



# Find out more about natural health at CNM's Open Day on 15th September (College of Naturopathic Medicine)

Get inspiring natural health tips to help you achieve your health goals. You can also find out more about studying with CNM if you are interested in a career in natural health.

**T**he 'naturopathic' approach to health taught at CNM (College of Naturopathic Medicine), is founded on ancient principles which 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 causes of ill health, 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 Bristol Open Day

**10.00am The Importance of Holistic Dentistry - Dr. R Zac Cox BDS**  
*Learn how your oral health is connected to your overall health and wellbeing.*

**11.30am CNM Training Concept - Linda Sims**  
*Learn how to become a successful natural health practitioner by training with CNM.*

**1.30pm Eating with Food Intolerances - Helen Adams**  
*Discover practical solutions for beating food allergies, intolerances and sensitivities.*

**3.00pm Natural Beauty Solutions - Cat Flanagan**  
*Unmask the hidden chemicals in your beauty regime.*

**4.30pm Eat for Your Body Type - Atiya Khan**  
*Discover the holistic principles of Naturopathic Nutrition.*

Tickets: £10

Venue: CNM Bristol, BS32 4LB.  
Book on line at [www.naturopathy-uk.com](http://www.naturopathy-uk.com)

## 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.

**5th September at 7pm.**

Please book online at:  
[www.naturopathy-uk.com](http://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.