



Why I retrained in Nutrition

Hannah Braye was a Solicitor who retrained as a Nutritional Therapist to help herself and others to better health. She is a graduate of **CNM (College of Naturopathic Medicine)**.

I previously worked for ten years in the legal profession, and when I started to train in Nutrition at CNM I was a Solicitor in a large commercial law firm.

I was working in a stress filled corporate environment and was looking for a career where I felt more fulfilled. I also wanted to improve the health of my family, some of who suffer with chronic autoimmune conditions.

I've always understood that what we fuel ourselves with is important for our health. During a particularly stressful period, I decided to start looking after myself a little better by exercising regularly and eating well. It was amazing how much better I felt even in a very short space of time. I was intrigued to learn more, so I started looking into nutrition courses.

Initially I did CNM's Nutrition for Everyday Living Short Course. I enjoyed it so much that I decided to enrol on their full Diploma Course and retrain as a Naturopathic Nutritional Therapist. CNM has a college in Bristol where I was able to study at weekends, making it easier for me to continue working.

I had some amazing and very inspiring tutors at CNM and I made some great friends. The course is a steep learning curve,

not only about anatomy, physiology and nutrition, but also about yourself. It was an intense and mind-opening experience. I enjoyed getting into the nitty gritty science (something I didn't enjoy at school) in a really supportive environment, with a group of like-minded people. I gained an in-depth understanding of my body and how to listen to what it needs, allowing me to develop a great relationship with food.

Now, not only is my job very different as a result of my studies, but so is my outlook on life. I value and prioritise my own health and wellbeing far more than I used to. Re-training has given me a career that I love, and a subject that I will never tire of learning more about. It has also allowed me to help family members and friends with their health, making me feel less helpless in the face of their conditions.

I graduated in 2016 and now work three days a week as a Technical Advisor for supplements company Probiotics International Ltd (Protexin), who make the Bio-Kult and Lepicol ranges. The role involves staying up to date with the latest research, training staff on gut health, helping to formulate new products and writing articles for consumer, trade and practitioner publications on a variety of nutrition topics. On the other 2 days a week I run my own nutritional therapy business where I help clients with all manner of health concerns, either in my clinic in central Bristol or via skype.

Sometimes the positive results clients see from implementing my recommendations surprise even me and it's a great feeling to see someone re-motivated about food and their health. My favourite moments include working with infertility clients who have been able to conceive. I love working with clients who are determined to make meaningful, long-lasting changes.



Hannah Braye

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**.

21st February at 7pm.

Please book online at:

www.naturopathy-uk.com

01342 410 505

Not looking for a career change but interested to know how best to feed yourself and your family? Visit our website to see our Nutrition For Everyday Living Short Course, starting 2nd March.

CNM is the UK's leading training provider in a range of natural therapies. Colleges across the UK and Ireland.

