Q: Why did you choose NYCC?
A: With so much confusion in the nutrition world, I appreciate now being able to take an evidence-based approach and look at nutrition research with a critical eye. The program itself was also steeped in biochemistry and covered the role of nutrition in both acute and chronic diseases.

Q: Where do you currently practice?
A: I currently work at The Nutrition Center in Massachusetts, which is a non-profit that offers individual counseling and also works with local schools. I am currently the primary clinician in our Northampton office. I specialize in gut health and I enjoy practicing pediatric and family nutrition. Also, for the past few years, I’ve been a nutrition counselor at a residential educational facility for youth with psychiatric or developmental disorders.

Q: What is the most rewarding thing about what you do?
A: Helping patients with severe gastrointestinal distress can be very rewarding. Those individuals have often lived with years of discomfort. It’s amazing to see these individuals heal their GI symptoms and return to a level of health they had long forgotten. It’s really empowering for them – it’s a way for them to take control of their health.

Q: What recommendations do you have for students and recent alumni?
A: There are so many possible avenues when you choose a career in nutrition. Part of developing an integrative model involves collaborating with other healthcare professionals (physicians, chiropractors, herbalists) to provide the best patient care. Learning from other healthcare practitioners and focusing on continuing education helps me keep my knowledge base current.

The right foods and plants can completely change someone’s life. While any deficiency or excess can create, with time, a series of negative health conditions, with proper nourishment, the body can thrive.

The Master of Science in Applied Clinical Nutrition prepares you in the highest standards of nutritional assessment, intervention, health promotion and case management as a means to inform and influence others in the pursuit of optimal health.

You will learn to apply the knowledge and skills needed to become a clinical nutritionist by utilizing a broad spectrum of assessment and therapeutic options. Upon graduation, you will be equipped to design personalized intervention programs incorporating diet, exercise, and nutritional supplementation recommendations (e.g., vitamins, minerals, botanicals, and other nutritional products). As a result of the interdisciplinary nature of the program, you are prepared for work in a variety of settings including private practice, integrative practice with other professionals, research, teaching, and industry consulting.

This completely online program is for individuals looking to enter or expand their career in the field of clinical nutrition. You will work with our faculty — who have decades of clinical practice and experience — through lectures, case studies, simulations and interactive discussions. Coursework covers macro- and micronutrients, nutritional assessment, the use of herbs, therapeutic nutrition, and the effects that human behaviors and drug-induced nutrition depletions have on health and wellness.

The Applied Clinical Nutrition curriculum is built on the foundation of using whole foods nutrition as a primary means of reaching and maintaining optimal health. The program focuses on prevention and treatment through nutrition plans that may incorporate therapeutic and detoxification programs, exercise, botanical medicine and supplements, and stress management techniques. You will analyze and discuss case histories including dietary patterns, physiology, and lifestyle to provide insight into each patient’s health status.