



# ICIM NEWS

JUNE 2007

## STUDENT OF THE MONTH

### Siobhan Dempsey, Acupuncture Year 2, Cork

*Congratulations to Siobhan Dempsey who was voted Student of the Month by her fellow classmates. Siobhan kindly ordered acupuncture kits from the UK for everyone in her class and made the financial outlay on her credit card. She even negotiated a better delivery price for them! Well Done Siobhan!*



RUTH CLOHERTY

### THIS ISSUE

STUDENT OF THE MONTH 1

RUTH CLOHERTY 1

SUPER FOODS - SUZANNE LAURIE 2

BOOK REVIEW - ORCHID BOOKS 3

STUDENT COMMENTS 4

ICIM COURSES & CONTACT DETAILS 4

The ICIM is now providing a professional register for TCM Practitioners and Nutritional Therapists. We have agreed a highly competitive rate for comprehensive practitioner insurance as well as free student insurance. Undergraduate students of the Acupuncture TCM and Nutritional Therapy diploma courses can now enjoy free insurance cover for all their ICIM clinical practice. These rates are the lowest that we have come across in Ireland and reflect the Institutes high standards.

As a professional body we are partaking in the steering group meetings for Acupuncture and Chinese Herbal Medicine. The purpose of the steering group meetings is to share good practice and to agree a common code of ethics

and professional conduct for the profession as a whole.

We will also be liaising with the newly formed association Nutritional Therapy Ireland (NTI). Entry to the register being held by both the NTI and the ICIM will depend on registration with the NTC.

NTC have made changes to the clinical practice requirements recently. ICIM have responded immediately to ensure all our graduates can be fast tracked onto the NTC register.

We have introduced a new short course in Western Herbal Medicine (WHM). This course is ideal for qualified Nutritional Therapists. It will also provide one module towards the degree as well

as give invaluable knowledge of WHM.

Acupuncture/TCM graduates will be able to complete the remaining pharmacology and pharmacognacy modules to become fully qualified herbal practitioners and dispense as well as prescribe.

I am delighted that so many of the Naturopathic students have graduated already this year. We look forward to sending out the remaining certificates. Well done for working so hard and a big thank to the diploma students for accommodating the changes that have taken place over the year. Good luck in your exams and enjoy the well earned summer break.



## SUPER FOODS - BY SUZANNE LAURIE

### QUINOA



The grain quinoa (pronounced Keen-wah) is a relative culinary new comer to the British Isles but as a staple of the ancient Inca diet it had so many health promoting properties, they called it “the mother grain”. Quinoa is a nutrient heavy weight amongst grains, most notably for its excellent protein content. It is one of the few vegetarian sources of protein that contains all the essential amino acids. However it can also boast more calcium than milk and good quantities of fibre, iron, vitamin E and the anti-stress B vitamins. It also has a higher essential fat content than other grains and is gluten-free.

Available from most health food shops and major supermarkets, quinoa is simple to prepare (it is boiled in 2 parts water to one part quinoa for 15-20 minutes – rather like rice) and is great with stir-fries and salads.

#### Quinoa Tabouli

##### Ingredients (serves 1)

- 1 cup of water 1/2 cup of quinoa
- 3 tomatoes
- 2 inch long piece of cucumber
- 1 cup of fresh parsley
- 1 cup of spring onions
- The juice of half a lemon
- 3 tbsp olive oil
- ½ cup of fresh mint

Bring quinoa to the boil in a saucepan of water. Reduce heat and simmer for 15 min, or until water has been absorbed. Finely chop the tomatoes, cucumber, parsley, and spring onions. Add lemon juice, oil, and mint to tomato mixture. Stir in cooked quinoa. Mix well and chill before serving.



##### Checklist:

Contains : Protein, essential fats, fibre, vitamin Bs and E, calcium, iron and phosphorus

May reduce the risk of : Digestive complaints, osteoporosis, cardiovascular disease

Aim to eat : 2 portions per week

Serving suggestions : Use instead of rice with stir fries, salads or as an ac-

#### UPCOMING EVENTS & SEMINARS

**Osteoporosis workshop: Why is there less osteoporosis in societies that eat diets low in dairy?**  
 Libra Health Clinic, 1a Leinster St. Nth., Phibsborough, Dublin 7. Sat 16th June, 2-6pm, €90

**BOOK REVIEW BY ORCHID BOOKS**

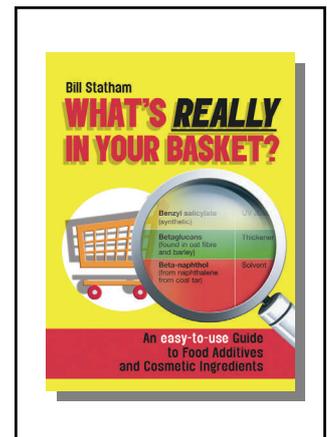
**WHAT'S REALLY IN YOUR BASKET?**

- BILL STATHAM

Previously published as "The Chemical Maze", this is the completely new, revised, and updated 2nd edition of Bill Statham's best selling shopping guide. Its handy 110 x 150 mm size makes it a true "pocket" sized guide to take with you when out shopping. Split into two parts, "What's Really in Your Baskets" gives a complete list of both Food Additives and Cosmetic Ingredients.

Food Additives are listed alphabetically by chemical name and show the "E" number next to it. The user friendly guide tells you at a glance which additives are hazardous (Red), which are best avoided (Orange) and which are safe (Green). A second classification system uses smiley faces or sad faces to emphasize the nature of the additive in question.

Further information is provided in terms of the product's origin (animal based, plant based, synthetic, etc) as well as potential risks associated with the product. Bill Statham also lists, where applicable, any alternative uses for the product (I.e. detergents etc.) Despite it's small size, "What's Really in Your Basket?" is big on accurate (and sometimes scary) information on what we are really eating and putting on our skin. It is an absolute must for any self-respecting therapist/practitioner and the best possible starting point if you are suspecting allergic or toxic reactions caused by additives or ingredients.



The Author

Now based in Victoria, Australia, Bill Statham is a writer and health researcher. He is a practising homeopath with extensive experience in treating food related conditions.

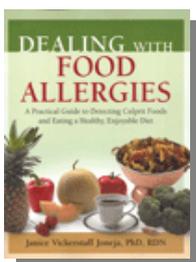
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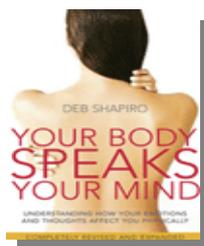
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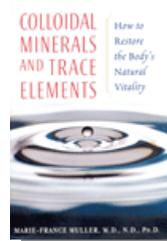
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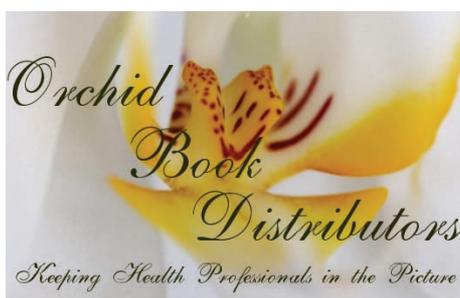
"Dealing with Food Allergies"  
Janice Vickerstaff Joneja



"Your Body Speaks Your Mind"  
Deb Shapiro



"Colloidal Minerals and Trace Elements"  
M.F. Muller



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## STUDENT END OF YEAR COMMENTS

It has been a tough year especially trying to balance working full time with study but with the enthusiasm and encouragement from Dr. Adamali, the support from my classmates, and my own fascination with what I was learning I found the experience to be extremely rewarding. The homework, which was mainly based on case studies, was both challenging and enjoyable. It was a great way to test my knowledge and gave me the confidence to explore a case study and the ability to identify the diseases that were presented and to discuss their significance. I have thoroughly enjoyed my first year of medical sciences and I look forward to starting a new journey in year 2 with nutritional therapy.

**Emma Crawley, Medical Sciences**

Third year has been very different from second, this year we put into practice all that we learned last year. Most of the time was spent taking case histories, interpreting them and devising supplement and dietary protocols. Regarding clinical practice, it has been very interesting to observe an actual case history. I have attended many courses in the past but this facility was never available. It has been a long year and I am sure we will all be glad to finish up!

**Helen O'Brien, Nutritional Therapy, 3rd year**

I have almost completed my second year in Acupuncture, which I have found to be a difficult and challenging experience. The high standard set by ICIM is reflected by both the course content and the quality of lecturers who devote themselves tirelessly to the task of helping us become competent TCM practitioners. I feel that we are well on our way to achieving this goal and look forward to the coming year.

**Geraldine Rose, Acupuncture, 2nd year**

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your feedback and articles  
as well as nominate fellow  
students for Class Rep or  
'Student of the Month'.

**For a career in  
Nutritional Therapy**

**Acupuncture**

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**Naturopathy**

**“ D E V E L O P I N G   H E A L T H I E R   C A R E E R S ”**