

“Our mission is huge: there are so many people who need us CAM practitioners”



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QUALIFICATIONS: DipCNM, BA (Hons).

TRAINING: Applying Functional Medicine in Clinical Practice® (IFM) 2015.

How long did it take for you to qualify?

4 years.

Where do you practise?

In the City of London – Aldgate East.

What’s your main therapy/modality and why?

I’m a Nutritional Therapist and Functional Medicine Practitioner.

I’ve come from a banking background and I’ve spent long years working with and analysing data, solving problems many others would not even dare to touch. So I am so in love with functional medicine, the science behind it – and just love the fact that it is truly personalized. All my clients get their plan based on their own unique needs, most of the time after performing functional tests as well, and my recommendations are backed by the ever-growing scientific research incorporating systems biology, genetics and a very holistic analysis of how the environment impacts our health.

I love naturopathic nutrition, and my training at CNM gave me a great foundation for my practice. Finding out about the latest research and the development of personalised and evidence-based lifestyle medicine are very crucial in our industry. This was one of the reasons why I chose to carry on with my studies and I would like to fully qualify as a Functional Medicine professional as well. I completed the first step towards it – I attended the AFMCP training in London last October.

Why did you decide to become a practitioner?

I worked in the banking industry for more than ten years – so I am well aware of the challenges, stress, pressing deadlines and deliverables at work and what a huge impact it can have on our lives as well as whole organisations.

Fortunately, there are many ways to improve the working environment and to feel healthier, more energetic, improve adrenal fatigue, manage stress etc. I believe that my most important mission is to help my clients find the root cause of their problems.

My “why” is rooted in my own health issues. I tried to solve my own problems (IBS, chronic fatigue) the conventional way, but I was left with more questions and no solution, not even help with my symptoms. So I started to research and read alternative

and natural means to heal myself, and this experience taught me how powerful nutrition is. Soon I was reading books that would remind anyone more of biochemistry classes – and these were my fun holiday reads!

I was just fascinated about this brand new world of natural healing tools. So I chose to enrol and study nutrition to be able to help as many people as possible to become truly healthy and happy.

I believe in the healing power of food and herbs, thoughts and deeds. I believe that we have the power within to make decisions, and take actions that will help us to draw forth a life state reflected by our health and happiness. I would really like to help my ex-colleagues and all the people working in the City as well – it can be such a demanding environment, and it’s so important to find balance to prevent future tragedies.

This is why I chose to become a licensed associate of SuperWellness Nutrition. We deliver engaging and flexible solutions for savvy businesses who would like to take their employee wellbeing and vitality as well as productivity and motivation to the next level.

Of course my main focus is one-to-one nutrition therapy consultations in my private clinic, and as mentioned before I incorporate the Functional

Medicine principles and matrix in my practice.

How long have you been in practice?

18 months.

Who or what has been the main influence/inspiration on your practice?

The person who inspired most is my mentor – Jo Gamble. She delivered a full day lecture on cancer in my last year at CNM, and her passion and attitude, as well as her knowledge, made a deep impact. I decided there and then that I’d like her to be my mentor when I graduated and to become as professional, passionate and knowledgeable as her.

I really believe that our mission is huge and there are so many people who need us CAM practitioners. I am proud to be part of this community, and I can’t even express how rewarding it is to help my clients take back the control and heal naturally. I have big dreams, and my ultimate vision is making this world a better place through my practice. Even if this is a slow process, it is happening, one healthy decision at a time.

What conditions or types of client do you see most?

There are so many different conditions my clients come in with. The one common thing is stress, though. I’ve got

many of them struggling with fatigue, hormonal imbalances, autoimmune conditions and heart problems.

What do you find the easiest to work with?

I find testing very important. I really don't want to waste my client's time or money and functional testing can be such a powerful tool to find the root cause of the problems. They also like to see their results and are much more motivated to follow my recommendations.

As all my clients are completely different, and even similar symptoms can be caused by different imbalances, it's hard to say what's easiest to work with. I love to build a good relationship with my clients and to watch them improving their health each time we meet.

What is your favourite type of client?

I really like when they are motivated and open for changes. They benefit much quicker. I believe though, that all the clients who come and see me are willing to take responsibility for their health and their initial consultation is their first step.

Their pace is not that important. I would much rather set realistic small goals than a massive change that sets them up for failure.

What is the most challenging type of symptoms/illness/problem that you get presented with?

Heart health can be very challenging – it's so important to stress the importance of the lifestyle changes, while also making sure that I'm not actually freaking out my clients with the potential risk factors. Especially when it's a complicated case. There's a fine line, but this is why our role as educators becomes crucial.



What one thing is absolutely essential to you in your practice?

My green tea :).

Do you enhance your business with any projects outside of your clinic?

Yes, I'm a licensed associate of Superwellness Nutrition – so basically I'm living my dream and I have a chance to go back to the corporate environment and inspire people through nutrition

talks, workshops, testing and challenges.

I also write blog posts there as well as blogging for Pulsin'.

One of my favourite projects has been volunteering as a nutritionist for the British Red Cross (for more than 18 months now) – I give nutrition advice to their fundraisers who take part in sports challenges like the London Marathon. It's a wonderful feeling to support such a great cause and charity with my passion.

Which CAM book has helped or inspired you most, so far in your career?

I love all books from Dr Jeffrey Bland and Dr Mark Hyman.

I've recently read Dr Deanna Minich's *Whole Detox* and her approach just blew me away. She incorporates the science of functional medicine with Ayurveda and TCM. I loved it.

Why do you do what you do?

Because I believe that it's time for us (humanity) to realise our highest potential while we are on this journey called life, and I'd like to help as many people as possible with this.

If money, time and effort were no object, what one thing would you change about your practice or complementary and alternative medicine in general?

I would love to educate people more about the importance of our lifestyle choices and nutrition. What I know, and have learnt in the past five-six years, should be common knowledge taught in schools. I'd love to help more people to make informed decisions.

I would also love to make the practice more affordable and available, especially functional testing.

What piece of advice would you give to newly qualified CAM practitioners who are just setting up a business?

Don't ever give up. You are so important. Always go back to your why, your purpose, your own experience. Have a mentor who can help you at the beginning. And find your own unique way – trust yourself.

What is the biggest challenge you face as a practitioner?

Keeping up to date – there's so much information out there and so little time :). 🙏



The CAM Awards are hugely successful, but we're aware they only reward and recognise a handful of practitioners and clinics each year. Meanwhile, we know that CAM practitioners are quietly getting on with changing people's lives, every day – and we want to celebrate and share the inspiration. So we've re-vamped our popular *In Practice* series. It is coordinated by regular CAM contributor Rebecca Smith, who runs a successful practice of her own, established 20 years ago. Contact her direct to be part of the feature: rebecca@newportcomplementaryhealthclinic.co.uk, and follow her on Twitter: @NCHHealthClinic.