



Clarissa A. Kussin
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Clarissa Kussin is a passionate and dedicated functional medicine practitioner, yoga teacher, and educator. She helps clients move from “Pain to Performance” using mindfulness-based yoga, Quantum Crystalline Energy, and nutrition education. She empowers her clients through health coaching, restoring energy and maximizing mental clarity through learning breath connection, increasing nutrient density for cellular regeneration, cultivating emotional wellness and rebuilding neuromuscular connections. She works in concert with physicians, physical therapists, occupational therapists, and mental health practitioners while delivering services to populations under clinical care. These include individuals living with chronic pain, Traumatic Brain Injuries, Post-Traumatic Stress, amputees, cancer patients, the blind, and patients recovering from surgeries and burns. Clarissa’s coaching philosophy and methodology is grounded in the principles of Functional Medicine Health Coaching, using nutrition education, the psychology of eating, mind-body medicine and positive psychology. Using a science-based, systems-oriented approach, Clarissa addresses the underlying causes of disease and engages her clients in a therapeutic partnership that considers the whole person, not just an isolated set of symptoms. Clarissa uses a personalized approach to nutrition rooted in the principle that food is medicine. She focuses on complete systems body approach using whole foods, meditation and breath work that bring health, energy and vitality, reducing toxicity and inflammation to the body.

In 2009, Clarissa co-founded the 501(c)3 nonprofit Warrior Wellness Solutions, providing integrative health and wellness education and training to thousands of Wounded, Ill, and Injured service members, veterans, and their caregivers. Her curriculum has been delivered as professional military education for thousands of clients under the medical care of the Department of Defense and the Veterans Administration. She has served as a coach for TEAM Marine Corps for the 2015 Department of Defense Warrior Games and currently serves on the Task Force Dagger Special Operations Forces Health Initiatives Medical Advisory Board.

Training + Education

- *Lees McRae College — Bachelors of Arts, Communication Arts and Creative Marketing*
- *Functional Medicine Coaching Academy in collaboration with the Institute for Functional Medicine*
- *Integrative Nutrition Health Coach — Institute of Integrative Nutrition-SUNY Purchase*
- *Balance Protocol Practitioner- Balance Protocol Institute*
- *Certificate in Plant-Based Nutrition — Cornell University in partnership with the T. Colin Campbell Foundation*



- *Certified Burris Institute Emotional Wellness Coach specializing in PTS & Traumatic Brain Injury*
- *International School of Detoxification — Level II Detoxification Specialist*
- *Board Certified Health Coach — American Association of Drugless Practitioners*
- *Functional Movement Systems Certified Level I Corrective Exercise Professional*
- *Certified in Mindful Yoga Therapy for Veterans living with TBI & PTS — Embody Yoga*
- *iRest Yoga Nidra Level 1 Certified*
- *Certified 500-Hour Yoga Alliance Registered Yoga Teacher*
- *Y12SR Leader and Space Holder*
- *Warriors at Ease Certified — Fundamentals of Teaching Yoga and Meditation in Military Communities*
- *Reiki Level II Certified*
- *Quantum Crystalline Energy Certified*