

## CSNN Graduates: The Holistic Nutrition Profession

Graduates from the Canadian School of Natural Nutrition are dedicated professionals who educate the general public in natural nutrition. Holistic nutrition is a combination of ancient wisdom and modern science, based on the philosophy that each person has unique nutritional health requirements. A holistic nutrition professional recognizes that there are interactive body-mind factors that are specific to each client and that it is important to address each of these in order for clients to regain their health.

Those trained in holistic nutrition evaluate their clients' nutritional needs by identifying symptoms that may indicate health imbalances. They develop individualized health plans which include nutrient-dense whole foods, lifestyle recommendations, and naturally sourced supplements, in order to bring the client's health back into a state of homeostasis. Client information is obtained through consultations and questionnaires, thereby recommendations are tailored to each individual's needs. These qualified professionals create individualized meal plans and recipes for their clients, assist them in understanding food labels, and provide them with grocery shopping advice. Additionally, they may also conduct lessons in cooking and food preparation. Each client's stress levels, exercise routine, quality of sleep and relaxation, and overall lifestyle habits and practices, including smoking or alcohol consumption, are assessed. Their clients' progress is monitored and guidance is given to help them to achieve their health goals, but most importantly they educate and empower their clients, encouraging self-responsibility on the journey to health.

People certified in holistic nutrition are conscientious when it comes to the various connections between our environment, toxins, food production and preparation, and the resulting quality of food. They recommend natural, live, and good quality whole foods, which are environmentally friendly and support sustainable farming practices. They also recommend naturally sourced quality vitamins and minerals, generally obtained at local health food stores. Clients are encouraged to use non-toxic, environmentally friendly household and personal products.

After completing the Natural Nutrition Diploma Program, graduates are knowledgeable in all functions of the body, including the digestive and intestinal systems, the immune system, food intolerances and allergies, the causes of inflammation, and blood sugar regulation, to name a few. As a result, these professionals are a valuable resource for corporations, as they are able to lessen employee and healthcare plan costs, and decrease sick days by reducing the effects of stress and many common health conditions.

Unlike Dietitians, those trained in holistic nutrition are self-regulated and choose to forego a degree in Dietetics, rather their comprehensive training focuses on the sciences, bodily functions and symptoms, whole foods and quality food production, naturally sourced supplements, healthy lifestyle practices, and the body-mind connection. At CSNN, students complete 17 courses and are tested in each one. They are also required to prepare 14 detailed case studies, write a comprehensive three hour national board exam, and must obtain an overall 80% average in order to graduate. CSNN Graduates follow a strict Scope of Practice and Code of Ethics, which gives them the ability to work collaboratively alongside both allopathic and alternative healthcare practitioners.

### Benefits of working with a Holistic Nutrition Consultant:

- Find the root cause of unwanted health issues such as: hormonal imbalance, low energy, sleep problems, digestive upsets, skin issues, excess weight and more
- Custom food plans
- A holistic approach to healing, encompassing dietary, lifestyle, and emotional health
- Learn how to eat to prevent disease
- Learn new recipes and cooking methods to help you thrive
- Reduce toxin exposure in your home and in your everyday use body care products