

# WHO IS NYCC?

CHRIS LATHAM, MSACN '16



Chris Latham grew up in Simi Valley, California, and graduated from California State University of Northridge with a bachelor's degree in business management. With a lifelong interest in sports, Chris started her career in personal training and became certified in sports nutrition, which ultimately led her to NYCC's Master of Science in Applied Clinical Nutrition (MSACN) program. Chris chose NYCC because of the MSACN program's core curriculum and format, with each trimester a building block for the next. As an athlete, she particularly enjoyed the Clinical Sports Nutrition course.

Now practicing in a chiropractic office in Santa Barbara, California, as well as remotely, Chris specializes in digestive health, sports nutrition, and hormones. The education she received at NYCC prepared her well to open her own practice by providing a solid foundation with the tools, skills, and knowledge necessary for success. The most challenging aspects of opening her own practice were creating a referral base and growing her practice.

Chris really loves to help her patients feel better and lead healthier lifestyles – to realize their true potential and gain confidence. Although this requires exceptional psychological and motivational interviewing skills, Chris believes it is well worth the effort she devotes to each patient.

Chris has recently completed the required examination and 1,000 supervised practice hours to earn the title of Certified Nutrition Specialist. She has also joined the American College of Nutrition and became the campus captain for NYCC. Chris's advice to students in any healthcare field is to go out and network and speak at as many places as possible, because she believes that public speaking is the best way to grow a business.