

HOW TO BECOME A Naturopath

With rising demand and growing interest in integrated wellbeing, now may be the best time to train as a naturopath. Leyla El Moudden shares the process...

A naturopath is a trained health professional who works towards building up a person's natural bodily defences, immunity, energy systems, nutrient absorption and detoxification pathways. A naturopath is trained in nutrition, herbal medicine, lifestyle interventions and other healing therapies. These skills allow a naturopath to make highly personalised recommendations for their clients. The origins of naturopathy are ancient, however modern science is increasingly finding that most chronic diseases are a result of diet and lifestyle factors. As our lives become more intense, so too does the burden on the body intensify and the need for naturopathic intervention grow.

To be a naturopath is to use food, lifestyle, herbs and education to strengthen the body rather than focus on a disease. It is therefore common to hear a naturopath say, "treat the person and

not the disease". This is somewhat different from the orthodox pharmaceutical view of health. A pharmaceutical drug will target the pathogen, or virus and kill it. A naturopath will work toward increasing a person's natural immunity by removing lifestyle factors that deplete immunity, and increase diet and lifestyle factors that increase immunity. It is becoming increasingly common to use both interventions for overall better outcomes from all illnesses, however total integration has not yet been achieved.

To become a naturopath in the UK a person must:

- Study Biomedicine or have an existing biomedical qualification
- Study Nutritional Therapy (minimum Diploma Level) or hold a degree level qualification in Herbal Medicine

■ Study Naturopathy

It is strongly advised that interested people study on a course that is accredited by the General Naturopathic Council as this makes sure that the course is up to a standard that is acceptable in other countries.

Once qualified, many naturopaths will go on to work in a health and wellness facility, either by themselves or within a larger clinical setting where they will see clients on an individual basis and provide food and lifestyle advice, and often herbal medicine to their clients.

Current demand for health and wellness information is extremely high so it is normal to see qualified naturopaths in multiple streams of activity such as seeing clients, advising companies on the nutrient content and value of their products or menus, giving public health talks, running workshops and being engaged politically in government discussions about healthcare.

As with any career, the options available to a qualified naturopath have no limitations: using the knowledge gained, naturopaths can create any health product or service they would like to.

Success as a qualified naturopath largely depends on the skills and determination as the person. Within the health and wellness industry it is extremely rare to find paid salaried work, and so any work and opportunities are often actively created by the naturopath.

There is also international demand for naturopathy, and a qualified naturopath can easily find work in other countries as long as their training is done via an accredited provider.

In the UK, all regulation of naturopathy and naturopathic professions is voluntary and there are no specific laws enabling or restricting the activity of a naturopath. Studying with an accredited training provider allows well qualified naturopaths to enter into a reputable association and therefore differentiate themselves from less well trained professionals.

i For further information try:
College of Naturopathic Medicine
<https://www.naturopathy-uk.com/>

General Naturopathic Council
<http://gncouncil.co.uk/>

OOOHHH! THAT'S NEW!

Treat yourself to a little luxury or two. Find contentment and pleasure in the small stuff. Here's our pick of little things that will enhance your life...

► Kneipp bath oils and salts

Showers may be practical, but there's nothing quite like a good soak in the bath. Drift away from the worries of the day and you could also be lifting your mood, offsetting mild depression and helping balance your hormones. Opt for one of Kneipp's essential oil bath salts, tablets or herbal baths and getting away from it all will be even more special. Valerian and hops will help you not off, arnica can ease tired muscles and the red poppy and hemp will make you feel uplifted. Find them at Holland & Barrett, Lloyds Pharmacy and independent pharmacies nationwide.



▼ Ruby Shoo Vegan trainers

Ruby Shoo's bright range of trainers will bring a smile to your face and put a spring in your step. It's not always easy to find appealing vegan footwear, but Ruby Shoo offer a quirky range of shoes, bags, wellies and trainers. The trainers are comfy and supportive with interesting detailing such as velvet laces and brogue-punched fake nubuck. The selection of metallic polka dot or floral fabrics makes them fun to wear. £50 from www.rubysboo.com.



◀ Magisso cooling ceramics

Finnish company Magisso have been making practical, stylish homewares since 2008. Everything they do is designed to make life run a little more smoothly through great design. We love their new cooling ceramics line which includes carafes, wine coolers, shot glasses and tumblers, effortlessly combining ancient technology and modern design. Just soak your glass or carafe in cold water for a minute and it will cool your drink, without leaving you with wet hands. Simple and very satisfying to use, it would also look good in a waiting area of be perfect for offering water to clients. Find them at www.panik-design.com or the full range of stockists at www.magisso.com.



► Algenist ALIVE Prebiotic Balancing Moisturiser.

This lightweight moisturiser leaves the skin feeling alive and immediately hydrated, balanced and glowing with a smoother, more even finish. Formulated with a prebiotic from algae and a probiotic, paired with the brand's patented Alguronic Acid, it targets concerns that may result from unbalanced surface skin bacteria. There's also a mineral SPF 15 for added skin protection. It's available at SpaceNK, £40.



▲ Green People Organic children's toothpaste with fluoride

Green People have produced a natural toothpaste for children that includes fluoride. The Mandarin and Aloe Vera toothpaste's active ingredients include gum-soothing Aloe Vera, anti-inflammatory Myrrh and antibacterial Olive Leaf, as well as mandarin for a fruity taste. These natural plant actives help to control the growth of dental plaque, effectively cleaning the teeth and supporting healthy gums. Fluoride-free options are also available. The range is available in JoJoMamanBebe, Whole Foods, Planet Organic, Ocado, selected Waitrose stores and online at www.greenpeople.co.uk.

