

ADVERTORIAL

FOOD FOR THOUGHT

After discovering that changes to her diet could drastically improve her health, Lauren has launched her dream business all thanks to CNM, the College of Naturopathic Medicine



Lauren Windas studied Naturopathic Nutritional Therapy at CNM (College of Naturopathic Medicine)

I became very unwell with Chronic Fatigue Syndrome during my second year at university. After seeing a variety of GPs and specialists, who all told me that my case was incurable, I discovered that changes to my diet and lifestyle could truly have the power to help relieve my symptoms and improve my overall wellbeing. I became really interested in nutrition and how the human body works, so I left university with a new career in mind and enrolled in Naturopathy and Nutrition at CNM. Their combination of academic learning and clinical training was really attractive to me, as well as the flexibility to still work alongside and study part-time.

What I loved most about CNM's course was that it really helped me understand just how important diet and lifestyle can be when maintaining your health. It gave me the tools I needed to make decisions for my own health and provided me with the experience of working with clients in a clinical setting. CNM changed my life because it gave me the ability to have the lifestyle I always desired. I launched my dream business in something I'm truly passionate about: nutrition and coaching people to become the healthiest versions of themselves. I have now co-founded my own wellness brand, ARDERE, with my sister, where we provide expert nutritional advice, offer healthy recipes and sell 100 percent organic natural-wax



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aromatherapy candles. I'm particularly interested in helping people who have a poor relationship with food or weight issues. If you're keen to learn more about functional medicine, and how diet, lifestyle and overall wellbeing can be achieved through natural modalities, CNM provides great resources and develops your skills to become a confident practitioner.

Interested in studying?

CNM (College of Naturopathic Medicine) is the UK and Ireland's leading training provider in a wide range of natural therapies with a 20-year track record in training successful practitioners.

Full and part-time studies. CNM's Diploma in Naturopathic Nutritional Therapy is now available in class and online.

Contact them to find out more, or to book your free place at the next Open Event at your nearest CNM College.

01342 410 505, naturopathy-uk.com

Living *For a greener, healthier life*



You might think little of dashing a splash of toilet cleaner down the loo, or chucking a capsule of laundry detergent into the washing machine, but new research has suggested that you should be more wary of the effect chemical pollutants have in the home. Environmental contaminants were found to have the **same adverse effects on male fertility in both humans and dogs.** We recommend you steer towards cleaning products with only natural ingredients. For instance, the Tincture Naturals Kitchen Set, which can be bought for £16.97 from tincturelondon.com.