

# FROM CRUTCHES TO TRIATHLON

Angela MacRitchie, College of Naturopathic Medicine graduate, tells her story of recovery from an excruciating knee condition.

**F**ROM THE AGE OF SEVEN I loved doing ballet and even represented my county in gymnastics. But when I was 19 my knee swelled up to a huge size and no-one knew why. It was so painful and I could only walk with crutches. Over the next 20 years I had six operations, from investigating 'foreign bodies' to moving the knee cap.

The pain was often excruciating and left me bedridden for whole days. The painkillers became less effective and eventually I was referred to a rheumatologist who prescribed powerful anti-inflammatory drugs. They worked. The swelling went down dramatically and I was able to walk farther than I had done in years.

Two years later I went on holiday and left the drugs at home by mistake. Neither my mobility nor my pain levels changed during that short time and this encouraged me to consider reducing the medication and investigating other, natural methods. My rheumatologist told me it was extremely unhelpful to reduce the drugs so quickly and it's definitely not something I would advise anyone else to do. Stopping medication abruptly can have dangerous repercussions.

I set myself the challenge of doing a triathlon within two years, and two years later, at the age of 46, I successfully completed my first one. I'm now 50 and it's been six years since I've taken any medication. 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 been completing my studies for three diplomas at the College of Naturopathic Medicine



Angela was bedridden on a regular basis, but now she is mobile and pain-free.

(CNM) in nutrition, naturopathy and herbal medicine. 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. Studying at CNM has changed my life.



The College of Naturopathic Medicine has a 20-year track record of training successful practitioners in natural therapies in class and online. Call 01342 410 505 or visit [naturopathy-uk.com](http://naturopathy-uk.com) for more information.