



Directors Introduction....



Anneliese Dressel

Hi to all of our students, from Anneliese and Suzanne!

We are very excited about this opportunity to take another step towards ICIM being the centre of excellence for Nutritional Therapy training in Ireland. Both of us being practicing nutritional therapists, we have decided to focus our efforts on an area of training we both understand well. We hope over the coming months and years we can implement some very positive changes into the Nutritional Therapy Diploma, introducing a broader range of topics including cookery and psychology. As therapists ourselves, we understand the importance of relevant CPD and are looking forward to developing interesting and innovative short courses and seminars. This year we will be continuing the very successful Naturopathic Nutrition certificate and also introducing a much requested Certificate in Western Herbs.



Suzanne Laurie

We are also hoping to make your experience as a student of ICIM as enjoyable and productive as possible. To this end we will both be lecturing in all venues. We understand that as students you will have many ideas and suggestions to help us move forward. We welcome this and look forward to hearing from you all. If you have any ideas then please contact us at suzanne@icim-ireland.net or anneliese@icim-ireland.net

We are both really looking forward to meeting you all over the coming year.

Anneliese Dressel

Suzanne Laurie

Student of the Month - Emer Larkin, NT3 Galway

Congratulations to Emer... who has been nominated for the student award for her outstanding performance as student representative for her class. She has maintained excellent class motivation, organisation & cohesiveness as well as researching & procuring free wall planners for all her class mates.

Anneliese Dressel

Hi everyone. I would like to introduce myself formally and to tell you how much I appreciate this great opportunity to become involved with the excellent course and school that Ruth and James Cloherty have founded. I am very excited about the coming year and look forward to working together with Suzanne Laurie and Carrienne Grout to make many improvements and interesting changes to the

nutritional therapy course. I also look forward to meeting all of you over the coming months and helping you on your journey to becoming nutritional therapists.

So - my life in a nutshell to date! I graduated from University College Cork with a Masters degree in Nutrition in 1994 (unfortunately I am really that old!!). At the time I would have loved to have found a career in nutrition but the only work available at that time was working in food companies. So for 13 years I worked in a variety of positions in mainly IT companies. I chose to work only with small start-up companies because I enjoyed the challenge of building them up and the opportunities to be involved in many different aspects of the business. I always kept up with nutrition research and four years ago I decided that the time was right to re-enter the field. I upskilled by doing the Diploma in Nutritional Therapy and for the past year I have been running my own practice.

It is amazing how much attitudes have changed regarding nutrition in the last 5 years. Since I started my own business, there have been a wide variety of opportunities for me as a nutritional therapist and the difficulty had been choosing which path I really wanted to take. I was pleasantly surprised to find that there is great acceptance among the medical

community for Nutritional Therapists. I work alongside doctors and nurses in the Farranfore Medical Centre in Kerry and am considered one of the team there. I have two other clinics in Cork specialising in Fertility and Women's Health and I often get patients referred by doctors as well as other complementary health practitioners. I am the nutritional advisor for 103FM and do a health slot with Patricia Messenger every week. I have been invited to speak to a wide range of groups ranging from corporate to community and I often provide nutritional information to the health writer for the Irish Examiner. As some of you will know, I have lectured for ICIM and also IINH for the last number of years.

It is an exciting time to be involved in the area of nutrition. There is so much media attention on food and health that it has created a wide range of opportunities for aspiring therapists. I really have enjoyed the freedom of working in a field that interests me so greatly and I also have the added benefit of controlling my own working life and career. It will be a privilege to help others to achieve this



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SUPPLEMENTS

- by Suzanne Laurie

No one can deny that nutrition has become big news in the last few years. Everyone from MPs to celebrity chefs are trying to clean up our diets, and for good reason. Many chronic illnesses associated with poor diet are on the increase, and our healthcare system is feeling the effects. However, hand in hand with healthier mealtimes has come an increased interest in nutritional supplements as a means of improving health; but with healthcare professionals unable to agree on their efficacy and safety how can we be sure they are not more of a hindrance than a help? The answer, as with most things, seems to be 'it ain't what you do, it's the way that you do it', so here are a few hints which may help you decide whether supplements are for you or not.

Should you or shouldn't you?

There are two distinct schools of thought on nutritional supplements. Those who believe that supplements are unnecessary if you have a well balanced diet, and those that believe there are too many factors affecting the quality of the Western diet to guarantee even the healthiest looking meal contains all the nutrients it should have, or once would have. Where you fall is a personal choice but advocates of nutritional supplements present the following reasons for their beliefs:

- Modern farming methods, including the use of chemical pesticides, mean the soil in which are vegetable source foods are grown holds less nutrients than ever before – meaning the plants contain less nutrients
- Transporting fresh produce from far a field may also reduce the nutrient content of foods before they reach our table
- Food processing methods strip our foods of nutrients
- We actually eat fewer calories than our ancestors and therefore there is less room for nutrients in our diet
- The term 'balanced' when discussing diet suggests that we all require the same amounts of nutrients, when in fact your age, gender, lifestyle, genetics and health alter your requirements
- Lifestyle choices such as smoking, drinking alcohol, dieting and high stress levels can all deplete the body of nutrients and stop proper digestion and absorption of the ones you do consume

The Dos and don'ts of supplements:

Don't use them instead of a healthy diet – supplements should be used to top up an already nutrient dense diet including plenty of fruit, vegetables, whole grains, fish and pulses. They are not a quick and easy alternative

Don't take lots of individual capsules – it is easy, but often expensive and unnecessary, to get carried away with supplements. If you have more than 4 supplements that you take everyday, it may be time to take advice from a nutritionist to see if they can streamline your requirements

Do be prepared to pay more for a quality product - Too often the very cheap products are actually poor value as they supply low levels of the active ingredients. Look on the label to see how much of an ingredient it contains, then compare it with other products. If in doubt – ask a professional.

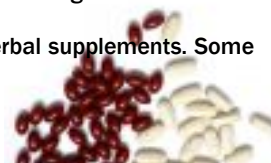
Do shop in good quality health foods shops - they have trained staff who can advise on dosage, safety and quality

Don't take over the recommended dose stated on the product label - unless under the supervision of a health care professional

Do store your supplements properly - Many are damaged by heat and light so it is better to store them in an airtight container in a dark, cool cupboard or in the fridge

Do speak to a healthcare professional if you are taking any medication – particularly if you want to use herbal supplements. Some products can alter the potency of prescription medication.

Student Notices....



Good Times!

Fair play to the Dublin Year 3 group who are setting the example we should all be following! Here they are on their group night out (post-dinner, but pre-pub!) after the last lecture weekend of the year. Hope you had a brilliant night guys, Anneliese certainly did!



CONGRATULATIONS!!! Many congratulations to Aishling Hussey from Year 3 Galway, who got hitched on 7th June - we hope that you had an amazing day and wish you and your new husband a fabulous honeymoon and wonderful life together!



Book Review by Orchid Books

NONVIOLENT COMMUNICATION

A LANGUAGE OF LIFE BY MARSHALL B. ROSENBERG

“NVC is founded on language & communication skills that strengthen our ability to remain human, even under trying conditions”

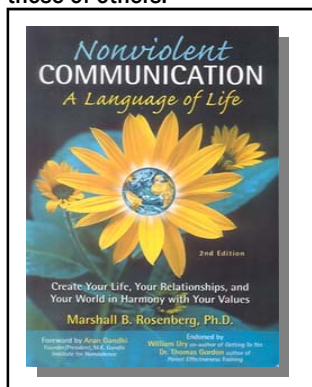
Most of us have been educated from birth to compete, judge, demand, diagnose - to think and communicate in terms of what is "right" and "wrong" with people. At best, the habitual ways we think and speak hinder communication, and create misunderstanding and frustration in others and in ourselves. And still worse, they cause anger and pain, and may lead to violence. Without wanting to, even people with the best of intentions generate needless conflict.

NVC is founded on language and communication skills that strengthen our ability to remain human, even under trying conditions.

It contains nothing new; all that has been integrated into NVC has been known for centuries. The intent is to remind us about what we already know - about how we humans were meant to relate to one another - and to assist us in living in a way that concretely manifests this knowledge.

NVC guides us in reframing how we express ourselves and hear others. Instead of being habitual, automatic reactions, our words become conscious responses based

firmly on an awareness of what we are perceiving, feeling, and wanting. We are led to express ourselves with honesty and clarity, while simultaneously paying others a respectful and empathic attention. In any exchange, we come to hear our own deeper needs and those of others.



NVC trains us to observe carefully, and to be able to specify behaviours and conditions that are affecting us. We learn to identify and clearly articulate what we are concretely wanting in a given situation. The form is simple, yet powerfully transformative.

As NVC replaces our old patterns of defending, withdrawing, or attacking in the face of judgment and criticism, we come to per-

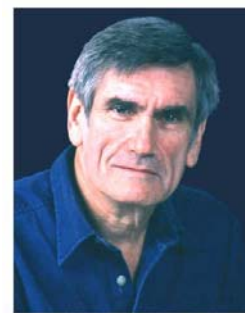
ceive ourselves and others, as well as our intentions and relationships, in a new light. Resistance, defensiveness, and violent reactions are minimized. When we focus on clarifying what is being observed, felt, and needed rather than on diagnosing and judging, we discover the depth of our own compassion. Through its emphasis on deep listening- to ourselves as well as others - NVC fosters respect, attentiveness, and empathy, and engenders a mutual desire to give from the heart.

“We learn to identify & clearly articulate what we are wanting in a given situation”

Interspersed throughout the book are dialogues entitled NVC in Action. These dialogues intend to impart the flavour of an actual exchange where a speaker is applying the principles of NVC.

However, NVC is not simply a language or a set of techniques for using words; the consciousness and intent that it embraces may be expressed through silence, a quality of presence, as well as through facial expressions and body language. NVC is a vital tool in the toolbox of every therapist, teacher, parent, etc. In short, if you deal with people, NVC is a must.

THE AUTHOR



Marshall B. Rosenberg, Ph. D.

Dr. Marshall B. Rosenberg is founder and director of educational services for The Centre for Non-violent Communication, an international, non-profit organization.

In 1961 Dr. Rosenberg received his Ph.D. in clinical psychology from the University of Wisconsin and in 1966 was awarded diplomat status in clinical psychology from the American Board of Examiners in Professional Psychology.

NVC training evolved from Dr. Rosenberg's quest to find a way of rapidly disseminating much needed peacemaking skills. The Centre for Non-violent Communication emerged out of work he was doing with civil rights activists in the early 1960s.

During this period he provided mediation and communication skills training to communities working to peacefully desegregate schools and other public institutions.

Student loyalty rewards

As we are sure you are now aware, ICIM is under new management. To show you that we remain as committed to your studies as ever and to thank you for your loyalty to us over the past academic year, we are implementing some changes.

STUDENT REFERAL SCHEME - discounted fees will be offered when a new student enrolls on

the diploma course as a result of your referral. €200 reduction in lecture fees per new enrolment will be refunded at the end of the academic year. Niamh Burke from Nutrition Year 2 has already taken advantage of this offer - why not recommend a friend now?

In addition to the student referral scheme, all graduates of ICIM are to receive a 20%

discount on any short course they enrol on for CPD purposes.

Many thanks for your continued support, we look forward to starting the new academic year in style!



Orchid Books has MOVED!

Our new address is Unit 2, Howards Market, Wood Quay, Ennis, Co. Clare.

This is the old "World of Wonder" premises by the river

See you there!

New course for the new academic year....

Next academic year will see the commencement of a new short course in Western Herb's at ICIM. Western Herbal Medicine (WHM) is a powerful system of natural medicine which uses the healing properties of plants to bring about well being. It is one of the oldest systems of medicine known to mankind and in recent years, has started to become increasingly popular as a preferred modality of healthcare.

In keeping with naturopathic philosophy, herbal medicine acts on specific organs or systems in the body, gently stimulating the body to do the work it is supposed to. In this sense, the herbs become a facilitator to good health. WHM aims to treat the cause of a problem, rather than just the symptoms. With this in mind, it can be a powerful tool to use alongside other therapies, particularly nutrition.

The new short course is a certificate level course and runs on the same structure as the existing Naturopathic Nutrition course. It is aimed at those who are already working in the healthcare industry and who have prior knowledge of human anatomy and physiology. Information covered in this course includes:

- Principles of herbal medicine
- Basic plant anatomy and physiology
- The role of various active constituents present in herbs
- Therapeutic uses of herbs commonly used by the general public
- The therapeutic benefits of common culinary herbs
- Safety issues involved in recommending herbs, including interactions between herbs and prescription medications and suitability in pregnancy
- Factors involved in good manufacturing practice of herbal preparations



Please note that this course will not provide the student with full medical herbalist status. This means that after completion of this course, students will not have the depth of knowledge required to blend and prescribe their own herbal formulae. Rather, it will give a working knowledge of those herbs that are currently available to the general public. It will provide students with the ability to offer sound basic herbal medicine advice and to safely and confidently recommend herbal remedies available over the counter.

All ICIM graduates of the Diploma course receive a 20% discount on short courses. For further information and enrolments, please contact the ICIM office on 090 974 9929 or visit icim-ireland.net

A Student's Story;

We'd like to introduce you to a new section of the ICIM newsletter; 'A Student's Story'. At ICIM, we are very aware how the relationships that our students form between one and other can impact greatly on their success, happiness and experiences while studying. We're asking for willing volunteers to share their experiences and hoping this will show you that the stress and nerves you think single you out, are actually common - and that other people who have been in your position have made it through the year and achieved something they can always be proud of.

We're proud to introduce a Foundation Year student who is willing to share her story about her first year of study. We'd also like to extend our warmest congratulations to her and her new family member; baby Erica!



Anne Marie McCauley, MS Galway

Having toyed for a while with the idea of studying nutritional therapy, I finally took the leap last summer and registered with ICIM for the Nutritional Therapy Diploma which included the foundation year in Medical Science. The commitment would include a 6 hour round trip one weekend a month from Sept to June and the challenge of combining full time work with part time study. It seemed a bit daunting but I decided to embark on the course in Sept 07 and see how it went.

I was delighted in early Sept to discover I was pregnant and did consider deferring the course for a year but decided my health should determine my course of action and thankfully I had a very healthy pregnancy so was able to continue with my studies.

For anyone, starting a new course can be daunting and those who study on a part-

time basis do not have the same opportunity for getting to know their fellow students as time together is limited. However the 'Galway Group' (as I will call us) gelled very well from day one and I thoroughly enjoyed our lecture weekends. Someone always lightened the mood whenever we felt under stress or pressure. In many cases this was Matt, our fantastic lecturer, who made the complex subject of medical science appear simple and was always generous in his feedback and encouragement of our efforts.

As a result I feel most of us developed unanticipated enthusiasm for the subject. It would be foolish to suggest that we did not suffer from stress particularly coming up to Christmas Exams and as part time students it is important that this is acknowledged and strategies for supporting students at such times could be perhaps explored in collaboration with

students. In recent weeks ICIM have introduced more flexibility around exams, attendance and repeat of continuous assessments. This will bode well for attracting part time students who do require a fair degree of flexibility when combining work, home life and study.

Year one has been a rollercoaster ride but worth every challenge encountered. As we all prepare for the final straight which is the summer exams I wish all my fellow students in the 3 centres every success in the upcoming exams and I wish you a wonderful onward journey in your part time studies in either nutrition or acupuncture. I am now the proud and exhausted mother of a beautiful little girl who is taking priority over revision at the moment but I am still determined to sit the exams at the end of the month and enjoy the long study free summer.