

WHY I STUDIED NUTRITION

GP Dr Laura Quinton studied Nutrition at CNM (College of Naturopathic Medicine)



Since I began practising as a doctor in 1991, I have noticed a huge rise in autoimmune disease, irritable

bowel syndrome, anxiety and depression, allergies, infertility and skin problems. More people seem to have medically unexplained problems, too. Whilst conventional medicine is fantastic and lifesaving for many patients, I felt there had to be another way of tackling some health problems without endless prescriptions for drugs, which often seemed to do more harm than good. I began to suspect that many patients' problems had a connection with their food or their gut.

The general way we are exposed to food choices is huge, and sadly some of these choices are not nutritionally balanced and put our health at more risk.

As a doctor, I understood next to nothing about the impact of nutrition on health, because it had never been a significant part of our training. I started looking for a course to help me understand food as medicine. The idea of a naturopathic, holistic approach is what attracted me to CNM.

The course was well paced and thorough, with amazing lectures, and motivated and passionate classmates. You get to open your mind to new ideas. I brought back ideas to my own patients and fellow doctors which have had fantastic and positive results. Food is the medicine we consume three times a day, yet my conventional medical training on nutrition had been very limited. I am



constantly amazed by what I did not appreciate before the course. Often, just bringing the idea of looking at food choices for health into the patient consultation is a first and positive step. But information about nutrition can be conflicting, and more and more cutting edge evidence confirms individual differences in responses to diet and lifestyle. Being able to get

an individualised plan is so important, but delivering it takes time.

Most GPs I know would like to learn more about nutrition but don't have enough time to do so. Having holistic lifestyle coaches who understand nutrition and health and who can work in family GP practices would be a fantastic way of supporting them.

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

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