

ICIM NEWS

DECEMBER 2006

HAPPY CHRISTMAS RUTH CLOHERTY



making it altogether a more wholesome and truly spiritual experience please let me know. We'll text all the ICIM students the top three ideas.

Wishing you a joyous & peaceful holyday

Ruth Cloherty and all the ICIM staff

P.S Remember any day other than Christmas Eve, Christmas Day and St Stephen's Day counts as a potential study day!



Dear Student,

Christmas or Christ's Mass is a celebration of the birth of Christ and a time of giving. Although it has become a lucrative time for many businesses it is fundamentally a celebration of the Christ and of forgiveness.

As we move further into the twenty first century it is our destiny to become more aware of whom we really are. As we do this we will find ourselves taking more care of each other and of our environment.

With this in mind I want to share the crux of an article that I read recently in the Resurgence magazine. It was called 'Christmas Unwrapped' and written by a lady called Ruth Rosselson.

In summary it states that the UK alone devours 250,000 trees worth of Christmas cards & wrapping paper which then becomes three million tonnes of rubbish. (This excludes the six million Christmas trees that are bought each year).

To lessen our impact on the planet she suggests we buy our Christmas tree from a sustainable source and to recycle it afterward via the local council. She also suggests we send electronic cards where possible and to buy vouchers for presents, including experience based presents such as massages, beauty treatments, cinema tickets and meals out.

She made a few suggestions for children's presents but I think they are more complicated. They generally want the latest toy or game, usually with batteries, irrespective how ethically it was made or is packaged.

If you do receive any unwanted items she suggests you take them straight to the nearest Charity shop.

Maybe we should give some thought to our Christmas impact this year and not be slaves to the advertising companies and manufacturers. If you have any good suggestions for

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UPCOMING EVENTS & SEMINARS

ICIM Seminar 'Depression'

9.30 am -1pm **Cork:** Sun 25 Feb, 2007

Dublin: Sat 3 Mar, 2007

Galway: Sun 4 Mar, 2007

To book a place, please contact Jackie on 01 8391234 or 091 872166 or e-mail events@icim-ireland.net

Cost: €25

SUPER FOODS - BY SUZANNE LAURIE

BERRIES



With their rich array of colours and tantalizing flavours, red and purple berries are easy to love. Luckily, unlike many less palatable health foods, these delicious treats are also very good for you. Red and purple fruits are packed with beneficial plant compounds called phytochemicals. These can help keep your brain alert as you age, guard against heart disease and some cancers, ease arthritic symptoms, and ward off urinary tract infections. Many phytochemicals are also antioxidants, which fight off health-damaging free radicals and help keep our immune systems in tip top shape.

Certain berries have specific benefits:

Blueberries: high in antioxidants called anthocyanosides, which can protect the eye from damage and cataract formation.

Cranberries: High in proanthocyanadin antioxidants, which have been shown to protect the cardiovascular system from damage. Also help fight urinary tract infections.

Strawberries: High in anti-inflammatory phenol compounds, which may help prevent inflammatory diseases such as asthma and arthritis.

Checklist:

Contain : Fibre, vitamin C, beta carotene, antioxidants, manganese, potassium

May reduce the risk of : cancer, cardiovascular disease, cataracts, arthritis, asthma

Aim to eat : 5 portions per week

Serving suggestions : raw, with breakfast cereal, in a fruit smoothie

Smoothie Idea

A handful of strawberries

A handful of blueberries (or any other available berries)

1/2 banana

1 cup of apple juice

Blend and serve!



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BOOK REVIEW BY ORCHID BOOKS

FIVE SPIRITS, ALCHEMICAL ACUPUNCTURE FOR PSYCHOLOGICAL AND SPIRITUAL HEALING

- LORIE EVE DECHAR

The Five Spirits are the Taoist map of the human psyche. The system provides a view of the nervous system and forms the basis of Chinese medical psychology. It also describes a precise and efficient technology for spiritual transformation, the process through which a human being rediscovers their essential wholeness and innate connection to the divine.

The Five Spirits themselves can be understood as the Taoist version of the Chakra system of Vedic India. Like the chakras, the spirits exist as centres of consciousness in the subtle body rather than as structures in the physical body. Just as each Chakra relates to a particular level of consciousness, each spirit relates to a particular aspect of human awareness, a particular vibration or frequency of psychic energy. The theory of the Five Spirits is the core of an ancient spiritual psychology. An understanding of the Five Spirits is the key that opens the doorway to the mysteries of Taoist psycho-spiritual alchemy.

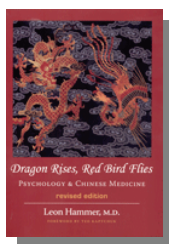
By taking advantage of the discoveries of Western archetypal psychology and new discoveries about the mind and nervous system, we can decipher the Five Spirits and reorganize the system in a way that has proven to be clinically invaluable in the treatment of psychosomatic, emotional, and psycho-spiritual distress.



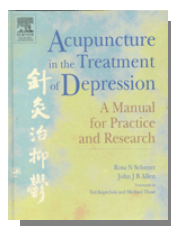
The Author

Lorie Eve Dechar holds a master's degree in Acupuncture from the Traditional Acupuncture Institute and a degree in Archetypal Psychology and Gestalt therapy. She is a member of the faculty of the Tri-State College of Acupuncture in New York City and leads workshops nationwide. She also maintains a private practice in Manhattan, New York, where she focuses on the interconnections between physical, emotional and spiritual issues in her patients' lives

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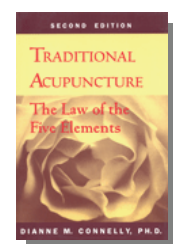
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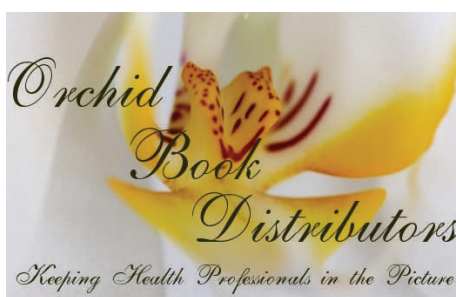
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REFLECTION ON ADRENAL FATIGUE

by Joan Hanrahan, BSc., Dip.HM, MBANT, MNIMH, MIMHO.



As a nutritional therapist and medical herbalist with a busy Dublin practice, it is important to me to take time away from the consulting room and this I do by gardening or visiting gardens. This allows me an opportunity to reflect. Reflection is something that, as therapists, we are encouraged to do, in order that we can regularly audit the way we practise our therapy and our dealings with our patients. However it has always been my belief that it is only possible to reflect at leisure. We cannot do this under the daily pressures of work. Certainly for me it has become harder to do recently and my reflections have centred on the damage that we do to ourselves as we try to fit so much into the twenty-four hours a day allotted to us.

Our nutritional and health training teaches that we push ourselves to exhaustion at the expense of our physical health, and especially our adrenal glands. How we cope as individuals is dependent on our constitutional strengths, and these vary greatly.

Whenever we ignore the need to rest or the desire for sleep, and continue (with the help of adrenaline and cortisol) to push through the exhaustion and on to overdrive, we must recognise that we are causing harm to those adrenals and getting nearer to adrenal exhaustion. At this stage it is not so easy for the body to recover!

I spend much time with patients who suffer from chronic stress and anxiety. Possibly as many as fifty percent fall into this category. Young and old, the pattern is often the same. It is my personal belief that lives were not supposed to be so busy. Our modern technological age has not given us the extra time for leisure that we might have expected. You can probably relate to the panic that sets in on finding that you have far more emails than you have time to read, even though they may be useful, interesting and informative ones. The damage that this constant panic and rushing does to our bodies is well recognised. The importance of sleep is universally acknowledged but how many of us postpone it in order to fit something else into the day.

The good news is that once we begin to recognise what harm we are doing, often as a result of our body interrupting our race with symptoms and signs, we can begin to recover our health. I have had many patients whose health has improved immensely when the adrenals have been supported with appropriate nutrients, herbs, lifestyle changes and awareness. It is preferable however not to wait until the stage of complete exhaustion before beginning to make these changes. A simple saliva lab test, that shows the extent of adrenal stress, can be useful and very motivational for a patient. As nutritional therapists we can order this test for our patients.

The most useful reference book that I have found, and one that I recommend to patients and students alike, is Adrenal Fatigue – the 21st Century Stress Syndrome by James L.Wilson. (Orchid books have this book in stock).

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