



Nutrition for Everyday Living

Is it time to understand what you're putting into your body?

Would you like to know more about what you eat and its impact on your health and your family's health? Then CNM's Short Course in *Nutrition for Everyday Living* could be for you. It takes place over two weekends in Manchester, starting this May.

The foundation of good health

The food choices we make every day impact our body and our mind. With more and more highly processed foods in our diets, our bodies do not receive the nutrients they need to sustain good health. On the other side of the coin, agricultural residues and artificial additives in the foods we consume can increase our toxic burden and make us more susceptible to illness and to being overweight. With a rising number of diseases being linked to dietary choices, is it time to understand what you are putting in your body?

Take control

We all want to make the best choices for ourselves and our families, but with so many conflicting messages about what makes a healthy diet, it can be difficult to know where to start.

With CNM's *Nutrition for Everyday Living* course, you'll gain the knowledge and confidence to make educated choices about the food you eat. You'll learn about the powerful health benefits of food and be able to take better control of your own wellbeing.



You will learn:

- The foundations of a healthy diet
- How to detox naturally and safely
- Hormonal health for vitality
- The therapeutic power of foods
- What 'organic' really means
- How to address food allergies and intolerances
- What to look for on food labels
- Anti-ageing diet tips
- Foods to boost mood and balance hormones
- How to reduce sugar, gluten & dairy in your diet

The course is suitable for anyone with an interest in nutrition and healthy eating.

The course will be held at CNM in Manchester over 2 weekends: **19th/20th May** and **9th/10th June**. The cost is £350 per person. For more details, please visit our website.

CNM's *Nutrition for Everyday Living* Short Course does not provide a professional qualification.



Sadie Frost, actress and entrepreneur is a former CNM Nutrition for Everyday Life student. Here's her view of the course:

"CNM's course has been so interesting and informative. The atmosphere is very conducive for learning and the teachers have all been amazing. I am learning so much about Nutrition which will help me in everyday life forever. Plus it will make me more knowledgeable, which in turn will affect my children in a good way!"

Other CNM courses:

If you would like to train for a career helping yourself and others to better health naturally, please investigate CNM Diploma Courses in Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Naturopathy, Natural Chef and Vegan Natural Chef.

Since food is one of the most important natural tools we can harness to help the body regain balance, all CNM Diploma students, whether they are learning about Nutrition itself, or any other therapy, are taught to understand and respect the therapeutic power of food.

As Hippocrates said over two thousand years ago: *"Let food be thy medicine and medicine be thy food."*

CNM was established in 1998 and has a 20 year track record of training successful natural health practitioners in the UK and Ireland.

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.