

# WHY I STUDIED NUTRITION AT CNM

GP Dr Laura Quinton believes that the future of medicine is nutrition, preferably from a naturopathic angle. She graduated in Naturopathic Nutrition from **CNM (College of Naturopathic Medicine)**.



I qualified from medical school in 1991 and have been practising as a doctor since then. I have a career long interest in complementary medicine and an open minded holistic approach to my patients.

As a doctor I have noticed a huge rise in autoimmune disease, irritable bowel syndrome, anxiety and depression, allergies, infertility and skin problems. More people seem to have medically unexplained problems, too, which do not fit into an easy diagnostic category for doctors, yet cause horrible symptoms and ill health for the sufferer.

Whilst conventional medicine is fantastic and lifesaving for many patients, I felt there had to be another way of tackling some health problems without endless prescriptions for drugs, which often seemed to do more harm than good; or fruitless referrals to hospital specialists who seemed to only focus on one part of the body and leave my patient and myself no closer to understanding the problem. I began to suspect that many patients' problems had a connection with their food or their gut.

I was a doctor who along with my colleagues understood next to nothing about

the impact of nutrition on health because it had never been a significant part of our training.

I started looking for a course to help me understand food as medicine. The idea of a naturopathic approach is what attracted me to CNM. Nutrition is placed firmly in the context of a person's individual lifestyle and experience. History taking focuses on finding underlying drivers to a problem, and developing individually focussed solutions. I wanted a quality course where I could meet other people, collaborate, share ideas and foster relationships over time rather than a quick fix short course or something online and isolating.

At CNM the structure of the course was well paced, thorough, and the standards were high. There are opportunities to critically evaluate the evidence behind the headlines. Lecturers are informed and experienced. I loved gaining so many new ideas and support from my fellow students. I met many interesting people from a diverse variety of backgrounds. It set me on a new path which is constantly exciting and rewarding. I brought back ideas to my own patients and fellow doctors which have had fantastic and positive results. It's been a springboard for new learning. Food is the medicine we consume three times a day, yet my conventional medical training on nutrition had been very limited. I am constantly amazed by what I did not appreciate before the course.

As a CNM Graduate in Naturopathic Nutrition, I studied health from a functional medicine perspective. I learnt about food, micronutrients and phytochemicals. I read up and wrote assignments on gut health and its intrinsic relationship to our immune and nervous systems. I learnt how food

intolerances, gut infections and the individual's genetic makeup are so vital to consider in assessing certain conditions.

I learnt so much that no medical textbook has ever taught me. I improved my own health and well-being enormously. Adopting a functional medicine approach reignited my passion in being a doctor.

In my opinion, the future of medicine is nutrition, preferably from a naturopathic angle which addresses the triggers, and empowers the patient to take more responsibility for improving their health. I believe that cutting-edge ideas for future healthcare should be holistic and involve food and gut health. This approach could offer benefits for patients and cost-savings for the taxpayer. Having holistic lifestyle coaches who understand nutrition and health working with GP practices would be fantastic, giving hard-pressed GPs more time for their patients with other needs.

## Attend a FREE Open Evening

### 12th December

to find out about part time training with CNM Bristol for a career as a **Naturopathic Nutritionist** or **Naturopathic Acupuncturist**.

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