

Carolyn May Steiss, R.H.N. – Biography

Carolyn May Steiss, owner of Holistic Solutions Inc., is a Registered Holistic Nutritionist™ professional, who became the first branch manager of the CSNN Mississauga branch when it opened in 1996. In addition to being a branch manager, Carolyn May is part of CSNN's curriculum advisory board, where she assists in updating and developing new curriculum. She is also on the board of CSNN's Professional Industry Standards Committee.

Carolyn May has been living a holistic lifestyle and has been involved in natural medicine for over 36 years. In her early career she managed and built holistic departments bridging allopathic medicine and the holistic industry. Many of her years were spent in private practice utilizing natural nutrition and botanical medicine.

For over 3 decades she has been an activist supporting and working with many environmental organizations. Her focus has been on the preservation of natural habitat for wild life, and she provides ongoing financial support to Canada's Nature Conservancy and Greenpeace, as well as other associations. Carolyn May has been involved in organic farming practices and continues to work with and support organizations that create awareness. She is passionate about a citizen's right-to-choose nutrient dense food as opposed to factory farming practices and genetically modified organisms (GMOs).

“Managing a holistic nutrition school branch has allowed me the opportunity to impart the cause and effect of how our daily choices and actions impact our own health and the environment. To see students thrive and develop new skills while improving their own lives, to bringing solutions by educating and facilitating others, is one of the most rewarding aspects of my life.”

– Carolyn May Steiss, R.H.N.