

Local Practitioner Earns PhD

The advanced degree of Doctor of Holistic Nutrition has been conferred to local resident and health care practitioner, Kerry Sauser ARNP, ND. Clayton College of Natural Health in Birmingham, Alabama, bestowed the PhD designation April 1. Founded in 1980, CCNH is the world's leading college of natural health, traditional naturopathy and holistic nutrition. It has over 10,000 graduates throughout the United States and around the world.



Sauser's dissertation "Adrenal Stress and Fatigue" was partially underwritten with a grant from Diagnos-Techs, Inc. of Tukwila, Washington. Her research explores the link between stress and health risks such as high blood pressure, high cholesterol, heart disease, hormonal imbalances, headaches and chronic fatigue. She found that adrenal stress is nearly always linked to blood sugar issues that then create thyroid dysfunctions and hormonal imbalances.

Sauser has been a licensed family nurse practitioner for over 25 years and is a Doctor of Naturopathy. Her practice, Natural Health Center has been in operation in Atlantic for 10 years. Sauser bases her health care approach on the philosophy of functional integrative medicine to help the body overcome disease and heal naturally. Natural Health Center is located in the Complementary Care Center at 201 Linn Street in Atlantic.

For more information visit www.complementarycare-center.net.