

Why I studied Nutrition

GP Dr Laura Quinton studied Nutrition at CNM (College of Naturopathic Medicine)

Since I began practising as a doctor in 1991, I have noticed a huge rise in autoimmune disease, irritable bowel syndrome, anxiety and depression, allergies, infertility and skin problems. More people seem to have medically unexplained problems, too.

Whilst conventional medicine is fantastic and lifesaving for many patients, I felt there had to be another way of tackling some health problems without endless prescriptions for drugs, which often seemed to do more harm than good. I began to suspect that many patients' problems had a connection with their food or their gut.

The general way we are exposed to food choices is huge, and sadly some of these choices are not nutritionally balanced and put our health at more risk.

As a doctor I understood next to nothing about the impact of nutrition on health because it had never been a significant part of our training. I started looking for a course to help me understand food as medicine. The idea of a naturopathic, holistic approach is what attracted me to CNM.

The course was well paced and thorough, with amazing lectures, and motivated and passionate classmates. You get to open your

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mind to new ideas. I brought back ideas to my own patients and fellow doctors which have had fantastic and positive results.

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Often, just bringing the idea of looking at food choices for health into the patient consultation is a first and positive step. But information about nutrition can be conflicting, and more and more cutting edge evidence confirms individual

differences in responses to diet and lifestyle. Being able to get an individualised plan is so important, but delivering it takes time.

Most GPs I know would like to learn more about Nutrition but don't have enough time to do so. Having holistic lifestyle coaches who understand nutrition and health and who can work in family GP practices would be a fantastic way of supporting them.

By studying Nutrition at CNM I have learnt so much that no medical textbook has ever taught me, improved my own health and wellbeing, and re-ignited my passion for being a doctor.

CNM is the UK and Ireland's leading training provider in natural therapies, with a 20-year track record in training successful practitioners. CNM has recently launched its Diploma in Naturopathic Nutritional Therapy Online.

Contact us to find out more, or to book your free place on the next Open Event at your nearest CNM College: naturopathy.ie or **01 8788060**

