

Training for a career in *Nutritional Therapy* with *CNM*



Doug Swift, Director of Studies at The College of Naturopathic Medicine in Bristol

WITH ALLERGIES, CHRONIC ILLNESS, AND DISEASE INCREASINGLY BEING LINKED TO DIET AND LIFESTYLE, THERE'S A GROWING NEED FOR HIGHLY TRAINED THERAPISTS WHO CAN HELP PEOPLE MAKE THE RIGHT NUTRITIONAL CHOICES, ACCORDING TO DOUG SWIFT, DIRECTOR OF STUDIES FOR THE COLLEGE OF NATUROPATHIC MEDICINE (CNM) IN BRISTOL.

“When so much research is coming in that diet and lifestyle can not only help people to avoid ill health, but to reverse it, it seems crazy that we spend ever more on pharmaceutical and surgical interventions which have risks attached, rather than learn how to look after ourselves better.” says Doug.

CNM’s teaching in Nutrition is based on a combination of up to date scientific research and natural medicine practices, stressing the use of whole and organic foods as an

effective answer to many chronic and acute conditions. Students learn about the physiological and biochemical processes of nourishment, as well as about the energetic side of foods and how to pinpoint whether nutritional deficiencies or toxicity may be causing a problem.

All courses at CNM are based on Naturopathic principles, including that prevention is better than cure; that the body has an innate ability to heal itself if given the right help; that the root cause of a condition has to be found in order to cure it; and that practitioners never use treatments which can harm.

“Interestingly”, says Doug, “students come from every walk of life but many have had health problems themselves which confounded ‘conventional’ medicine and which they’ve managed to overcome naturally after help with changing their diet. They now want to build on and share that knowledge. For others, the motivation is to help people, have the potential for good earnings, and to work flexible hours.”

Unless suitably qualified, students start with a foundation in biomedicine before going on to study Nutrition for two years, part time, on a fixed number of weekends throughout the year.

“It’s the fascinating subject matter and the supportive lecturers that get them through the academic work”, says Doug. “The practical element is huge at CNM. Students spend 200 hours in clinic working

under the guidance of expert nutritional therapists, so they gain the skills and sufficient confidence to go out and practice once they graduate.”

CNM training is highly regarded and graduates go on to practice as nutritional therapists from home, in a spa, gym or health centre. Some set up health related internet businesses or work for health food or vitamin companies.

“Our Nutrition classes take place at Trinity College near the Bristol Downs” says Doug. “It’s a beautiful environment conducive to studying. We also hold regular Open Evenings there, at which potential students can come along and find out whether our Nutrition course, or indeed another CNM course, could be for them.”

CNM’s next Open Evenings takes place in Bristol on 30th August, and on 12th and 29th September to cater for those who wish to start studying in the current academic year. To book your place call 01342 410 505.



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