



ICIM NEWS

SEPTEMBER 2006

WELCOME TO THE ICIM NEWSLETTER BY RUTH CLOHERTY



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A very warm welcome to all the new and existing ICIM students, I hope you have had an enjoyable summer and are as excited as I am about the impending course year.

I am delighted to be introducing the first ICIM newsletter, it promises to be a fun and informative medium for communication. ICIM News will be published quarterly, you are invited to contribute your feedback and articles as well as nominate fellow students for 'Student of the Month'.

When the Institute of Complementary & Integrated Medicine (ICIM) was established, its purpose was to provide the highest standard of training in the key areas of natural medicine. Much has happened since then. I have been working in conjunction with the course directors to ensure our diploma courses meet the highest standards of professional accreditation. We are also developing our degree level courses and will be

applying for academic accreditation with the Higher Educational & Training Awards Council (HETAC) here in Ireland.

Regulation

In the UK, the integration of Complementary Medicine is under way. The National Health Service (NHS) has several Acupuncture clinics already and has been successfully treating thousands of patients incredibly inexpensively in health care terms.

The NHS has also given the Prince of Wales Foundation for Integrated Health (FIH) one million pounds to continue its work in Voluntary Regulation. The FIH is in the process of becoming the federal regulatory body in the UK and will hold a register of the professionals that choose to come under its umbrella. The benefit of this for the NHS is that it can be assured of a certain standard when employing complementary

practitioners and therapists.

The Irish Health Service

What is happening in the UK is bound to happen here in Ireland. There is going to be a huge burden on the health service with the rising levels of chronic and degenerative diseases, the Irish government will be looking for more cost effective alternatives.

Mary Harney has stated that the working group for regulating Complementary Medicine in Ireland is not going to be re-inventing the wheel. They will be looking to the UK for standards of professional conduct and training.

By studying with the ICIM you are training to be the practitioners of the future. So when it all feels too demanding, remember 'Rome was not built in a day'. You and the public will reap the benefits of your hard work and commitment.

UPCOMING EVENTS & SEMINARS

- ICIM Essential Fats Seminar/Workshop—Get the essential facts about essential fats**
 9.30 am -1pm **Cork:** Sun 22 Oct, 2006 **Dublin:** Sat 4 Nov, 2006 **Galway:** Sun 5 Nov, 2006
 To book a place, please contact Jackie on 01 8391234 or 091 872166 or e-mail events@icim-ireland.net. Cost: €25
- The Wellbeing Foundation: Healing Depression—Without Drugs or Electric Shocks**
 8.30 am—5pm Sat 21 Oct, 2006 in The Burlington Hotel, Ballsbridge, Dublin 4. Cost: €95
 Tickets available through Ticketmaster on 0818 719300 or www.ticketmaster.ie

TOP FOODS - BY SUZANNE LAURIE GARLIC: HEALTH BENEFITS & USES



There is substantial evidence to suggest garlic can be helpful for:

- Treating mouth ulcers and cold sores
- Managing high cholesterol levels and protecting the heart
- Acting as a natural mosquito repellent and calming insect bites and stings
- Combating viral, bacterial and fungal infections as it is one of nature's most antimicrobials
- Protecting the body from free radical damage

Allicin is thought to be the most powerful medicinal compound found in garlic. Unfortunately it is also responsible for garlic's characteristic odour! Interestingly it is only produced when garlic is finely chopped or crushed. The finer the chopping and the more intensive the crushing, the more allicin is generated and the stronger the medicinal effect.

How to Take it

For best results, you need to eat garlic as soon as possible after peeling as its potency fades the more it is exposed to light. Sadly, cooking is thought to diminish garlic's healing powers. In general, a stronger tasting clove of garlic has more medicinal compounds – organic is often better. Garlic capsules are often used by those wishing to avoid

'garlic' breath however there is some question about the effectiveness of garlic supplements as the level of heating and processing involved in extracting the garlic oil could destroy many of the active ingredients. However more expensive products claim to extract the allicin without reducing its potency.

Side-Effects

Raw garlic is very strong, so eating too much may produce problems in some people, such as irritation to the digestive tract. Consult a health care professional if you are taking prescription anticoagulants or other medication. To avoid garlic breath chew on some fresh parsley after or during your garlicky meals as this helps lessen the odour!

Preparing your garlic

For maximum benefit try some of these tips for making your own garlic remedies:

- **For sore throats, colds and coughs:** crush five or six garlic cloves, add six teaspoons of apple cider vinegar and stir. Refrigerate for 24 hours, then warm in the microwave and add a tablespoon of honey and four teaspoons of lemon juice. Leave to cool and let two teaspoons trickle down your throat, with a little gargle, three times a day.
- **For an unsettled stomach and diarrhoea:** crush three garlic cloves, add one dessertspoon of olive oil, stir in three tablespoons of slightly warmed milk and sweeten.
- **For mouth ulcers:** dip a freshly peeled garlic clove into natural yoghurt and apply. It will sting, but only for a few seconds.
- **For cold sores:** a tiny drop of garlic juice squeezed on to a cold sore can help to get rid of it.
- **For Insect stings and bites:** rub a cut clove on the bite or sting (after the sting is removed) to zap the heat.

BOOK REVIEW BY ORCHID BOOKS

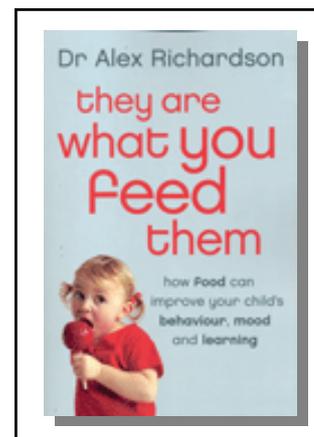
- They Are What You Feed Them by Dr. Alex Richardson

Food and diet affect children's brains and behaviour as well as their physical health. What your child eats can have a profound effect on his or her ability to read, write, concentrate and remember things. Scientific evidence shows that certain dietary changes can actually improve some children's general ability and mood. Controlled trials have also shown that nutritional approaches can improve behaviour and learning in many children with dyslexia, dyspraxia, ADHD or related conditions.

In this cutting-edge book, Dr Alex Richardson, internationally known for her scientific research into how nutrition can affect behaviour, learning and mood, explains what every parent and professional caring for children needs to know about diet. She exposes the truth about what children are eating - or failing to eat.

- The best and the worst foods revealed
- Easy steps to free a child from food traps.
- Simple, child-friendly recipes.
- Practical tips to help a child make the best food choices.
- Advice on key lifestyle factors, including exercise and sleep.

Dr. Richardson explains why many common foods and drinks can be so damaging - and so irresistible - and shows how to bring the best choices into any child's diet. A few simple changes can be all it takes to make the world of difference.

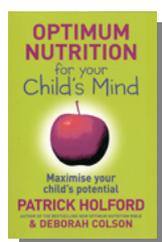


The Author

Dr. Alex Richardson is a research fellow at Oxford University. She is the UK's leading authority on the impact of nutrition and environment on the brain.

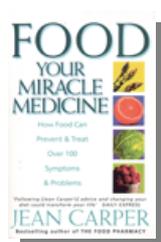
She is also the chairperson of the Food and Behaviour Research charity.

RELATED TITLES



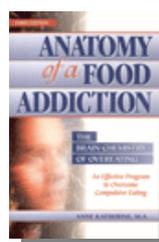
"Optimum Nutrition for the Child's Mind"

P. Holford



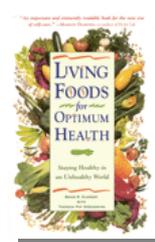
"Food, Your Miracle Medicine"

J. Carper



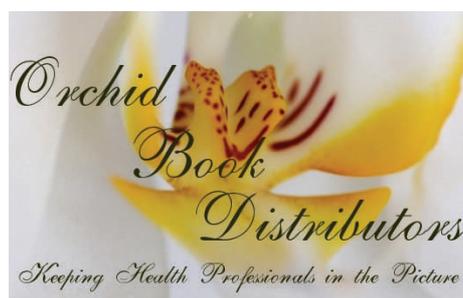
"Anatomy of a Food Addiction"

A. Catherine



"Living Foods for Optimum Health"

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Detoxing

By Felipe Reitz from The Irish Centre of Integrated Medicine



IRISH CENTRE OF



INTEGRATED MEDICINE

Detoxing is very advisable and in an ever-toxic society, our bodies need to detox more and more. The body stores foreign substances and toxins in its fatty deposits. In many cases patients can carry up to 10 pounds or more of unhealthy mucus-harboring toxic waste.

Nutritional Blood Analysis (ICIM Blood Analysis), Bio-resonance, or Allergy Testing help to identify the type of detox needed and which organs need the most support.

Some detox tips :

- **Diet** - reduce sugar, wheat, dairy, caffeine, alcohol, fried food.
- **Exercise** – introduce some gentle exercise into your routine.
- **Drink** 4-6 glasses of luke warm water per day, filtered or bottled.
- **Breathe** – Oxygenation it detoxifies the organs and glands.
- **Skin brushing** – accelerates the rate at which toxins are expelled from the body.
- **Fruit & Vegetable Juicing** – helps flush out toxins.
- **Liver & Kidney Support** – eliminates and drains toxins from the body. Herbs such as Berberis Vulgaris, Milk Thistle, and homoeopathic remedies such as sulphur and nux vom often help.
- **Cravings** –Chromium picolinate can help balance blood sugar levels, reduce the appetite, and prevent excess sugar from being converted by the body into fat!



A detox can be done from 7 days to as long as 1 month or even longer. The longer the better really, however, if you do a detox for a longer period of time consult your medical professional to oversee your progress and help design a program according to your needs.

For further information on ICIM Blood Analysis, Bio-resonance or Allergy Testing contact the Irish Centre of Integrated Medicine, Pacelli Rd, Naas, Co. Kildare. Tel. 045 883 224. or e-mail info@icim.ie - or visit their web site: www.icim.ie

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“ 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 ”