



# THE BRISTOL MAGAZINE

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## Racing start

Why Bristol-born boy wonder and Formula One's promising face of the future **Lando Norris** is one to watch

**PLUS...** SO MUCH MORE IN THE CITY'S BIGGEST GUIDE TO LIVING IN BRISTOL



ADVERTISEMENT FEATURE



“I was in constant pain and some days I couldn’t walk or sleep”

Jo Lee, CNM Graduate in Naturopathic Nutrition

I got through the days with over-the-counter pain relief and spinal injections. I constantly looked pale with dark rings under my eyes; being in so much pain was soul destroying.

Suffering with very bad back and nerve pain made getting through the day a real challenge. The spinal injections offered some relief, but the pain soon returned. I was told by doctors that surgery was the only option left; I wasn’t keen to go down this route, so I kept it at the back of my mind as a last resort.

My focus on food began when juicing had just become fashionable and I went on a week-long juicing retreat. The positive impact that nutrition had on my body soon became clear.

Changing my diet was a real turning point in my health. I decided to try acupuncture and explore further nutrition and lifestyle changes. I started to feel so much better and this was a real light bulb moment for me.

I made the decision to study Naturopathic Nutrition, so I began looking for courses. I found the College of Naturopathic Medicine (CNM) on a Google search and went to meet a college representative to discuss the course in more detail. I was thrilled at the thought of starting and signed up to the three-year diploma as soon as I could.

After years of studying via distance learning, I was ready to meet other students on a regular basis and I loved the fact that CNM involved time at the college with other students. I was so lucky to study with an amazing group of people. Every lecture inspired me to learn more about the subject. I also loved the final year student clinics. Even though they were nerve wracking at the beginning, the clinics gave me the confidence to be able to practice on my own. We had incredible support from our clinic supervisors and peers.

The course helped me to focus on my health and realise the importance of healing my body in a holistic way. I’ve been able to get to the root cause of my ill health, rather than just silencing my symptoms; this has been so powerful. I now have the skill-set to help others and empower people to take charge of their health which is an amazing feeling.

Since graduating, I’ve set up a private clinic at home called Vitalife Nutrition. I create recipes and meal plans for other clinics and therapists. I’m constantly learning new things, following the latest research and reading everything I can about nutrition. I love helping clients understand how their body works and inspiring them to take the first step towards positive change.

If you’re curious about health and nutrition,

consider studying with CNM. Even if you don’t want to practice, you’ll leave feeling so in awe of your incredible body and you’ll be equipped to take the very best care of it. You’re never too old to learn something new!



Jo Lee



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