

Melanie is a woman who honors her passion and calling by, fostering optimum health through good nutrition and lifestyle management. She has a Bachelors of Science Degree in Dietetics from, the University of California at Davis, is a Registered Dietitian with Certification as a Diabetes Care and Education Specialist from, the Association of Diabetes Care and Education Specialists and specialty training in Adult Weight Management and Childhood and Adolescent Weight Management by the Academy of Nutrition and Dietetics.

During her career as a counselor, writer, speaker, and Adjunct Faculty Member / Instructor for the Dietetics Program at Howard University Hospital in Washington, D.C., she has conducted Nutrition Seminars on the impact of Medical Nutrition Therapy for disease prevention, healing and treatment for: National Media and Cable networks (Instructional Videos for Dept. of HHS, Washington D.C., presented Healthy Holiday Meal Planning for NBC TV, Washington, D.C., narrated, Healthy Meal Preparation on Cable T.V. in Arlington Virginia), Professional Organizations including AACCA, Medical Groups, Hospitals, Corporate Wellness In-service Trainings, Fitness Facilities, Non-profit Organizations, as well as Community Forums including Schools and Churches. Melanie previously served as the Nutrition Director for The Daily Press: High Desert Slim-Down Competition 2006, 2007. Column contributor to the Victor Valley Daily Press Monthly Women's Health Section, 2015 through 2017, and Nutrition Consultant to the VESD, Fit Life Challenge: HVVMG Health and Wellness Promotion. In her private practice: A Dietitians Exchange, LLC she consults and treats individuals with personalized responsible, reliable, and culturally sensitive, scientifically based therapeutic nutrition protocols.

In her commitment to her local community she has served as a Director for: St Mary Medical Center Foundation Board, Treasurer for St Mary Medical Center Foundation Board and founding member of St Mary Medical Center Childhood Obesity Task Force St Joseph Health St Mary, member of the Wellness Committee THINKtogether. Orange County, California, Director & Vice- President, Sustaining funds, Victor Valley College District Foundation Inc., Director, Lewis Center for Educational Excellence, Academy for Academic Excellence, Chair Fund Raising Committee, Lewis Center for Educational Excellence, Acad. Academic Excellence, Director, Victor Valley College District Foundation Inc., Chair Person VVCC Advisory Committee, Director & Vice-President, Sustaining funds, Victor Valley College District Foundation Inc., Chair Person High Desert: American Heart Association Health Choice Heart Walk, Director, Board of Governors Spring Valley Lake Country Club. She has been honored with local awards including, the 2019 Woman of Excellence in The Mentor Category: Today's Woman Foundation, 2014 8th Congressional District/ Congressman Paul Cook : Woman of Distinction Award, and Certificate of Recognition presented by and San Bernardino County Supervisors Robert Lovingood and Janice Rutherford, Certificate of Appreciation: In gratitude for Contributions as a Speaker by the Rotary Club of Victorville Sept 2013, Certificate of Appreciation: for Generous Support and Outstanding Participation in the 2009 Health and Education Events by Heritage Victor Valley Medical Group, 2009 Honoree: Dreamers Visionaries' Leaders, of the High Desert, Proclamation and May 2007 Recognition Award: of the Board of Directors of the High Desert "Partnership in Academic Excellence" Foundation, Inc. 2007 Recognition by Resolution by CTY of San Bernardino, Brad Mitzelfelt, First District Supervisor as an "Inspiring Woman".

Melanie's centering comes from her husband and family, her Christian faith, and her maintenance of a healthy lifestyle with appreciation for the good humor of life.