

THE BRISTOL MAGAZINE

ISSUE 202 | SEPTEMBER 2021

THEBRISTOLMAG.CO.UK
£3.95 where sold

GET OUT THERE

The city's doors are open: play darts, brewery hop or
enjoy an audio tour of the changing harbour

DESIGNS ON LIFE

The boy who lived,
on his way to being
an architect

LATE SUMMER BIKEPACKING

How to wheel away
the weekend

EXTRA- CURRICULAR CLASSROOM

Bristol Sport helps
kids thrive

FUELLING YOUNG WARRIORS

Green Jenny
Chandler recipes

CHARGING AHEAD

Could Audi's all-
electric Q4 e-tron
be your next car?

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



“The College of Naturopathic Medicine gave me a purpose”

Carli-Louan Foster, CNM Nutritional Therapy Graduate

Life is too short to be stressed and miserable – take action before it's too late, especially if it's impacting your health.

My career led to chronic stress. I worked for a FTSE 100 company and did project work with the Head of Corporate Social Responsibility, who had trained at one of the Big 4. Her success inspired me and I went on to work in a series of demanding, intense roles in the financial sector. This was the start of my chronic stress, working long hours with no work-life balance. I hit breaking point, running on adrenaline, not eating properly and experiencing chest pains. My wakeup call was when someone asked me what I wanted my legacy to be.

I used exercise to help cope with stress. My trainer (a graduate from the College of Naturopathic Medicine – CNM) ran an event on Nutrition which I attended, and that was it, I was hooked. I've always been interested

in health but at that point I was exhausted, stressed, my hair was thinning and I was still struggling with acne and a hormone imbalance. Attending the event and working with my trainer transformed my health and my perspective on life. I realised the damage I was doing and that I had a huge desire to help other people.

CNM was my turning point. The college was familiar to me as I knew quite a few people who had studied or were studying there so I decided to join. The clinical experience, observing and working with clients was fascinating, emotionally intense and fulfilling. It challenged me, pushed me outside of my comfort zone and gave me an incredible sense of meaning and purpose.

I have “the ability to live my dreams” which is my favourite definition of health from Moshi Feldenkrais. I want my legacy to be helping other people live their dreams. The CNM course emphasises the need to tackle the root cause of symptoms, which is what I needed to do with my stress – I was in the wrong career that didn't align with my core values. I feel so happy that I'm now on a path where I'm excited to get up in the morning and make a difference to someone's health and wellbeing, I feel like a new person!

I use my knowledge from CNM to build a healthy foundation for myself. Recently I used this knowledge to prepare my body for having a baby and I managed to fall pregnant pretty much straight away at 37 and now have a beautiful, healthy baby girl at the end of a great pregnancy. I'm now planning to specialise in female health and fertility doing what I love.



Free CNM Lecture

Scan the QR code

No 1 training provider for Natural Therapies

Visit www.cnmcourses.com
or call 01342 777 747

