

Drs. Astrid Noorden

Astrid Noorden is the director and founder of CNE (Center for Natural Medicine and Education) and DSA (Dutch Shiatsu Academy) which teaches the Namikoshi Shiatsu methodology which is a 5 year accredited programme at university level.

Previously, she completed a 4 year higher education for alternative medicine at Hilversum in 1985, which is the oldest and most respected academy for holistic health care in The Netherlands. Astrid was trained as a nurse and natural health care practitioner and has a Masters Degree in Nursing Science. In 1993 she was the first in The Netherlands to do research into complementary therapies and nursing care. She is often consulted as a complementary healthcare-expert and her descriptions of this care are now the basics for nurses and other health workers and serve for the further development of this specific area.

Astrid Noorden has been teaching since 1985 at the CNE, DSA and other academies for integrated medicine and healthcare. She is one of the authors of the recently published book "Integrale Geneeskunde, overzicht en prospect" (Integrated medicine, overview and prospect), which is considered the most complete and best documented work in this area.

Astrid is Board member of CAM Researchers Network, Board member of the Jetty Mathurin Foundation, Advisor of the Association for Natural Health Practitioners and Co-founder of the Wise Women Movement.