

# made

mums and dads edinburgh | SEPT/OCT 2021

FREE



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MAGAZINE  
TURNS

10

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## THE COLLEGE OF NATUROPATHIC MEDICINE HELPED ME ACHIEVE MY DREAM CAREER

Jo Saunders, Nutritional Therapy Graduate, College of Naturopathic Medicine (CNM)

**C** MN not only provides a brilliant breadth of knowledge 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 a range of high profile television channels), 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.

## MY LEARNING WAS HUGEY ENCOURAGING AS A MOTHER; IT ENABLED ME TO HELP MY CHILDREN IN THE BEST WAY POSSIBLE

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 & wellbeing, 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 parents need all the help they can get and the range offers guilt-free, locally sourced, environmentally friendly, nutritionally balanced food solutions for 5-11-year-olds.

What attracted me to CNM was the holistic 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 has opened up amazing doors of opportunity for me, and I adore my work. I love being able to share my knowledge with both clients and friends. My learning was hugely encouraging as a mother; it enabled me to help my children in the best way possible. ■

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# CNM

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