



What are your health and career goals for 2018?

CNM's Open Day on 20th January will be packed full of inspiring natural health tips to help you achieve your health goals in 2018. It's also a chance to find out more about **CNM's Diploma Courses** if you are interested in a career in natural health.

The 'naturopathic' approach to health taught at CNM (College of Naturopathic Medicine), is founded on ancient principles which are more relevant than ever in today's health-challenged society:

- Prevention is better than cure.
- Our bodies have an in-built capacity to self-correct, such as when a wound heals or a bone mends, but we need to provide the right conditions to stimulate the process.
- Illness starts when 'toxicity' or 'deficiency' interrupts our self-correction mechanism.
- Contributing factors to ill health may be physical, mental or emotional.
- Without identifying and addressing the causes of ill health, problems can recur.
- Simply suppressing symptoms can cause other problems.
- Naturopaths view each person holistically, not as a set of symptoms.
- Each person is unique and will respond in different ways. One size does not fit all.
- Therapies should do no harm.
- Health should mean abundant vitality rather than just the absence of symptoms.
- A Naturopath is an educator, empowering people to take responsibility for their own health.



Saturday 20th January 2018 10.00am – 5.30pm **CNM Bristol Open Day**

10.00am Natural Health for Immunity - Linda Sims

Protect your health with immune-boosting nutrition.

11.30am CNM Training Concept - Linda Sims

How to become a successful Natural Health Practitioner by training with CNM.

1.30pm Gut Health - Does it really matter? - Anna Mapson

Learn why the beneficial micro-organisms in our digestive system are essential to our health and wellbeing.

3.00pm Food for the Nervous System - Milda Elena

Enhance strength and resilience with the power of nutrition.

4.30pm Nutrition & Anti-Ageing Secrets - Hannah Braye

Discover the link between nutrition and skin ageing.

Tickets: £10

Venue: CNM Bristol, Almondsbury, BS32 4LB.

Book on line at www.naturopathy-uk.com

Attend a FREE Open Evening

to find out about part time training with CNM Bristol for a career as a Naturopathic Nutritionist or Naturopathic Acupuncturist.

10th January at 7pm.

Please book online at:

www.naturopathy-uk.com

01342 410 505

CNM (College of Naturopathic Medicine) is the UK's leading training provider in a range of natural therapies, including Naturopathic Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Naturopathy, and Natural Chef and Vegan Natural Chef training. Colleges across the UK and Ireland.