

# CNM



COLLEGE OF  
NATUROPATHIC  
MEDICINE LONDON

Training Successful Natural Chefs

## The CNM Natural Chef

*'Let food be thy  
medicine, and  
medicine be  
thy food'  
– Hippocrates*



01342 410505 [www.naturopathy-uk.com](http://www.naturopathy-uk.com)

# The CNM Natural Chef



## Our Mission

- To provide students with thorough, practice orientated training in natural food preparation
- To train students to become competent and successful CNM Natural Chefs
- To make sure the CNM Natural Chef qualification is widely known and respected in the UK, Europe and worldwide
- To continuously raise the profile of the CNM Natural Chef in society
- To support and promote CNM Natural Chefs after graduation

If you are looking to study in small groups and be taught by creative and talented figures from the world of natural health cookery, you have come to the right place.

We look forward to welcoming you!

**Hermann Keppler**  
**Naturopath**

Founder & Principal of CNM



***“CNM’s Natural Chef Course is the perfect way to learn how to harness the power of food.”***

**– Elizabeth Peyton-Jones,**  
Naturopath and Author

**Get a free knife set when you sign-up  
on CNM’s Natural Chef course**



# The CNM Natural Chef Training

**CNM's Natural Chef Training has been developed to meet the growing demands of a society increasingly interested in food that supports and promotes health.**

CNM Natural Chef students are taught to prepare delicious gourmet meals that focus on nutritional value. Whole, organic, fresh and minimally processed foods are procured in season. As no single dietary regimen is appropriate for everyone, we teach how individualised food can enhance health.

This course is suitable for all food lovers. Whether you simply want to know more so that you can serve up truly healthy and delicious food for your family, or you want to turn your knowledge into a successful career - this course is for you.

## **Career Opportunities**

The CNM Natural Chef Diploma can open doors to a variety of careers. Options include becoming a Natural Chef in a restaurant, juice bar, health café, or spa; working as a personal chef, or developing your own healthy catering or food business.

From cooking instructor, product developer, food and recipe writer or cookbook author, to educating clients and businesses on how to prepare natural foods, the possibilities are endless. Professionals such as a Nutritionists, Naturopaths, Nurses, Herbalists or Fitness Instructors can use their Natural Chef title as an adjunct to develop their existing business.



***“CNM's Natural Chef Course will enable you to produce recipes that help to nourish and repair.”***

**– Rick Hay,  
Super Foodist and Author**



# The Syllabus

9 – 10 months – 520 hours in total

This 3-part course covers everything you need to know to become a successful CNM Natural Chef, from how the digestive process works, to building a culinary career! CNM's Natural Chef Training consists of 420 part-time hours of life-changing education. You will then need to complete an internship of an additional 100 hours.

## Part 1 - Anatomy & Physiology 60 hours

Understanding how the body functions, especially the digestive system, is vital for a Natural Chef. CNM's on-line Short Course in Basic Anatomy & Physiology (A&P) will teach you what you need to know.

## Part 2 - Nutrition for Every Day Living 60 hours

Food choices and how the nutritional values of individual foods impact our immunity, cognitive abilities and energy levels, is the focus of CNM's classroom-based Short Course in Nutrition for Every Day Living (NEDL).

If you are already qualified in A&P or Nutrition you can seek an exemption from these parts of the course.



***"It's great when you know that every meal you prepare is balanced, nutritious and tastes amazing!"***

**– Suné Markowitz-Shulman,**  
Nutritional Chef

*Leading Natural Chefs will teach you essential cooking techniques.*



## Part 3 - Chef Training

140 hours in the kitchen, and 160 hours home assignments

Leading Natural Chefs will teach you essential cooking techniques. You'll also learn methods for sourcing quality ingredients, culinary business principles, and the art of healthful cooking.

### Fundamentals

- Food safety and sanitation
- Macro & micro nutrients
- Types of diets (vegan, vegetarian, raw, cooked, paleo, etc.)
- Flavour, taste, preparation and presentation
- Recipe writing and culinary maths
- Best sources of food and ingredients
- Energetics of food

### Techniques

- Kitchen equipment, knife skills
- Cooking, marinating, grilling, steaming, baking
- Sprouting, juicing, fermenting, dehydrating, Flow Food



***"Healthy eating venues are popping up everywhere and the world is calling out for Natural Chefs."***

**– Katie Clare,**  
Nutritional Therapist



# The Syllabus continued...



## Food

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- Meat, stocks, broths, sauces and stews
- Vegetables, salads, fruits, grains, pasta, nuts and seeds
- Raw and living foods
- Culinary herbs and spices
- Beverages, superfoods, food combination
- Alternatives to sugar, table salt, dairy, gluten, soya

## Food for Health

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- Therapeutic menu writing and planning
- Foods that support organ systems
- Food therapeutics
- Deliciously healthy breakfast, lunch, dinner and dessert

## Business

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- PR and Marketing Strategies'
- How to build a culinary career
- The law and accounts



***“Being a Natural Chef is a great opportunity to be at the forefront of the current changing perspective on healthy food.”***

**– Ceri Jones,**  
Natural Chef



*You will be awarded a Diploma  
as a CNM Natural Chef*



## **Internship**

**In the final stage of your training, you will hone your skills in a professional setting. You will develop your culinary knowledge by completing a minimum of 100 hours experience in a work place setting.**

Depending on your interest, this could be by working in a catering business, restaurant, a juice bar, a health café or a health retreat, etc..

Your internship will allow you to experience the role of a CNM Natural Chef in a professional setting, increasing your employability. You will need to find the internship place which suits you best. CNM will provide a list of potential hosts. Internships are not limited to the UK but must be approved by the Course Director. Any fees connected with the internship are not covered by the fee for your CNM Natural Chef course.

## **Award**

You will be awarded a Diploma as a CNM Natural Chef upon successful completion of all parts of the training.



CNM Natural Chefs  
are eligible to  
join the **ANP**  
(Association of  
Naturopathic  
Practitioners).



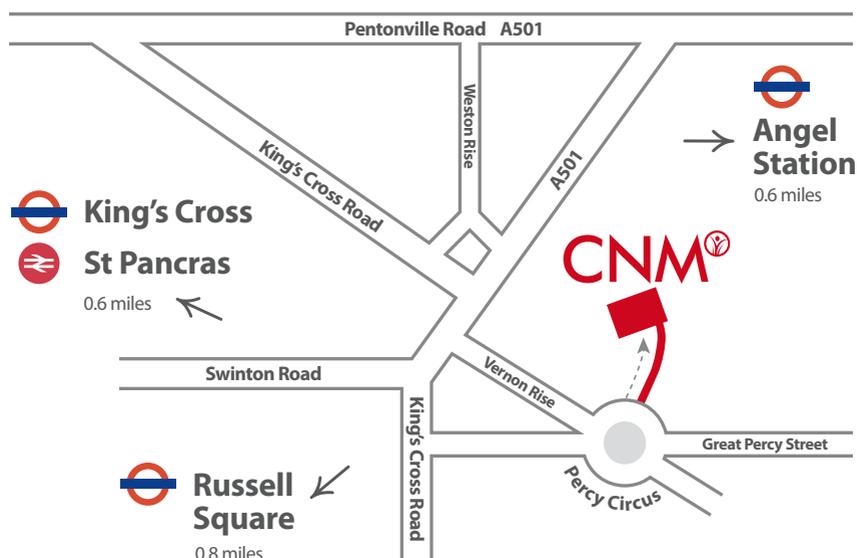
# The CNM Natural Chef



## If you are seeking...

- a rewarding and fulfilling career
- to expand your knowledge by becoming a CNM Natural Chef
- to be taught by leading chefs in small classes
- to set up your own business or be employed
- to earn a satisfying income in a growing market

...then talk to us.



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