

About my Journey to CSNN. Then and Now

Sarah Maughan , 2009

After years of struggling with digestive issues myself, and being turned away from the medical community because I could not be diagnosed with anything – and thus could not be helped, I found the power of food. Like most people, I thought IBS was BS, and I did not believe my life would have to be this way forever. I researched nutrition and natural medicine in my free time and discovered my own food intolerances. After I removed gluten I felt phenomenal, and I had always been relatively dairy free. So my life began as this gluten free/ dairy free girl and came up with my own recipes. My passion further blossomed. When I stopped being embarrassed and started developing compassion for others in my situation I realized that I needed to talk about food and proper nutrition for a living.

As University came to an end I knew becoming a holistic nutritionist was the path for me. I was an eager beaver and contacted Vivian in January while I was still in School and asked how I could sign up for the next term – IMMEDIATELY- as soon as I am done with my program. She had me come in for an interview to make sure this was the right path for me and after I explained my life story I think she agreed with me. Or maybe she let me in because I was really stubborn. In the beginning, it was a bit daunting because I was the youngest in my class, but after starting CSNN my life changed dramatically – each course was more fascinating than the next and I couldn't wait to see how my eating would change each month for the better, and also the way I felt! This is a course that you can immediately apply to yourself for the better as time goes on and it helps the knowledge become ingrained in your brain.

There will be times when you feel like you can't eat anything because you think all companies lie and it's all contaminated and devoid of nutrients– but just hang on because it won't be long before you feel like there is so much you can eat and try and experiment with. Food will become your life and I encourage you to read and research outside the course to make this experience that much better for you. Sometimes your significant other, friends and family will think you are crazy, sometimes they will feel like lab rats, sometimes they will listen and sometimes they won't – but you are doing this for you and only good can come of it. The rest will follow in time. You will have an amazing classroom full of supporters and people who will encourage you the entire way – you will love coming to class for this reason, especially when you think no one is listening to you or you have hit a road block yourself. These people will become your new community. All in all, this is the smartest decision you could ever make for yourselves, your friends, your family and your future.

A little bit about myself now, I graduated last year and am fortunate enough to be working at a sports medicine clinic called Totum Life Science near Rosedale subway station. I am also doing the apprentice program that is new this year which is based on a clinical research study on Diabetes. I have a mentor through the whole process, which helps as I build my own business and panic with questions at all times! The study is going to help me learn practical holistic nutrition and also prove to the government that we can see results using our own holistic methods on whole foods and help us gain access to more opportunities and businesses. The world is changing with regards to the way we look at food, so this is the greatest career you could embark on. You get to be a part of this change and inspire others along the way.