

# CNM'S UNIQUE APPROACH TO ACUPUNCTURE



A unique naturopathic approach to Acupuncture, taught by **CNM (College of Naturopathic Medicine)**, adds an extra dimension to the effectiveness of this age-old therapy and offers benefits for both clients and practitioners.

Acupuncture continued to be developed from around 100BC as an integrated healthcare system along with herbs, massage, diet and moxibustion (heat). As much as the Acupuncturist was interested in how signs and symptoms manifested, it was the *cause of the disease* which was of most interest: 'Why is this happening?'

Understanding why our health has become imbalanced gives us knowledge, not only as to how to make deep and tailored changes but also to ensure that we can prevent it from happening again, or at least be able to reduce the severity of any future symptoms.

Identifying the cause of health imbalance is fundamental to the naturopathic approach taught at CNM, and it's the reason why CNM developed 'Naturopathic Acupuncture'. CNM Diploma Courses elaborate on Traditional Chinese Medicine (TCM) to give students a thorough grounding as to why disease occurs, as well as the tools to educate their client in self-care. Client education and empowerment covers dietary and lifestyle advice, tailoring a support package specific to each individual.



Re-acquainting the client with what best suits their body, promotes the body's ability to heal itself using food. In fact, the type of foods, how we eat, even in what mood we eat and when, contributes to the development of our 'Qi', which is a concept translated from TCM as 'our vital force' or 'energy'. A CNM Student of Naturopathic Acupuncture learns, for example, why for some people, eating cold fruit such as pears, would not be beneficial for their health.

CNM's Diploma Course in Naturopathic Acupuncture starts with the study of Biomedicine, as it is important to have a grounding in a subject which applies both biological and other natural-science principles to clinical practise. Naturopathic Acupuncturists need to know, for example, how Diabetes Type 2 manifests and how it is treated from a Western perspective as well as how it is approached from a TCM perspective.

Studying Biomedicine in the first year of the course underpins the Eastern knowledge that is taught in the following years, and ensures that students are able to compare and contrast Eastern and Western theory.

Our health in modern life is very different to that of the Chinese in the 15th Century, so CNM Students also learn how the body can be overloaded with toxins, both from the external environment and from what we put into our mouths or on our bodies. Examples of toxins include pharmaceutical as well as recreational drugs, caffeine, alcohol, processed foods and toxins from within the environment. Helping clients detox from these substances is all part of being a Naturopathic Acupuncturist. For example, dry skin brushing, as well as taking an Epsom Salt Bath, can support elimination of toxins through the skin.

By using a combination of Acupuncture and diet to increase the effectiveness of detoxification organs, the body can help facilitate its own recovery path to good health. Naturopathic Acupuncturists can see the further benefits when their client's diet and lifestyle is addressed, optimising their own effectiveness as practitioners.

CNM's Naturopathic approach to Acupuncture is specifically designed to combine ancient Chinese principles with the needs of modern people, to produce maximum health benefits for all. Instead of settling for getting rid of symptoms, the aim of Naturopathic Acupuncture is to promote a feeling of true wellness and vitality from a totally holistic perspective. Naturopathic Acupuncture offers a highly rewarding career choice and the chance to make a real difference in people's lives.

## 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**.

**14th November**

Please book online at:

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

**01342 410 505**

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