

The Role of the Board-Certified Clinical Nutritionists (C.C.N.) in Health Restoration!

(Part 1 of 3) [Biochemical Testing & CN Therapy Restores Health!]

After reading this 3-Part article, you will understand why every healthcare professional would want to be a C.C.N., if not already. In Part 1, I will share the origin, role, and value of the C.C.N. profession in health restoration and disease prevention. In Part 2, I will introduce the Clinical Nutrition Certification Board [CNCB.org] and the International and American Associations of Clinical Nutritionists (IAACN.org) and in Part 3, I will share the C.C.N.B. requirements to apply for the examination to become a Board-Certified Clinical Nutritionist (C.C.N.).

The enlightened public continues to voice a strong preference for the right to take responsibility for their own health. This is evident by the ongoing increase in self-help publications and authors, of both self-help to health-related academic textbooks, who are referring their readers to the C.C.N. for professional guidance in implementing the nutrition and dietary education in their books and for help with more complex nutritional biochemistry health challenges.

Board-Certified Clinical Nutritionists (C.C.N.) have the academic degrees, post-graduate training, national board certification, and up to or over 42 years of clinical nutrition experience in

successfully meeting the public's clinical nutrition needs; up to 32 years, if calculating only from the date of board certification.

Therefore, Part 1 provides an introduction for readers not yet "up-to-date" on the valuable and successful healthcare profession of Clinical Nutritionists... founded in the 1980s by a group of nutritional healthcare professionals aware of the growing demands for healthcare professionals who could provide healthy solutions for the rapidly increasing number of people suffering from nutrition-related symptoms of degenerative diseases. Hence, the profession of the Certified Clinical Nutritionist (C.C.N.) was officially established, with their first board-certified examination, in 1991; the year I was board certified.

Briefly, Taber's Medical Dictionary defines "Nutrition" as the 'sum processes of digestion, absorption, and metabolism of food substances (diet and supplementation) for the growth, repair and maintenance of the human body.' In other words, these processes of nutrition are required to get the nutrients from your food (diet and supplements) into your cells. Otherwise, your organs, glands and body systems become malnourished and once you have

more malnourished, decayed and dead cells and tissue, than healthy ones, in this degenerative process, diseases are diagnosable. However, the public can suffer for decades from undiagnosed mild to severe (acute to chronic) symptoms of the "degenerative processes" occurring prior to reaching the full-blown Disease Stage, unless they contact a Board-Certified Clinical Nutritionist (C.C.N.).

These preceding stages in the process of developing a degenerative disease are organ/gland dysfunctions caused by biochemical imbalances and other adverse nutrient-related factors, such as toxicity and "insufficient to clinical" levels of nutrient deficiencies and/or excesses. In these preceding stages, it requires less time, money and effort to stop this degenerative disease process by restoring your health and thus preventing diseases, all together.

Clinical Nutrition has become so mainstream that some years ago, the terms "Functional Medicine" and "Orthomolecular Medicine" were introduced to help the public understand Clinical Nutrition because for decades the term "Nutrition" [Clinical Nutritionists (C.C.N.)] has been used interchangeably with the term "Diet" [Dietitians], even

though these two terms and their related-healthcare professions, respectively, are distinctly different. (Refer to the first article I wrote for *The Villager* in March 2021, "Are You Confused By Nutrition Today?")

The diverse C.C.N. education includes sciences in many, if not all, of the following: biochemistry, physiology, molecular biology, herbology, homeopathy, naturopathy, psychology, endocrinology, pathology, and oncology. Board-Certified Clinical Nutritionists (C.C.N.s) are trained to utilize several disciplines to successfully achieve the therapy required to support individual health.

For example, many C.C.N.s are already certified, licensed and/or degreed as healthcare or disease-management professionals in other disciplines, such as medical physicians, osteopaths, chiropractors, dentists, naturopaths, homeopaths, pharmacists, acupuncturists, mental health professionals, podiatrists, optometrists, veterinarians, nurses, etc., in addition to those with a Ph.D. in Clinical Nutrition, like myself. These professionals discovered that the addition of clinical nutrition testing and therapy into their existing practice will, in many cases, aid in rapid health restoration and disease prevention. For professionals, who are also Board-Certified Clinical Nutritionists, you will find C.C.N. after their primary post-nominal abbreviations. For example, M.D.,

C.C.N.; D.C., C.C.N.; N.D., C.C.N.; Ph.D., C.C.N. and so on.

To obtain a Clinical Nutrition Analysis of the Laboratory Reports from testing blood, urine, hair, saliva, stool and/or genetics to identify...

1) the preceding stages of the degenerative disease processes occurring in your biochemistry AND

2) the specific whole food diet and therapeutic food/plant-based supplements that contain the nutrients your body requires to restore and maintain optimal health... Call me at (940) 761-4045, Register for a Free First Consultation at my website, www.AdvancedClinicalNutrition.com, OR find a C.C.N. located near you.

Dr. Smith's articles, published in The Villager since March 2021, are available on her website Menu, titled, Education/Villager Publications. Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health, and she can help you, too, no matter where you live.

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.

SPECIAL DISTRICTS

NOTICE OF FINAL PAYMENT

NOTICE is hereby given that the **Sundance Hills Metropolitan District**, PO Box 359, Littleton, Colorado, will make final payment to **FCI Construction, Inc.**, of 4015 Coriolis Way, Fredrick, CO for all Work done by said Contractor in connection with, or Work done on the **Sundance Hills Metropolitan District Pool Renovation**, City of Greenwood Village, State of Colorado.

Any person, co-partnership, association of persons, company or corporation that has furnished labor, materials, team hire, sustenance, provisions, provender, or other supplies used or consumed by such contractors or their subcontractors, in or about the performance of the Work contracted to be done or that supplies rental machinery, tools or equipment to the extent used in the prosecution of the Work, and whose claim therefor has not been paid by the contractors or their subcontractors, at any time up to and including the time for final settlement for the Work contracted to be done, is required to file a verified statement of the amount due and unpaid, and an account of such claim, to the **Sundance Hills Metropolitan District**, on or before the date and time herein above shown for final payment. Failure on the part of any claimant to file such verified statement of claim prior to such final settlement will release **Sundance Hills Metropolitan District**, its directors, officers, agents and employees, of and from any and all liability for such claim.

Sundance Hills Metropolitan District
By: /s/ Sarah Shepherd
District Manager

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NOTICE OF FINAL PAYMENT

NOTICE is hereby given that the **Cherry Creek Vista Park and Recreation District**, PO Box 359, Littleton, Colorado, will make final payment to **Colorado DesignScapes, Inc** of 15440 East Fremont, Centennial, CO 80112 for all Work done by said Contractor in connection with, or Work done on the **Cherry Creek Vista Peakview Park Renovation**, unincorporated Arapahoe County, State of Colorado.

Any person, co-partnership, association of persons, company or corporation that has furnished labor, materials, team hire, sustenance, provisions, provender, or other supplies used or consumed by such contractors or their subcontractors, in or about the performance of the Work contracted to be done or that supplies rental machinery, tools or equipment to the extent used in the prosecution of the Work, and whose claim therefor has not been paid by the contractors or their subcontractors, at any time up to and including the time for final settlement for the Work contracted to be done, is required to file a verified statement of the amount due and unpaid, and an account of such claim, to the **Cherry Creek Vista Park and Recreation District**, on or before the date and time herein above shown for final payment. Failure on the part of any claimant to file such verified statement of claim prior to such final settlement will release **Cherry Creek Vista Park and Recreation District**, its directors, officers, agents and employees, of and from any and all liability for such claim.

Cherry Creek Vista Park and Recreation District

By: /s/ Sarah Shepherd
District Manager

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NOTICE OF FINAL PAYMENT

NOTICE is hereby given that the **Cherry Creek Vista Park and Recreation District**, PO Box 359, Littleton, Colorado, will make final payment to **FCI Construction, Inc.**, of 4015 Coriolis Way, Fredrick, CO for all Work done by said Contractor in connection with, or Work done on the **Cherry Creek Vista Orchard Pool Renovation**, unincorporated Arapahoe County, State of Colorado.

Any person, co-partnership, association of persons, company or corporation that has furnished labor, materials, team hire, sustenance, provisions, provender, or other supplies used or consumed by such contractors or their subcontractors, in or about the performance of the Work contracted to be done or that supplies rental machinery, tools or equipment to the extent used in the prosecution of the Work, and whose claim therefor has not been paid by the contractors or their subcontractors, at any time up to and including the time for final settlement for the Work contracted to be done, is required to file a verified statement of the amount due and unpaid, and an account of such claim, to the **Cherry Creek Vista Park and Recreation District**, on or before the date and time herein above shown for final payment. Failure on the part of any claimant to file such verified statement of claim prior to such final settlement will release **Cherry Creek Vista Park and Recreation District**, its directors, officers, agents and employees, of and from any and all liability for such claim.

Cherry Creek Vista Park and Recreation District

By: /s/ Sarah Shepherd
District Manager

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MANSFIELD HEIGHTS WATER AND SANITATION DISTRICT STATE OF COLORADO

IN RE PETITION OF FOR EXCLUSION OF PROPERTY FROM THE MANSFIELD HEIGHTS WATER AND SANITATION DISTRICT

NOTICE OF PUBLIC HEARING

The owners of the real property described below filed a Petition with the District Board of Directors for exclusion of the property from the boundaries of **The Mansfield Heights Water and Sanitation District** (the "District").

The Petitioner is:

Michael J. Wallace

1 Cherry Blossom Lane Englewood, CO 80113

The real property to be excluded is known as:

1 Cherry Blossom Lane, Englewood, CO 80113

(the "Property"). A copy of the Petition is on file in the **Mansfield Heights Water and Sanitation District** office for public inspection.

NOTICE IS HEREBY GIVEN that a public hearing will be held at 4:00 p.m. on February 1, 2023, at the offices at Community Resource Services, 7995 E. Prentice Avenue, Suite 103E, Greenwood Village, CO 80111, before the Board of Directors of the **Mansfield Heights Water and Sanitation District**, at which time and place all persons interested shall appear and show cause in writing why the petition should not be granted. Failure to show cause in writing will be deemed consent to the granting of the Petition.

NOTICE is given this 12th day of January, 2023.

By: Sue Blair, District Manager

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FINAL SETTLEMENT

Project Title: 2021 Sanitary Sewer CIPP Rehabilitation Project

Project Owners: Castlewood Water and Sanitation District

Project Location: City of Greenwood Village, Arapahoe County

The **Castlewood Water and Sanitation District** (District) plans to accept the above titled project as substantially complete and for Final Settlement by **C&L Water Solutions, Inc.** after February 16, 2023. In accordance with the Contract Documents, the District may withhold a portion of the remaining payment to be made to C&L Water Solutions, Inc. as necessary, to protect the District from loss on account of claims filed and failure of C&L Water Solutions, Inc. to make payments properly to subcontractors or suppliers. Project suppliers and subcontractors of C&L Water Solutions, Inc. are hereby notified that unresolved outstanding claims must be certified and forwarded to:

Contact Person: Barney Fix, P.E.
Address: 5970 Greenwood Plaza Blvd.
Greenwood Village, CO 80111

as soon as possible, but no later than February 9, 2023

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