



"From Crutches to Triathlon"

Thanks to studying at the College of Naturopathic Medicine

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From the age of seven I loved doing ballet and gymnastics and represented my county in gymnastics. But at the age of nineteen my knee swelled up to a huge size and no-one was sure why. It was incredibly painful and I could only walk with crutches. Over the next twenty years I had six operations, from investigating 'foreign bodies' to moving the knee cap.

My knee was painful, often excruciatingly so, and left me bed-ridden for whole days. I was on heavy painkillers which became less effective the longer I took them.

After the sixth operation which did not bring relief, the consultant said, 'No more operations, I'm referring you to the Rheumatology Clinic'. The Rheumatologist gave me hope for the first time in years. I

was prescribed a cocktail of powerful anti-inflammatory drugs which, for the first three months, left me feeling very unwell. I was persuaded to persist with them and after the three months the change in my knee was noticeable. The swelling went down dramatically for the first time and soon afterwards I was able to dispense with the crutches. The drugs had worked and I was able to walk further than I had done in years.

Two years after going on the anti-inflammatory drugs, which I was told I was likely to have to take for life, I went on holiday and realised I had left them all at home by mistake. The fact that neither my mobility nor my pain levels changed without drugs during that short period encouraged me to consider reducing the medication and investigate other, natural methods, which I began to do. The pain didn't



worsen, and I could still get about, so I didn't take any more drugs.

At my next check-up the Rheumatologist explained why it was extremely unhelpful to reduce the drugs so quickly and to reduce them below a certain level. I understood, and, it's definitely not something I would ever advise anyone else to do. No responsible practitioner would do so, as stopping medication can have dangerous repercussions. When I told the Rheumatologist that I was detoxing, which herbs I was taking and what other changes I

was making to my lifestyle and diet, he was unimpressed. I told him that I had challenged myself to do a triathlon in two years' time, to which he replied, 'No chance'.

But my body increasingly began to wake up again and respond. Two years later, at the age of 46 I successfully completed my first triathlon.

I'm now 50. It's been six years since I've taken any medication. My knee is fine. I'm pain-free and enjoy more mobility than since I was a teenager. The only reason I haven't done more triathlons is because I've completed my studies for three Diplomas at CNM: Nutrition, Naturopathy and Herbal Medicine.

I learnt amazing facts at CNM which really helped my health. It turned out my blood had no Rheumatoid factor markers, so Rheumatoid Arthritis was never the problem.

It was tough studying for three Diplomas and working full time, but everyone at CNM helped me. I now have three clinics offering my clients complete wellbeing packages. As a Naturopath I know the importance of giving the body what it needs for healing and returning to balance and inspiring people to make positive change in their lives.

I don't have the words to express how much studying at CNM has changed my life.



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