



2019 could be the start of your healthy new career

CNM's Open Day in Manchester on 19th January 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 rewarding, flexible career helping yourself and others to better health naturally.

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 19th January 2019

10.00am - 4.00pm

CNM Manchester Open Day

10.00am Preventing and Detecting Disease with Thermal Imaging
by Rosa & Phil Hughes

How Thermography can be used in early breast cancer assessment.

11.30am CNM Training Concept
by Amanda Smith

How to become a successful natural health practitioner by training with CNM.

1.15pm Herbs to Fight Stress
by Leyla Mouden

How to use herbal medicine to improve physical and mental health.

2.30pm 5 Ways to Boost your Immune System
by Jo Hill

How your diet and lifestyle choices can either fight disease or fuel disease.

Tickets: £10

Venue: Manchester M4 1HW

Book on line 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.