

Northwestern Health Sciences University Launches Master of Health Science in Functional and Integrative Nutrition

The first completely online program empowers practitioners to create a paradigm shift from disease management to overall wellness

BLOOMINGTON, Minn. – August 24, 2021 – [Northwestern Health Sciences University](https://www.nwhsu.edu/) (NWHSU), the premier evidence-based integrative health institution of higher education headquartered in Bloomington, Minnesota, announces its new online Master of Health Science in Functional and Integrative Nutrition program to change the trajectory of health and wellness. Through this fast-paced and flexible master's program, experienced healthcare professionals and practitioners will expand their knowledge and develop skills for treating patients through holistic health, diet and nutrition. The program is NWHSU's first fully online degree and students can complete it within one to two years.

Each course is uniquely designed to include practical application and experiential learning opportunities through an interdisciplinary, competency-based, holistic lens. The seven-week online courses provide flexibility for students to grow professionally and earn a master's degree, all while navigating work and life.

"We're excited to offer a program specifically designed to expand a practitioner's existing knowledge around nutrition and empower them to change the health paradigm from managing or preventing disease, to supporting wellness for optimal quality of life," said Christina Meyer-Jax, MS, RDN, LDN, Standard Process nutrition chair and assistant professor at NWHSU. "Through the intensive program, healthcare professionals will learn a holistic, personalized approach to wellbeing. By providing the tools to use food as medicine, we can optimize an individual's health and quality of life."

Traditionally, healthcare focuses solely on disease management. Through functional medicine, practitioners identify the root cause of health issues and treat those symptoms. NWHSU's program will advance healthcare beyond broad recommendations and treatments and enable practitioners to identify specific health issues.

NWHSU's program goes beyond the conventional nutrition coursework and offers learning opportunities in specialized areas to set students up for success. By interweaving business classes into the curriculum, NWHSU's program provides practitioners with critical skills to run a successful practice. Due to its growing popularity, the program also embeds a health coaching certification so practitioners can help patients facilitate behavioral health changes.

"We recognize that simply following the nutrition guidelines of the USDA for every individual no longer makes sense as each person has unique nutritional needs," says Dale Healey, DC, Ph.D., dean of the College of Health and Wellness at NWHSU. "The Master of Health Science in

Functional and Integrative Nutrition will train practitioners on how to be effective members of an integrative health care team to benefit patients' overall health and well-being."

Through the Master of Health Science in Functional and Integrative Nutrition program, NWHSU is teaching the next generation of practitioners to enhance their expertise of nutrition, ultimately to provide better patient care. With its first fully online degree program, NWHSU continues to focus on customizable programs that fit the changing needs of students.

NWHSU initially established its nutrition program in 2015 thanks to support from donors during its "Imagine Our Future" campaign. Standard Process, a manufacturer of whole food-based, established the endowed chair in nutrition at the time and set up an endowment at NWHSU to support continued program and curriculum development.

"Standard Process and chiropractic have been philosophically aligned for over 90 years. I have appreciated the dedication by chiropractors to support their patients with whole food nutritional supplements from our company. We believe that one of the best ways to support chiropractic is to support the education of future doctors. I am proud Standard Process has a great relationship with Northwestern Health Sciences University." said Charlie DuBois President and CEO of Standard Process Inc.

For more information on NWHSU's Master of Health Science in Functional and Integrative Nutrition program visit: <https://www.nwhealth.edu/academics/nutrition/>

About Northwestern Health Sciences University

For over 80 years, Northwestern Health Sciences University (NWHSU), based in Bloomington, Minn., has provided world-class professional education and research as well as comprehensive health and wellness services. Its more than 130 faculty members annually teach programs in chiropractic, acupuncture and Chinese medicine, massage therapy, medical assisting, medical laboratory technology, medical laboratory science, radiation therapy, radiologic technology and post-baccalaureate pre-health. NWHSU prepares the next generation of healthcare professionals to not only deliver, but also advance healthcare. NWHSU has more than 7,500 graduates throughout the U.S. and in 21 countries. For more information, please visit nwhealth.edu.

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