

NEW
LOOK!

The UK's top holistic wellness magazine

NATURAL HEALTH JUNE 2020

NATURAL HEALTH

THERAPIES | BEAUTY | WELLNESS | MEDITATION | SPIRITUALITY

**HAPPY &
HEALTHY,**

Naturally

**16 SELF-CARE
REMEDIES**
your soul needs now

**MID-LIFE SKIN
SOLUTIONS**

5 youth-boosting
beauty secrets

NH EXPLAINS
**DYNAMIC
BREATHING**
Stop stress in
an instant

Aromatherapy
AT HOME

Tried & trusted
essential oils that
really work

Patsy Kensit
How love language is
giving her new power

**THERAPY HANDBOOK
AYURVEDA**

Ancient rituals, medicine & massage

£4.25 JUN 20



aceville

THE UK'S TOP HOLISTIC WELLNESS MAGAZINE

NATURALHEALTHMAGAZINE.CO.UK

PLUS NOURISHING FOOD TO CONNECT WITH NATURE ● LET GO OF SHAME & LEARN TO RELAX
● JASMINE HEMSLEY'S BANANA BREAD ● SOOTHING CREAMS YOUR HANDS WILL LOVE



MASTER THE SIDE HUSSLE

Dreaming of setting up your own holistic medicine business, but don't have the time? CNM could fit perfectly into your life

Is your job the one you've always dreamed of doing? If the answer is yes, you're incredibly blessed. Although it's high on our wish list, for many of us the job we'd really love to be doing is nothing but pie in the sky. We can't all fulfil our dreams after all, right? But what if you could? "I currently work in digital advertising and, although I enjoy my work, there has always been a side of me that wanted a change of career into something completely different," says Rob Staunton, CNM Naturopathic Nutrition student.

Rob was inspired to change his career after he contracted a parasite infection in Indonesia, which compounded an already stressful job. He was treated with nutrition and natural medicine and recovered. "Enrolling at CNM was a no-brainer for me," he adds. "It fitted perfectly into a schedule that involved full-time employment. Once qualified, this will completely change my life."

Rob's not the only one who has embarked on a new path with CNM. Naturopathic Nutrition student, Lauren launched her

dream business after completing a course. "What attracted me to CNM was their combination of academic learning and clinical training, as well as the flexibility to work alongside and study part-time," says Lauren. "CNM changed my life because it gave me the ability to have the lifestyle I always desired. I launched my dream business in something I am truly passionate about." Whether it's time, money, or a lack of relevant qualifications that

"I launched my dream business in something I am truly passionate about"

stand in your way, CNM can help by offering a course that can fit into your working life, provides hands-on experience as well as knowledge, is taught by industry veterans and allows you the flexibility to work online or in the classroom. Once completed, you'll have a recognised and respected qualification to help you embark on a career in natural medicine.



ROB'S SIDE- HUSTLE HACKS:

- Be consistent with your scheduling. Apart from work, which is paying the bills, you need to devote time to actually studying and making sure you pass the exams
- Give some thought and time to look at setting up a business, so you can hit the ground running once you qualify
- Schedule time for studying some weeks in the run up to exams
- Make sure you keep to a weekly schedule which can include lunchtimes and commuting time
- Don't be hard on yourself. If you have a partner and kids, you must factor them into your scheduling (and then double the time you have factored in for them!).
- Down time: time away from screens, some form of exercise, relaxation and good sleep are vital, so schedule those in, too.



CNM opened the door to my passion
Romina, Nutritional Therapist

CNM offered me the flexibility to combine studying with my long working hours in city finance. What I loved

most about CNM's course was the variety in the lecturers, their experience and practical advice which really helped set expectations for career development and growth. I found the experience eye-opening, promising and challenging.



I went from crutches to triathlon
Angela, Naturopathic Nutrition, Herbal Medicine, and Naturopathy

My health journey has taken me from a life on crutches to running a Triathlon. Studying Nutrition, Naturopathy and Herbal Medicine at CNM helped me do it.

The high standard of CNM training gave me confidence
Aisling, Nutrition

The CNM lecturers were very knowledgeable and experts in their field. The high standard of training from CNM, along with support from fantastic lecturers and staff, gave me the confidence to start my own business as soon as I had completed the course!



CNM inspired a London cabbie into studying
Nutrition David, Naturopathic Nutrition

I grew up as a young boy from South East London only ever wanting to be a London black cab driver, which I achieved in my early thirties. Over the years stress took a serious toll on my health. A CNM naturopath treated me in a totally different way and it inspired me so much I have now enrolled at CNM.



I ate myself healthy again with CNM – and wrote a book!
Terry, Naturopathic Nutrition

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.



My CNM qualification opened so many doors
Kezra, Naturopathic Nutrition

I enrolled at CNM where I truly loved the content and felt inspired by the lectures.

Taking the plunge to study at CNM has been one of the greatest and most valuable achievements that I have accomplished so far.

Study online or in class with CNM. Get in touch today: 01342 410 505, naturopathy-uk.com