

Essential gym kit round-up • Get lean with yoga • Reset your mind and body

Issue 10 // £3.99 Women's Fitness

HEALTHY BODY, HEALTHY MIND

INCORPORATING **Outdoor**
FITNESS • ADVENTURE

BEAT STRESS LOSE WEIGHT

15 best foods
to send your
anxiety packing

Burn stubborn belly fat at last!

(It's not just about
diet and crunches)

8 moves
for
shapely
arms



**Five top
treadmill
sessions to
torch calories**

SMALL CHANGES, BIG RESULTS

Quick food hacks to change your life

COVER MODEL ZOE

*'I don't think
diet culture
is healthy'*

Get fit in 15 mins

Nail your fitness
goals **fast!**



“Studying with CNM was a great experience”

Kelly Mulhall is a Nutritional Therapy graduate who studied with The College of Naturopathic Medicine and now helps others lead healthier lives

worked for years in events and marketing, which was very stressful. My diet was poor – I lived off ready meals, pastries and crisps. I suffered with IBS, eczema and adult acne after coming off the pill after 15 years, and kept getting ill. After countless trips to the GP, I was so confused as to why my body was completely out of sync. I decided to start taking my health into my own hands.

I was sure that my poor diet and being on the pill for a long time were not good for my body. While talking to a friend, the topic of nutrition came up and I realised I could get to the root cause of my symptoms and improve my health through food. I researched 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 when I graduated. It was a bonus to have so much real-life clinical experience rather than just academic learning.

A HOLISTIC PATH

Within a week, I had quit my job in events and enrolled on the Nutritional Therapy course at CNM. I also trained as a yoga teacher so that I could work while studying.

The scientific and clinical diversity of the course, as well as the holistic approach to wellness, really made me feel I would be able to make a difference to people’s lives. Taking into account not only someone’s



Kelly Mulhall, CNM Naturopathic Nutrition Graduate

physical and mental health, but also their family, work and social life, makes nutritional therapy a unique complementary practice. As practitioners, we are sounding boards for our clients to offload their health concerns and worries.

A LIFE-CHANGING COURSE

Studying with CNM was life-changing, exciting and rewarding. I also loved

the community; creating a network of colleagues who became friends. I now work with private clients in Harley Street and offer corporate nutrition in the workplace.

I find it so fulfilling that I am able to offer two forms of service, through my practice, The Natural Balance. I work both one-on-one with private clients (including with women who have hormonal imbalances and IBS), as well as in the corporate environment, improving workplace wellbeing.

I offer workshops to educate and emphasise how nutrition helps with energy, motivation and stress. I do a lot of work providing employees with the tools they need to understand what makes a healthy diet.

I love sharing knowledge that enables people to help themselves. It’s incredibly rewarding when I see my clients improve. Small changes can produce such big results. I hope that sharing my story can give others hope that they can live a healthier 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 truly invaluable.

CNM has a 22-year track record of training successful natural therapy practitioners in class and online.

Colleges are across the UK and Ireland.

Visit cnmcourses.com or call 01342 777747.

