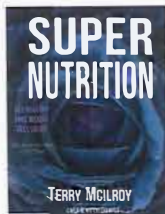


"I ate myself healthy again with CNM. And wrote a book."

Terry McIlroy, CNM
Nutritional Therapy
Graduate, Author and Chef,
talks about his inspiration
upon the release of his new
book 'Super Nutrition'.



My new book *Super Nutrition* is my life's work; it outlines the ways I've used nutrition and my passion for food to heal my body and mind, improving my physical and emotional wellbeing.

I started in the world of professional chefs at 12yrs old, but as I got older I became more interested in health and nutrition. All my life, I had been plagued with severe acne and constant mouth ulcers. Conventional treatments did not work and my health deteriorated. This is when I started to investigate what was causing my health problems. My thought process shifted to cause and effect and I wondered if what I was eating – or more importantly not eating – was the cause, and the presenting symptoms were the **effect**?

I bought a juicer and a smoothie machine and increased my veg and fruit intake and also saw a nutritionist. One of the dietary changes the nutritionist suggested was reducing or eliminating pasteurised dairy. I made this and other small adjustments, like cutting out fizzy drinks and drinking more water, and my presenting symptoms all but disappeared within 3-4 weeks. I had no mouth ulcers or acne for the first time in my life. It was transformational!



"The course inspired me to combine my chef skills with my newfound passion for nutrition and create my own recipe book."

I enrolled on a three-year, part-time diploma in Nutrition with the College of Naturopathic Medicine. Going back to school was daunting, however, I was hungry for the knowledge. The course inspired me to combine my chef skills with my newfound passion for nutrition and create my own recipe book with recipes and lifestyle tips fuelled by the correct nutritional protocols.

I learned just how vital proper nutrition is for premium health. Incorporating a broad spectrum of nutrients in my diet and following the lifestyle protocols myself has helped me ensure I am not deficient in any one particular nutrient or mineral. Whilst my diet is not perfect, I can turn to my nutritional knowledge and experience to support my health and wellbeing.



CNM has a 20-year track record training successful practitioners in natural therapies, in class and online.

Colleges across the UK and Ireland.

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