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Your best of the year

This year's awards proved the hardest to judge – with the quality of the entries the best yet. Here we reveal the winners.

We've had to look for two of the best from our inspiring shortlist announced last month: the practitioners, practices or schemes that are ahead of the rest in the two categories of Outstanding Practice and Outstanding Contribution to the Community.

In addition, we're recognising the CAM Student of the Year: the student from first year onwards who displays great promise; and the third and final year student who

OUTSTANDING PRACTICE:

Christine Blakey, MCSP, SRP, DN, NThD, HGDip (P), MHGI (Human Givens and Nutritional Therapy Centre, Glasgow).

HIGHLY COMMENDED:

Lucille Leader, Dip ION, MBANT (London Pain Relief and Nutritional Support Clinic, Highgate Hospital).

OUTSTANDING CONTRIBUTION TO THE COMMUNITY:

Shola Arewa, Energy 4Life Practitioner/Trainer (Inner Vision, London).

STUDENT OF THE YEAR:

David Hammond, BSc (Hons) Herbal Medicine, University of Westminster.

STUDENT EXCELLENCE:

Emma Neate, BSc (Hons) Health Sciences: Complementary Medicine (Naturopathy), University of Westminster.

has shown great consistency over a whole course of study and merits our Student Excellence Award.

The judges have had a particularly hard time this year and asked for extra awards! But in the end we had to push them to a decision.

Our winner of the Outstanding Practice award for 2007 is Christine Blakey, MCSP, SRP, DN, NThD, HGDip (P), MHGI (Human Givens and Nutritional Therapy Centre, Glasgow). Christine combines nutritional therapy and brief psychotherapy to help clients with chronic and severe conditions – many of whom transform their lives as a result of interacting with her.

The judges wanted to highly commend Lucille Leader, Dip ION, MBANT, of the London Pain Relief and Nutritional Support Clinic, Highgate Hospital, for her pioneering work with Parkinson's disease alongside her husband Dr Geoffrey Leader. Overall, our judges decided in favour of Christine as she is a solo practitioner in a difficult geographical area when it comes to nutrition, and was backed by many heart-warming testimonials from patients.

In the Outstanding Contribution to the Community category, judges were impressed by the efforts – and the paperwork – of the big team players, but on balance found that Shola Arewa's persistent 20 years of effort demanded recognition. Shola not only took

yoga and holistic health to inmates and officers in Brixton prison by sheer force of character, but was also a prime mover in the early days of massage therapy education.

You will hear a lot more about these two winners through interviews in CAM.

Our two winning students both come from the University of Westminster, the institution which also supplied the majority of the entries.

Winner of the CAM Student of the Year Award is David Hammond, a student on the three-year BSc (Hons) Herbal Medicine course who, as well as being an exceptional student has spent a great deal of time organizing events and forging links to spread the herbal medicine message.

Our winner of the Student Excellence Award is Emma Neate, who among other things produced a unique project investigating the use of constitutional hydrotherapy in an integrative healthcare model. She won a first-class honours degree in the Naturopathy pathway of the BSc (Hons) Health Sciences: Complementary Medicine degree.

The winners of the Outstanding Practice and Outstanding Contribution to Community will receive £1,000 while the students will take away £400 each. All prize money is donated by The Nutri Centre. The winners will be feted at The Natural Trade Show Brighton next month. 