

THE  
**BRISTOL**  
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## Force of nature

Bristol-born Adjoa Andoh from brave beginnings to Netflix royalty

### THE THEATRE OF FASHION

Costume designer, Ti Green, launches sustainable fashion label while in hiatus

### ON A MISSION

From Oscar winner to entrepreneur, Dr Chen Mao Davies on her pioneering motherhood app

### A GLOBAL STORY

Author and scholar, Dr Peace Adzo Medie, chats rave reviews and TV adaptation

### THE DEVIL IS IN THE DETAIL

Bristol model and prop-making company divulge on *Bridgerton* cameo

**PLUS...**

SO MUCH MORE IN THE CITY'S BIGGEST GUIDE TO LIVING IN BRISTOL



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

Kelly Mulhall, Nutritional Therapy graduate

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.



### Become a Nutritional Therapist or Acupuncturist with CNM Bristol

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