

Turn your life around



After losing two loved ones to cancer and struggling with her own health, Nikki Webster discovered the benefits of nutritional therapy

Nikki Webster, Nutritional Therapy Graduate
CNM (College of Naturopathic Medicine)

I lost two people to cancer at a young age. Losing someone and seeing what cancer can do to a body is heartbreaking and a real wake up call to make you look after your health. After university I had a couple of stressful life events which led me down the route of orthorexia. Being uninformed about nutrition I followed 'health' trends which were not actually healthy at all. As a result I experienced conditions such as endometriosis, chronic UTIs, acne, candida, anxiety, panic attacks and Clostridium difficile.

My health seemed to be worsening with medication and I was left feeling let down. I decided to look into nutrition and it turned out to be the best thing I ever did. I worked with a nutritional therapist for a year and slowly we built my health back up to a good place again – after seeing the positive effects I embarked on a biomedicine and nutrition course at CNM.

Studying at CNM gave me access to incredible teachers and tools that I could use to continue my good health journey. I loved my role as an Outreach Support Manager for the Centrepoint Charity however it was becoming very office-based – I'd never seen myself as someone who worked a nine-to-five desk job and I wanted to be self-employed.

The more I learnt, the more I committed to changing my career path. CNM covered all the important bases for me and although it was the toughest thing I've ever done – that's including my undergraduate degree! – I loved every element of being a CNM student. The lecturers had so much enthusiasm in their teaching and their knowledge was incredibly inspiring. Along with the lectures, the clinics were

exciting and really prepared us for our own practice.

It really was a challenging and thoroughly captivating journey that changed my whole life. I've since set up my own business, Nutritional Wellbeing, which covers all areas of nutrition and health, with an emphasis on nutrigenomics and gut health. I'm already practising and



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doing well! I offer one-to-one consultations privately and also through Rich Therapies integrative health practice. I love helping people achieve their health goals by connecting the dots and discovering the triggers of their underlying conditions. If you're interested in nutrition then CNM provides you with all the tools you need to practise safely and effectively. It's motivated me to make changes in my life and fuelled my confidence to keep finding new adventures.

“ Studying at CNM helped me get my life back ”

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.

To find out more, or to book your free place at the next CNM Open Event get in touch: naturopathy-uk.com or 01342 410 505

