



ICIM NEWS

SEPTEMBER 2007

STUDENT OF THE MONTH - Kathleen Clarke, Nutrition Year 3, Dublin.

Congratulations to Kathleen Clarke who was voted Student of the Month by her fellow classmates. Kathleen very kindly ordered some excellent Chinese Nutrition books and charts, from the UK, for everyone in her class. Thank you Kathleen from everyone in Nutrition year 3, Dublin!

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RUTH CLOHERTY- DIRECTOR, ICIM

Welcome to the 2007 – 2008 academic year.

I hope, despite the weather, that you have enjoyed the summer and are re-freshed and re-charged for the year ahead.

You may find that at certain points throughout the year that you feel overloaded and need to shut your books. It is vital that you do have occasional breaks from study. By doing so, you will be able to return to it with renewed enthusiasm.

Success as a 'Healer' in either Acupuncture TCM or Nutritional Therapy will depend not only on your therapeutic skills. It will also depend on your ability to communicate. This is something that you can be enhancing throughout your time as a student.

Your ability to listen and to give your complete attention to each patient is what is going to ensure a quality consultation.

UPCOMING EVENTS & SEMINARS

MIND BODY SPIRIT SHOW—October 27th, 28th & 29th. RDS, Dublin.

ICIM AUTISM SEMINAR—November 4th Cork, November 10th, Galway, November 11, Dublin

NOTICE-BOARD

Part-time position available for NT students or NN grads in Restore Healthfoods, 67 Camden St., Dublin 2. Ph. Julie on 01 475 9847. 20-25 hours per week.



It is scientifically proven that patients whom accept what is so and have the faith and motivation to become well, generally succeed in extending both the quality and quantity of their life.

Whilst there are many modern day teachers available to us, Depak Chopra being one, Eckhart Tolle author of 'The Power of Now' takes a practical approach to living life as a present and conscious human being.

He explains many of the teachings of Christianity, Buddhism and Zen which are both fascinating as well as incredibly easy to apply. His teaching is simple to understand and to implement into ordinary life.

I wish you a happy and healthy year.

Please meet Frank Maher, our Course Director for Medical science on page 4.



SUPER FOODS - BY SUZANNE LAURIE

PUMPKIN SEEDS



Pumpkin seeds are not only a delicious snack but like other seeds they are a nutrition powerhouse! They are rich in essential fats, protein and a variety of minerals including iron, needed for healthy red blood cells, zinc required for growth and a strong immune system, and magnesium for the release of energy from foods and strong bones. Just 50g of pumpkin seeds a day can supply 1/3 of our daily zinc requirement which makes them an ideal snack for older males as they may well help maintain prostate health and lower cholesterol levels.

How much pumpkin seeds should you eat?

50g of pumpkin seeds a day provides a third of an adult's zinc requirements. They should be eaten in moderation, however, as they are high in calories.

Maximising the benefits of pumpkin seeds

Once seeds have turned brown, they have become rancid and should not be eaten. Pumpkin seeds are best eaten as fresh as possible.

Nutritional values of pumpkin seeds

As they are high in calories, it is wise to limit intake to avoid piling on the pounds, but 1-2 handfuls a day will help boost your nutrient intake as part of a healthy diet.

Checklist:

Contains : Protein, fibre, essential fats, zinc, magnesium, iron

May reduce the risk of : prostate problems, infections, osteoporosis, Alzheimer's

Aim to eat : 1-2 handfuls per day

Serving suggestions : sprinkled on cereal, salads or soup, or eaten raw as a snack.

Nut and Seed Super Muesli

Ingredients (10 servings)

- 4 cups oats
- 1 cup desiccated coconut
- 1 cup whole mixed nuts
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/3 cup linseeds
- 1 cup wheat germ
- 1 cup raisins
- 1 cup chopped dried apricots or apple rings (sugar free/unsulphured)



Mix together all ingredients and store in an air tight plastic container in a cool dark cupboard. Serve with cold milk (or milk alternative) and a tsp of honey to taste.



IMPERFECTLY NATURAL WOMAN,

GETTING LIFE RIGHT THE NATURAL WAY

- JANEY LEE GRACE

If the closest you've ever come to natural living is choosing the 'light' version of mayonnaise – this book is for you.

If the only recycling you've ever done is chucking your wine bottles into the car park's bottle bin just to rejoice in the crashing sound – it's still for you.

It's called Imperfectly Natural Woman because we're all imperfect – we've all got lives to lead, jobs to hold down, relationships and families to maintain!

We all want a healthier happier and more holistic lifestyle, but still want to down that double espresso, occasionally use that very un-organic makeup (because it's the only one that actually does cover the bags under your eyes), and to swear profusely when the council's new 'green' policy tells us we have to sort our rubbish into 4 different bin bags. This book will give you all Janey's tips - and those of 17 other 'imperfectly natural people' - women and men, some very personal, some controversial, all very enlightening - but it won't preach at you.

You don't have to become a tree hugging eco-warrior to find something helpful in this book, but if you want a healthier, happier, greener and more natural life that is achievable then its definitely for you.

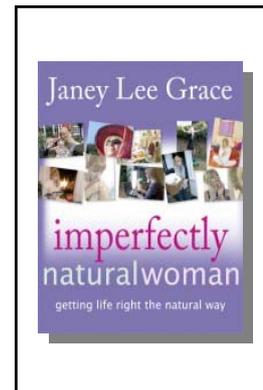
"Imperfectly Natural Woman" shows a down-to-earth, sensible and refreshing approach to life.

If nothing else, Janey Lee Grace does bring home the message that life is there to be enjoyed, and it does not have to cost the Earth or your Sanity to do just that.

One for the 'must read' category!

Janey Lee Grace will be at the Orchid Books Stand at the RDS, Dublin, on September 1st and 2nd. She will be signing copies "Imperfectly natural Woman" and "Joyful Pregnancy", her new, top quality co-production with Britain's leading hypnotherapist Glenn Harrold. This double CD is the first in a range of pregnancy CDs by Jamey Lee Grace, and distributed by

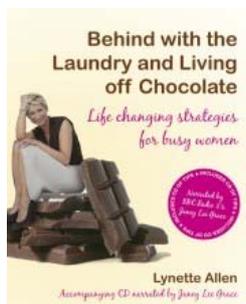
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The Author

Janey Lee Grace can currently be heard on BBC Radio 2 hosting her own early Saturday morning show and as a regular co-host on Steve Wright's afternoon show. A performing arts graduate, Janey began her career as a backing singer and in 1992 had her own top ten hit with 'Seven Ways To Love'. She joined Virgin Radio in 1993 and has now notched up several television credits including Sky One's Weekend Entertainment Guide, ITV's Sunday Brunch and presenting for the music channel VH-1.

RELATED TITLES



Life-coach Lynette Allen and Janey Lee Grace join forces. A must for busy women from all walks of life!

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Interview with Frank Maher -

Course Director for Medical Science



Frank, how did you become interested in complementary medicine?

I suppose I originally became interested in complementary medicine when, during my time in university, I was quite ill for some time. I attended several complementary practitioners after I realised that western medicine wasn't going to be able to help me too much. I hadn't known too much about complementary therapies at the time but I became quite interested after that. I became especially interested in complementary therapies from a scientific point of view.

Where did you study and how long have you been involved in research?

I did my degree in Physiology in U.C.C. before moving to the Physiology Dept. in Trinity College Dublin to do a PhD. I subsequently worked as a researcher in the Dept. of Physiology and Trinity College Institute of Neuroscience for about two years.

What are your thoughts on natural medicine?

Personally I find natural medicine very interesting. Its approach, unusual to us educated and used to western ideas, and the obvious benefits it can bring to a patient makes for a very interesting subject – to study, practice or even receive. I have no doubt of the central role it could play in medicine today and am always pleased to see its popularity growing.

A number of integrated clinics have opened in recent years offering both conventional and natural medical advice; do you think this is the way forward? Do you think an integrated healthcare system would be effective?

I think an integrated system is a much more practical and realistic idea. I think that as well as such an approach affording patients broader and more rounded care it also fills in the inevitable gaps left by conventional medicine. This I think is usually most obvious in the case of chronic illnesses where the one standard textbook approach hasn't had the success expected and a more rounded alternative approach has to be called on.

Q. How do you think the healthcare system in Ireland could be improved?

I have always found it disappointing that within the public health system there is no funding whatsoever for alternative therapies. Even private health insurance does not cater for it particularly well. I think that this would be one of the simplest and most important improvements to a struggling healthcare system. I think it would be more cost-effective in the long-term and would offer the patient more rounded care.

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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 ”