

WHO IS NYCC?

KELLY BROCK, MSACN '17

Kelly Brock grew up in Lindenhurst, New York. In 2012 she graduated cum laude from Hofstra University with a bachelor's degree in exercise science, and then earned a personal trainer certification from the American College of Sports Medicine. After working as a fitness instructor and personal trainer for many years, as well as competing in fitness competitions, she realized she wanted more education in nutrition.

Kelly graduated from the Master of Science in Applied Clinical Nutrition program in the spring of 2017. She chose New York Chiropractic College based on a recommendation from a friend who was enrolled in the program, the excellent communication she received during the admission process, her interest in the course descriptions, and the convenience of an online program. She currently owns a private practice on Long Island, where she specializes in nutrition for mental



health, specifically eating disorders. She plans to sit for the Certified Nutrition Specialist test soon, as she already completed the required hours while still in school under the supervision of Dr. Deanna Minich.

Kelly loves being able to help someone recover from an eating disorder through a nutrition perspective. She has presented on nutrition for mental health for the EAC (Empower, Assist, Care.) Network, and will soon be doing a similar presentation for the Babylon Rotary Club. While still enrolled at NYCC, she took part in a research project for the Institute of Functional Medicine, and was a co-author of a research paper about nutrition and brain health.

One piece of advice Kelly gives her fellow clinicians is, "Stop talking." She wishes to remind us that we are there to listen to our clients' concerns, and listening has made a world of difference in the treatment her clients receive.