



## The CNM course immediately sang out to me



Photograph of author by Aisling Roberts

### Ciara Roberts CNM Naturopathic Nutrition Graduate and Author

**A strep throat at age 4, unusually localised to my kidneys, precipitating glomerular nephritis.**

Age 14 I went into renal failure, 14-21 I had to rely on thrice weekly hospital dialysis treatments, age 21 I had the gift of a kidney transplant, age 39, the transplant kidney function failed. I am currently listed for a second kidney and do peritoneal dialysis at home. I have nightly 8-hour dialysis having lost my transplant kidney function 3 years ago. That was a big spiritual awakening as I nearly died. Dialysis comes with all kinds of potential complications but I see this as part of my self-care and I have the intuition, knowledge, strength and self-love to look after myself very well. I currently support my health with both conventional medicine and natural treatments.

Already aware of nutrition, having been raised by a mother very interested in natural health, and from a South African doctor who planted powerful seeds

in me on healthy living, I 'happened' upon the CNM course and it immediately sang out to me. It literally felt like the course had been designed just for me. CNM is a combination of hopeful endeavour and academic excellence which makes it a very well worthwhile experience. I loved my three years of training in Naturopathic Nutrition. I found my CNM studies comprehensive, enjoyable and affirming. I loved the lecturers, whose calibre was excellent, and meeting new, like-minded people, some of whom became very good friends. The content of the course and feeling fully equipped to practise after graduation, was a very helpful antidote to my very busy, stressful banking career. I came to really enjoy studying at the weekends.

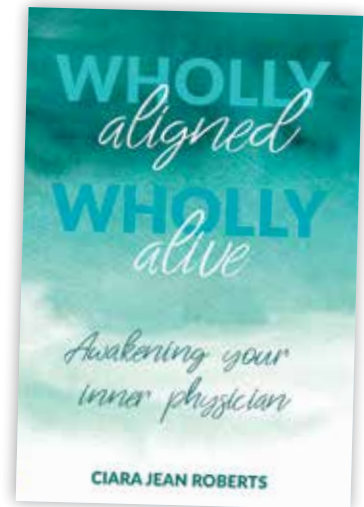
I have personally experienced how healing happens in many forms. We don't need to become a diagnosis. We can heal deeply on an emotional and mental level to support the physical. In spite of everything, we can create the life we love, and share from that place of quiet joy.

The CNM course enriched my knowledge and, importantly, helped me understand the intricate nature of therapeutic rapport and building trust and confidence with clients. I am engaged with social prescribing and working with King's Hospital and local GP practices. I have been featured in the Mail on Sunday, Yoga Magazine, Journal



of Kidney Care, Top Santé and Elephant Journal. I love helping people make links between their habits and their health and understand where they might be limiting themselves.

My first book 'Wholly Aligned, Wholly Alive', launched in June 2019, details my journey and includes the tools of nutrition and yoga and how they have helped me.



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