



**MONIQUE**  
*Richard*  
registered  
dietitian  
nutritionist  
***Nutrition. Insight. Thrive.***



# Integrative and Functional Nutrition (IFN) & Private Practice:

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Apply IFN and Vision to *Your* World

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# Objectives

1. Understand the benefits, freedom, and complexities of building a private practice
2. Understand the basic premise of Integrative and Functional Medicine and Nutrition (IFM/N)
3. Be able to identify ways to implement IFM/IFN in the area of dietetics you practice in



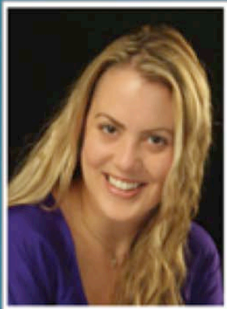
## **ABOUT**

**Monique Richard  
MS, RDN, LDN**

**EatRightRX.com**

- Integrative Clinical Dietitian at two primary care facilities
- Private Practice
- Certified Yoga Instructor, teach class
- Adjunct Faculty in Nutrition at ETSU
- Incoming Chair-Dietitians in Integrative and Functional Medicine (DIFM) Dietetic Practice Group
- Vice President-A Place of Healing, an eating disorder resource center here in Johnson City





**Monique Richard**  
 Monique is a registered dietitian nutritionist (RDN) and licensed dietitian nutritionist (LDN) with a Master of Science degree in Clinical Nutrition completed through the coordinated program at East Tennessee State University in Johnson City, TN.

Please call 423-794-5520 to schedule an appointment with one of our registered dietitians.

State of  
 Franklin  
 Healthcare  
 Associates

301 Med Tech Parkway, Johnson City, TN 37604  
 423-794-5550 | www.sofha.net

**Monique Richard,  
 MS, RDN, LDN**

Get to know  
 Ms. Richard

[Click Here](#)



Mountain Region  
 FAMILY  
 MEDICINE, P.C.

- 18 physicians
- Four locations including Two in Kingsport
- Gate City and Nickelsville, Va

75 Physicians • 100 Providers



# Monique Richard MS, RDN, LDN LLC DBA Nutrition-In-Sight

- Register with the state, obtain an Tax ID/EIN
- Find an office
- Worked with a Graphic Designer on logo and branding
- Worked with an Internet Webmaster/Graphic Artist on website and social media/marketing



# Monique Richard MS, RDN, LDN LLC DBA Nutrition-In-Sight

Meanwhile, back home  
on the Ranch:  
Schedule clients, create  
business material, field  
calls & emails,  
accounting, insurance  
credentialing, continuing  
education, while  
simultaneously  
educating the public and  
professionals about the  
expertise/benefits of  
consulting an RDN.



The screenshot shows the homepage of the website for Monique Richard, a registered dietitian and nutritionist. The header features the logo "MONIQUE Richard" with "registered dietitian nutritionist" written below it. The navigation menu includes "HOME", "About Monique Richard", "Work With Monique" (which is highlighted with a green underline), "YOGA", and "CONTACT". The main image is a photograph of fresh produce in wooden baskets, including strawberries, asparagus, and leafy greens, next to a pair of red rubber boots. Below the image, there are two columns of text. The left column has the heading "Start Your Path To Nutritional Wellness Today!" followed by a quote: "Monique is an internationally experienced dietitian specializing in counseling, consulting and nutrition communication services." The right column has the heading "Schedule A Consultation" and the "MRX" logo, which includes the text "MONIQUE RICHARD, LLC MS, RDN, LDN, AAI Certified Yoga Instructor Tel: (615) 525-8670". At the bottom, a bold statement reads: "Monique's personalized, integrative approach to nutrition provides a prescription for health and well-being."

# Monique Richard MS, RDN, LDN LLC

## DBA Nutrition-In-Sight

### Currently I am counseling an:

- 11 yr. old
- 13 yr. old
- 19 yr. old
- 34 yr. old with eating disorders

### Have had or still counsel a:

- Competitive high school swimmer
- Morbidly obese clients with and without co-morbidities
- Diabetes
- Renal, diabetes, and CVD pt.

### Primary Care:

- Peg Tube w/ BMI of 13
- Hyperlipidemia with no desire to include statins
- Celiac disease
- Hyperemesis gravidarum
- Cancer and diabetes
- Obesity
- Alcohol abuse
- Eating disorders
- CABG



“Inspiring you to decide.  
Motivating you to succeed.”



# Monique Richard MS, RDN, LDN LLC

## DBA Nutrition-In-Sight

### Lots of tools available to help

- The *Nutrition Entrepreneurs* DPG
- DIFM, Diabetes Care Educators, SCAN, VN, WM, DBC DPG's
- Nutrition Services Coverage – Academy Reimbursement Office
- Books (see LIVE examples)
- Colleagues, mentors, clients
- Google
- Mistakes
- Competition
- **YOUR VISION, YOUR DREAMS, THINGS THAT INSPIRE YOU**





Monique Richard MS, RDN, LDN LLC  
DBA Nutrition-In-Sight

*Integrative medicine is a practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and healing.*

<http://www.imconsortium.org>

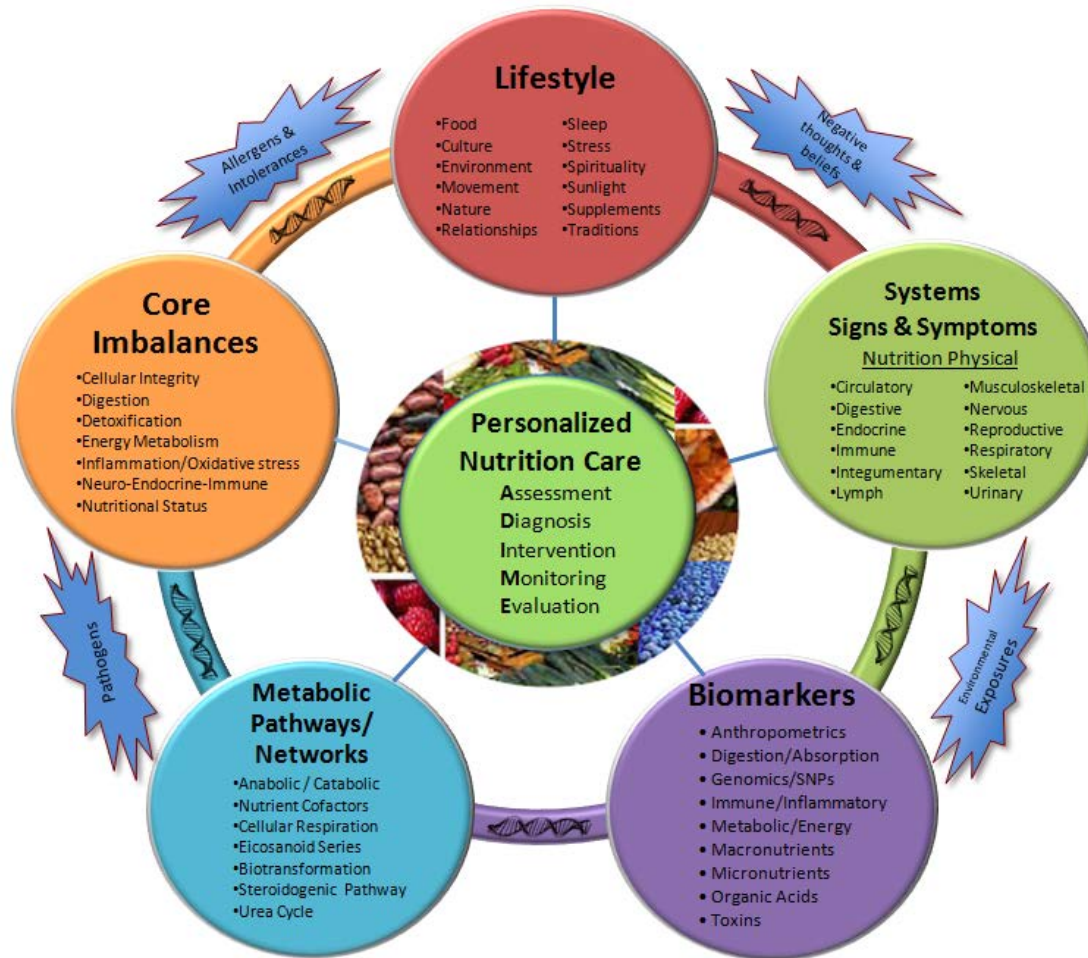


Monique Richard MS, RDN, LDN LLC  
DBA Nutrition-In-Sight

*“Functional medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership.”*

*Institute for Functional Medicine*

# Integrative & Functional Medical Nutrition Therapy (IFMNT) Radial



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We *are* the nutrition experts that deliver accurate information, interpret the complex science of nutrition, educate, and holistically care for our patients and clients. We are the leaders.



**Integrative  
and  
Functional  
Nutrition is  
the FUTURE.**

**THE FUTURE  
IS NOW**

# Integrative and Functional Nutrition is the FUTURE. The FUTURE is NOW.

It's asking more questions, looking for more answers, and peeling back those layers:

- 🍷 Who else can I consult? Collaborate with?
- 🍷 What other resources, references, or tools do I need to access?
- 🍷 Is my client/patient getting enough:  
Sleep, social interaction, quality of life?
- 🍷 What barriers are impeding my client's/  
patient's success?  
Environmental barriers, finances, work hazards, my own expectations/bias?



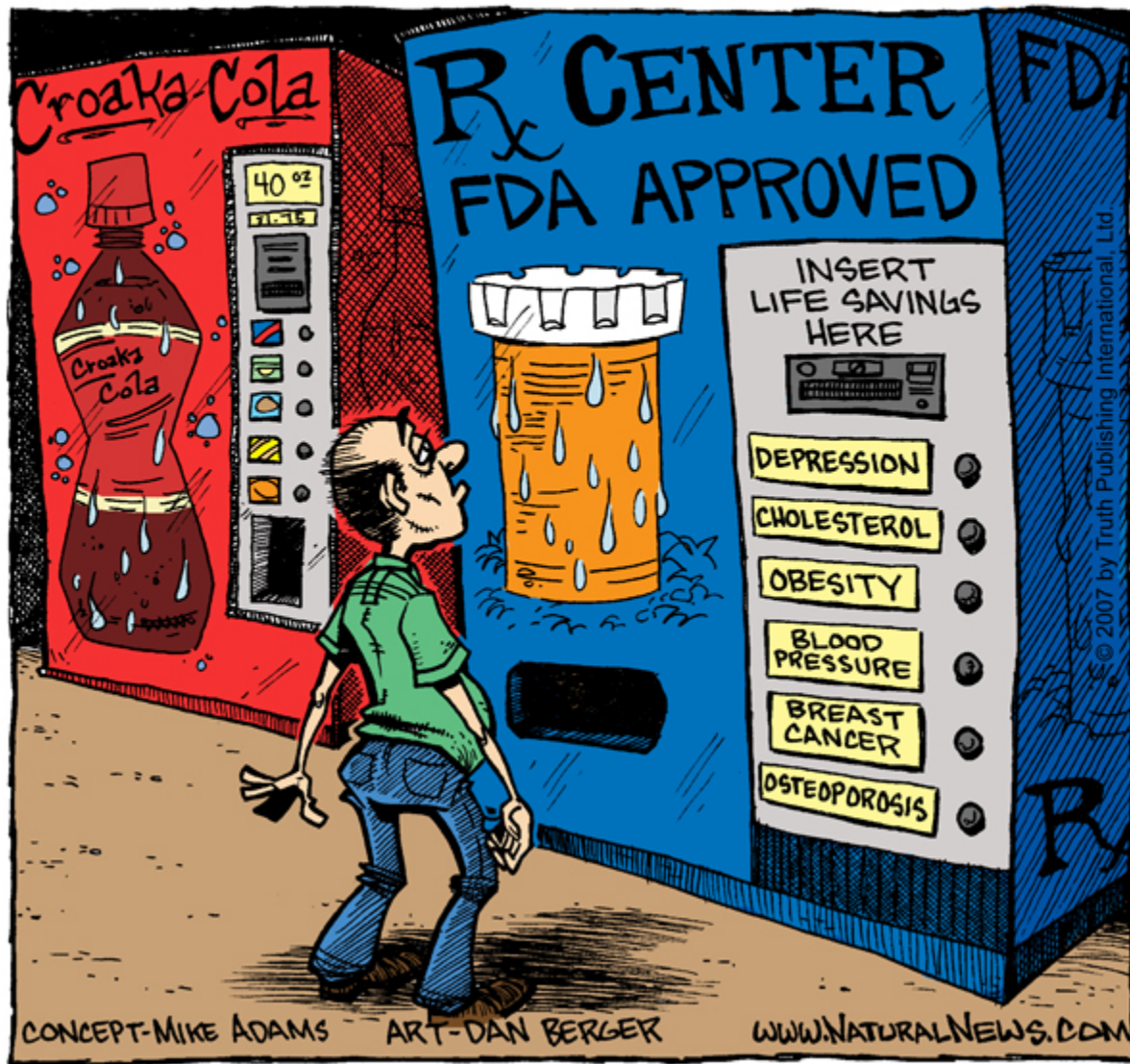
**MONIQUE**  
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# COUNTERTHINK

## WHAT THE DRUG COMPANIES REALLY WANT



MONIQUE RICHARD, LLC  
MS, RDN, LDN, AAAI Certified Yoga Instructor



# COUNTERTHINK

## WHEN DOCTORS HAVE NIGHTMARES



**MONIQUE RICHARD, LLC**  
MS, RDN, LDN, AAI Certified Yoga Instructor



# INTEGRATIVE MEDICINE IN AMERICA

How Integrative Medicine Is Being Practiced  
in Clinical Centers Across the United States



FEBRUARY 2012

Bonnie Horrigan • Sheldon Lewis • Donald Abrams, MD • Constance Pechura, PhD



The Bravewell Collaborative



MONIQUE RICHARD, LLC  
MS, RDN, LDN, AAI Certified Yoga Instructor

## Mapping Survey Results

### Top Interventions in Descending Order

- **Food/Nutrition**
- **Supplements**
- Yoga
- Meditation
- TCM/Acupuncture
- Massage
- Pharmaceuticals



# Academy 2012 Visioning Report for Dietetics Education, Credentialing & Practice:

“The Academy’s vision is to have RD(N)s recognized as the leaders in food and nutrition. In reality, ***the profession faces considerable competition and encroachment from other disciplines with an interest and stake in food and nutrition*** (p.20).”



# Academy 2012

## Visioning Report for Dietetics Education, Credentialing & Practice:

“The article suggested that dietetics practitioners *reinvent themselves* to maintain relevance by being *adaptable, taking risks, and avoiding what is termed “perfection paralysis”* which will get the profession nowhere (p. 6).”

“Change is a constant and the profession must prepare for continued change in the future by *defining, recognizing and supporting multiple levels of practice in a variety of practice* areas to meet marketplace demands (p. 6).”

# The **FUTURE** is **NOW**.

## Scope of Practice

### Integrative and Functional Medicine

“RDs are skilled in functional and integrative medicine, nutritional genomics, whole foods, nutrition supplements and dietary supplements, and utilizing the NCP in a broad range of holistic and therapeutic modalities (p. S24).”

*Do **YOU** feel skilled in each of these areas?*



# Integrative And Functional Nutrition

We *are* the nutrition experts that deliver accurate information, interpret the complex science of nutrition, educate, and holistically care for our patients and clients. We are the leaders.

# The FUTURE is NOW.

- Dietitians in Integrative and Functional Medicine  
[www.integrativerd.org](http://www.integrativerd.org)
- DIFM Certificate of Training
  - Module 1 Intro Integrative/Functional Medicine
  - Module 2 Digestive Health
  - Module 3 Detoxification
  - Module 4 Inflammation
  - Module 5 Dietary Supplements
- Natural Medicine Comprehensive Database
- Institute of Functional Medicine has a free e-book 142 page backgrounder on functional medicine
- SOP/SOPP in JADA on Integrative and Functional Medicine
- Consortium of Academic Health Centers (Duke, Cleveland Clinic, Harvard Medical School, Yale...)

# The Future is NOW.

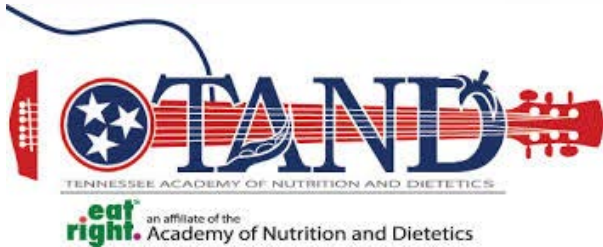
- 🍓 Are you where you want to be?
- 🍓 Are you taking care of yourself/your needs?  
Seeking additional professionals to help with your needs?
- 🍓 Are you practicing what you're sharing with your clients? Spending time in nature?
- 🍓 Nurturing your dreams?
- 🍓 What is your vision(s)?

## **Integrative & Functional Nutrition is the future.**

We *are* the nutrition experts that deliver accurate information, interpret the complex science of nutrition, educate, and holistically care for our patients and clients. We are the leaders.



# Get Involved



Surround yourself with positivity and people who share and support your visions.





# Get Involved



**American Overseas Dietetic Association (AODA) Board at Israeli conference booth**



**Azil Foundation:**  
Cap Haitien and surrounding communities, Haiti

Surround yourself with positivity and people who share and support your visions.



# Get Involved



**Dietitians in Integrative and Functional Medicine**

a dietetic practice group of the  
**Academy of Nutrition and Dietetics**



**Hunger and Environmental Nutrition**

a dietetic practice group of the  
**Academy of Nutrition and Dietetics**



**Slow Food®**





**MONIQUE RICHARD, LLC**  
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[www.EatRightRX.com](http://www.EatRightRX.com) • Tel: 615-525-8670

**Mailing Address:** Nutrition-In-Sight, LLC • 509 E. Watauga Ave. Johnson City, TN 37601

**“Let Food Be Thy Medicine”**  
*– Hippocrates*

