

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)



Amanda (right) and Emily are both delighted to feel healthier and have new careers

www.kikamitchellphotography.co.uk

Amanda:

'After years of suffering from joint swelling and immobility, I was diagnosed by a rheumatologist as having rheumatoid arthritis in 2013. 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 much further. I live an outdoor life with lots of hiking

and live a drug-free existence. Two years after my original diagnosis and much 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; more energised and happier within myself. Combined with the dramatic change in mum's health, we were both captivated by the power of nutrition. I knew then that it 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 being able to make new careers doing what we love.'



**CNM's Diploma in
Naturopathic Nutritional
Therapy is now available in
class and online**

**www.naturopathy-uk.com
01342 410 505.**

CNM (College of Naturopathic Medicine) is the UK's leading training provider in a range of natural therapies, including Diploma Courses in Naturopathic Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Naturopathy, Natural Chef and Vegan Natural Chef, all based on the naturopathic approach to health. Colleges across the UK and Ireland.