

inspired by nature

CAREERS IN NATUROPATHIC MEDICINE.



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As more people are enjoying the benefits of natural medicine, the industry is seeing an influx of new students signing up to learn how they too can make a difference. Hear how students and staff members of the College of Naturopathic Medicine found their paths into these exciting careers.

Candice Behan, Acupuncturist and CNM Staff Member

My mom always healed my sister and I with "home remedies". Fresh aloe for sunburn, bicarbonate soda paste for a bee sting... it was what we knew. It seemed only natural I would choose a career in natural medicine, right?

Fast forward a few years and I had landed a career as a medical sales representative. This was big! I went to university for Business and Marketing and medical sales had the reputation as being hard to break into but well worth the effort. I was soon making a high-salary income and also found the work quite easy. But there was always something missing. One afternoon while waiting to speak to a physician, I found myself looking around at the patients waiting to get in. They were sitting there, looking less than healthy, toting their

bag of prescription medications with them. After years in the industry, their pile of pill bottles was confusing even for me. I decided there had to be a better way.

I was seeing an amazing acupuncturist so I began to ask him questions. Turns out, he was an instructor at an acupuncture college and he loved his career. I signed up. Three years later I was in private practice. I now specialise in fertility acupuncture and have never looked back! The first call I received from a patient telling me she was pregnant at the age of 41, after years of trying, well, it doesn't get any better than that. Acupuncture gives me passion and has brought me more joy than I could have hoped. The memory of that waiting room still makes me sad but it will always be a reminder that there is a better way, and I found it!

Alex Cusack, CNM Student

As a sports-mad kid growing up in Australia, nutrition was more of an afterthought. I thought, "If you're active, you're healthy." In 2007, I moved to Ireland and began playing cricket for the Irish team. It was then that my attitude towards nutrition began to change. By 2008, the Irish team had become mostly professional players, and the importance of nutrition and hydration gained a much greater role in our preparations for games.

In 2013, I was struck down with



painful sciatica and a bulging disc. I was given numerous steroid injections that had little effect. I did some research and realised how bad my diet was and that I needed a change. I knew I wanted to heal myself naturally. I switched to a vegetarian diet, cut out all processed foods and took up Bikram yoga. After the first week I could feel the benefits of the fresh vegetables, fruits and whole foods. And thanks to my new diet and exercise routine, I had avoided surgery and was able to return to cricket within four months.

One year later I decided to start the naturopathic nutrition course at CNM Dublin. I already knew first-hand the effects eating fresh, whole foods can have on your body and wanted to learn more. I'm enjoying the course immensely and am starting to gather sound knowledge. I have also influenced my three young kids and other family members to improve their diets and overall lifestyles. My goal after graduating is to help others achieve their optimal health and wellbeing as I have, and I'm really looking forward to it!

Adi St George, CNM Student

I realised some time ago that wheat didn't agree with my general comfort



"I found another benefit as well. My state of mind had improved."

and digestion and so I casually started removing it from my diet. To my surprise, I found another benefit as well. My state of mind had improved. In addition to my digestive issues, I suffered from frequent 'lows'. Once wheat-free, I noticed just one slip up would change my mood the next day and therefore affected my level of productivity.

I had previously taken Ritalin for concentration, but the manic highs I felt seemed far from natural and I wanted to find a way to improve my mind without pharmaceuticals. After cutting out wheat and gluten for good, I began monitoring how other foods affected my mental state. I discovered that when I removed sugar as well, my focus and concentration sharpened. Now I cringe at the thought

of the number of people prescribed pharmaceuticals, especially children, without first making simple dietary changes.

My personal victories, along with the desire to help others find a natural approach to health, lead me to study with CNM. I have learned the physiology behind illnesses and a gained a much deeper understanding of modern day medicine. With so much conflicting information out there, I am now able to understand the logic and science behind the opinions. I'm thrilled that in just one year I'll be helping people get closer to their health goals as my full-time job!

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