

TIME FOR A NEW CAREER?

Mum and daughter Amanda and Emily Thompson's health problems led them to retrain in Nutritional Therapy, studying with CNM (College of Naturopathic Medicine).

Here Amanda and Emily explain the path that led them to retrain.

Amanda: "After years of suffering from joint swelling and immobility, in 2013 I was diagnosed by a rheumatologist as having rheumatoid arthritis. He prescribed extremely powerful drugs that could have serious side-effects. After eight weeks I decided that the drugs weren't for me. My GP confirmed that it would be OK just to stop the drugs from a safety point of view, but said it was a stupid thing to do in terms of helping my condition.

"I read a book about the impact of nutrition, and decided to see a nutritional therapist. She gave me a diet plan, working to heal my gut and reduce inflammation in my body. Within six months I felt 'normal' again and was able to do everyday tasks without pain. What I learnt later, when I decided to retrain for a career in nutrition, was eye-opening and helped my understanding of the topic much further.

"I have an outdoor life with lots of hiking, and live a drug-free existence. Two years after my original diagnosis, with lots of hard work, my blood tests came back as 'normal'."

Emily:

"After being inspired by my mum's journey back to health, I saw the same nutritional therapist for fatigue and digestive issues. Within a short period of time I felt completely different. I felt more energised and I also felt happier within myself. Combined with the dramatic change in Mum's health, we were both



captivated by the power of nutrition. I knew that that was what I wanted to study and do for a living.

"I knew that the naturopathic approach to health was the right choice for me, so I enrolled at CNM, the College of Naturopathic Medicine. Within a week, Mum and I had decided to do the course

together. Now we've qualified we've set up a joint holistic practice.

Gaining the knowledge, confidence and ability from CNM to help people change their lives has been a tremendous privilege. We feel so lucky we've been able to make new careers doing what we love."

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 on line.

Contact us to find out more, or to book your free place on the next open evening at your nearest CNM college.

01342 410 505 naturopathy-uk.com

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