wiss</i>	Nov 2023
The Pain & Performance Podcast: <i>Why We Eat What We Eat</i>	Nov 2023
The Keto Savage Podcast: <i>Shining the Light on Disordered Eating</i>	Nov 2023
Georgia State University Nutrition Department Journal Club: <i>Nutrition and Mental Health</i>	Oct 2023
USC Department of Gerontology Guest Lecturer: <i>Nutrition for Mental Health</i>	Oct 2023
Simmons University Guest Lecturer: <i>Nutrition for Mental Health</i>	Oct 2023
Alternative to Meds Center Podcast: <i>Learn the Importance of Nutrition in Recovery</i>	Oct 2023
The Heal Deal Podcast: <i>Discovering your Nutritional Identity</i>	Oct 2023
Full and Thriving Podcast: <i>Polarization in the Nutrition Space and the Importance of Nuance</i>	Oct 2023
Hey Human Podcast: <i>From a Biopsychosocioperspective</i>	Aug 2023
The Eating Disorder Trap Podcast: <i>Wise Mind Nutrition</i>	July 2023
Understanding Disordered Eating Podcast: <i>Ultra-Processed Food, Food Addiction, Eating Disorders</i>	June 2023
Got Mental Health Podcast: <i>The Dangers of Ultra-Processed Foods</i>	June 2023
The Nuance Podcast: <i>Eating for Addiction, Mental Health and Everything Else</i>	June 2023

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Dietitians in Functional Medicine Webinar: <i>Nutrition and Diet for Depression</i>	May 2023
<b>California Academy of Nutrition and Dietetics Annual Conference: <i>Nutrition for Mental Health</i></b>	Apr 2023
Women Conquering Cravings: <i>David Wiss Interview</i>	Mar 2023
<b>Patton State Hospital Annual Nutrition Seminar: <i>Nutrition Interventions for Depressive Symptoms</i></b>	Mar 2023
<b>Patton State Hospital Annual Nutrition Seminar: <i>Intuitive Eating and Ultra-Processed Food Addiction</i></b>	Mar 2023
Quit Sugar Summit: <i>Addiction Recovery</i>	Jan 2023
Just Jenny Podcast with Jenny Hutt: <i>Food and Body Recovery</i>	Jan 2023
Freedom from Addiction Live Event: <i>Nutrition in Recovery</i>	Dec 2022
Low Carb and Fasting Podcast: <i>PTSD, Eating Disorders, and Food Addiction</i>	Dec 2022
What You're Craving Podcast: <i>Heal the Body, Heal the Mind</i>	Nov 2022
Got Mental Health Podcast: <i>How Nutrition and Mindfulness can Rewire your Brain</i>	Oct 2022
BHN Webinar: <i>Intuitive Eating and Ultra-Processed Food Addiction</i>	Oct 2022
USC Department of Gerontology Guest Lecturer: <i>Intuitive Eating and Ultra-Processed Food Addiction</i>	Oct 2022
Think Yourself Healthy Podcast: <i>Nutrition for Healing Anxiety, Depression, Addiction</i>	Oct 2022
<b>Western American Correctional Health Services Association: <i>How Diet Affects Mental Health &amp; Behavior</i></b>	Sept 2022
Academy of Eating Disorders: <i>Intuitive Eating and Ultra-Processed Food Addiction</i>	Sept 2022
Dietitians of Canada DOC: <i>Trauma and Nutrition</i>	July 2022
Food Sleuth Radio: <i>David Wiss Interview</i>	July 2022
The PathPod: <i>Wise Mind Nutrition</i>	July 2022
University of Minnesota Extension: <i>Nutrition in Recovery</i>	June 2022
UCLA Extension Guest Lecturer: <i>Trauma-Informed Nutrition Therapy</i>	Apr 2022
<b>International Association of Eating Disorder Professionals (IAEDP): <i>Childhood Sexual Abuse</i></b>	Apr 2022
Recovery Science Colloquium (SDSU): <i>Trauma-Informed Nutrition Therapy</i>	Mar 2022
The Truth About Addiction Podcast: <i>Body Image in Recovery</i>	Feb 2022
Dietetics in Healthcare Communities of New Jersey Webinar: <i>Trauma-Informed Nutrition Therapy</i>	Jan 2022
Quit Sugar Summit: <i>Food Addiction and Eating Disorders</i>	Jan 2022
What You're Craving Podcast: <i>Food Addiction and Relationship to Food</i>	Dec 2021
<b>Food and Nutrition Conference and Expo (FNCE): <i>Food Addiction and Psychosocial Adversity</i></b>	Oct 2021
Full Fat Podcast: <i>Food Addiction</i>	Aug 2021
IND-MIG Webinar: <i>Trauma-Informed Nutrition Therapy</i>	Aug 2021
Food Junkies Podcast: <i>Fiber, Weight Bias, and Dietary Restriction</i>	July 2021
<b>ICED Annual Conference: <i>Separating the Signal from the Noise</i></b>	June 2021
<b>CAND Annual Conference: <i>Trauma-Informed Nutrition Therapy</i></b>	Apr 2021
Southeastern Michigan Dietetic Association: <i>Biological Embedding of Adversity</i>	Mar 2021
Quit Sugar Summit: <i>Eating Disorders and Food Addiction</i>	Jan 2021
Food Junkies Podcast: <i>Recovery from Food Addiction</i>	Jan 2021
<b>American Public Health Association (APHA): <i>Staff-Perceived Barriers Nutrition Intervention</i></b>	Oct 2020
Beyond Risk and Back Podcast: <i>Eating to Recover</i>	Oct 2020
Clearly Clinical Podcast: <i>More than Meets the Eye</i>	Oct 2020
The Fullness Podcast: <i>Unravelling Food Addiction</i>	Sept 2020
<b>LAD Annual Conference: <i>Biological Embedding of Adversity</i></b>	July 2020
Nutrition Rewired Podcast: <i>Food Addiction, Early Life Trauma, and Eating Disorders</i>	July 2020
Center for Healthy Sex Webinar: <i>Trauma and Disordered Eating</i>	June 2020
Cope Like a Pro Podcast: <i>A Closer Look at Nutrition and Mental Health</i>	Apr 2020
Getter Better with Dr. Adam Podcast: <i>Disordered Eating and Addiction</i>	Apr 2020
Clare Matrix: <i>More than Meets the Eye</i>	Feb 2020
SFV-CAMFT: <i>More than Meets the Eye</i>	Feb 2020
UCLA Extension Guest Lecturer: <i>More than Meets the Eye</i>	Feb 2020
LACPA Brown Bag Lunch: <i>Biopsychosocial Perspective on the Opioid Crisis</i>	Jan 2020

**David Wiss, PhD, MS, RDN Curriculum Vitae & Resume @drdavidwiss**

DISH Lab UCLA: <i>Behavioral Health Nutrition: A Biopsychosocial Approach</i>	Nov 2019
Getting Better with Dr. Adam Podcast: <i>Open Your Mind: A New Look at Food Issues</i>	Nov 2019
<b>Food and Nutrition Conference and Expo (FNCE): <i>More than Meets the Eye</i></b>	Oct 2019
<b>International Society of Nutritional Psychiatry Research: <i>Nutrition Standards in SUD Treatment</i></b>	Oct 2019
USC Department of Gerontology Guest Lecturer: <i>More than Meets the Eye</i>	Oct 2019
Beyond Risk and Back Podcast: <i>Nutrition in Teenage Addiction Recovery</i>	Sept 2019
<b>Cape Cod Symposium of Addictive Disorders: <i>Nutrition for Addiction Recovery: Gut-Brain</i></b>	Sept 2019
HA-DPG Webinar: <i>Opioid Crisis &amp; Older Adults</i>	May 2019
<b>UCI Women's Wellness Day: <i>Food Addiction and Disordered Eating</i></b>	April 2019
<b>LAD Annual Conference: <i>The Biopsychosocial Model of Health</i></b>	April 2019
UCLA Extension Guest Lecturer: <i>Nutrition for Mental Health: Gut-Brain</i>	Mar 2019
Student Dietetic and Food Service Association (CSUN): <i>Nutrition for Mental Health: Gut-Brain</i>	Feb 2019
Dietitians in Functional Medicine (DIFM): <i>Nutrition for Mental Health: Gut-Brain</i>	Dec 2018
<b>American Public Health Association (APHA): <i>Nutrition Interventions Substance Use Disorder</i></b>	Nov 2018
<b>Food and Nutrition Conference and Expo (FNCE): <i>Nutrition Interventions Opioid Crisis</i></b>	Oct 2018
USC Department of Gerontology Guest Lecturer: <i>Eating Disorders and Addictions</i>	Sept 2018
The Exploding Human Podcast: <i>Gut Health &amp; More</i>	Sept 2018
Adolescent and Young Adult Collective: <i>Nutrition for Mental Health: Gut-Brain</i>	July 2018
Nourished Brain Solutions Podcast: <i>Linking Nutrition &amp; Addiction</i>	July 2018
<b>Association of Recovery in Higher Education National Conference: <i>Nutrition for SUD Recovery</i></b>	July 2018
<b>West Coast Symposium on Addictive Disorders: <i>Nutrition for SUD Recovery: Gut-Brain</i></b>	June 2018
California State University Los Angeles: <i>Meet &amp; Greet a Registered Dietitian</i>	Apr 2018
<b>LAD Annual Conference: <i>Shortcomings of the Evidence Base in Dietetics</i></b>	Apr 2018
Marymount California University: <i>Recovery: Gut-Brain</i>	Apr 2018
<b>Alabama State Dietetic Association National Conference: <i>Recovery: Gut-Brain</i></b>	Mar 2018
UCLA Extension Guest Lecturer: <i>Eating Disorders and Addictions</i>	Nov 2017
USC Department of Gerontology Guest Lecturer: <i>Eating Disorders and Addictions</i>	Nov 2017
Keynote Speaker Healthy Food Festival Oregon: <i>Nutrition in Recovery</i>	Sept 2017
Intelligent Medicine Podcast: <i>Nutrition Counseling for Chemical Dependency</i>	Aug 2017
<b>LAD Annual Conference: <i>Food Addiction</i></b>	Apr 2017
UCLA Extension Guest Lecturer: <i>Self-Care for Addiction Professionals</i>	Feb 2017
BHN Webinar: <i>Incorporating Food Addiction into Disordered Eating</i>	Dec 2016
<b>CAND-SDD: <i>Nutrition Therapy for the Addicted Brain</i></b>	Dec 2016
USC School of Pharmacy: <i>Addiction Panel</i>	Nov 2016
USC Department of Gerontology Guest Lecturer: <i>Eating Disorders and Addictions</i>	Oct 2016
CAND-OD Lecturer at Fullerton College: <i>Nutrition Therapy for the Addicted Brain</i>	Sept 2016
<b>Cape Cod Symposium on Addictive Disorders: <i>Nutrition Therapy for the Addicted Brain</i></b>	Sept 2016
USC Department of Preventative Medicine Guest Lecturer: <i>Nutrition Therapy for the Addicted Brain</i>	June 2016
<b>West Coast Symposium on Addictive Disorders: <i>Nutrition Therapy for the Addicted Brain</i></b>	June 2016
Los Angeles District California Dietetic Association Webinar: <i>The Second Brain?</i>	Apr 2016
USC Department of Gerontology Guest Lecturer: <i>Eating Disorders and Addictions</i>	Apr 2016
Patton State Hospital Nutrition and the Mind Seminar: <i>Nutrition Therapy for the Addicted Brain</i>	Mar 2016
Rewired Radio Interview on RadioMD.com: <i>Addiction Recovery</i>	Jan 2016
IAEDP Webinar: <i>Nutrition Therapy for the Addicted Brain</i>	Aug 2015
<b>CDA 2015 Annual Conference Speaker: <i>Nutrition in Recovery</i></b>	Apr 2015
CSUN Guest Speaker: <i>Career Symposium</i>	Mar 2015
<b>SCAN Symposium Speaker: <i>Muscle Dysmorphia</i></b>	June 2014
SCAN Webinar: <i>Eating Disorders Do Not Discriminate</i>	May 2014
NOMIN Webinar: <i>Hormones and Addiction</i>	May 2014



**David Wiss, PhD, MS, RDN Curriculum Vitae & Resume @drdavidwiss**

CSUN Guest Lecturer: <i>Hormones and Addiction</i>	Apr 2014
RDs Stay Fit Los Angeles District Presentation: <i>Sports Supplements</i>	Apr 2014
Therapy Cable Interview: <i>Nutrition In Recovery</i>	Feb 2014
Los Angeles District California Dietetic Association Webinar: <i>Food Addiction</i>	Jan 2014
BlogTalkRadio with Dr. Ranae Norton: <i>Addictions and Eating Disorders</i>	Jan 2014
Behavioral Heath Nutrition Dietetic Practice Group Webinar: <i>Nutrition Interventions Addiction Recovery</i>	Oct 2013
Cedars-Sinai Department of Surgery Conference Presentation: <i>Beyond Calories</i>	Sep 2013
KLEAN Radio Live Broadcast: <i>Food Addiction</i>	Dec 2012
CSUN Guest Lecturer: Introduction to Food Science	May 2012