



Plant-For-The-Planet

Even from a young age, we're taught the importance of trees – they provide the oxygen we breathe and are one of the only natural ways to remove carbon dioxide from the air. But, unfortunately, billions are still cut down every year. Plant-For-The-Planet is a global organisation initiated after nine-year-old Felix Finkbeiner was inspired by Wangari Maathai – a man who planted 30 million trees in Africa over 30 years. Felix adapted this vision, aspiring for children across the world to plant 1 million trees in each country, to offset CO₂ emissions. As each tree binds an intake of 10kg of CO₂ each year, Felix is passionate about planting as many trees as possible, while many adults are still talking about doing so.

On March 9th 2018, 30 company representatives and VIPs, signed a declaration for Plant-For-The-Planet to plant a trillion trees across the globe. Now, the cause is still going strong, and many of the children involved are striving to become ambassadors for Climate Justice, while passing their knowledge to other children along the way.

As Plant-For-The-Planet is a global organisation, it's easy for kids all over the world to get involved, by heading to their website and signing up to join the 75,000 children who are already active members. Memberships and sponsorships can also be bought at the website too, which also has a specific page to guide adults on how they can get involved.

plant-for-the-planet.org



College of Naturopathic Medicine

As more of us are seeking natural remedies for our aches and pains, we're steering away from conventional painkillers, and choosing naturopathic medicine. We spoke to Elle Fox, PR manager for College of Naturopathic Medicine (CNM) to find out a little more about the non-invasive, self-healing courses they offer, which will help us be a little kinder to our bodies.

Naturopathy, which is sometimes known as 'nature's cure', is a system of medicine that focuses on treating the person rather than the disease. It takes the whole individual into consideration, by assessing their lifestyle, environment, emotions, physicality and medical history, and uses a variety of approaches to restore health, such as nutrition, acupuncture, herbal medicine and homeopathy. Naturopathy gives an individual package, which is specifically tailored to the needs of the patient.

CNM offers diploma courses in Naturopathic Nutrition, Herbal Medicine, Acupuncture, Homeopathy, and Natural Chef. The college is geared to produce practitioners who have a holistic view of how to address health problems and restore natural health.

CNM has educated students such as Camilla Hansen, Bruno Babolin, Kimberly Parsons and Madeleine Shaw. The courses are accredited in many different countries, so graduates can practice and share their expertise across the globe. Each course is between three and five years depending on the discipline, but if an individual already holds a specific qualification, such as if a practitioner has studied Bio-medicine, they will be able to study in two years. A range of options can be completed online, so students can educate themselves from the comfort of their homes.

One of the courses that celebrates a plant-based diet is the Vegan Natural Chef. This offers students the knowledge, practice and confidence needed not only to make educated choices about what they put into their bodies, but to work as a successful plant-based chef, author or blogger. The powerful health benefits of a plant-based lifestyle are explained, while offering students the tools needed to take control of their health, wellbeing and professional career.

Sustainability is a very important matter for CNM, and is part of the philosophy of the College – students are encouraged to choose locally-sourced, seasonal produce, and are educated on the benefits these can bring to overall health. For example, one of CNM's graduates provides the lunch facilities for the current students, using local producers as much as possible. The College is also home to a herbal medicine garden, planted by students in the middle of London. naturopathy-uk.com



Naturopathic nutritionist graduate Daniela Lawler explains why she chose to study at CNM

My new-found knowledge of nutrition helped me and my family achieve a greater level of health. The drive to look and feel good had previously led me down a path of yo-yo dieting and latching on to new dietary trends, but it wasn't until I found what nutrition was really about that I freed myself of fad diets and hunger. I now eat a delicious and varied diet and I am always satiated thanks to my knowledge of real foods.

After qualifying as a nutritional therapist I walked straight into being my own boss, which I love. I'm 18 months in and busy building momentum, but I already have a good number of clients – it's great that you can do this so quickly after qualifying.