

KIMBERLY ROSS, DCN, MS, MBA, CNS, LDN/CDN, IFMCP

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EDUCATION

Doctor of Clinical Nutrition

2021 Maryland University of Integrative Health, Laurel, MD

Master of Science in Applied Clinical Nutrition

2012 New York Chiropractic College, Seneca Falls, NY (Now Northeast College of Health Sciences)

Master of Business Administration in Economic Crime and Fraud Management

2008 Utica College, Utica, NY (Now Utica University)

Bachelor of Arts in Business Administration

2005 Strayer University, Millersville, MD

Associate of Science in Liberal Arts

1999 Mohawk Valley Community College, Utica, NY

LICENSING AND CREDENTIALS

Licensed Dietitian Nutritionist (LDN), State of Maryland- Maryland Board of Dietetic Practice

July 2024 – current #DX6749

Licensed Dietitian Nutritionist (LDN), State of Ohio- State Medical Board of Ohio

March 2024 – current #LD.10482

Licensed Dietitian Nutritionist (LDN), State of Illinois- Department of Financial and Professional Regulation

September 2021 - current # 164.008863

Licensed Dietitian Nutritionist (LDN), State of Florida- Department of Health

January 2019 - current LDN # ND 9114

Certified Dietitian-Nutritionist (CDN), New York State Education Department

December 2015 - current CDN #008524

Certified Nutrition Specialist (CNS), Board for Certification of Nutrition Specialists

February 2013 - current CNS # 16234

Certified Ketogenic Nutrition Specialist (CKNS), Board for Certification of Nutrition Specialists

2020-current CKNS #KN-000155

Institute for Functional Medicine Certified Practitioner (IFMCP), Institute for Functional Medicine

2013 - current

Certified Life Coach, Coach Training Alliance

2009 – current

First Line Therapy®-Therapeutic Lifestyle Educator, Metagenics, Inc.
2007 - current

PUBLICATIONS

Ross K, Schuler C, Sklar M. Optimizing Testosterone Levels and Fertility Outcomes: A Case Series on the Impact of *Lepidium peruvianum* (Maca-OG) in Andropause and Sperm Dysfunction. *American Journal of Men's Health*. 2024;18(6). doi:10.1177/15579883241304570

Minich DM, **Ross K**, Frame J, Fahoum M, Warner W, Meissner HO. Not All Maca Is Created Equal: A Review of Colors, Nutrition, Phytochemicals, and Clinical Uses. *Nutrients*. 2024;16(4):530. Published 2024 Feb 14. doi:10.3390/nu16040530

Hayes SK, Manongi S, **Ross K**. Concentrated Gelatinized Proprietary Phenotype Formulation of *Lepidium peruvianum* (maca) Positively Impacts Polycystic Ovarian Syndrome (PCOS), Premenstrual Syndrome (PMS), Dysmenorrhea, and Hormone Levels for Fertility Optimization: A Case Report. *Gynecol Obstet Open Acc*. 2024; 8: 177. <https://doi.org/10.29011/2577-2236.100177>

Fahoum M, **Ross K**. An Integrative Approach for Improving and Managing Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD): A Case Report. *Curr Res Cmpl Alt Med*. 2023;7: 211. <https://doi.org/10.29011/2577-2201.100211>

Ross, K. Improvements in Premenstrual Syndrome, Primary Dysmenorrhea, and Menorrhagia with Natural Therapies: A Case Report. *Curr Res Cmpl Alt Med*. 2023; 7: 207. <https://doi.org/10.29011/2577-2201.100207>

Ross K. Psychobiotics: Are they the future intervention for managing depression and anxiety? A literature review [published online ahead of print, 2023 Feb 20]. *Explore (NY)*. 2023;S1550-8307(23)00058-7. doi:10.1016/j.explore.2023.02.007

Ross K. Nutritional management of surgically induced menopause: A case report. *Womens Health (Lond)*. 2021;17:17455065211031492. doi:10.1177/17455065211031492

Ross K, VanNortwick M. Managing mood-related symptoms utilizing diet, targeted nutrient supplementation, and lifestyle changes: A case series [published online ahead of print, 2021 Oct 3]. *Explore (NY)*. 2021;S1550-8307(21)00191-9. doi:10.1016/j.explore.2021.09.006

Ross K, VanNortwick M, Dragone D. Innovative therapies for mood disorders: A case report. *Explore (NY)*. 2021;17(3):208-212. doi:10.1016/j.explore.2020.03.011

OTHER RESEARCH AND SCIENTIFIC CONTENT

Contributor/Author, www.phytomelatonin.org

Contributor/Author, www.lepidiumperuvianum.org

PEER-REVIEWER

Certified Peer Reviewer, Elsevier. Earned April 2020.

Explore - The Journal of Science and Healing, Elsevier. December 2022.

Explore - The Journal of Science and Healing, Elsevier. May 2022.

Explore - The Journal of Science and Healing, Elsevier. January 2022.

Explore - The Journal of Science and Healing, Elsevier. July 2021.

Women's Health, Sage Publications. April and June 2021

Explore - The Journal of Science and Healing, Elsevier. March 2021.

Journal of Psychiatry and Mental Health. February 2021.

Explore - The Journal of Science and Healing, Elsevier. 2020.

El-Soheemy, A, Garcia-Bailo, B, & Hansen, K. *Nutritional Genomics Training Program*. American Nutrition Association. 2018-2020.

Volek, J. & Hyde, P. *Ketogenic Nutrition Training Program*. 2018. American Nutrition Association.

PRESENTATIONS

Ross, K. Melatonin's Role for Healthy Aging & Longevity. National University of Natural Medicine AgeWell Summit: Exploring Anti-Aging Strategies. September 29, 2024; online.

Ross, K. A Functional, Non-Pharmaceutical Approach to Surgically-Induced Menopause: A Case Report. Poster presented at: Institute for Functional Medicine AIC 2023. June 1-3, 2023; Orlando, FL.

Minich, D, Warner, W, Frame, J & **Ross, K.** The Colors of Maca: *Lepidium peruvianum* as a potential alternative or adjunct to hormone replacement therapy (HRT) in peri-and post-menopausal women. Poster presented at: Institute for Functional Medicine AIC 2023. June 1-3, 2023; Orlando, FL.

Evezich, M, Minich, D & **Ross, K.** Phytomelatonin is more effective than synthetic melatonin in its anti-inflammatory, free-radical scavenging, and antioxidant potential. Poster presented at: Institute for Functional Medicine AIC 2023. June 1-3, 2023; Orlando, FL.

Ross, K. Melatonin Therapy: Anti-Aging, Longevity, and Immune Health. Webinar presented for Symphony Natural Health. March 16, 2023; online.

Ross, K. Amino Acid Therapy for Mood Disorders- A focus on Anxiety, Depression, and Insomnia. Lecture presented at: American Nutrition Association Personalized Nutrition 2022 Summit. October 26-28, 2022; San Diego, CA.

Ross, K. Amino Acid Therapy for Mood Disorders-A Case Series. Poster presented at: American Nutrition Association Personalized Nutrition 2021 Summit. September 28-30, 2021; Chicago, IL.

Ross, K. & VanNortwick, M. Poster presented at: Maryland University of Integrative Health (MUIH) Research Symposium; April 9-11, 2021; Laurel, MD.

Ross, K., VanNortwick, M., & Dragone, D. Innovative Therapies for Mood Disorders-A Case Report. Poster presented at: Maryland University of Integrative Health (MUIH) Research Symposium; April 9-11, 2021; Laurel, MD.

LEADERSHIP, MENTORING, AND PROFESSIONAL EXPERIENCE

Founder, Doctor of Clinical Nutrition / Certified Nutrition Specialist

2010 - current Kim Ross Consulting, LLC, dba Ross Nutrition Team, FL

Certified Nutrition Specialist (CNS) Approved Supervisor | Supervised Practice Experience

2017- current Board for the Certification of Nutrition Specialists, Hinsdale, IL

Scientific Writer and Presenter | Contract work for Evidence-Led Natural Health Projects and Events

2024 -current Pure Encapsulations, Sudbury, MA

2024- current Allergy Research Group, South Salt Lake, UT

2022- current Symphony Natural Health, Inc. (formerly Natural Health International), West Valley, UT

Instructor, College of Graduate Studies | Doctor of Clinical Nutrition (DCN)

2024- current University of Western States, Portland, OR

Adjunct Faculty, College of Nutrition | Master of Science Clinical Nutrition (MSCN)

2022- current Sonoran University of Health Sciences (formerly Southwest College of Naturopathic Medicine and Health Sciences (SCNM), Tempe, AZ

Clinical Faculty, College of Nutrition | BCNS Supervised Practice Experience (SPE) Program

2022-2023 Sonoran University of Health Sciences (formerly Southwest College of Naturopathic Medicine and Health Sciences (SCNM), Tempe, AZ

Division Director, School of Nutrition | Master of Science Clinical Nutrition (MSCN) & Master of Science Nutrition Business Leadership (MSNBL)

2020-2022 Sonoran University of Health Sciences (formerly Southwest College of Naturopathic Medicine and Health Sciences), Tempe, AZ

Assistant Professor, School of Nutrition | Master of Science Clinical Nutrition (MSCN)

2020-2022 Sonoran University of Health Sciences (formerly Southwest College of Naturopathic Medicine and Health Sciences (SCNM), Tempe, AZ

Subject Matter Expert/Course Developer

2019-2020 Southwest College of Naturopathic Medicine and Health Sciences (SCNM), Tempe, AZ

Manager, Specialty Training Programs

2016-2020 American Nutrition Association, Hinsdale, IL

Student Engagement Coordinator

2016 – 2020 American College of Nutrition, Clearwater, FL

Adjunct Faculty, School of Nutrition

2018 – 2020 Maryland University of Integrative Health (MUIH), Laurel, MD

Professional Development Team Member

2016-2019 Board for Certification of Nutrition Specialists, Hinsdale, IL

Adjunct Faculty, Physician Assistant Program

2015-2017 Misericordia University, Dallas, PA

Director of Medical Education

2013-2018 Natural Health International, San Francisco, CA

Assistant Professor, Medical Assistant Program

2012-2016 Utica School of Commerce (USC), Utica, NY

Adjunct Instructor, Introduction to Nutrition

2013 Mohawk Valley Community College (MVCC), Utica, NY

Functional Medicine Sales Consultant

2007-2009 Metagenics, Inc., San Clemente, CA

COURSES DEVELOPED AND TAUGHT

Nutritional Assessment 1-Anthropometrics & Energy (2 quarter credits): SCNM/Sonoran University
 Nutritional Assessment 2- Laboratory (2 quarter credits): SCNM/Sonoran University
 Dietary Patterns for Health Promotion (2 quarter credits): SCNM/Sonoran University
 Clinical Applications 1 (3 quarter credits): SCNM/Sonoran University
 Nutritional Interventions for Chronic Disease (4 quarter credits): SCNM/Sonoran University
 Nutritional Interventions for Complex Systemic Disorders (4 quarter credits): SCNM/Sonoran University
 Applied Clinical Nutrition II (2 trimester credits): MUIH
 Foundational Nutrition (4 semester credits): Misericordia University
 Nutrition Assessment (3 semester credits): Misericordia University
 Introduction to Nutrition (3 semester credits): MVCC
 Anatomy & Physiology (3 semester credits): USC
 Medical Law & Ethics (3 semester credits): USC
 Medical Terminology (3 semester credits): USC
 Medical Coding & Billing (3 semester credits): USC

SPECIALTY PROGRAMS: Development and Peer-Review

A team member for the development and peer-review of:

- Virtual Health Center Experience: Sonoran University | MSCN Program
 - 33 real-world cases, presented as an online, interactive nutritional consultation
- [Ketogenic Nutrition Training Program](#): The American Nutrition Association
- [Nutritional Genomics Training Program](#): The American Nutrition Association

As Division Director, I conducted an initial peer-review of each course offered in the MSCN and MSNBL Programs, along with quarterly reviews for enhancements based on student evaluations and faculty feedback.

- 13 MSCN Courses
- 9 MSNBL Courses
- 9 MSCN/MSNBL Shared Courses

SERVICE ACTIVITIES: INSTITUTIONAL

2020-2022	Chair, Curriculum Committee-Nutrition
2020-current	Member, Faculty Senate
2021-2022	Member, DEI Taskforce Committee and REJI Consortium
2021	Member, Branding Committee
2020-2022	Member, Academic Policy and Progress Committee
2020-2022	Member, Academic Assessment Committee
2020-2022	Member, Enrollment Management Committee
2020-2022	Member, Tuition and Fees Committee
2020-2022	Member, Honorary Degree Committee

2020-2022 Member, President’s Council
 2015 Faculty Advisor: Medical Billing and Coding: Utica School of Commerce
 2014-2015 Chair, Curriculum Committee
 2014-2105 Department Chair, Medical Assistant Program
 2014-2015 Member, Professional Development Committee

SERVICE ACTIVITIES: PROFESSIONAL AND COMMUNITY

2023-current Board Member, Symphony Natural Health Institute (SNHI)
 2016-2023 Member, Credentials Council, Board for Certification of Nutrition Specialists (BCNS)
 2019-2022 Member, Nutrition Scope of Practice Task Force, Board for Certification of Nutrition Specialist (BCNS)
 2018- current Site Team Member, Accreditation Council for Nutrition Professional Education (ACNPE)

COMMUNITY LECTURES AND MEDIA INTERVIEWS

Educator of Corporate and Community Education Classes

Various Locations
 2011-current

- Therapeutic Lifestyle Change Programs for Metabolic Syndrome
- Food is Medicine
- Diets: Fact vs. Fiction
- How to Manage Stress in the Workplace
- Vitamins: A-Zinc
- Body Composition and Health
- First Line Therapy
- Managing PMS and Menopause Naturally
- Diabetes: You Don’t Have to Live with it
- Asthma, Allergies and Autoimmune Diseases: The Connection
- Heart Math: The Importance of Stress Management
- Health Begins in the Gut: Understanding the Role of Good GI Health
- Detoxification: More than Just a Buzz Word
- Lose Weight for Good
- Stop Feeling Sick and Tired
- Optimizing Thyroid Health
- Good Health is a Heartbeat Away
- Should I Eat Gluten Free?

WKTV NewsTalk

Utica, NY
 2010-2020

Monthly guest focused on providing health and nutrition tips to viewers

NYCC Nutrition Symposium: Featured Speaker

Seneca Falls, NY
 March 2018

A Functional Nutrition Approach to Clinical Practice

“What the Hormone Summit”: Featured Expert

Online
 March 2018

Balancing Hormones with Diet, Lifestyle and Maca

Natural Products Expo West: Co-Presenter

Anaheim, CA
 March 2017

Nutritionists, Your New Ally in Driving Consumer Choice

AWARDS

2012 **Shari Lieberman Memorial Award**- New York Chiropractic College
 2012 **Best of The Mohawk Valley, Clinical Nutritionists**
 2012 **Best of New Hartford, Nutritionists**

CONTINUING EDUCATION/PROFESSIONAL DEVELOPMENT

June 2024 Annual International Conference. Presented by the Institute for Functional Medicine.

June 2023 Annual International Conference. Presented by the Institute for Functional Medicine.

October 2022 Personalized Nutrition 2022 Summit-Presented by the American Nutrition Association

June 2022 Annual International Conference. Presented by the Institute for Functional Medicine.

January 2022 Nutritional and Integrative Medicine for Mental Health. Presented by Leslie Korn Institute for Integrative Medicine.

September 2021 Personalized Nutrition 2021- Mapping the Future. Presented by the American Nutrition Association.

August 2021 CPR/Basic Life Support. Offered by National CPR Foundation. Certification ID #A145CF

August 2021 Integrative Medicine for Mental Health (IMMH)- 12th Annual Conference

June 2021 Annual International Conference. Presented by Institute for Functional Medicine.

May 2021 Item Writing Workshop. Presented by NBME.

March 2021 Preventing Medical Errors: Florida Requirement. Offered by Achieve CE Education Services

March 2021 HIV/AIDS: Florida Requirement. Offered by Achieve CE Education Services.

February 2021 13th Annual Conference on Higher Education Pedagogy. Presented by The Center for Excellence in Teaching and Learning from Virginia Tech

January 2021 Certified Canvas Educator-Core 1: Foundational Framework.

December 2020 Principles of Fasting Lifestyle. Presented by the American Nutrition Association.

December 2020 How to Work with Shame. Presented by The National Institute for the Clinical Application and Behavioral Medicine (NICAMBM)

November 2020 Human Trafficking. (A requirement for FL licensing). Offered by Priority Medical Education.

November 2020 Personalized Nutrition: Enhancing Immune Resilience. Presented by the American Nutrition Association.

August 2020 Integrative Medicine for Mental Health (IMMH)- 11th Annual Conference

July 2020 Culturally Competent Nutrition Focused Physical Exam. Presented by Academy of Nutrition and Dietetics

July 2020 Online Teaching Summit, Presented by Arizona State University

April 2020 Certified Peer Reviewer, Elsevier

- November 2019 Personalized Nutrition: Regenerate Health in a Toxic Environment, Presented by the American Nutrition Association
- November 2018 Translate the Science of Nutrigenomics in Practice, Presented by the American College of Nutrition
- May 2018 Solving the Puzzle of Autoimmunity: The Interplay of the Gut, Genes and Environment, Presented by the Institute for Functional Medicine
- March 2018 HIPAA Training and Certification- Security and Awareness for Health Care Providers
- November 2017 Nutrition Pro Symposium, Presented by the BCNS
- June 2017 The Dynamic Brain, Presented by the Institute for Functional Medicine
- November 2016 Translational Health: The Science of Personalized Nutrition, Presented by The American College of Nutrition
- September 2016 Applying Functional Medicine in Clinical Practice. Presented by the Institute for Functional Medicine
- May 2016 Modifiable Lifestyle Factors: Innovative Movement and Restorative Strategies to Optimize Patient Outcomes, Presented by the Institute for Functional Medicine
- February 2016 Integrative Healthcare Symposium, Presented by Integrative Practitioner
- September 2015 The Gut Brain Relationship, Presented by InnoVision Professional Media Inc.
- August 2015 Introduction to Functional Nutrition. Presented by the Institute for Functional Medicine
- July 2015 Depression and Cardiovascular Disease. Presented by the Institute for Functional Medicine
- July 2015 A Systems Approach to Reversing the Epidemic of Chronic Disease. Presented by the Institute for Functional Medicine
- April 2015 Spices as Natural Medicine. Presented by Institute for Brain Potential
- February 2014 Integrative Healthcare Symposium. Presented by Integrative Practitioner
- May 2013 Illuminating the Energy Spectrum: Exploring the Evidence and Emerging Clinical Solutions for Managing Pain, Chronic Fatigue and Cognitive Dysfunction. Presented by The Institute for Functional Medicine
- April 2013 Understanding the Gut Brain: Stress, Appetite, Digestion and Mood. Presented by Institute for Brain Potential
- February 2013 Integrative Healthcare Symposium. Presented by Integrative Practitioner
- July 2012 The Many Faces of Immune Dysregulation and Chronic Inflammation: Chronic Infections, Atopy, and Autoimmune Disorders. Presented by The Institute for Functional Medicine
- May 2012 A New Era in Preventing, Managing and Reversing Cardiovascular and Metabolic Dysfunction. Presented by The Institute for Functional Medicine
- December 2011 Understanding Biotransformation and Understanding Toxicity: Evaluation and Treatment in the Functional Medicine Model. Presented by The Institute for Functional Medicine
- November 2011 21st Century Advances in Detoxification for the Management of Chronic Illness. Presented by Jeffrey Bland, PhD, FACN, CNS & Bridget Briggs, MD

- November 2011 Clinical Strategies for Restoring Energy and Optimizing Health. Presented by Kristi Hughes, ND
- October 2011 The Functional Medicine Approach to Women's Hormones Concerns and Solutions for Effective Case Management. Presented by Deanna Minich, PhD, FACN, CNS
- July 2011 Re-establishing Hormonal Balance in the Hypothalamic Pituitary, Adrenal, Thyroid and Gonadal Axis. Presented by The Institute for Functional Medicine
- March 2011 Integrative Healthcare Symposium. Presented by Integrative Practitioner
- January 2011 Clinical Breakthroughs in the Toxicity-Disease Connections. Presented by Dr. Jeffrey Bland
- December 2010 Functional Nutrition Course (FNC)-Applying Functional Nutrition for Chronic Disease Prevention and Management. Presented by The Institute for Functional Medicine
- March 2010 Restoring Gastrointestinal Equilibrium: Practical Applications for Understanding, Assessing, and Treating Gut Dysfunction. Presented by The Institute for Functional Medicine
- January 2010 Applying Functional Medicine in Clinical Practice™ (AFMCP). Presented by The Institute for Functional Medicine
- January 2009 The Future of the Clinic: New Frontiers in Nutritional Medicine. Presented by Dr. Jeffrey Bland
- 2008 The Emerging Therapeutic Target-Improving therapeutic outcomes by treating the intersection of Osteoporosis, Cardiovascular Disease, Type 2 Diabetes and Arthritis. Presented by Dr. Jeffrey Bland
- 2008 Unlocking the Secrets of Gluten Sensitivity. Implications for Neurological, Musculoskeletal, & Immune Health. Presented by Dr. Tomas O'Bryan
- 2008 Optimizing Athletic Performance. Presented by Dr. Robert Rakowski
- 2007 The Neurobiology of Mood and Cognitive Disorders. Presented by Dr. Jay Lombard
- 2007-2009 First Line Therapy Certification. Presented by Metagenics Inc.

PROFESSIONAL MEMBERSHIPS

Institute for Functional Medicine (IFM)
American Nutrition Association (ANA)