



NEW YORK CHIROPRACTIC COLLEGE

MASTERS PROGRAM IN THE SCHOOL OF APPLIED CLINICAL NUTRITION

Knowledge of nutrition for overall health and wellness as well as therapeutic nutrition are recognized as integral tools for the prevention and treatment of many diseases currently ailing the American and indeed global population. The Masters of Clinical Nutrition (MSACN) at New York Chiropractic College is a program with a combined integrative and preventative educational approach to health and disease and provides the perfect complement to traditional healthcare education curricula.

The MSACN program curriculum is built on the foundation of whole foods nutrition as a means of obtaining optimal health. We focus on prevention and treatment through diet (including therapeutic and detoxification programs), exercise, combining of botanical medicine and supplements, and stress management techniques. Students are trained to use an evidence-based approach to transition patients from a state of disease back to a state of health and wellbeing. Specifically, students are taught to identify imbalances that may be contributing to a diseased state and the overall etiology rather than diagnosing and treating individual symptoms. The biochemistry of interventions are discussed for a full understanding of how to integrate nutritional therapy into patient care. Throughout the program, students analyze and discuss case histories including dietary patterns, physiology, and lifestyle to provide insights into patients' current conditions. Given that the body cannot maintain optimal health or recover from disease in a state of nutritional deficiency, nutrition treatment protocol are developed, and where appropriate, designed to complement conventional disease treatments. Upon graduation, students are equipped to design intervention programs incorporating diet, exercise, and nutritional supplementation recommendations (e.g. vitamins, minerals, botanicals, essential fatty acids, and amino acids) targeted to specific disease outcomes. As a result of the interdisciplinary nature of the program graduates are prepared for work in a variety of settings including private practice, integrative practice with other professionals, research, and industry consulting.

In the MSACN program, we strongly believe that a successful approach to health must consider best medical practices from all disciplines thus we explore both conventional western medical approaches as well as "integrative" care throughout the program curricula. To ensure the highest quality standard, we are dedicated to continually updating our pedagogy with the most current research. Our ultimate goal is to foster a future generation of practitioners equipped to help shift the current healthcare system from one of treatment to one of disease prevention and maintenance of optimal health.

- Anna R Kelles, PhD
Director, School of Applied Clinical Nutrition