

# Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

[www.mynaturallifestyle.com](http://www.mynaturallifestyle.com)

June 2021



## Women's wellness

Health and wellbeing essentials for key women's health issues

## Summer health guide

Holistic health advice, whether at home or abroad

**ACT ON ACNE**

NATURAL SOLUTIONS TO EASE THE COMMON SKIN COMPLAINT

**Plus** HOW MUSHROOMS CAN SUPPORT YOUR HEALTH • SUMMER DETOX • NL GIVEAWAYS • LESSONS FROM THE MEDICINAL CHEF

FREE



# “Studying with CNM is one of the greatest experiences you'll ever have”

**Kelly Mulhall, Nutritional Therapy graduate, explains why CNM was the right place for her studies.**

I worked for many years in events and marketing, which was very stressful. My diet was poor, I lived off ready meals, pastries, crisps and coffee. I had suffered long-term with IBS, eczema and adult acne after coming off the pill for 15 years. I was run down and kept getting ill all the time. After countless trips to the GP and fruitless medical testing to get to the bottom of it all, I was so confused and upset as to why my body was completely out of sync. I'd finally met my tipping point. From then on, I decided to start taking my health into my own hands and exploring ways to improve my symptoms.

I was sure that my poor diet and prolonged hormonal contraception were not good for my body and wanted to make changes to my diet and lifestyle. Whilst talking to a friend, the topic of nutrition came up and it really resonated with me. There I was, struggling to enjoy full health and stumbling across Naturopathic Nutrition was like an epiphany moment. I could get to the root cause of my symptoms and improve my health through food; a win-win! I went on to research different functional medicine degrees and realised none of them had any real-life clinical experience. CNM's 200 clinical hours meant I would be confident in my own practice as soon as I graduated. It was a huge bonus to have so much real-life clinical experience, rather than just academic learning and case studies.

Nutrition has changed my life in every way possible. I think, feel, look and sleep better and I am constantly rewarded when I am able to help those around me to live a better life. Whether you are interested in learning more about nutrition and health for yourself, to help someone you know, or even to become a practitioner, studying with CNM is one of the greatest experiences you'll ever have. The knowledge you gain is invaluable and the ability to help others is everlasting.



Kelly Mulhall

## Become a Natural Health Practitioner with CNM

Voted Best College/University in the 2021 IHCAN Education Awards. Attend the Online Open Day on Saturday, June 12 and learn more about becoming a Nutritional Therapist, Herbalist, Acupuncturist, Homeopath or Naturopath with CNM.



FREE Tickets exclusive to *Natural Lifestyle* readers – scan the QR Code or visit [www.naturopathy-uk.com/nlmagazine](http://www.naturopathy-uk.com/nlmagazine) or call 01342 777 747.

# CNM<sup>®</sup> COLLEGE OF NATUROPATHIC MEDICINE

Online & In Class

Training Successful Health Coaches

## Health Coach

*Do Something Life-Changing*

- Improve Your Health
- Change Career
- Help others



01342 777 747

[www.cnmcourses.com](http://www.cnmcourses.com)

Best College  
**2021**