

Become a CNM Natural Chef

College of Naturopathic Medicine

Study part-time

London

Diploma Course includes:

- Food fundamentals
- Natural Chef techniques
- Food for Health
- Therapeutic menu and recipe writing
- Building a culinary career

CNM is the UK's leading college for natural therapies

Attend an Open Evening to find out more!

New! Vegan Natural Chef

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www.naturopathy-uk.com



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Sara Kidd launches vegan baking show

You can now get even more tips from our favourite vegan baking expert, Sara Kidd, as she's launched her own vegan baking show! Bake Vegan Stuff With Sara Kidd is a vibrant, retro-themed vegan baking series that teaches viewers how to bake vegan with ease. Think Martha Stewart meets retro meets vegan. The quirky rockabilly host, Sara Kidd, walks us through many delicious, colourful vegan recipes that include cakes, muffins, pastries, desserts and, of course, cookies. This series aims to make vegan baking at home a breeze and inspire more people to bake vegan. Each episode comes with a dedicated web page that includes the recipe and baking notes for the viewer. A new 10-15 minute episode will launch every Wednesday. Search Vegan Cakes by Sara Kidd on YouTube to catch up!



Become a nutritional therapist from home

New for 2019 – you can now study online to become a Nutritional Therapist, training with CNM, the College of Naturopathic Medicine. If you prefer classroom study, you can still attend one of ten CNM colleges across the UK and Ireland, plus further CNM courses in a variety of effective natural health therapies are on offer, depending on location. The college's food-based approach to health has been the cornerstone of training successful practitioners for over 20 years. Specific vegan courses include Vegan Natural Chef and a new short course Vegan Nutrition for Everyday Living. It's perfect as a stand-alone course, or you can use it to start training for a career as a Vegan Natural Chef. Find out more at www.naturopathy-uk.com



GET YOURSELF A VEGAN CHESTERFIELD!

You know veganism has gone mainstream when a big company like Chesterfield decides to launch a vegan version of its iconic sofa! A timeless classic, the Chesterfield sofa has been a sought-after piece of English furniture since the 18th century, when the fourth Earl of Chesterfield commissioned a sophisticated sofa in this style from his favourite cabinet maker. Now the beautiful, deep-buttoned sofas and chairs are available in a range of vegan-friendly luxe faux leathers, with solely vegan-friendly glue and foam used in the manufacturing process. It's the perfect addition to your vegan home – and you can find more tips for making your interior décor more vegan-friendly along with a new Chesterfield on page 106. Prices start from £1,170 for a three-seater sofa in faux leather – visit www.chesterfields.co.uk for more info.



KOKO SUPERCHARGES ITS MILK

Koko Dairy Free has just launched a new super milk, packed with even more nutrients. The Koko team worked in consultation with expert dietitians and developers to create this new, unique and innovative product. Koko Dairy Free Super is enriched with nine key vitamins and minerals. The nutritionally boosted contents include potassium, zinc, iron, magnesium, phosphorous, plant protein and balanced plant fats. It's low in sugar too. With a creamy, full-bodied taste, Koko Dairy Free Super is perfect in smoothies and shakes, on cereal or enjoyed straight from the glass all on its own. Priced at £2 for a 1 litre pack, you can check out this super milk at www.kokodairyfree.com

