



My health journey from crutches to Triathlon



My health journey has taken me from having to rely on crutches, to running a Triathlon. I decided to study Nutrition, Naturopathy and Herbal Medicine at CNM so I could take better control of my own health, and be qualified to help others.

Angela MacRitchie

I was a county gymnast but at the age of 19 my knee swelled up and I could only walk with the help of crutches. Over the next twenty years I had six operations, took heavy pain-killers and was often bed-ridden with the pain. After the sixth operation my consultant said 'No more operations, I'm referring you to the Rheumatology clinic'.

I was prescribed a cocktail of powerful anti-inflammatory drugs, which, despite making me feel very unwell for the first three months, ultimately brought down the swelling dramatically and meant that I could dispense with the crutches, though I was still in pain. I was told that I was likely to have to take the anti-inflammatory drugs for life, but I began to investigate other, natural methods.

Eventually I was able to tell the Rheumatologist that I was no longer taking the drugs. Stopping medication



can have dangerous repercussions so it's definitely not something I would ever advise anyone else to do. I told him what I was doing instead, which was detoxing, which herbs I was taking and what other changes I was making to my lifestyle and diet. He was unimpressed. I also told him that I had challenged myself to do a Triathlon in two years' time, to which he replied that there was 'no chance'.

As I continued with my changes it felt like my body increasingly began to wake up again and to respond to all the changes I had made. Two years later, at the age of 46 I successfully completed my first Triathlon.

I'm aged 48 now. It's been four years since I've taken any kind of medication and my knee is fine. I'm pain free, and enjoy more mobility than I've had since I was a teenager. The only reason I haven't done more Triathlons so far is because I've been so busy at CNM, where I've been studying for three Diplomas: Nutrition, Naturopathy, and Herbal Medicine.

I learnt such amazing facts at CNM, which really helped my own health. It turned out that my blood had no markers for Rheumatoid factor, so Rheumatoid Arthritis had never been the problem. As a Naturopath, I know that the body is always trying to return to balance, and the importance of giving it the help it needs for healing.

I started studying at CNM when I was aged 43. It's been a tough call studying for three Diplomas and working full time, but everyone at CNM helped me with the challenges, and when I moved I was able to transfer my Nutrition studies from CNM Manchester to CNM Edinburgh.

Then I embarked on my Herbal Diploma, for which I've been commuting to Manchester, all unthinkable at one stage of my life. To fit in with my lifestyle I now have clinics in Manchester, Glasgow and Newton Stewart, offering my clients a complete package for wellbeing. It's wonderful being able to inspire people to make positive change in their lives.

I don't have the words to express how much studying at CNM has changed my life. It's been awesome.

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