

THE BRISTOL MAGAZINE

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OUR CITY, OUR WORLD

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200TH
ISSUE



CNM graduate reveals the secret to glowing skin

Camille Knowles, CNM Natural Chef Graduate and author



Camille Knowles has conquered her lifelong battle with eczema through healthy and nutritious food choices. Here, she shares her story and reveals how her new book, achieved with the help of the CNM, can help others live a life beyond eczema.

"I am one of the 330 million people worldwide who have eczema. It has had a huge impact on my childhood and teenage years - right into adulthood.

I was diagnosed with the chronic skin condition at just six years old. I led a life where I would be constantly covering up my

skin, hiding away and avoiding social occasions. The condition became so debilitating that I was hospitalised and told that there was nothing anyone could do to cure my eczema. So, I turned to my diet and attempted to manage my skin through food and drink intake. However, this obsession surrounding food took its toll on my health and instead of healing my skin, I developed a huge fear of food.

Fortunately, CNM ignited my passion for all things natural. I first completed a short course on how to make natural skincare products and later trained to become a Natural Chef. I quickly discovered that eating well and nourishing the skin from the inside and outside was a key principle in reducing my eczema symptoms. The course not only helped me fall back in love with food but the expertise and knowledge allowed me to design recipes which could benefit others too.

The Beauty of Eating Well by Camille Knowles™ is a recipe book that puts the freedom and fun back into food but with a huge focus on nutritional value. All my recipes are free from dairy, eggs, gluten and refined sugar but are full of colour, flavour and passion. The dishes created are all designed to make skin glow, not just for those with eczema but for anyone who wishes to transform dull, sensitive and dry skin.

I am so grateful to the CNM. Not only has it helped me become an eczema warrior but

the courses have helped me build a thriving business which truly helps others apply a holistic approach to living a life beyond eczema."

Watch Camille's story:

<https://www.naturalchef.com/graduate-experience-camille-knowles/>

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The Natural Chef

Scan the QR Code to watch a free CNM lecture



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

