



**October 2024**



## Dr James Strader My Root Cause Rx



James Strader, MD started My Root Cause Rx to help companies fill the gap in healthcare, especially when insurance doesn't cover widely used medication for weight loss, pain, or allergy. With physicians and pharmacies licensed in all 50 states, patients have a one stop shop for affordable prescriptions.

After answering some HIPPA protected questions online about medical history that a physician reviews at no cost to the patient, the individual selects medications from a menu with prices including shipping that are mailed out the next day. A team of nurses take calls from patients when necessary and participants can at anytime.

With the volume buying power on specialty medications that My Root Cause Rx experiences, significant discounts of up to 90% are passed along to the consumer. And these medications are eligible for patients to use their FSA or HSA accounts.

Employers and associations (like Florida Association of Nonprofits) can offer this benefit to their employees and members (and their families). Companies and associations simply sign up on the website at no cost. Within less than a year, My Root Cause Rx now has millions of patients using this system. Since many smaller nonprofit organizations do not offer insurance benefits to their employees, Florida Association of Nonprofits is making this program available throughout Florida.

Leaving private practice in 2008, Dr Strader enjoys helping so many more people. As a researcher, he realized that many conditions are actually the "root cause" of illness. Being overweight is the root cause of diabetes; pain causes depression, sleep disturbances and addiction; and untreated allergies often lead to asthma. My Root Cause Rx solves the patient's burden of finances, time and doctor visits by providing a platform that is easy to use and inexpensive.

"My father was a highly decorated Vietnam Veterans who died from the overdose of pain medication", Dr Strader explained. "I asked myself what can be done to fix this problem?"

Like many others, his father was given opioids when the side effects of OTC pain medications caused problems with his liver function. Dr. Strader realized that a formulation using non-addictive medications delivered through a transdermal cream directly targeted to the area of pain rather than systemically, could produce long-lasting effects without the dangerous side effects. Similarly using an algorithm that addresses the allergens prevalent in the patient's geographic area and the time of year that symptoms appear (seasonally or perennially), allergy immunotherapy is the only treatment that may reverse asthma.

Running this company, allows Dr Strader the opportunity to spend more time with his wife and four grown children than he did when he was a practicing physician, and he often enjoys vacationing in Cabo San Lucas to participate in water sports. He grew up in Texas and now lives in Nashville where his company has its headquarters.

Dr Strader remarked how rewarding it has been to help millions of people get the help they need and plans to add more categories of medications in 2025.

Florida Association of Nonprofits members and their families can use the QR code at the bottom of the page to sign up and save.

## Feature Articles

### Can Nonprofits Change Unfair Laws?



**The Problem:** It can seem like nonprofits have the deck stacked against them and that bringing about meaningful change is next to impossible. Even when changing government policies is the only way forward, the task may appear daunting.

**The Context:** Nonprofits are subject to many laws and regulations with unintended consequences that adversely affect the sector's ability to make a bigger impact. Bringing about change is always an uphill road, but nonprofits know better than anyone that when communities work together, there's no telling how much they may achieve.

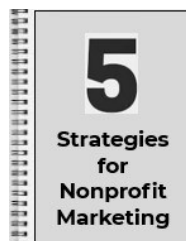
**The Solution:** The authors use a real example of a successful effort to change policy at the state level to present a roadmap for how nonprofits and their communities can face and win against Goliath.

Click to [READ MORE](#)

**Source:** Blue Avocado is the educational arm of Ani-rrg nonprofit insurance firm which provides coverage exclusively for nonprofits. They have been partners since we assisted Senator Bob Graham when he supported the act of congress that created Ani-rrg.

**REGISTER to attend SCNM Class: Discovering Trends Through Civic Engagement on Sat Oct 19 @ 1pm**

### Why is Nonprofit Marketing Important?



An important component of running a successful nonprofit is making sure your nonprofit is reaching the people you're trying to serve while, at the same time, attracting attention from donors and funders who can support your cause. That's why an effective nonprofit marketing strategy can be one of the best tools in your arsenal.

Whether your organization is new on the block, or you've been around for a while, trying some of these marketing strategies can surely help elevate your nonprofit's presence in your communities and help you to make an even bigger impact.

Click to [READ MORE](#)

**Source:** Candid has been a preferred partner since 2018 when Florida Nonprofits became an outlet for the Foundation Center Funding Network.

**REGISTER to attend SCNM Class: Marketing & Special Events on Mon Oct 21 @ 5pm**



Root Cause Rx .com  
A TARGETED HEALTH BENEFIT

SCAN TO LEARN MORE ABOUT OUR  
SUPPLEMENTAL BENEFITS PROGRAM

**SIGN-UP YOUR ASSOCIATION TODAY AT NO COST AND  
INCREASE STAFF PRODUCTIVITY, AND REDUCE ABSENTEEISM!**

WEIGHT LOSS CHRONIC PAIN ALLERGIES



**ONCE SIGNED UP YOUR EMPLOYEES WILL  
HAVE ACCESS TO FREE ONLINE MEDICAL  
CONSULTATIONS AND DEEPLY DISCOUNTED  
PRESCRIPTION MEDICATIONS.**

## Meetings & Events

Fri Oct 4 10am	Virtual Class: How to Start a Nonprofit Organization	<a href="#">REGISTER</a>
Tue Oct 24 2pm	Webinar: CRA Mortgages for Nonprofit Employees	<a href="#">REGISTER</a>
Wed Oct 16 11:30am	Networking Lunch & Training: Engage & Grow / Video Marketing	<a href="#">REGISTER</a> (Hybrid)
Sat Oct 19 1pm	SCNM Class: Discover Trends in Civic Engagement	<a href="#">REGISTER</a>
Mon Oct 21 5pm	SCNM Class: Marketing & Special Events	<a href="#">REGISTER</a>
Sat Nov 16 6:30pm	Florida Association of Nonprofits 35th Anniversary Celebration Gala	<a href="#">Tickets</a> <a href="#">Sponsorship</a>

## Networking Lunch & Training Wed Oct 16 @ 11:30am-1:30pm

Location: Florida Nonprofits Headquarters at  
Greater Fort Lauderdale Chamber of Commerce

An opportunity for nonprofit, eldercare and business professionals to connect and learn skills while enjoying lunch served at your table, sponsored by Welcome Back Home Care.

Training presented by Visuals by Momo

Click to [REGISTER](#)

Click to [Download Event Flyer](#)

**REGISTRATION REQUIRED — Seating is Limited**  
*A collaborative event with Broward Coalition on Aging*



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offers outreach for our partners  
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Partner List



Partner Kit

### Please Note:

Florida Association of Nonprofits will soon be sending its informative newsletter and email blasts providing relevant and important updates to its MEMBERS ONLY.

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## Become a Member



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www.fano.org

Links in the newsletter are on the website at [www.fano.org](http://www.fano.org)



Sat Nov 16, 2024

Florida Nonprofits'  
Anniversary Gala

[Tickets and Sponsorship Opportunities](#)

[Download Sponsorship Benefits](#)

## Webinar

Thu Oct 24 @ 2pm-3pm

## CRA Mortgages for Nonprofit Employees



Presented by First Bank of Florida

Click to [REGISTER](#) or Use QR Code

## Florida News

### Florida ranks high for clean energy jobs

Clean energy is creating jobs at a swift pace in the United States, and Florida is one of the states benefiting the most with the fourth-largest number of clean energy jobs in the country.

### Florida gas prices lowest since January

The recent statewide average price was \$3.09 per gallon — the lowest daily average since Jan 22, when it was \$2.99 per gallon. It could go even lower than that, but it might not stay at that level long.

### Court to weigh Florida gun law age

A federal appeals court next month will hear arguments in the National Rifle Association's constitutional challenge to a Florida law that prevents people under age 21 from purchasing rifles and other long guns.

### Gap growing between wages, housing

The gap between income and housing costs is growing in Florida. A Floridian working at minimum wage has to have almost 2.6 full-time jobs to afford a typical two-bedroom apartment.

Source: Florida Trend

Want to be the featured Member Spotlight  
in the next newsletter?

Be sure your membership is current  
and contact: [members@fano.org](mailto:members@fano.org)

## Sunshine Certificate in Nonprofit Management

The key to success for any nonprofit is education like that through the Florida Nonprofits' Sunshine Certificate in Nonprofit Management.

This amazing opportunity to take these highly-rated classes is available without traveling (with a hybrid option).

Call 305.557.1764 to learn more



SCNM Facts