



A chef who *understands* nutrition

Private Chef and Nutritionist Olivier Sanchez lectures on the CNM Natural Chef Diploma Training at the College of Naturopathic Medicine.

Growing up in France I used to watch and help my mother cooking from scratch every day. We lived in a remote area, so grew our own produce and ate seasonal nutrient-dense food ripe from the garden. I was shocked when I first came to London and encountered processed foods.

I trained as a Michelin-star chef in France and have worked for some of the world's most renowned chefs. I decided to separate from Classic French cooking, with its emphasis on rich food, and with health increasingly in mind, I became accomplished at preparing Macrobiotic, true Paleo, and Vegan food. I then launched my career as a private chef and have been in demand ever since.

CNM Natural Chef students gain a clear understanding of how the body works, the impact of food choices of the body, and how individualised foods can enhance your health.

I've been working for high profile clients at some exotic locations, and cooking on board both an aircraft and a superyacht.

My clients demand an amazing-standard of food, delicious, and immaculately presented.

They're also looking at keeping their figure, and maintaining high energy levels, so they expect nutrient-dense food, which is where having nutritional knowledge comes in.

It was not until I was in London and was approached by CNM to become a cooking teacher and lecturer that I realized that CNM's holistic food-based approach to health was exactly what I was looking for, having always intuitively seen food as medicine. So not only did I agree to teach chef skills, I also set out at last to fulfil my own ambition of becoming a Nutritionist, and enrolled on a CNM Diploma in Naturopathic Nutrition.

The course was amazing, I learnt so many new and fascinating things about food and its effect on the body, backed by science and traditional use.

Graduating has allowed me to be a private chef who is able to offer my clients truly personalised nutrition. I see other clients in my capacity as a Nutritionist.

It helps that I can inspire them with real recipes, and can cook for them if required so all they have to do is enjoy.

There is no doubt that there is a growing interest in food that supports and promotes health. I teach cooking and

cooking methods, knife skills, presentation, tastes and flavours on CNM's Natural Chef Diploma Training.

It is a part time course, ideal for food lovers who want to know how to prepare delicious gourmet meals with the focus on nutritional value, whether for friends and family or to make a career in natural food.

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The students are taught to use whole, organic, fresh and minimally processed foods in season which is something close to my heart. They gain an understanding of how the body works and the impact of food choices, and how individualised foods can enhance health.

What I love most about teaching is the students' enthusiasm and their eagerness to learn. It's great to know that I'm passing on my skills, and my passion for good food and health.

“ My clients expect immaculately presented, nutrient-dense food, which is where having nutritional knowledge comes in. ”



CNM (College of Naturopathic Medicine) is the UK's leading training provider in a range of natural therapies, including Diploma Courses in Naturopathic Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Naturopathy, Natural Chef and Vegan Natural Chef Training, all based on the naturopathic approach.

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