

Change Career

Train in Nutritional Therapy with The College of Naturopathic Medicine in Birmingham



"If you, like me, have a passion to become as healthy as you can and to help others around you do the same, a career in Nutrition could be for you", says Sally Farmer, director of Studies for The College of Naturopathic Medicine (CNM) in Birmingham.

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, for health or cosmetic reasons. Opportunities for qualified nutritional therapists range from entering into clinical practice, either alone or as a partner in a health care clinic, working within a variety of social welfare and community health service settings, running a health food shop, or working for a manufacturer of nutritional remedies.

The College of Naturopathic Medicine (CNM) in Birmingham trains students in Naturopathic Nutrition, placing the emphasis on the use of whole and organic foods as medicine to address toxicity or deficiency, a concept that has been an integral part of many indigenous societies and which has been forgotten in parts of the world where food processes are increasingly industrialized. Teaching is evidence based by expert lecturers. The practical element of the course is strong, so that students feel confident to practice as soon as they graduate. To this end, students receive 200 hours of clinical practice, starting as observers then when they are advanced students, as practitioners working under the supervision of qualified professionals.

Why I'm studying Nutrition

Sally herself is in her final year of her CNM part time diploma course in Nutrition. "I originally trained as a hairdresser and beautician", says Sally. "I had begun to understand the power of Nutrition after I received successful treatment by a naturopath, but it was not until my late father was diagnosed with cancer that I learned from my research that over 85% of some types of cancers are related to nutrition and lifestyle factors.

"It was Dad who suggested that I follow my interest by studying to become a nutritional therapist. It felt like a lightbulb going on in my head when I knew what I wanted to do." says Sally. "What I have learned from the course has been amazing." Sally describes her studies as 'intense but worth it'. "People from all walks of

life join the course. The common theme is that they want to take responsibility for managing their own health as much as possible, and to help empower others to do the same. If you don't come from a health background, as I didn't, training starts with the biomedicine course before going on to Nutrition. I know from experience that it's hard work, but students find the course so completely fascinating and life-changing that they have all the motivation they need to carry on. A CNM survey shows that our students are motivated by improving their own health, helping others, earning a good income and being able to work flexible hours. The last point is really essential for someone like me, with a young daughter. That's also why the weekend only classes in Birmingham are fantastic as many students have to fit in studying around work and other commitments.

Find out more at an Open Evening

Open Evenings are held at CNM colleges so that you can find out more about the courses and whether they might be right for you. CNM's next open evening in Birmingham is on **Thursday 27th October**. Please call 01342 410 505 to book your free place. However, if you think that you'd like to start studying in 2011, please ask for an earlier appointment with Sally.

You can study for a diploma in Naturopathic Nutrition at CNM colleges in Birmingham, Manchester, Edinburgh, Bristol, Brighton, and London, as well as at CNM in Ireland. Diplomas in Acupuncture, Herbal Medicine, Naturopathy and Homeopathy are offered additionally at CNM in London.

CNM COLLEGE OF
NATUROPATHIC
MEDICINE

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