

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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March 2021



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FREE

“I designed a brain-friendly kids’ food range”

Jo Saunders, Nutritional Therapy graduate at the College of Naturopathic Medicine (CNM), explains what inspired her studies.

CNM not only provides a brilliant breadth of knowledge which to build upon in private practice, it opens doors of opportunity for health-minded individuals enabling a change of career they feel truly passionate about.

What I love most about practising is sharing my knowledge and educating people in areas which are often confusing or overwhelming in the media. It feels amazing offering genuinely personalised nutrition advice which helps people make informed decisions and become responsible for their own health.

I have always had a passion for food, nutrition and the workings of the human body. Whilst my job in television was interesting and enjoyable (I worked for the Discovery Channel and Animal Planet, Tigress Productions, then at Channel 5), I felt my heart lay elsewhere. I was keen to train for a career I felt passionate about and could help myself, my family and others to feel better.

I strongly believe that symptom-led medicine is not sustainable. We have lost the art and science of preventative medicine. I wanted to learn more about how the body functions and how nutrition – through foods, herbs and appropriate supplements – can support optimal health.

I see clients as part of the UK-wide NatureDoc team, led by experienced Naturopath, Lucinda Miller. I have also co-founded the UK's first and only children's frozen food range focused on mental health and wellbeing, Smart Infused Füd, something I am hugely excited about! The range is designed to be rich in nutrients studied for their benefits in cognitive function and mental wellness. Working mums need all the help they can get and Smart Infused Füd offers guilt-free, locally sourced, environmentally friendly, nutritionally balanced food solutions for five-11-year-olds.

What attracted me to CNM was the holistic



To Saunders

approach, which was important to me and offered me the invaluable flexibility of studying around my full-time job.

Empowering, engaging and in-depth, the CNM course opened up amazing doors of opportunity for me, and I adore my work. I love being able to share my knowledge with clients and friends. My learning was hugely encouraging as a mother; it enabled me to help my children in the best way possible. Email josaunders@naturedoc.co.uk for more information.

Study online with CNM, UK and Ireland's leading education provider in natural therapies. We have over 22 years' superb track record and over 80 per cent of CNM graduates are practising. Internationally accredited diploma courses, visit cnmcourses.com or call 01342 777 747.



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