

# your healthy living

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## 5 minutes with...



**Jenny Carson,**  
Technical Services Manager  
and senior nutritionist at  
ethical vitamin company  
Viridian Nutrition.

### How did you become involved in the natural health industry?

I initially became interested in nutrition at a time when I was regularly racing in triathlons. I had started to notice the value of a varied and nutrient-dense diet in terms of performance and recovery. My enthusiasm was ignited, and I wanted to learn more. I then embarked on a Bachelor of Science with Honours Degree in Nutritional Science and more recently upon a Master of Research in Public Health. I have been working in the technical team at Viridian for over five years advising on nutritional research.

### What is your philosophy on natural health?

Food first. The daily diet is the grounding for everything that is asked of the body. A diet that is rich in wholefoods and seasonal vegetables can provide all the vitamins and minerals that the body requires to function. This is especially of importance in the current climate where an abundant diet should provide the nutrition required for good immunity. Several research articles have speculated that an abundant diet may improve an individual's immune response to infection, which could on a larger scale help to reduce the pressure on the NHS and the healthcare workforce. Healthcare starts at home with self care and nourishment, which is why we launched the latest Viridian Nutrition campaign, 'Love the NHS, Love Yourself'. This encourages people to seek advice at their local independent health store on how to sleep well, keep fit, and eat right to free up our NHS services for when we really need them.

### What is your number one tip for good health?

Eat wholefoods; these are foods that have not been processed. Include seasonal and organic where possible and try to incorporate lots of variety. People often focus on cutting out the 'bad' food like crisps or chocolate, but I have found that dietary change is easiest when you concentrate on what can be eaten rather than what cannot.

For more information visit [www.viridian-nutrition.com](http://www.viridian-nutrition.com)

## CNM PIONEERS ONLINE NATURAL HEALTH DIPLOMA COURSES



Responding to the current worldwide health challenges, the College of Naturopathic Medicine (CNM) is now offering online its internationally recognised diploma and short courses to overwhelming positive response from the public. CNM graduates and students know:



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- how to boost the immune system naturally

The philosophy at CNM is that good health comes from education and practice. The CNM Diploma courses, based on time-proven natural medicine principles and cutting-edge scientific evidence, include, in addition to the informative lectures, many clinical practice sessions. Students apply their knowledge in real-world clinic scenarios throughout their studies. Combined with thorough business marketing training, this offers CNM graduates all of the skills, knowledge and tools required to start a thriving business upon graduation.

With students and graduates such as Camilla Hansen, Rosemary Ferguson, Elizabeth Peyton-Jones and Madeleine Shaw, CNM is accredited in many different countries, so graduates can practise and share their expertise across the globe.

With an excellent track record of over 20 years, CNM trains successful practitioners in natural therapies: surveys show that over 80 per cent of graduates are practising. CNM offers Diploma courses in Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Natural Chef/Vegan Natural Chef and Health Coach. Find out more at [www.naturopathy-uk.com](http://www.naturopathy-uk.com) or call 01342 410505.