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# RUDE HEALTH

Natural health at your fingertips – supported by Health Stores Ireland

JULY / AUGUST 2020

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Free  
MAGAZINE

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you need

**Health store  
advice on**  
a healthy  
staycation



**Lorraine  
Keane**

'My key to balancing hormones'





## CNM Pioneers Online Natural Health Diploma Courses

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

- that a healthy and robust body can resist infections better and return to health faster
- that a strong immune system is important
- how to boost the immune system naturally

At CNM we believe 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.

### More about CNM (College of Naturopathic Medicine)

CNM is a pioneer in delivering online courses, as well as having colleges across the UK and internationally. With over 22 years' excellent track record, CNM trains successful practitioners in natural therapies: surveys show that over 80% of graduates are practising. CNM offers Diploma courses in Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Natural Chef/Vegan Natural Chef and Health Coach. Popular short courses include Vegan Nutrition for Everyday Living and The Gut-Brain Connection. **Find out more:** [www.naturopathy-uk.com](http://www.naturopathy-uk.com).

### Testimonials from students and graduates:

"I am very impressed with the online case consultations I have honestly learnt far more online than in the classroom. Why? Because I can stop and pause and go back to a certain point to have a better understanding of the subject."

*J.S Nutritional Therapy*

"CNM offered me the flexibility to combine studying with my long working hours. What I loved most about CNM's course was the variety in the lecturers, their experience and practical advice which really helped set expectations for career development and growth. I found the experience eye-opening, promising and challenging."

*R.M Nutritional Therapy*



**Train online with CNM, we have a 22-year track record training successful professionals in natural therapies, including Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Health Coach & Natural Chef/Vegan Natural Chef. Internationally accredited diploma courses. FREE ONLINE Open CNM Event: Call 01 878 8060 or visit [naturopathy.ie](http://naturopathy.ie).**



## Free videos to nurture mum and baby

Nurture Mum is a new Irish forum founded by Kathy Whyte, a health professional, former nurse and midwife with a masters in nutritional medicine. Kathy and other experts offer recommendations and advice on the vital role of nutrition and lifestyle during the first 1000+ days (from preconception, through pregnancy to toddlerhood), shaping health futures for mum, baby and families.

A number of presentations will be launched during July to cover the first 1,000 days of a baby's life. These include: pregnancy nutrition, exercise during pregnancy, breathing and relaxation, Covid and you and your baby, breastfeeding, the role of the public health nurse, managing minor newborn ailments, baby massage and weaning. The presentations take the form of 30-minute videos, direct to camera. Kathy's aim is to increase awareness of the importance of nutrition and lifestyle throughout the first 1000+ days of a baby's life. This is a unique window of opportunity to promote maternal and child health, to reduce risk of complicated pregnancy and labour, childhood obesity, asthma and allergy. [nurturemum.ie/](http://nurturemum.ie/)



## What's in season

A wealth of vegetables including: asparagus, aubergines, beetroot, broad beans, broccoli, cabbage, carrots, cauliflower, French beans, kohlrabi, mangetout, marrows, mushrooms, onions, pak choi, parsnips, peas, runner beans, spinach and sweetcorn.

Fruits include: rhubarb, apples, blackberries, blueberries, raspberries and strawberries. Salad vegetables include: celery, courgettes, cucumbers, lettuces, peppers, radish, scallions and tomatoes.