

Nutrition Counseling

at Rafael Racquet & Swim Club

with Dionne Detraz, Registered Dietitian

Dionne Detraz has joined the RRC team to offer our members an exclusive opportunity to be well in 2009 and beyond.

Whatever your health needs, Dionne will work with you to develop a comprehensive strategy to improve your health, meet your goals and help you achieve a more balanced lifestyle.

Your sessions will be personally tailored to your needs, and entirely confidential.

By appointment only, Monday-Thursday evenings, Fridays and Saturdays.

Comprehensive Analysis

Includes:

Preliminary telephone session to engage the process.

Completion of 3-Day Diet Diary and Nutrition History Form.

Meet with Dionne to analyze your diet, assess current health status and set realistic goals.

\$175 (60-90 minutes)

Follow-Up Consultations \$90/hr (min 10 min).

Informational Sessions

An Information Session is a one-time consultation, where the patient will discuss dietary and nutritional needs with Dionne without any prerequisitional material prepared.

\$90 (45-60 minutes)

About Dionne Detraz, RD

Dionne received Bachelors' of Science degrees in both Physiology and Dietetics from San Francisco State University. She completed her Dietetic Internship in Houston, Texas at such notable institutions as the University of Texas Medical Center, University of Houston Athletics & Wellness Center and MD Anderson Cancer Center.

Dionne has a holistic perspective on health and nutrition. Her training and education includes certifications in holistic nutrition and traditional herbal therapies. She works with each individual to develop a personalized protocol, using whole foods and herbs as her primary tools.

In addition to her private practice, Dionne works in Health Education at Kaiser Permanente in San Rafael where she provides health coaching, teaches classes in weight management, heart health and diabetes and participates in nutrition workshops and health fairs at worksite wellness events.

Dionne has been a member of the RRC family for over 10 years working as a lifeguard, swim instructor, assistant coach and team manager for the Marlins Swim Team. She lives with her husband Marc in West Marin.

What will be covered?

You may focus on any topic that concerns your nutritional health.

We have provided a sampling of what this might include.

General Nutrition/Wellness

Complementary Herbal Support

Weight Control

Sports Nutrition

Heart Health

Meal Planning/Healthy Eating

Blood Sugar Control

Women's Health

Digestive Health