

WHO IS NYCC?

KIM ROSS, MBA, MSACN '12

Kim Ross grew up in the small town of Clayville, New York and now resides in Utica with her supporting and grounding husband, Curtis, and their son, Byron, who she says is the light of her life. In her free time, Mrs. Ross enjoys golfing, kayaking, travelling, reading, doing puzzles, and visiting her parents in Florida.

Ross earned her Associate in Liberal Arts from Mohawk Valley Community College, her Bachelor of Business Administration from Strayer University, and her Master of Business Administration from Utica College. After all of this schooling, she furthered her education with New York Chiropractic College by completing her Master of Science in Applied Clinical Nutrition in 2012. She then became a Certified Nutrition Specialist in 2013 and a Certified Dietician Nutritionist in 2015.

Ross had spent the majority of her career in sales for a supplement company, but now operates her own clinical nutrition practice, Functional Medicine by Kim Ross. Her practice has evolved over the years, but has maintained the motto of "Lifestyle Medicine for Lifetime Health." Ross specializes in women's health when working with functional medicine and nutrition, focusing on digestive issues, detoxification, hormones, and more. She spends a good deal of time with many of her patients so that she can learn as much as possible and personalize her treatment plan.

Ross advises students to take advantage of being in school and to develop professional connections early, including with faculty. She also suggests learning as much as you can about business, but outsourcing tasks you're unfamiliar or uncomfortable with. It can be challenging to let go of responsibilities and allow someone else to step in, but it will save you from wasting time and effort on something you have never learned how to do.

Ross sees a focused and personalized approach for the future of healthcare. The standard of care is evolving as more and more consumers demand alternative care. She expects this trend to continue and to see fewer people resorting to medications and drugs.

