

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

www.mynaturallifestyle.com

August 2021

The UK's
best
FREE
HEALTH
MAGAZINE

Children's wellness

The nutrition essentials
for your young ones

Free
choices

Your guide to free from
diets, the healthy way

NATURAL BEAUTY
RULES

MAKING THE NATURAL
SKINCARE SWITCH

Plus

FUSS-FREE RECIPES • NATURAL LIFESTYLE GIVEAWAYS • ADDRESS ACID
REFLUX • HEALTHY SWEET TREATS • HEALTH, BEAUTY, LIFESTYLE NEWS

FREE

There are many
paths to calm



Calm,
but focused



Calm,
but balanced



Calm,
but sleepy

Daily Mail

Forbes

MensHealth

WomensHealth

Esquire

The Guardian

OTION
NUTRITION

02036031119

hello@motionnutrition.com

motionnutrition.com

CNM

COLLEGE OF
NATUROPATHIC
MEDICINE

Training Successful Practitioners

FREE LECTURE
Scan below

CHANGE CAREER

Train to become a...

- Nutritional Therapist
- Acupuncturist
- Herbalist
- Naturopath
- Homeopath
- Health Coach
- Natural Chef

Postgraduate & Short Courses Part-time studies

NEW Study in class or online

Colleges across the UK and Ireland



01342 777 747

naturopathy-uk.com/nlfree

“Studying nutrition at CNM was the missing piece of the puzzle”

Aine Lavery, CNM Nutritional Therapy Graduate, explains how she has benefitted from studying with CNM.

Following my passion for health and beauty led me to study nutrition and open Northern Ireland's first naturopathic skin clinic.

I decided on a career change to follow a longstanding passion for health and beauty. I completed my ITEC level 3 in beauty and body therapy and then undertook numerous training courses in Dublin, London, and Germany, delving deeper into the physiology and function of the skin. This expanded my knowledge, enabling me to offer my clients a more in-depth approach to support common skin concerns.

I've always been an advocate of holistic wellness and I wanted to provide my clients with a 360-degree approach to skin health with long-term solutions for chronic skin conditions. Quick fixes don't work and the only way to bring about long-lasting change in the skin is to adopt an individualised approach for each client.

Nutrition plays a vital role in skin health. Studying Naturopathic Nutrition at the College of Naturopathic Medicine (CNM) was the missing piece of the puzzle; it gave me a deeper understanding of the skin at a cellular level, allowing me to address any nutritional imbalances in my clients and provide dietary and lifestyle support to improve their skin.

CNM has an excellent reputation. CNM provides you with a recognised qualification and in-clinic experience; most other nutrition courses don't offer this. The clinic hours were invaluable and showed me how to put all the theory into practice.

Becoming a nutritionist has allowed me to be truly holistic in my approach to skin health. It has provided me with the tools to better serve my clients and offer an alternative approach for their personal skin journey.

My clinic, Skin Future, offers a multifaceted approach, with nutrition and lifestyle as the pillars of optimising skin function. Being able to help my clients achieve healthier skin makes me so happy as it increases their confidence and makes them feel good about themselves.



Aine Lavery

Scan the QR Code to watch a free CNM lecture



Study with the number one training provider for natural therapies. To find out more, visit www.cnmcourses.com or call 01342 777 747.



Be sure to follow us on Twitter and Instagram to be in with a chance of winning some of the fantastic competitions we have coming up...

Keep your eyes peeled on

@nlmagazine

@naturallifestylemag

www.mynaturallifestyle.co.uk

Four new chocolate truffle flavours

Booja-Booja, the multi award-winning chocolate company, has launched four sensational new chocolate truffles. The new range brings Booja-Booja magic to four classic chocolate flavours to create an array of irresistible taste adventures. Look out for Chocolate Orange with tangy mandarin pieces, smooth creamy Deeply Chocolate, delectable Chocolate Salted Caramel with Cornish sea salt and scrumptiously scrunchy Honeycomb Caramel. Each new flavour comes in its own 8-truffle box (£4.99 RRP) and the four are featured together in a new 16-truffle selection box, The Signature Collection (£9.99 RRP). All vegan, organic & dairy free. Available from hundreds of independent retailers & Amazon

www.boojabooja.com

