

THE BRISTOL MAGAZINE

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SONIC STREET FOOD

Paraorchestra drops
a dollop of pop on
Knowle West

SIMON SAYS

Amstell and his age
of enlightenment

ROOTS CAUSE

Dragon slayer
Levi shares his
Carnival goals

10 THINGS WE LOVE

...About top TV
twosome JoJo
and Gran Gran

BOGNOR OR BAHAMAS...

What's your summer
garden saying?

MUSICAL STATUES

Bristol's got form for
moving its men
of influence

SEA CHANGE

In the shipping news: the ocean returns to the SS Great Britain in collaboration with Saili Katebe and Limbic Cinema. The artistic, immersive transformation of Iron Island looks set to be a summer highlight

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



Switching to a plant-based diet cleared up all my health issues

Mays Al Ali, CNM Nutritional Therapy Graduate

I worked as an advertising producer for 18 years but I became unhappy and dissatisfied with my very stressful corporate career that negatively impacted my health. I was teaching yoga on the side for many years but it wasn't enough and I knew it was my calling to be in service.

During my yoga teacher training in India, I was introduced to raw vegan food and the concept of conscious clean eating which changed my life. Before that I ate a standard western diet, drank alcohol and had lots of late nights living the typical London party lifestyle; and as a result, I suffered with serious gut health, skin and mood issues. Eating a natural, plant-based diet while doing my yoga training for a month increased my energy levels and I felt amazing. So, I naturally transitioned to a plant-based diet and all my health issues slowly cleared up.



A friend recommended the College of Naturopathic Medicine (CNM) and told me their Naturopathic Nutrition course was excellent. I enrolled on the course and never looked back. What I loved about CNM's course was the naturopathic element. I'm a big believer in the healing powers of nature and having looked at other courses, none of them had this important holistic element. The lecturers were amazing and so inspiring.

Initially, I signed up to the course for my own interests; I never thought I would quit my advertising job and become a nutritionist. However, by the start of the third year, I knew there was no turning back and that I'd found my calling. I left my job in advertising and launched my clinic as soon as I qualified.

I can honestly say I've never been happier. Being able to help people every day and change their lives for the better is so rewarding and brings me so much joy on a daily basis.

My clinic is in London but I mostly work virtually now. Many of my clients suffer with burn-out, stress, insomnia and anxiety, often linking to gut problems, so I help them overcome these issues. I host webinars, group weight loss programmes, including one for the NHS, and transformational wellness retreats.

I love helping people transform their lives and feel great inside and out. I work holistically and look at the overall mind body soul connection; their diet, lifestyle, connection to others, spiritual connection and purpose.



Attend CNM's Online Open Day
Saturday 4th September 2021

Claim your free ticket –
Scan the QR code or visit
www.naturopathy-uk.com/bbmod or
call 01342 777 747



CNM has an exceptional 22-year track record training successful natural health practitioners online and in class.
Over 80% of graduates are practising.