

Kansas Academy of Nutrition and Dietetics

MARCH MEMBER SPOTLIGHT: Bethany Frazier MS, RD, LD

Meet the member behind your KSAND social media postings



Owner of private practice:
The Kansas City Dietitian

Her Niche

Her primary role is one-on-one counseling mostly in GI health and mindful eating. But also does corporate presentations, works with media outlets, provides cooking classes, and dabbles in blogging and maintaining a social media presence.

Her Passions

"Food is a central theme to most of our lives, I love to be able to use food to promote healing, improve performance, and to teach people how it can be enjoyed! Dietetics is unique in that I am not just prescribing something but I am influencing how someone lives. In private practice I get to know my clients well, I know their families and their stressors and I LOVE that. It's not just a one-time fix, it is a relationship."

What She is Excited About in Dietetics

"We are seeing a shift in our thinking as we try to recoil back from our fad diets and how they have negatively impacted our gut microbiome and many people are focusing on eating more whole foods and are concerned with what their gut is telling them. Nutrition science is difficult because of the dynamic nature of it, but being the interpreter and mouthpiece for sharing nutrition information is the type of challenge that I love."