



Saratoga Nutrition

Mary Beth McCue RD, LDN, CDN - Owner
Integrative & Functional Medicine Dietitian
NY State Certified, MA Licensed Nutritionist



Success Magazine: Mary Beth, you started formally practicing in the field of nutrition in 1985. What motivated you toward this career path?

Mary Beth McCue: During my teens and early 20s, I was overweight, which caused a lot of disharmony in my health, especially with my self-esteem. Driven to create balance and weight loss, I learned about becoming a dietitian. It is still the only four year degree that prepares professional nutritionists in the health care field and beyond.

Ironically, an illness mid-career propelled me further, at a time that I was re-evaluating my work. This occurred, while working as an integrative health coordinator for a large health care system. At this point, I stepped into functional medicine for personal health reasons, and also delved into the education, training, and practice of it. Now, functional medicine and nutrition is the specialty I work in as a dietitian and nutritionist.

SM: What is integrative and functional nutrition and medicine? Why is this approach best for total body healing?

MBM: Integrative nutrition and medicine refers to the best of conventional and evidence-based alternative and complementary practices.

Functional medicine is much more specified and defined and can be read about in detail on the Institute for Functional

Medicines' website. It assesses cause and effect of symptoms and conditions. A plan of action is established to resolve and balance the body on all levels—physically, emotionally, spiritually, and energetically. The majority of the work is in nutrition.


SM: What services do you offer through Saratoga Nutrition?

MBM: I have created many different programs. I offer private counseling, in-person or on the phone. This is specified to the client, but everyone learns what foods and/or temporary supplementation to use to achieve specific goals, and for potential resolution of conditions.

I speak on endless nutrition topics, offer group weight loss and detoxification programs, personal grocery shopping, and pantry makeovers.

SM: Why have you dedicated your life to this work? What inspires your daily work?

MBM: I just feel in my heart that this is where I should be. I love what I do because it works. I learn from my clients—about them and myself—and they do the same from me. It is a great synergistic connection, exchange of information, insight, wisdom, healing, and health. It sounds very “fantastic” – but that truly is what it is for me. I help them, and they help me make positive changes and differences in our lives. The work itself and my clients inspire me.



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Functional Medicine and Nutrition
Historic Roosevelt Baths and Spa
Saratoga Springs, NY

When you Support your
Body, You Support your Life

Here's what people are saying...

“Mary Beth has strong knowledge of her subject, a natural engaging style; is very inspiring and generates enthusiasm in others to begin their health journey”
Cathy Crosky, Chapter Chair, Women's Presidents Organization

“Your services lead to an increase in my overall well-being, I never realized how crucial nutritional balance is to health, and what true health can feel like!”
Leiah Bowden, Energy Worker, Intuitive Artist, Writer

“She has the ability to see between the lines when dealing with people, which can be most effective in her consulting work”
Mary Ann Goldstock MS, RD, Integrative Dietitian, Niskayuna, NY

-Treatment of the Individual-
Lifestyle Breakthroughs/Integrative Health Coaching
Workshops, Lectures and more

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