



What is a CCN?

By Dr. Alisa Cooper

Where on earth could you find medical doctors, naturopaths, chiropractors, pharmacists, dentists and PhD biochemists all sitting in the same room every year for three days at the edge of their seats? Why, at a scientific symposium presented by the International and American Association of Clinical Nutritionists, of course! Actually, those practitioners all have a common thread that goes beyond their interest and knowledge in the field of nutrition: **they are all CCNs, or Certified Clinical Nutritionists.**

Certified Clinical Nutritionists (**CCNs**) are highly trained nutritionists who take a holistic approach in their work. Introduced as a specialty field in the late 1980's, Certified Clinical Nutritionists focus on what is best for the individual. **The CCN considers the unique biochemical make-up of the person taken within the context of his or her life.**

The CCN takes a thorough case history to closely assess symptoms, habits, and overall lifestyle. You may be asked to keep a diet journal to help uncover dietary trends that provide important clues to your health. Blood, saliva, urine, stool samples, and/or specialty tests for food allergies and gastrointestinal function reveal further information, when necessary. **The CCN then employs cutting-edge and scientifically-supported nutritional protocols to facilitate the wellbeing of their patients/clients.**

Eligibility to become a CCN includes extensive academic training and the passing of rigorous national clinical boards, as well as completing ongoing, continuing-education requirements. **All CCNs have either a Master's Degree in nutrition or have completed a post-graduate program in clinical nutrition.**

With the abundance of nutritional information available on the Internet today, it is easy to become confused and overwhelmed. It seems as if everyone is calling themselves a "nutritionist" these days! Given their unique, holistic approach and rigorous training, **the CCN is today's best choice for providing the latest, most accurate and advanced nutrition information available.**