

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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January 2021



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NATURAL LIFESTYLE GIVEAWAYS • THE ESSENTIAL OILS FOR YOU

FREE



Zoe Taylor

“I was desperately seeking a career change, so I studied nutrition”

Zoe Taylor, CNM Naturopathic Nutrition Graduate, explains her motivation for studying.

I had worked in IT since leaving university, but I never felt that spreadsheets and storage solutions were my true calling.

After my dad had a heart attack, I started to read about nutrition as I wanted to find out how I could help him and what preventative health measures I could use for myself and my family. My interest in nutrition continued to grow, so I eventually took the plunge and enrolled in the Naturopathic Nutrition diploma at the College of Naturopathic Medicine (CNM).

I particularly wanted a classroom-based learning environment, and I was attracted to

CNM's emphasis on clinical practice. For me, the clinical training was essential as it enabled me to feel competent and confident enough to apply the knowledge in real life. I also enjoyed learning about the science of nutrition and seeing this knowledge really come to life during clinic days. Leading and observing in clinic was an absolute privilege.

I quickly realised that nutrition was an area I wanted to work in and during my third year, I left my IT job to concentrate on my studies. I'm now the Assistant Manager for Amaranth, an award-winning wellness store based in Manchester. I also offer client nutrition consultations from Amaranth's treatment rooms as part of my own business, Step Back Nutrition.

I'm really proud of what I achieved at CNM,

both personally and academically, and I'm grateful for the opportunities it has given me. I love being able to educate and empower my clients, enabling them to explore their health status and achieve optimal wellbeing.

In the future, I would like to specialise in the fields of autism and ADHD. I believe everyone can benefit from Nutritional Therapy and I'm delighted to be a part of this growing industry.

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