

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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February 2021



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“Switching to a plant-based diet changed my life”

Adelle Adams, CNM Health Coach Graduate, explains her motivation to train with CNM.

I was overweight, exhausted and unhappy. I knew it was a sign to reflect on what was important and how my priorities needed to change.

I was in an incredibly demanding profession as a Simulation and Training Consultant in the aerospace and defence arena, which often involved working away from home for up to weeks or even months at a time. I was making poor dietary choices and it was starting to take its toll on my health.

To some people, this lifestyle was acceptable, but for me, this wasn't the case. I started out by making small changes, like moving more and eating better. When I switched to a plant-based diet, I began to feel more energetic and like my old self. I lost over 30 pounds and even completed my first half marathon in my 40s.

I really enjoyed learning about the positive effects of good nutrition and being more active. I

had seen the College of Naturopathic Medicine (CNM) at a number of expos over the last few years and I was interested in how I could take my knowledge further.

What attracted me to CNM was its naturopathic, 'food first' approach. Discovering that CNM had launched its Health Coach diploma with a programme that supported these principles, including anatomy and physiology, nutrition and fitness, was fantastic. I felt the course was made just for me, so I jumped at it!

All the course modules were comprehensive, and the tutors were extremely supportive and knowledgeable. The content made me curious to examine the impact of the lifestyle decisions we make every day. The practical client coaching sessions were invaluable and really brought the whole programme to life.

I'm thrilled to be practising as a Health Coach in my own business, AdamsEve Health &



Adelle Adams

Wellness, where I provide individual coaching, independent consultancy, corporate workshops and group coaching programmes. Not only is it a career which offers flexibility and work-life balance, it also enables me to help others make positive and long-lasting dietary and lifestyle changes. Gaining my Health Coach diploma has been a fantastic investment.

Study online with CNM, UK and Ireland's leading education provider in natural therapies.

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