



Welcome, and thank you for choosing Ramey Nutrition.  
We are excited to hear your story and start supporting your goals!

Here at Ramey Nutrition our primary focus is listening to you, because you know more about your healthcare situation than we ever will. Using our professional expertise and diverse background, we support you by making small step-by-step changes to promote your health goals. We take a gentle and individualized approach in customizing highly manageable goals to meet you where you are; empowering you to change habits you want, without drastic lifestyle changes.

### ***Ramey Nutrition Services***

- 🌱 **Individual Medical Nutrition Therapy:** Including the treatment of eating disorders, diabetes, overweight, obesity; nutrition therapy for pre/postnatal nutrition, allergies, intolerances, food trauma, and a wide array of medical conditions
- 🌱 **Intensive Outpatient Program for the Treatment of Eating Disorders:** Including intensive individual therapy, support groups, nutrition therapy, yoga, body image support, monitored eating, outings and more to move through the process of recovery to "Recover(ed)"
- 🌱 **Eating Disorder Support Group:** Phase 1 and 2 for the progression through issues that may have caused but prove to maintain an eating disorder
- 🌱 **Eating Disorder Recovery Group:** Including those wanting to maintain and go beyond the Recovery of an eating disorder
- 🌱 **Family and Friends Support Group:** for those supporting a loved one with an eating disorder
- 🌱 **Beyond Type 2 Diabetes Outpatient Program:** 12-week Program designed to bring people beyond their diagnosis using support groups, diabetes specific fitness, individual nutrition therapy, and stress reducing yoga
- 🌱 **Ramey Fitness:** a supportive group held at Ramey Nutrition to promote an active lifestyle by meeting you at your specific fitness level
- 🌱 **Yoga:** Gentle meditative yoga for the reduction of stress and tension

### ***Our Team of Excellence***

- 🌱 **Scarlett Ramey, MS, RD, CD, Founder and President**
  - ♦ State University of New York at Stony Brook, Master of Science Degree in Health Care Policy and Management, with a concentration in Nutrition
  - ♦ University of Wisconsin-Stout, Bachelor of Science in Dietetics
  - ♦ Registered Dietitian (RD)
  - ♦ Certified Dietitian (CD) in the state of Washington
- 🌱 **Sean Mesford, BSN, CEO**
  - ♦ Bastyr University, Bachelors of Science Degree in Whole Food based Nutrition
  - ♦ North Seattle Community College, Associates of Science



- ☀️ **Shena Washburn**, RD, CD, Director of Eating Disorder Treatment and Nutrition
  - ♦ Seattle Pacific University, Bachelor of Science in Dietetics
  - ♦ California Polytechnic University, Certified Dietetic Internship
  - ♦ Registered Dietitian (RD)
  - ♦ Certified Dietitian (CD) in the state of Washington
  
- ☀️ **Jason Steele**, BS, Director of Beyond Type 2 and Fitness
  - ♦ Certified CPR Instructor
  - ♦ Health and Fitness Instructor
  - ♦ Coach for Pacific Middle School girls/boys Basketball and Volleyball
  
- ☀️ **Jannae Rice**, Director of Yoga and Body Awareness
  - ♦ Bastyr University, Bachelor of Science in Dietetics
  - ♦ Reiki practitioner
  - ♦ Licensed massage therapist
  - ♦ Working towards Masters in Nutrition and Clinical Health Psychology at Bastyr University.

*We look forward to working with you and supporting your goals!*

Sincerely,

Scarlett Ramey, MS, RD, CD  
Ramey Nutrition Staff  
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