

BU #44 Bill #71, #5 Presenter

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Registered Holistic Nutritionists (RHNs) are dedicated professionals who educate individuals about the health benefits of natural nutrition and empower their clients to achieve optimal health. RHNs guide their clients through the maze of nutritional information available. They typically evaluate clients' nutritional needs and then provide individualized plans, which include whole foods, lifestyle and supplement recommendations. Holistic nutritionists are conscientious and knowledgeable about the connection between the environment, whole foods, food preparation, and a person's well-being.

RHNs recognize that each person has a distinct bio-chemistry, a particular lifestyle and a unique approach to life situations. The interactive-mind-body-spirit factors are specific to each client. Client information is obtained through consultations and questionnaires, and recommendations are tailored to the individual's holistic needs, taking into account

age, gender, culture, and economic factors. RHNs monitor their clients' progress, and if necessary, coach and support them towards their health goals.

Whole foods recommended by RHNs are natural, alive and of good quality. RHNs create individual meal plans and recipes for their clients, help them read food labels and provide them with shopping tips. Some also provide cooking lessons. RHNs assess their clients' lifestyle such as stress, exercise, smoking, alcohol consumption, amount of sleep and relaxation etc., and suggest behaviour modification when required. Holistic Nutritionists are knowledgeable in regards to the vitamins and supplements needed for optimal health. They recommend natural source quality vitamins and minerals found in health food stores.

RHNs do not perform any controlled *Acts*. They, however, cooperate with other health care professionals such as

naturopaths, chiropractors, and medical doctors who do perform controlled Acts. The role of RHNs is to support their clients' well-being as well as assist other health care providers involved in their clients' health.

The scope of RHNs practice should not be confused with that of Dietitians. RHNs' philosophy and principles of nutrition, and their preventative approach to the goal of optimal health, are holistic and unique. Holistic nutritionists look at food choices in relation to supporting sustainable farming practices and a healthy environment. By educating and empowering their clients, holistic nutritionists encourage self-responsibility in the attainment of optimal health.