

ADVERTISEMENT FEATURE



“Eliminating gluten cleared up my health issues”

Christina Colligan, CNM Graduate in Naturopathic Nutrition

From aged three, I suffered from severe atopic dermatitis. In my teens, I developed asthma. My gut health was compromised, often causing me to be constipated.

I saw several doctors and specialists, as well as herbalists and homeopaths. I underwent some blood tests when I was 15 and I discovered that my vitamin and mineral status was low. I removed dairy from my diet and took the supplements that were prescribed by my homeopath.

In 1999/2000 I had unexplained weight loss. Then in 2001, I was severely ill and anything I ate gave me diarrhoea. My local GP didn't know what was wrong with me; however, through my own research, I learnt about gluten intolerance and coeliac disease. I was experiencing the exact same symptoms that presented with these conditions.

I eliminated all gluten products for four days and I felt so much better. A blood test later confirmed I had coeliac disease. I was advised to also exclude dairy from my diet for six months to allow my intestines to heal. After doing this, my eczema and asthma

disappeared and my gut health improved; I also gained weight. After seeing how food impacted my body and affected my symptoms, I developed a keen interest in nutrition.

Unfortunately, after many years of compromised absorption, I was left with low cortisol levels and unbalanced gut flora. I only wish I'd met a nutritional therapist after my diagnosis who could have explained the 5R gut healing protocol to me. Simply cutting out gluten is not enough when you are diagnosed with coeliac disease; you also need to heal your gut which has been damaged by the gluten.

I used to be a project manager for a large corporate. Starting a family made it impossible for me to continue with my demanding role. Instead, it was an opportunity for me to immerse myself in a big interest of mine and study nutrition.

I decided to study Naturopathic Nutrition at the College of Naturopathic Medicine (CNM) as I was attracted by their hands-on approach to learning and the fact that the lectures are taught by experienced practitioners. I loved the variety of teachers and learning about their experiences. The diversity of students in my class was amazing and I was blown away by how generous everyone was in sharing their knowledge and experience. My time at CNM prepared me for setting up my own business and it was a great platform for networking and opportunities.

Having recently relocated to Sweden, I now work at the Nordic Clinic in Stockholm three days a week. I see a variety of clients, supporting them with a wide range of ailments including pre-diabetes, autoimmune conditions, IBS, hormonal issues and optimising performance through nutrition.

CNM has totally changed my life. I love my work now. I'm passionate about what I do as it feels meaningful and I'm making a difference

to other people's lives. I don't ever see myself stopping work; it's my way of life now. I love that the learning never stops; every client is unique and I'm continually expanding my knowledge



Christina Colligan



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