



**TRAINING SUCCESSFUL PRACTITIONERS**





## Diploma Courses in Naturopathic Nutrition, Herbal Medicine, Acupuncture, Homeopathy, and Naturopathy



### How CNM began...

Hermann Keppler, founder and Principal of CNM, has more than 30 years' experience as a practising Naturopath. During his studies in Germany, Switzerland, Israel, Denmark, and the USA, he gained specialist skills in Homeopathy, Nutrition, Herbal Medicine, Acupuncture, and Clinic Management. He has written several books and has given many interviews on radio and TV.

When Hermann Keppler started his clinic as a Homeopath, he soon came to find that he did not have the knowledge to help every single client. After further training in Iridology, Chinese Diagnosis, Nutrition, Tissue Salts, Flower Remedies, First-Aid Homeopathic Remedies, and Herbal Mixtures, he was able to help a greater number of clients, and he became a practitioner for the whole family. That's when he decided to open a college that would help future natural medicine practitioners learn and thrive by encompassing all of these skills in the curriculum.

Hermann Keppler established the first CNM in London in 1998. More colleges followed across the UK and in Ireland. Today CNM is the UK's leading training provider of a range of natural therapies, providing CNM Diploma Courses in:

- **Naturopathic Nutrition**
- **Herbal Medicine**
- **Acupuncture**
- **Homeopathy**
- **Naturopathy**

### Our Mission

- To provide thorough, practice-orientated training in natural therapies such as Nutrition, Herbal Medicine, Acupuncture, Homeopathy, and Naturopathy.
- To train students to become highly competent, successful practitioners.
- To make sure CNM Courses are widely recognised and respected in the UK, Europe, and internationally.
- To continuously raise the profile of natural therapies in society.
- To support and promote CNM Graduates after qualification.

If you are looking to study natural therapies in an atmosphere of academic excellence with a focus on clinical application, you have come to the right place.

### We look forward to welcoming you!

Hermann Keppler  
**Naturopath, and Principal of CNM**

Front cover picture: Dentist and CNM Graduate in Naturopathic Nutrition, Suzanne Roelofs, now practicing at [www.whiteandholland.com](http://www.whiteandholland.com). Photo by [matt@mattstuart.com](mailto:matt@mattstuart.com)

# TRAINING SUCCESSFUL PRACTITIONERS



## Why study at CNM?

At CNM you find students from all walks of life. The main reasons why they choose to study with CNM are:

- CNM is the UK's leading training provider of a range of natural therapies, with colleges nationwide
- CNM's flexible study schedules offer both full-time and part-time study
- CNM's unmatched focus on clinical application and practice
- CNM's commitment to train students to become successful practitioners
- 80% of CNM Graduates are practising
- CNM's naturopathic approach to wellness looks at the whole person, not just a symptom
- CNM lecturers are experienced practitioners
- Competitive course fees
- CNM is widely respected and recognised in the UK, Europe, and internationally

**Qualify for a new career for far less than the cost of a university degree!**

## There has never been a better time to study natural therapies

At a time when modern technology, environmental pollution, bad eating habits, and stress are prevalent, natural therapies are of increasing importance to health.

Natural therapies can support the health of people suffering from both acute and chronic ailments.

Natural Therapists give time and care to each client, seeing each individual as a holistic unity of body, mind and spirit. They address all these contributory factors to health, using a range of natural methods to support their clients' quest for optimum health.

## Career Opportunities

Natural Therapists usually work freelance, but there is plenty of potential for employment in spas, healthcare research, administration, retail or media, and in family consulting clinics, and beauty clinics. It is also possible to specialise, for example, by working with children, the elderly, or within sports.

## How do I enrol?

Call one of our helpful and experienced Course Consultants to check the prerequisites for studying with CNM. You should ideally have five GCSEs or two A-Levels but due to the nature of our courses we can assess each applicant's equivalent academic or work experience on a case by case basis.

Our Course Consultant can advise you regarding your study options, and can fix a personal consultation for you at your nearest CNM college, where you can discuss the full requirements of the course, a suitable study schedule, and the best start date for you.

The first course is Biomedicine (anatomy, physiology and pathology), which runs on a modular system, enabling new students to join the class at several points during the year. This course is a prerequisite for CNM's Diploma Courses unless you already have a professional qualification as a doctor, nurse, physiotherapist, etc. If your knowledge has gaps or is somewhat rusty, you may be advised or required to do some basic courses.

**01342 410 505**

**[info@naturopathy-uk.com](mailto:info@naturopathy-uk.com)**

# NATUROPATHIC NUTRITION



## COURSE DETAILS

### Length of study

3 years part-time

### Location

London, Brighton, Bristol, Manchester, Birmingham, Edinburgh, Belfast

### Study options

Weekends (All colleges)  
Week days (Brighton, Bristol, London and Manchester)

### Clinic hours

200 Clinic Hours

### CNM Diploma

Dip. Nutritional Therapist  
Dip. Naturopathy (optional)

**Contact a Course  
Consultant to  
discuss your study  
options:**

**01342 410 505**

**info@naturopathy-uk.com**

## What is Naturopathic Nutrition?

Naturopathic Nutrition stresses the use of whole and organic foods as medicine - an integral concept of healing in many indigenous societies. A return to chemical-free foods, along with other dietary measures, can be an effective answer to many health complaints and conditions.

Naturopathic Nutrition also focuses on the importance of detoxification and cleansing, as only fully-functioning organs are able to absorb and utilise nutrients optimally. A therapeutic approach is taken to the whole person, rather than addressing only their symptoms.

CNM Students learn about the physiological and biochemical processes involved in nourishment, and about the energetic side of food. Authentic traditions of oriental medicine are brought together with western research-based nutrition.

The course provides high quality training which equips graduates to build successful practices. It is carefully structured so that each study unit builds on the previous one, allowing students to develop their confidence and skills, and reach their full potential as Nutritional Therapists.

## The course syllabus:

### Year 1 – Biomedicine

- Biomedical Anatomy, Physiology & Pathology
- Medical Terminology & Research Methods
- Medical & Naturopathic Pharmacology
- Medical & Naturopathic Clinical Diagnostics incl. Examination Methods & Laboratory Testing Techniques

### Year 2 – Building Blocks of Nutrition

- Macro/micro nutrients
- Naturopathic Philosophy - laws of cure, suppression of disease
- Foods and Superfoods
- Energy of Food – TCM/Ayurveda
- Diets and Metabolism
- Environmental and Dietary Toxins
- Clinic: 100 hours of observation and case taking theory workshops where students observe experienced practitioners and learn the skills of how to take cases themselves. Naturopathic evaluation tools.

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## Year 3 – Nutritional Therapeutics

- Functional Medicine
- Nutritional Support for Healthy Body Systems
- Cancer Treatment Support
- Enhanced Detoxification and Cleansing
- Assessment Tools – clinical indicators, functional testing and anthropometrics
- Clinic: 100 practical clinic hours under supervision. Case taking, follow up, nutritional assessments, clinic management, public relations, and setting up a business.

## Naturopathy Diploma (optional)

### Naturopathy Study

- First-aid Homeopathy
- Herbal Medicine
- Naturopathy
- TCM (Traditional Chinese Medicine)
- Iridology

### Naturopathic Principles

- Naturopathy & Detoxification
- Bach Flower Remedies
- Tissue Salts
- Body Work



*“A job I love and can fit around my family.”*

“I met amazing and inspirational people at CNM, where I gained the practical skills and confidence to start a new career.

I really enjoyed the emphasis on the practical side of nutritional therapy, and learning about the science behind everything we were taught.

Being able to study at weekend classes helped minimise disruption to family life. From my previous career in marketing and then being a stay at home mum, I’m now running my own clinic helping my clients unlock and achieve their optimal health potential. My CNM Diploma has empowered me to do a job that I love and that I’m able to do around my family.”

– **L.S. Bristol**

## Clinics

Clinics are of paramount importance at CNM. This is where students learn how to take cases, create nutrition plans and apply their knowledge. Clinics are supervised by a qualified Nutritional Therapist.

## Course Accreditation



ANP (Association of Naturopathic Practitioners) is a member of the GNC (General Naturopathic Council) who regulate Naturopathy in the UK.



NNA (Naturopathic Nutrition Association) which is a member of the GNC (General Naturopathic Council).

CNM courses are additionally accredited in many countries in Europe and overseas.

# HERBAL MEDICINE



## COURSE DETAILS

### Length of study

3 years full-time OR  
4-5 years part-time

### Location

London,  
Manchester

### Study options

Weekends (London &  
Manchester)

Week days (London only, plus  
Biomedicine in Manchester)

### Clinic hours

500 Clinic Hours

### CNM Diploma

Dip. Herbal Medicine  
Dip. Naturopathy

**Contact a Course  
Consultant to  
discuss your study  
options:**

**01342 410 505**  
**info@naturopathy-uk.com**

## What is Herbal Medicine?

Herbal Medicine is the use of medicinal herbs to promote good health. It has a long tradition in all cultures and research has proven its huge benefits. As well as relieving symptoms, herbs work on a deeper level to help clients return to full harmony. Herbal Medicine is becoming ever more popular as more and more people seek out qualified Herbalists.

## Herbal Medicine & Naturopathy

CNM's Herbal Medicine course is based on Western herbs incorporating the energetic approach of Ayurvedic and Chinese Medicine. It is rooted in naturopathic principles which address the whole person and not just their symptoms.

Each study unit builds on the previous one, allowing students to develop their confidence and skills. Special attention is given to clinics and dealing with clients. Students observe experienced practitioners before they take cases themselves, under supervision.

Upon graduating, students become Herbalists also with a good grounding in Naturopathic Nutrition, First-aid Homeopathy, Chinese diagnostics, Bach Flowers, Tissue Salts, Naturopathy and Iridology, able to apply other therapeutic and assessment tools to help clients.

## The course syllabus:

### Level I

*(Biomedicine, Naturopathy Study & Herbal Medicine I) 1 – 3 years*

#### Biomedicine

- Biomedical Anatomy, Physiology & Pathology
- Medical Terminology & Research Methods
- Medical & Naturopathic Pharmacology
- Medical & Naturopathic Clinical Diagnostics incl. Examination Methods & Laboratory Testing Techniques

#### Naturopathy Study

- Naturopathy
- Nutrition
- First-aid Homeopathy
- TCM (Traditional Chinese Medicine)
- Iridology

#### Herbal Medicine I

- History and philosophy of Herbal Medicine
- Theoretical basis of Western Herbal Medicine
- Ayurvedic and Chinese principles
- Plant anatomy and physiology
- Usage of herbs
- Interaction of herbal medicine with conventional medicine
- Cultural and legal basis of professional practice
- Practitioner development and ethics
- Clinical Observation
- Research

# TRAINING SUCCESSFUL PRACTITIONERS



## Level II (Naturopathic Principles, Herbal Medicine II) 1 year

### Naturopathic Principles

- Naturopathy & Detoxification
- Bach Flower Therapy
- Tissue Salts

### Herbal Medicine II

- Biochemistry
- Pharmacology
- Herb/drug interactions
- Herbs and safety
- Materia Medica
- Botany and plant identification
- Preparation of herbs for internal and external use
- How to dispense herbs
- Clinical observation & experience
- Clinical practice
- Practitioner development

## Level III (Herbal Medicine III)

### 1 year Herbal Medicine III

- Advanced Materia Medica
- Herbal Therapeutics
- Respiratory system
- Musculoskeletal system
- Nervous system
- Cardiovascular system
- Urinary system
- Endocrine system
- Autoimmune and infectious diseases
- Skin and allergies
- Female and male reproductive systems
- Paediatrics & Geriatrics
- Oncology
- Clinical diagnostic skills
- Clinic Management
- Practitioner development
- Research project



*"I wanted to do something meaningful."*

"After spending 8 years in property development, I wanted to do something which would utilise my interest in natural medicine. I tried a couple of correspondence courses on the

subject but they didn't work out because I'm better at face to face learning.

"I was delighted to find CNM where I could study Herbal Medicine part time, as I had to fit in study around work and a growing family. On graduating I practiced my skills in a GP's medical centre, but I got so busy that I set up my own clinic. I've even had spots on a TV health programme. I'm so lucky to be living my dream. It's such rewarding work watching clients going through amazing improvements." – **S.K. Birmingham**

## Clinics

Clinics are of paramount importance at CNM. This is where students learn how to take cases, dispense herbs and apply their knowledge. Clinics are supervised by a qualified Herbal Practitioner.

## Course Accreditation

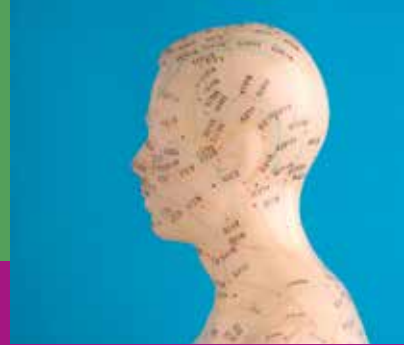


ANP (Association of Naturopathic Practitioners) is a member of the GNC (General Naturopathic Council) who regulate Naturopathy in the UK.



AMH (Association of Master Herbalists)

# ACUPUNCTURE



## COURSE DETAILS

### Length of study

3 years full time OR  
4-5 years part-time

### Location

London,  
Bristol

### Study options

Weekends (London and Bristol)  
Week days (London only, plus  
Biomedicine in Bristol)

### Clinic hours

400 Clinic Hours

### CNM Diploma

Dip. Acupuncture  
Dip. Naturopathy

**Contact a Course  
Consultant to  
discuss your study  
options:**

**01342 410 505**  
**info@naturopathy-uk.com**

## What is Acupuncture?

Acupuncture is a core element of Chinese Medicine. It is based on the understanding that there is an energy flow in living organisms, which, if blocked, results in diseases. An Acupuncturist resolves this energy flow by placing needles in appropriate Acupuncture points.

## Acupuncture & Naturopathy

The energy flow (*qi*) is produced by the food one eats and the better the diet, the more *qi* a person has. In other words: if one lives in a toxic environment, eats poorly, and does little exercise, the Acupuncturist has much less *qi* to work with.

CNM Students are taught to consider TCM (Traditional Chinese Medicine) philosophy and to educate clients in developing healthier, more sustainable lifestyles. Naturopathic Acupuncturists stimulate the body's innate capability to balance health.

CNM's unique Naturopathic Acupuncture course combines current Chinese Principles (Acupuncture) with a focus on detoxification, exercise and eating the right foods. Our graduates are fully qualified Acupuncturists with an additional Naturopathic approach to health, whose aim is not only to promote symptomatic relief, but a feeling of true wellness and vitality.

## The course syllabus:

### Level I

*(Biomedicine, Naturopathy Study & Acupuncture I) 1 – 3 years*

#### Biomedicine

- Biomedical Anatomy, Physiology & Pathology
- Medical Terminology & Research Methods
- Medical & Naturopathic Pharmacology
- Medical & Naturopathic Clinical Diagnostics incl. Examination Methods & Laboratory Testing Techniques

#### Naturopathy Study

- Naturopathy
- Nutrition
- First-aid Homeopathy
- TCM (Traditional Chinese Medicine)
- Iridology

#### Acupuncture I

- History and philosophy of Acupuncture
- TCM I (Traditional Chinese Medicine)
- Point Location I
- Causes of illnesses (emotions, environment, toxins, diet)
- TCM diagnosis
- Working with "qi"
- Chinese medical theory
- Chinese history and philosophy
- Practitioner development & ethics I
- Research I



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**Level II** (*Naturopathic Principles, Acupuncture II*) 1 year

## **Naturopathic Principles**

- Naturopathy & Detoxification
- Bach Flower Therapy
- Tissue Salts

## **Acupuncture II**

- Practical techniques
- TCM II
- Chinese pathology
- Point location II
- Clinical observation
- Practical development & ethics II
- Research II

**Level III** (*Acupuncture III*)  
(1 Year)

## **Acupuncture III**

- Clinic management
- Clinical practice
- PR / marketing
- Business development

The main focus of this level is practical application. Students learn how to take cases in clinic and how to see clients under supervision. Part of the course is also clinic management and practitioner development.

CNM Students are given all the skills necessary to become successful therapists and to fulfil their goal of helping others.



*“Acupuncture worked for me, so I wanted to use it to help others.”*

As a biomedical scientist working in various hospitals, it became clear to me that there’s more to treating someone’s symptoms than prescribing yet another pill that could have potential side effects.

“I enrolled on CNM’s Naturopathy course and the more I learnt about natural therapies, the more I wanted to learn. While experiencing fertility issues myself, I tried Acupuncture treatments and found them very successful. I was inspired to study Acupuncture at CNM so that I could help others with similar problems. I love empowering people to achieve better health, and having a career where I can work flexibly around family commitments, especially with my growing family”  
– **S.J. Surrey**

## **Clinics**

Clinics are of paramount importance at CNM. This is where students learn how to take cases, develop their therapeutic approach, and apply their knowledge. Clinics are supervised by qualified and highly experienced Practitioners.

## **Course Accreditation**



ANP (Association of Naturopathic Practitioners) is a member of the GNC (General Naturopathic Council) who regulate Naturopathy in the UK.

ATCM (Association of Traditional Chinese Medicine)

BAcC (British Acupuncture Council)

# HOMEOPATHY



## COURSE DETAILS

### Length of study

3 years full time OR  
4-5 years part-time

### Location

London

### Study options

Weekends  
Week days (Biomedicine,  
Naturopathic Study &  
Naturopathic Principles only)

### Clinic hours

400 Clinic Hours

### CNM Diploma

Dip. Homeopathy  
Dip. Naturopathy

**Contact a Course  
Consultant to  
discuss your study  
options:**

**01342 410 505**

**info@naturopathy-uk.com**

## What is Homeopathy?

Homeopathy is a therapy which was developed by the German physician Dr Samuel Hahnemann in the late 18th Century. The term *Homeopathy* comes from the Greek word *homoeos* (similar) and *pathos* (suffering). The principle of Homeopathy lies in the philosophy *like cures like*, whereby substances which can cause symptoms in a healthy individual can address those symptoms manifesting in a sick person.

## How does Homeopathy work?

Homeopaths believe that disease is a state of imbalance resulting from several factors. These factors include external influences; lifestyle, food, exercise, environmental exposures, microbes, physical and mental trauma. For external factors to cause a disease the individual must be susceptible. Someone who is mentally alert and physically active has a strong vital force and is more immune to the action of viruses, bacteria, parasites, seasonal changes, and stress, so they fall ill less often.

A Homeopath looks at all physical and mental symptoms together and suggests the one remedy specific to the individual. It is the appropriateness of the remedy to the individual which stimulates the vital force and promotes good health.

## The course syllabus:

### Level I

(*Biomedicine, Naturopathy Study & Homeopathy I*) 1 – 3 years

#### Biomedicine

- Biomedical Anatomy, Physiology & Pathology
- Medical Terminology & Research Methods
- Medical & Naturopathic Pharmacology
- Medical & Naturopathic Clinical Diagnostics incl. Examination Methods & Laboratory Testing Techniques

#### Naturopathy Study

- Naturopathy
- Nutrition
- First-aid Homeopathy
- TCM (Traditional Chinese Medicine)
- Iridology

#### Homeopathy I

- Introduction
- 200 remedies
- 50 remedies in detail
- Case taking and follow up
- Repertorisation
- Reactions
- 1st and 2nd prescription
- Miasma
- Comparison of remedies
- First Aid

**“Homeopathy cures a greater percentage of cases than any other method of treatment”**

**Mahatma Gandhi**

# TRAINING SUCCESSFUL PRACTITIONERS



## Level II (Naturopathic Principles, Homeopathy II) 1 year

### Naturopathic Principles

- Naturopathy & Detoxification
- Bach Flower Therapy
- Tissue Salts

### Homeopathy II

- Mother and Child
- Skin and Allergies
- Asthma, Respiratory System
- Women's Diseases
- Reproductive System
- Urinary System
- Rheumatism
- Headache, Migraine, Pain
- Practice Management
- Clinical Skills & Practice
- Practitioner Development

## Level III (Homeopathy III) (1 Year)

### Homeopathy III

- Clinic management
- Clinical practice
- Practitioner Development and Ethics
- PR / marketing
- Business development
- Further research methods re best practice

The main focus of this level is practical application. Students learn how to take cases in clinic and how to see clients under supervision. Part of the course is also clinic management and practitioner development.

CNM Students are given all the skills necessary to become successful therapists and to fulfil their goal of helping others.



*"I found Homeopathy so effective that I trained as a Homeopath"*

I gave my children Homeopathic remedies for minor ailments and found them so effective that I decided to train to become a Homeopath! I found my CNM studies completely enthralling, despite being in my 40s and having to fit study around running a home, a family and a job. It was so addictive that I couldn't wait for my next weekend of college to arrive, especially the clinical practice. On qualifying I quickly built up a reputation and now over 90% of my clients come through word of mouth. Being self-employed means that I can work the hours I choose. A Homeopath has to understand what makes their clients tick and that's fundamental to what I love about my job. – **G.G. Sussex**

## Clinics

Clinics are of paramount importance at CNM. This is where students learn how to take cases, choose therapeutic remedies and apply their knowledge. Clinics are supervised by a qualified Homeopath.

## Course Accreditation



ANP (Association of Naturopathic Practitioners) is a member of the GNC (General Naturopathic Council) who regulate Naturopathy in the UK.



HMA (Homeopathic Medical Association)



## FURTHER STUDIES

A CNM Diploma Course equips students with the confidence and all the skills necessary to set up a highly successful practice upon graduating.

For those who would like to undertake additional studies on completion of their CNM course, it is possible to enrol on one of our other specialist training courses in Herbal Medicine, Acupuncture, Nutrition, Naturopathy, or Homeopathy,

for a reduced study fee. CNM has developed relations with various universities which allow you to enrol on an MSc program.

Postgraduate Courses to advance knowledge of therapies such as Iridology, and Short Courses such as Kinesiology, plus our Natural Chef Training, are also available at CNM. See page 14.



### “I like CNM’s high academic standards”

*“I chose to study at CNM because I could undertake specialist studies in Naturopathic Nutrition and Herbal Medicine, which have always been my passion.*

*“I’ve enjoyed the whole CNM experience, including the high academic standards and their very hands-on approach to the practical skills needed. My family in India run their own hospital, so there’ll be plenty of opportunity for me to put my knowledge to good use when I graduate. There’s no shortage of people anywhere in the world who could use some help with their health.” – P.T. India*

### INTERNATIONAL STUDENTS

CNM is the first choice for many students from all over the world who want to study natural therapies. If you would like to know more about the courses available to international students please contact **international@naturopathy-uk.com**

## WHAT KIND OF PEOPLE STUDY AT CNM?

Our students and graduates come from all walks of life and all backgrounds. What links them is the desire to help themselves and others to better health, and their commitment to having a fulfilling and flexible career.



### Nutrition helped me overcome chronic fatigue

#### Rebecca, Graduate in Naturopathic Nutrition

I was diagnosed with chronic fatigue and Lyme disease aged 13, and had to use a wheelchair. Through my own research I realised the power of Nutrition to make me feel better. I then studied with CNM because their approach is natural and holistic, and enabled me to understand what helped me as a chronic fatigue sufferer.

Today I lead a normal life without pain, and the wheelchair is long gone. The clinic that I opened after graduating is super-busy. I specialise in seeing clients with chronic fatigue and it gives them hope to see how I have improved. Practising doesn't feel like work to me, I love seeing my clients' progression.



### After bringing up my family I wanted a career

#### Amanda, graduate in Naturopathy and Acupuncture

I enrolled at CNM after a conversation whilst helping my daughter choose her GCSE options. "What would you do if you had your time again, Mummy?" "Become an Acupuncturist!", was my immediate response, as Acupuncture had helped my health problems. As I had told my children they could do anything they wanted to with hard work and determination, they

persuaded me in turn to pursue my new career. Graduating in Acupuncture and Naturopathy was both hard work and great fun, and it enabled me to set up a really successful clinic, making people feel better. Now I have a truly rewarding career, both personally and financially.



### It's wonderful to be doing something I believe in

#### Adam, graduate in Naturopathy and Herbal Medicine

After gaining a BSc in biochemistry, I worked in pharmaceutical marketing, but I became disillusioned with the pharma-led model of healthcare so I decided to change my career. I chose Herbal Medicine because it combined my scientific background with my burgeoning interest in natural healthcare. I chose CNM's course because it's based on naturopathic

practices, because it maintains energetics as a key part of the course; and because students learn to be confident practitioners. It was invigorating to be around other like-minded people and some brilliant lecturers. Now, as a busy practitioner, it's truly wonderful to be doing something I believe in and helping people on a daily basis.



### I'm a Personal Trainer and Nutritionist

#### Keris, graduate in Naturopathic Nutrition

I started in the health industry as a personal trainer, but I wanted a more in-depth understanding and experience of nutritional therapy to enable me to successfully coach clients towards their wellness goals. Studying at CNM was an inspiring experience as I was able to implement a more holistic approach to health and get fantastic results with my clients.

Our business has grown dramatically since I qualified. We've written two successful books, launched a Nutrition and exercise membership site, and we run regular workshops and retreats. My CNM education enables me to help people achieve their health, fat loss and fitness goals, it's a hugely rewarding career.

## OTHER CNM COURSES



### Short Courses

You don't need pre-qualifications to embark on most of CNM's Short Courses, which range from day or weekend workshops to evening classes running over weeks or months.

Whether you want to study for fun, interest, or to add to your skills, you can choose from a whole host of inspirational therapies.

These include our **Everyday Living Courses** in **Nutrition and Herbs**, plus **Cooking for Health, Detox, Cleanse and Weight Loss**, **Natural Skincare**, **Indian Head Massage** and so many more!

Call **01342 410 505** or email [shortcourseinfo@naturopathy-uk.com](mailto:shortcourseinfo@naturopathy-uk.com)

### Postgraduate Course

Enhance your skills and career by taking CNM's Postgraduate Course in Iridology. Available in London.

Call **01342 410 505** or email [postgrad@naturopathy-uk.com](mailto:postgrad@naturopathy-uk.com)



### CNM Natural Chef Training

CNM's Natural Chef Diploma Training covers everything you need to know to become a successful CNM Natural Chef, from how the digestive process works, to building a culinary career! Available in London. Call **01342 410 505** or email [info@naturopathy-uk.com](mailto:info@naturopathy-uk.com)

**CNM**   
**The Natural Chef**



## CNM PATRONS

We are pleased to have as patrons the following health experts who support the aims and objectives of CNM:

### Dr. Michel Odent



Medical Doctor, author and researcher especially regarding childbirth, he founded the Primal Health Research Centre in London.

### Dr. Robert Verkerk



Scientist and founder of the Alliance for Natural Health (ANH), which campaigns for natural and sustainable healthcare.

### Dr. Michael Tierra L.A.C., OMD



Founder of the American Herbalist Guild and author of numerous books on herbal healing.

## What people say about studying at CNM:

*"I find it all really thrilling! From the first lesson I knew that there was going to be no time-wasting or padding, which makes it a really good investment for me. I have 3 tutors for my different subjects, all with very different styles but who are equally inspirational, motivating and supportive. They have incredible knowledge and experience, and are determined that we should succeed."* – C.K.

*"It never feels like a chore to study as I so enjoy the content of my classes. The lecturers have such amazing knowledge."* – B.N.

*"CNM is an incredibly stimulating environment, buzzing with like-minded people all eager to learn."* – A.S.

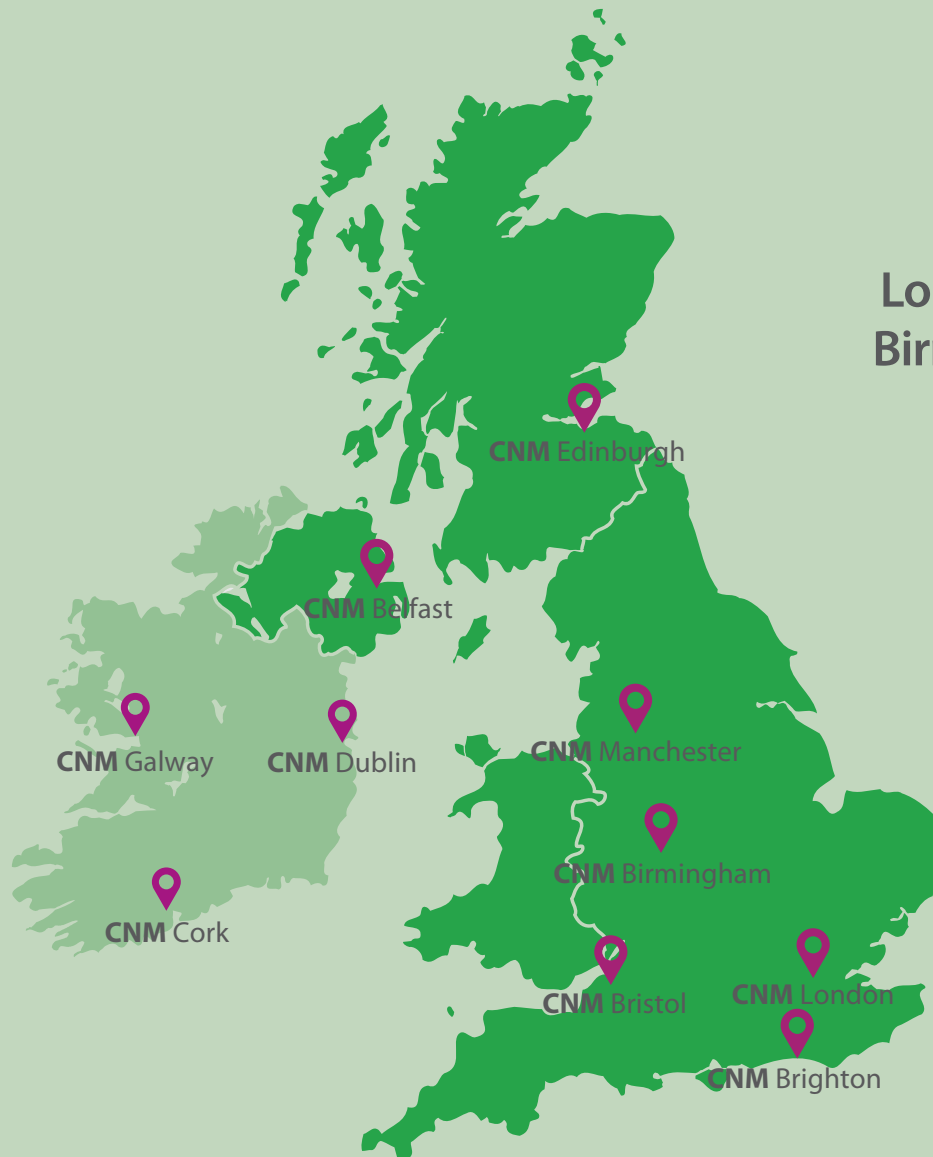
*"I chose CNM because of their emphasis on hands-on experience. I loved the course. It was intense, but provided good personal attention with my tutors as mentors."* – T.L.

*"The course was completely fascinating. Qualifying and practicing has given me a tremendous sense of achievement and purpose."* – S.K.

*"It's been one of the happiest periods of my life."* – R.O'K.

*"I love being my own boss and running a very successful clinic. Helping people feel better is what I was born to do!"* – A.L.

# CNM College Locations



**CNM Ireland:**  
Dublin, Cork & Galway  
**+353 (0) 1 672 5036**  
**dublininfo@naturopathy.ie**  
**www.naturopathy.ie**

**CNM UK:**  
London, Brighton, Bristol  
Birmingham, Manchester  
Edinburgh, Belfast  
**+44 (0)1342 410 505**  
**info@naturopathy-uk.com**  
**www.naturopathy-uk.com**

**USA:**  
ASNH (American School  
of Natural Health)  
Tampa  
**+1 813 445 4202**  
**info@asnh.us**  
**www.asnh.us**

For CNM at other locations  
please contact  
CNM UK Head Office

The information contained in this prospectus is provided for guidance only and does not constitute a contract.  
CNM has the right to amend the courses in order to provide the best possible training at all times.



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