

## The Role of the Board-Certified Clinical Nutritionists (C.C.N.) in Health Restoration! (Part 2 of 3)

*[C.N. Biochemical Testing & Therapy Restores Health!]*

Did you read Part 1 of this 3-Part article published in *The Villager* on January 19, 2023? If you did, you know that healthcare and disease-management professionals of all disciplines have become C.C.N.s, from the M.D., C.C.N. to D.C., C.C.N. and so on... in addition to those with a Ph.D. in Clinical Nutrition, like myself.

In Part 1, I shared the origin, role, and value of the Board-Certified Clinical Nutritionists (C.C.N.). In this Part 2, I will introduce the Clinical Nutrition Certification Board [CNCB.org] and the International Associations of Clinical Nutritionists (IAACN.org) and in Part 3, I will outline the C.N.C.B. requirements to apply for the examination to become a Board-Certified Clinical Nutritionist (C.C.N.), for those interested in joining the #1 Healthcare profession in health restoration and disease prevention.

The C.N.C.B. (est. 1991) is a non-profit, tax-exempt 501(c)(3) certification agency providing professional training, examina-



*Take Time for Your Health Now or Make Time For Your Disease Later!*

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tion, and board certification to Certified Clinical Nutritionists (C.C.N.), just like the Federation of State Medical Boards (FSMB Est. 1912) and the National Board of Medical Examiners (NBME Est. 1915) provide licensing for physicians and the Commission on Dietetic Registration (CDR Est. 1969) provides registration for Dietitians. The C.C.N. Scope of Practice has become a legal standard for conduct in the practice of Clinical Nutrition.

The International and American Associations of Clinical Nutritionists (I.A.A.C.N.) provides post-graduate training and continuing education units (C.E.U.) for C.C.N.s. I am honored to be currently serving on the Board of Directors for the I.A.A.C.N. [IAACN.org]. Their quality Continuing Education is also applied for annually by the American Clinical Board of Nutrition, Texas Chiropractic College, Ed-

ucation Review Systems, various state agencies and professional associations.

As referred to in Part 1, the value of the C.C.N. has become so essential and "mainstream" that just 11 years after the C.N.C.B. provided the first Board

Certified Clinical Nutritionist (C.C.N.) examination (1991) and 95 years (1917) after being known as the American Dietetic Association (A.D.A.), the A.D.A. changed its name to the Academy of Nutrition and Dietetics (A.N.D.).

Though also trained in Dietetics, the profession of the Board-Certified Clinical Nutritionist (C.C.N.) includes doctors and healthcare professionals of all specialties who have qualified and passed the C.C.N. examination, whereas A.N.D.'s qualifications to become a Registered Dietitian are exclusive to Dietitians, with the minimum qualification of a Bachelor's Degree in Dietetics [https://www.cdrnet.org/rd-eligibility]. Our diverse educational training may account for Dietitians becoming Board Certified Clinical Nutritionists (C.C.N.), also.

In Part 3, I will provide the degrees and post-graduate

requirements of the Clinical Nutrition Certification Board (C.N.C.B.) to become a Board-Certified Clinical Nutritionist (C.C.N.), which by the way, includes re-certification by examination.

The C.C.N. profession is the only healthcare profession, whose professional certification, licensing or registration board includes re-examination in their Renewal Criteria. In other words, the Renewal Criteria of the Clinical Nutrition Certification Board (C.N.C.B.) includes re-certification by re-examination every five years; thereby, proving to the public that C.C.N.s stay up-to-date in the latest clinical nutrition and related-research in their profession.

Renewal by re-examination is a requirement, I am confident, that the Public would appreciate in all professional Renewal Criteria. To date, after passing my first C.C.N. examination in 1991, I have successfully passed all six re-examinations with high scores as of 2021, with my next re-certification exam scheduled for 2026.

You may obtain a scientific evaluation of your biochemistry, such as a Clinical Nutrition Analysis of the Laboratory Re-

ports from testing your blood, urine, hair, saliva, stool and/or genetics, to identify: 1) the preceding stages in the degenerative disease processes occurring in your body, as discussed in Part 1, 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...by calling me at (940) 761-4045, registering for a Free First Consultation at my website, www.AdvancedClinicalNutrition.com, OR calling the IAACN.org at (972) 407-9089 to locate a C.C.N. 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.

## Exploring the cure for disconnection

Loneliness and isolation are a huge social challenge especially after dealing with the Covid epidemic.

Although mental health has many complexities, remedies may be within our grasp. Loneliness does not only affect our minds but also our overall health and well-being. Lack of social connection is a predictor and risk factor for strokes, heart disease, obesity, early Alzheimer's, and even premature death. Loneliness and isolation are an antecedent to substance abuse and addiction. Research suggests loneliness causes serious pain acting on the same parts of the brain as physical pain. The cycle of loneliness, isolation, trauma, and pain is the starting point of many social challenges including homelessness.

When researching loneliness, focus groups were utilized among cross cultural groups of individuals, a surprising discovery was that many who described themselves as lonely were married and had relatively large networks of friends or family. It was the feeling of loneliness that was explored. One can be in a crowd and still feel lonely. Individuals and love songs have described that the

loneliest place to be is in an unconnected relationship.

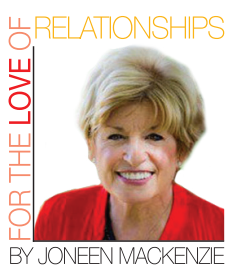
Loneliness depends more on the quality of a person's relationships than on their sheer number.

Many of us crave solitude, which feels renewing and peaceful when desired. When solitude is not a choice, the pain of isolation in a family or group may make us more likely to lash out at the people from which we feel alienated. This becomes a negative feedback loop that is hard to escape. According to neuroscientists, the cure for this is to recognize and articulate the need for closeness and connection. Sharing one's fears, passions, gifts, talents, life experiences, vulnerabilities, life challenges, hopes and dreams is the beginning of knitting hearts together. Being authentic with one another and assisting one another with empathy, kindness and compassion is the beginning of closeness. Acceptance, emotional safety, and respect are essential if one is to become connected. Belonging to a group that shares life goals and values is a key element to combatting loneliness and isolation.

Researchers, searching

for an answer to this age-old question of quality of life and longevity discovered a remote village in the heart of Sardinia, Italy where more people live to be 100 than anywhere in the world. Sardinians live in a social fabric that is tightly knit together. The Sardinian town square is the hub of the community. One must go through it to get to the market, post office, church, or pharmacy. This "Piazza" is the glue that makes it easy to interact and know your neighbors. Developers are creating this "Piazza" type town which started with the 55 and older community design. Clubhouses, community centers, parks, and town squares are a trademark of these communities making it easier to connect.

Other strategies to cultivate connection are to join community groups, learn social and emotional skills to be able to share your vulnerabilities and life struggles, ask one another questions and appreciate individuals' life stories, get to know neighbors by scheduling a community event, have meals together, limit screen time in favor of face time, be intentional and slow down long enough to listen with our heart. These strategies will increase connection, happiness, and health and decrease loneliness and isolation. [joneen@myrelationshipcenter.org](mailto:joneen@myrelationshipcenter.org)



FOR THE LOVE OF RELATIONSHIPS  
BY JONEEN MACKENZIE



## Breckenridge International Snow Sculpture Championships

Make your plans to visit Breckenridge to see the International Snow Sculpture Championships. This year carving week is January 23-27, and viewing week is January 27-February 1.

25-ton blocks of snow will be carved into amazing sculptures by teams from around the world. No power tools are allowed to craft these pieces of art.

The venue recommends viewing the sculptures Sunday January 29-Wednesday February 1. Please note that if you decide to see them Saturday January 28, there is a timed reservation system in place. For more information or to reserve your spot, visit <https://go.breck.com/event/international-snow-sculpture-championships>