

Natural Lifestyle

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April 2021

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'Studying nutrition has been so life changing; knowledge truly is power!'

Alicia Cooper, CNM Nutritional Therapy Graduate, explains her motivation behind her studies.

Having suffered from a period of ill health myself, I began to notice that everyone I spoke to – friends and family – all had an ailment of some sort. It got me thinking about the importance of nutrition and the role it plays in our physical and mental health.

This was the driving force that made me want to study nutrition; I wanted to help people understand their bodies so they can nourish themselves from the inside out.

I've always worked in the food industry, in my own business and as a freelance development chef, so my decision to study nutrition at the College of Naturopathic Medicine (CNM) was to continue my learning and progress further in my profession. As a recipe developer, I became really interested in nutrition and I wanted to know more about the impact food has on our health.

I'm the owner and curator of Lifebox Food, one of the leading health and wellbeing subscription boxes in the UK and Europe. With so much misleading information out there and dubious advertising from food brands, I felt it was

really important to embark on a nutrition qualification to help ensure our customers could trust Lifebox and my judgement on the products included in the boxes. I also wanted customers to feel enriched by the health and wellbeing information we give out with each box. Studying nutrition elevated my business credentials.

After struggling with my health in the past, learning about how our bodies work on a physiological level and the impact that nutrition and lifestyle choices have on the body has been so eye-opening. It has totally changed my mentality towards food and health, and this will never change. It's also awakened my desire to work with clients in a therapeutic capacity to help people feel their best. Establishing relationships with clients has been more rewarding than I ever could have imagined, and this all started in the CNM clinic.

I was really impressed when I visited the college for a tour; I also liked the set-up of weekly lectures and observing the nutrition clinics. The syllabus was very comprehensive, and the course content

continuing to do freelance recipe development and running Lifebox. What I love most about practicing is being able to establish therapeutic relationships with clients and feel like I'm making a difference to their quality of life and outlook. Educating clients to understand their bodies more and seeing them feel so empowered is such a wonderful thing!

CNM has a 22-year track record training successful natural therapy practitioners in class and online. Colleges across the UK and Ireland, for more information, visit cnmcourses.com or call 01342 777 747.



was amazing; I never expected to learn so much. Every module was incredibly riveting and enriching.

I'm now seeing clients for nutritional therapy and corporate nutrition, as well

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