



## What are your health and career goals for 2018?

CNM's Open Day on 13th 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.
- Unless we identify and address 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 to therapies 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 13th January 2018 10.00am - 5.30pm**

### CNM Manchester Open Day

**10.00am Detox, Cleanse & Weight-Loss**

**Dee Brereton-Patel**

Discover what foods enhance detoxification for healthy weight-loss and wellbeing.

**11.30am Eat yourself Younger**

**Nicole Campbell-Watson**

Combat ageing and discover the connection between skin health and nutrition.

**1.30pm The Art of Holistic Diagnosis**

**Peter Jackson-Main**

Learn the principles of holistic therapies, with herbal medicine and iridology.

**3.00pm CNM Training Concept**

**Amanda Smith**

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

**4.30pm Medicinal Herbs for Hormonal Health**

**Angela MacRitchie**

Restore hormonal health with the power of herbal medicine.

**Tickets: £10**

Venue: Manchester Conference Centre and The Pendulum Hotel, Manchester, M1

**Book on line at [www.naturopathy-uk.com](http://www.naturopathy-uk.com)**

### Attend a Free Open Evening on 23rd January

to find out how you could train with CNM in Manchester for a rewarding career as a Nutritional Therapist or a Herbalist, helping yourself and others to better health naturally.

Reserve your place at this event at

**[www.naturopathy-uk.com](http://www.naturopathy-uk.com)**

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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.