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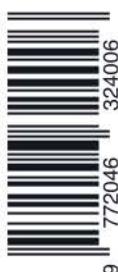
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"I like to take a natural approach to health"



Expert advice on managing migraines, healthy barbecue recipes for summer, top giveaway prizes, readers' questions answered, plus your chance to vote in the Your Healthy Living Awards 2020!

Nutrition students raise funds for care home

Staff and residents at a London care home were delighted when a group of nutrition students raised funds to buy them an industrial blender and fresh produce to make their own smoothies. The students, from CNM (College of Naturopathic Medicine), fundraised to buy a Vitamix and nutritious fresh produce for front-line carer staff at the Muriel Street Care Home in Islington.

The students involved in the initiative included David Kirby, Deborah Bardon-Lisle, Nicholas Grobler, Mo Halloran, Liana Michael, Jacky Lampl and Samreen McGregor. They are all in their first year of nutritional diploma studies. The group said: "Just like many of you, we have been extraordinarily moved by the stoic efforts of front-line staff in their handling of the ongoing battle against Coronavirus. Nursing and care homes seem to have been a bit neglected and we wanted to show our support, especially to one in our local community."

Fieona Connolly, Lifestyle Lead of the Muriel Street Care Home, said: "We used the blender as part of our Sensory Club. We hold this club each week and yesterday we gave our residents a full tutorial of our new equipment. They tried samples of all the fruit CNM sent, then chose which ones to use to make smoothies. I just wanted the CNM students who raised the money to buy the items to see how much joy they have brought to our residents and team. Thank you so, so much!"

The students are continuing to raise funds for similar activities. To support them, visit: www.gofundme.com/f/NHS-Care-Givers



“Studying with CNM is one of the greatest experiences you’ll ever have”



By Kelly Mulhall,
Nutritional Therapy graduate



“I worked for many years in events and marketing which was very stressful. My diet was poor, I lived off ready meals, pastries, crisps and coffee. I had suffered long-term with IBS, eczema and adult acne after coming off the pill for 15 years. I was run down and kept getting ill all the time. After countless trips to the GP and fruitless medical testing to get to the bottom of it all, I was so confused and upset as to why my body was completely out of sync. I’d finally met my tipping point. From then on, I decided to start taking my health into my own hands and exploring ways to improve my symptoms.

I was sure that my poor diet and prolonged hormonal contraception were not good for my body and wanted to make changes to my diet and lifestyle. Whilst talking to a friend, the topic of nutrition came up and it really resonated with me. There I was, struggling to enjoy full health and stumbling across Naturopathic Nutrition was like an epiphany moment. I could get to the root cause of my symptoms and improve my health through food; a win-win! I went on to research different functional medicine degrees and realised none of them had any real-life clinical experience. CNM’s 200 clinical hours meant I would be confident in my own practice as soon as I graduated. It was a huge bonus to have so much real-life clinical experience rather than just academic learning and case studies.

Nutrition has changed my life in every way possible. I think, feel, look and sleep better and I am constantly rewarded when I am able to help those around me to live a better life. Whether you are interested in learning more about nutrition and health for yourself, to help someone you know, or even to become a practitioner, studying with CNM is one of the greatest experiences you’ll ever have. The knowledge you gain is invaluable and the ability to help others is everlasting.”

CNM has a superb 22-year track record training successful natural therapy professionals, online and in class. Surveys show that over 80 per cent of graduates are practising. Colleges across the UK and Ireland. **For more information visit naturopathy-uk.com or 01342 410 505.**

CRINGEWORTHY CONDITIONS

Natural tips and tricks to help with embarrassing health conditions



Haemorrhoids

“Haemorrhoids, commonly referred to as ‘piles’, are one of those health problems most people suffer with in silence,” says Gemma Hurditch, CNM Lecturer and Naturopath (College of Naturopathic Medicine). “Here are some simple ideas for lasting relief:

- Fibre! Psyllium husks 5g daily; (psyllium husks swell to 20 times their size so it is very, very important to take them with plenty of water). Also fibre-rich veggies and wholegrains.
- Flavonoid- and vitamin C-rich foods to strengthen veins. Choose organic for rich phytonutrient content – blueberries, blackberries, citrus, cherries, kiwi, red peppers, brassicas.
- Reduce sugar, alcohol and caffeine as they stress the liver and can make piles worse.



- Aim for two litres of water daily, more if sweating, exercising or warmer weather.
- Squatting to poo, rather than sitting, corrects the angle and reduces the pressure that can lead to haemorrhoids. You can get a footstool for your regular toilet; place your feet on the stool and lean forward into the squat position.
- Try direct application of liquid witch hazel for relief or a homeopathic topical cream with peony and witch hazel from a homeopathic pharmacy. For chronic conditions it’s best to consult a homeopath or naturopathic nutritionist.”

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