

FREE
MAGAZINE

Naturally good health

LOCAL NEWS | PRODUCTS | EXPERT ADVICE

SUPPORTING NATURAL HEALTH IN IRELAND

SPRING 2021



Clodagh's kitchen

Clodagh McKenna talks
surviving lockdown and
the secret to good food

Pollen prep

Holistic advice
for handling
hay fever season

Plus:

- * Guide to joint and bone health
- * CBD – is it for you?
- * Top giveaways
- * Naturally Good Health Product Award winners

"CNM has completely changed my life"

The lecturers were extremely knowledgeable in all aspects of nutrition and wellbeing, recalls Emma Gould, CNM Naturopathic Nutrition Graduate.



What attracted me to CNM was its flexibility around lectures, its proximity to where I live and the fact that my uncle used to be a lecturer. I especially loved the people I met at CNM. I made so many great, similar-minded friends and the lecturers were extremely knowledgeable about all aspects of nutrition and wellbeing.

If I had to use three words to describe CNM they would be educational, flexible and fun. CNM has completely changed my life; I feel like I'm now fulfilling my purpose in life.

I was medically diagnosed with psoriasis after the birth of my first child in 2011. At first, the recommended steroid creams seemed to work but soon my skin got used to these and I needed more to get any relief. Eventually, their effect stopped working altogether and I was just getting worse and worse. I was variously recommended light therapy, oat baths and other mainstream creams but nothing about nutrition. Seeing no improvement and increasingly disheartened, I decided to change

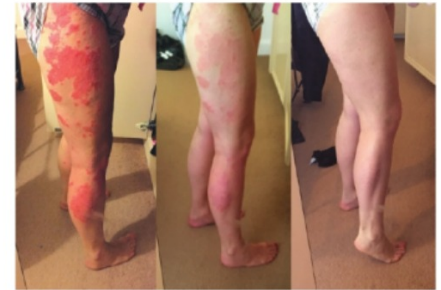
my diet and lifestyle, to see if these changes helped. I had always been brought up to look at the body holistically as my grandmother was a homeopath, so it made sense to try a whole lifestyle approach.

In 2015, I discovered a book called *Healing Psoriasis* by Dr Pagano. In it, he explains his techniques in using diet and lifestyle interventions to heal psoriasis. I strictly followed his protocol from June to October 2015. My skin completely cleared after four months! Prior to this, I was around 50 per cent covered. I still get some spots if I've not been taking care of myself, but as soon as I implement nutrition and lifestyle measures, it's fairly instant, I clear up again. Now I support my psoriasis using only natural therapies.

I have a degree in Human Biology and Psychology and an inquisitive nature, so I wanted to learn why my body had responded like this, which is why I studied Nutrition at CNM. Now I have qualified, I hope to be able to help others in similar situations. I am still working as a secretary part-time whilst I am building up my own business, Nutrition by

Emma, specialising in helping people with psoriasis and skin conditions. I love sharing the knowledge of everything I have learnt with others and, even better, watching them improve with my help.

To anyone who is thinking of studying at CNM, relish every minute of the studying, I miss it now it's gone.



CNM has a 20-year track record training successful practitioners in natural therapies, in class and online. Colleges in Ireland and across the UK. Visit naturopathy.ie or call 01 878 8060.



CNM

COLLEGE OF
NATUROPATHIC
MEDICINE

Training Successful Practitioners

Attend a **FREE**
Online Event

CHANGE CAREER

Train to become a...

- Nutritionist
- Acupuncturist
- Naturopath
- Herbalist
- Homeopath
- Natural Chef

Part-time studies

In class or online

NEW Health Coach

Colleges in Dublin, Cork, Galway, Belfast and in the UK

01 878 8060

www.naturopathy.ie

