



## Your invitation to find out more about Natural health

CNM's Open Day in Manchester on 15th September will be packed full of inspiring natural health tips to help you achieve your health goals. 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 but they 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 cause, 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 15th September 2018 10.00am - 5.30pm**

### CNM Manchester Open Day

**10.00am The Gut Brain Connection by Vivien Allred**

Discover how our gut bacteria can influence digestion and mental health.

**11.30am CNM Training Concept by Amanda Smith**

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

**13.30pm Female Hormones and Health by Rosie Tadman**

Learn how to balance your hormones and improve fertility.

**15.00pm Herbs for the Immune System by Janet Wrathall**

Optimise your immune system and prevent chronic diseases with Herbal Medicine.

**16.30pm Balancing Blood Sugar by Glynys Johnson**

A naturopathic approach for quitting sugar and preventing diabetes.

**Tickets: £10**

Venue: Manchester M4 1HW

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

## Attend a Free Open Evening

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

Find out the next date and reserve your free place by visiting:

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

**01342 410 505 • [www.naturopathy-uk.com](http://www.naturopathy-uk.com)**

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.