



Why I made Herbal Medicine my career



**By Naturopath and Herbalist Sarah Murphy,
who graduated from CNM
(College of Naturopathic Medicine).**

As a teenager I suffered horribly with acne. Having no idea about the underlying causes I tried every lotion and potion under the sun to try to help myself, to no avail.

My GP put me on the contraceptive pill in an attempt to balance my hormones. I'm certain that this was a turning point for many of the subsequent health issues that were soon to follow.

I quickly began to have mood swings and felt depressed and low. I suffered endless bouts of thrush, had problems with my periods, and was diagnosed with Polycystic Ovarian Syndrome. My skin problems had been exacerbated and I was suffering with anxiety and panic attacks. It was a pretty miserable state of affairs for a young teenager.

When I was introduced by a friend to a naturopath I was totally bowled over and fascinated to discover that it was actually possible to work with plants, herbs and nutrition to address all kinds of ailments naturally. At first I was sceptical, but as soon as I embarked on a programme with the naturopath, all my doubts were swept aside. From that moment on I decided to learn everything I could about natural therapies.

I decided to attend an Open Day at CNM Manchester to find out about studying Naturopathy and Herbal Medicine. What amazed me was how comprehensive their course was. Not only would I get



to learn about modern western herbalism, but to look at other traditional systems such as Traditional Chinese Medicine, and Ayurveda. I enrolled there and then.

**I was told that this course
would change my life.**

At the time I thought these were bold words, but without having taken that course, both my health and my life situation might have been very different indeed. Not only did I have the exciting possibility of studying all the things I loved, I had finally opened up a way to empowerment and discovered that it was possible to help myself.

What I loved most about CNM's course was its sheer diversity. Each month I would rush to college with eager anticipation about what I would learn that day! It was amazing to learn from people who were at the forefront of knowledge in their field.

CNM's course has led to me having my dream career as a qualified Naturopath and Herbalist, and the fulfilment of spending every day doing something that I love.

Today I run a busy clinic and I am fortunate to be able to help people from all walks of life. CNM has such a great community, and despite the fact I qualified over ten years ago I still feel just as involved and supported today.

**Traditional medicine for
modern times.**

Herbal medicine is the oldest and most widely used system of healing in the world. Herbs are not just powerful medicines that bring the body back to balance; they're also foods that provide nourishment and healing to the body as a whole. Herbal medicine offers a bespoke, person centered approach to restoring health using the power of plants and nature to bring the body back to harmony and vibrant well-being.

With the explosion of information around the topic of natural health, I truly believe there has never been a better time to train in the traditional, yet utterly modern discipline of Herbal Medicine.

**Attend a Free
Open Evening
on 8th December**

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.

**Reserve your place
at this free event at**

www.naturopathy-uk.com

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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.