

# LOCALS THAT LAUNCH: BE NATURALLY HEALTHY

**CAROLINE SPINDLOW** IS A REGISTERED NUTRITIONAL THERAPIST AND THE OWNER OF **BE NATURALLY HEALTHY**.

IN HER OWN WORDS CAROLINE TELLS US ABOUT HER BUSINESS.....



## Do you hold any qualifications?

I studied at the prestigious, College of Naturopathic Medicine in London. Whilst there I completed one year in Biomedicine and two years in Naturopathic Nutrition which included over two hundred hours of clinic experience. I am a fully qualified Registered Nutritional Therapist.

## How would you describe your job?

Put simply, my job is helping people to feel well again so they can get on and live the life they want! I take a whole-body approach with my clients, combining nutrition, lifestyle and medical testing to help them achieve their health goals. I use presenting symptoms as clues to discover any underlying concerns. It's a bit like being a detective at times. This approach works for chronic conditions or if a client wants to optimise their health.

## Why did you decide to get into this profession?

It became clear to me through my own health journey that we are making ourselves sick through how we eat, move and live. For many people, this is being compounded by taking more and more prescription pills, which is not always the solution - there is an alternative. I believe that what people really need is some guidance and to truly be listened too. Nutritional therapy provides this space and can be the health breakthrough that people need.

## What has been the most valuable lesson learnt so far?

On a professional level, I have learnt that the person who knows the most about a health concern is the one that is suffering, they are most definitely the expert as they live and breath it, night and day, and

that is very humbling. I have also learnt that you can't help people if they don't know about your business.

## What hurdles have you faced?

I think the biggest hurdle is that of misperception - at the moment I think Naturopathic Nutritional Therapy is a misunderstood profession. It is not about making people feel bad about what they do and don't eat, or some 'out-there' medicine, it is far from it. I also think people feel guilty about investing in self-care, especially when it comes to their health because we have the NHS for 'free'.

## What has been the most challenging aspect of owning your own business?

I guess, like many business owners, it can be hard to switch off and not let the evenings and weekends become work-time, especially when there are so many clients that need help. When it comes to the human body the learning never stops so reminding myself to step away from the computer at night-time is a regular battle. I am a bit of a dinosaur when it comes to social media, so getting my head around all the platforms has been a challenge, I'm getting there, albeit slowly!

## What has been the most rewarding aspect?

What can be more rewarding than contributing to a persons health and wellbeing? It is an honour.

## How should potential customers contact you?

They can find more about me on my website [www.benaturallyhealthy.co.uk](http://www.benaturallyhealthy.co.uk) and/or visit me at my beautiful clinic room in The Coach House, Epping, or my home in Old Harlow I also have a virtual clinic via Zoom.

Tel: **07982 636 603**  
 Email: [caroline@benaturallyhealthy.co.uk](mailto:caroline@benaturallyhealthy.co.uk)  
 Web: [www.benaturallyhealthy.co.uk](http://www.benaturallyhealthy.co.uk)

