

CNM opened a whole new world to me

It has been a really incredible journey developing my knowledge in an area which I am passionate about.

Eloise Schwerdt, Nutritional Therapy Graduate & Natural Chef Lecturer, **College of Naturopathic Medicine**



I was working as a Private Chef in restaurants around London and further afield but I wanted to learn more about food, how it can affect our health and wellbeing and the right way to look after myself and the people closest to me. At first, what really motivated me was gaining more knowledge, however, I didn't know where to start, or why. I was attracted to CNM by the course content. It covers a wide range of topics within the area on Nutritional Therapy. Over the course of the three years I gained a real understanding for the subject, as well as clinical practice which gave me the confidence to apply the knowledge in as similar a setting as to what I now have with my clients.

Now I feel confident not only making the right choices for me and my family, but also helping others. It has been a really incredible journey developing my expertise in an area which I am passionate about. CNM opened a whole new world up to me and I love learning something new every day.

Aside from the knowledge, the relationships I have formed with my fellow students and CNM tutors have been invaluable. CNM has brought me together with many like-minded and passionate people, something I am very grateful for. I met so many wonderful people throughout the course and feel honoured to be part of a group of fellow graduates and to have formed the Naturopathic Nutrition Collective (NNC) with them. We continue to meet monthly, the NNC being a group where we discuss relevant topics and case studies and invite a range of specialist speakers to broaden our knowledge and continue our development.

Practicing now as a Nutritional Therapist and using the knowledge I have from the

course, I understand food in a completely different way and feel confident in providing my clients with nutritional information, food and recipes which not only taste amazing but are actually nourishing and good for them! For me, the two careers I now have go hand in hand and it has been a natural progression to fuse the new information I have gained with cooking food in a holistic way, whilst knowing why it is beneficial to do so.

I would say that my experience at CNM was an awakening, insightful and pioneering journey.

I am now so much more aware of the many choices I can make which will either affect my life in a positive or negative way. I feel geared up with a tool kit, which I can use to make informed decisions and choices, not only about the way I want to live my own life but to also enable me support others to change their lives, too.

I am continuing to work as a private chef alongside building my business in Nutritional Therapy. I encourage people towards a more holistic and naturopathic lifestyle offering cookery lessons and store cupboard makeovers. Alongside this, I also teach at Demuths cookery school in Bath and more recently, at the CNM Natural Chef Diploma Course.

I love the ability to make a difference to people's quality of life by empowering them with knowledge. Often the changes are simple but effective; we can support the body through a whole range of different chronic diseases with diet and lifestyle. I like having the opportunity to meet different people on a daily basis and to really get to understand the full picture of what brought them to their current state of health. It is so incredibly rewarding, getting to delve deep into a client's history in order to pinpoint root causes, drivers or mediators and enable them to make the necessary changes, so they improve their overall wellbeing, restore balance and reach optimum health.

CNM was the start of a journey for me into moving towards a better quality of life and helping others to improve theirs.

Eloise is one of the CNM Expert Speakers at our June Open Day. For more information and to book call 01342 410 505 or visit naturopathy-uk.com/events/open-days/

Orange Blossom Panna Cotta

Recipe by Eloise Schwerdt, Natural Chef Lecturer, College of Naturopathic Medicine

This Panna Cotta is set with seaweed, young coconut meat, and coconut oil to create a silky smooth set custard which still has the 'jiggle' of a traditional recipe.

Ingredients

- ½ cup coconut meat
- 1 cup cashews, soaked
- ½ cup coconut milk
- ¼ cup + 2 tablespoons light agave
- 2 tablespoons irish moss paste
- ½ tablespoon of orange blossom extract
- ½ vanilla pod, scraped
- ½ cup coconut oil

METHOD

Blend all ingredients together in a high-powered machine until smooth. Portion ½ cup servings into suitably sized moulds and then place in the fridge to set until ready to serve. Serve alone or with the addition of an infused foam (rose works really nicely) and a blended berry coulis to add flair. Fresh edible rose petals, stewed fruit, activated nuts or a spiced syrup also go very well with this delicious dessert.

Credits: Recipe Eloise Schwerdt

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