

THE
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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.



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