



## **Scope of Practice for CSNN Graduates**

The services offered by a CSNN graduate are grounded in the following principles:

1. Acknowledgement that each person is biochemically distinct and has unique nutritional needs;
2. Awareness of the meaning of holistic nutrition; the interrelationship of mind, body and spirit; and the importance of addressing these interactive factors which are unique to each individual;
3. Promotion of whole, locally grown and organic foods; sustainable farming practices; and the necessity of living in a non-toxic environment;
4. The principles of prevention and self-responsibility are fundamental to any successful health care program. However, it is important that graduates do not make claims by using words such as prevent, treat, cure, and heal.
5. Recognition that supplementation is not a substitute for wholesome, nutritious foods but that it may be helpful. Only supplements with an NPN number should be recommended to clients, and the formulation and labelling of supplements should be independent of the graduate and their practice.
6. Respect for clients and for their wellness goals, personal tastes, morals, social, and life values;
7. Acceptance of the unique contribution of other health care providers, and the need to work co-operatively with them regardless whether they are of holistic or allopathic background.
8. The main services provided by a CSNN graduate include the following:
  - (a) Document client's goals, needs, and plans;
  - (b) Evaluate client's food selection, preparation and intake;
  - (c) Evaluate client's lifestyle and overall feeling of well-being;
  - (d) Evaluate client's use of dietary supplements;
  - (e) Identify client's nutritional imbalance(s) and lifestyle habits without diagnosing and directly ordering lab tests, as these activities are reserved for licensed health care practitioners;
  - (f) Work with other health care professionals, if applicable, in order to determine all nutritional and lifestyle-changing needs of the client, including referring client to other health care professionals as deemed appropriate;
  - (g) Support the progress of the client's health goals by creating an individualized wellness program, which will include the use of whole, nutrient-dense foods; menu plans; natural source supplements\*; and lifestyle modifications - including the use of non-toxic, environmentally friendly household/personal products;
  - (h) Provide further guidance to the client, if necessary, by explaining food labels, and by offering food preparation techniques and shopping tips;
  - (i) Guide the client in the implementation of a long term personal health plan, provide education when necessary, and offer ongoing assessments;
  - (j) Monitor the client's personal health plan in order to reinforce participation in the achievement of the health goals;
  - (k) Act as a community educator to the public and to other health care professionals, developing curriculum, preparing manuals, writing articles, publishing books, and teaching;
  - (l) Promote health discussions in schools, workplaces, and community agencies;
  - (m) Bring holistic nutrition knowledge, principles, and philosophy to other professions.

*\*Please be advised that CSNN is referring to non-herbal supplements, as herbal supplements should only be recommended after all aspects of the herb, especially its contraindications, are researched. Since CSNN does not teach herbology or evaluate herbal recommendations, the onus is on the holistic nutritional consultant to either follow manufacturers' instructions or get advice from an herbalist. Additionally, for non-herbal supplements holistic nutritional consultants should consult the manufacturer when recommending dosages higher than those recommended on the bottle.*