



Anneliese Dressel

## Directors Introduction....

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

Welcome to a new and exciting first academic year for the new ICIM. We hope you all had a relaxing summer and are ready for what we hope will be a challenging and fun year for you all. Whilst you have been enjoying your break (hopefully some of you found some sunshine somewhere!) we have been working hard creating new courses (you can find details of our new Field to Fork certificate course on our website) and working to further improve those we already have. We hope diploma students will find our newly expanded and restructured research and clinical practice modules excellent tools in your quest to become nutritional therapists.

The changes we have made have been based on feedback from current students, so we hope that you will all keep your ideas coming in this year and help contribute to making ICIM a college from which you are proud to graduate.

We are both looking forward to teaching you all this year.

*Anneliese Dressel*

*Suzanne Laurie*



Suzanne Laurie

## Students of the Year 07/08

### Adrianna Lazarev (MS), Caroline Noonan (NT2) & Natasha Murtagh (NT3)

Congratulations to Adrianna, Caroline & Natasha for outstanding academic achievement throughout last years study. All completed the 07/08 academic year with the highest Distinction grades in each year. In recognition of their achievement, they are the first students to receive certificates of excellence and also the reward of €100 book voucher for Orchid Books. Congratulations ladies - we'll be onto you in the next edition for some study tips!!!

## A day in the life of... Helen Corrigan

I suppose the first thing to say about a day in the life of a nutritional therapist is that no day (or week for that matter!) is the same. I set up my own practice as a nutritional therapist just over a year ago, in July 2007, and I've been having a varied (to say the least) and exciting time ever since.

My practice is based in two clinics - Dublin Holistic Centre on Wicklow Street in Dublin city centre and Irish Fit Sports Clinic in Dun Laoghaire in County Dublin. When I started out I saw clients on one day (a Saturday) in Dublin Holistic Centre, but now have built up my practice to two to three days - usually a Tuesday morning/early afternoon, a Wednesday late afternoon/evening and Saturday morning/early afternoon.

When I was training I envisaged myself seeing clients Monday to Friday 9am-5pm. The reality, however, has been somewhat different, for a couple of reasons. Firstly, it takes time to build up a practice, so you probably won't be starting out with 35 clients neatly scheduled in on your first week. But believe me, that's no bad thing! While a student, I found doing consultations extremely interesting and enjoyable, but also very tiring. While that does improve with time and experience, seeing clients one on one for consultations can be quite emotionally exhausting. So to have a full roster of clients starting out would probably send you over the edge!

The other thing that has surprised me about practicing in reality has been the amount of time spent doing work for clients before or after their actual consultations - for example, analyzing their questionnaire in advance of their consultation, or doing research on their condition or interactions with their medications pre or post consultation. Never mind continuing professional development and trying to keep up with new nutrition research!

Even the administration takes longer than you would think. So having plenty of time in between clients is essential. But I have to say I enjoy every part of it. To have a client come back to you and say how much better they are feeling is, as they say in that credit card ad, 'priceless'.



### Inside this issue:

Director's Introduction	1
Student of the Year 07/08	1
A Day in the Life of...	1
Spanish Adventure	2
Student Notices	2
Book review	3
Field to Fork	3
New courses	4
A Student's Story	4

## SPANISH ADVENTURE! - by Suzanne Laurie

It is an exciting and busy time for me at the moment. Not only have I taken on the challenge of running ICIM alongside Anneliese, but I am also planning to start a new life in sunny Spain! As some of you are already aware I have been planning this move for some time... but am already having to get used to the Spanish 'manana manana' mentality (great once you live there, not so great when you are buying land and building a property!). However the time has finally come for me to pack my bags and say adios the UK.

So why the big move (apart from the blink and you missed it Summer!)? Two reasons:



1) A secret ambition to live 'the good life' – you know the one....vegetable garden, fruit trees, chickens roaming free....the odd donkey....

2) A rather more practical plan to run a small health retreat with my partner Laurence. We felt we had a few useful skills that would help us - I talk about food and he cooks it (I know-lucky me!) and so are busy creating a beautiful and relaxing retreat venue for wellbeing and activity holidays.



*'We are lucky enough to have found a plot with stunning views over a lake - marking assignments is going to take on a whole new appeal'*

We are moving into a national park in the mountains about an hour from Valencia and are lucky enough to have found a plot with stunning views over a lake. Marking assignments is going to take on a whole new appeal with that view for company!! Our plan is to run our own cooking for health courses whilst inviting other therapists to hire the space for their own fully serviced retreats. My hope is that within a few years we will be hosting a variety of different courses and retreats with a constant stream of interesting people passing through Finca Mariola.

Obviously I am very excited about the move and can't wait to open our doors to like minded folk who enjoy beautiful surroundings, delicious wholesome food and meeting other individuals with similar interests. It is going to be very hard work, but then so is ICIM – and that has been an amazing experience so far!

If you would like more details then please check out our website at [www.fincamariola.com](http://www.fincamariola.com). We hope to see some of you in Spain soon!

Hasta Luego!

### A day in the life of... Helen Corrigan *continued from page 1*

I balance my work as a nutritional therapist with other work that is complementary to it. I lecture in nutritional therapy in several colleges and also occasionally work as a research consultant. Both these jobs are very different to seeing clients in practice, and the change for me is as good as a rest. I would certainly encourage you to develop other jobs/skills to support your nutritional therapy work, particularly when starting out. I've used my background in lecturing and research, but any work, related or not, to nutritional therapy, will provide you with a break from the intensity of consultations, as well as (very importantly!) an alternative source of income in the initial stages of setting up your practice.

I spent a number of years trying to figure out (that old cliché) 'what I wanted to do with my life' – or at least find a job I really enjoyed and felt passionate about. I can honestly say, nutritional therapy has been the answer for me. I enjoy every aspect of it, even the difficult bits, as they allow me to develop my skills and experience. There has never been a more critical time to help people improve their health, and particularly their nutrition, and being able to do so is incredible. I wish you all the very best in the remainder of your studies, and in your future careers as nutritional therapists!

### Course of interest.... Ayurveda for Holistic Practitioners

The purpose of the course will be for the students to incorporate it into a holistic practice and use it as a modality. The students will be able to offer Ayurvedic consultations and use this knowledge to help clients with digestive disorders, anxiety, depression, hormonal imbalance etc. You should also be able to offer Ayurvedic marma massage as a treatment pending insurance coverage. The course will involve learning about :

- The history of Ayurveda
- The five element theory
- Tongue diagnosis
- Marma Massage (you could offer this as a treatment)
- Spiritual background
- The doshas: Vata, Pitta, Kapha
- Lifestyle
- The 15 subdoshas
- The doshas and the disease process
- Working with clients
- The origination of the five elements
- Diet
- Pulse diagnosis



The cost of the course is €1000 for the ten weeks. Elaine Molloy trained as an Ayurvedic Practitioner at the New England Institute of Ayurvedic Medicine in Boston, MA. in 1998. Since then she has worked in clinics and run her own private practice utilizing Ayurveda as her starting point for assisting clients with health issues. Elaine can be emailed at [elainemolloy@aol.com](mailto:elainemolloy@aol.com) or ring 086 120 3592 for further information.

## Book Review by Orchid Books

# DETOXIFICATION & HEALING

THE KEY TO OPTIMAL HEALTH BY SIDNEY MACDONALD BAKER, MD

*"In clear language, the author explains body chemistry, how detoxification works, and why it is so important. He discusses new medications, vitamin and mineral supplements, delayed food allergies, the dangers of mercury and aluminium poisoning, and much more."*

In clear language, the author explains body chemistry, how detoxification works, and why

*"Let food be thy medicine, and medicine be thy food"*

it is so important. He discusses new medications, vitamin and mineral supplements, delayed food allergies, the dangers of mercury and aluminium poisoning, and much more.

Dr. Sidney MacDonald Baker is a practicing physician, board-certified in obstetrics and pediatrics, with a special interest in the environmental and bio chemical aspects of the chronic health problems in children and adults.

In this totally revised and updated 2<sup>nd</sup> edition of his extremely popular book, Dr. MacDonald Baker explains the meaning of "let food be thy medicine and medicine be thy food".

His detox program prescribes simple, easy-to-follow, step-by-step treatments to allevi-

ate ailments. Dr. MacDonald Baker starts by making the very refreshing statement that there is no point in taking medicine to cover up a symptom instead of looking for the cause. From there he takes the reader on a jour-



ney, explaining the unity between our immune system and our Central Nervous System. Then he explains the various types of toxins that affect our health, including both external and internal toxins.

The role of food as a toxin is explained in detail, as is the

damage that can be caused by heavy metals and other common toxins like Gluten and Casein. Throughout the book, Dr.

*"This book is a must read for health professionals & students"*

MacDonald Baker gives detailed information on medications, vitamins, and mineral supplements, including exact dosages and frequency.

The book is also an excellent source for information on gluten allergies, heavy metal poisoning and the harmful effects of aluminium. Dr. MacDonald points out frequently misdiagnosed food allergies and drug reactions, and supplies the reader with a wealth of information on all aspects of detoxification.

This book is a must-read for health professionals and students alike. It is an invaluable source of information and has, on many occasions, helped medical professionals world-wide in finding solutions "outside the box".

classwork. It is directed at anyone who has an interest in learning about food, diet and health and all are welcome.

For more information, check out the lecture plan at [www.icim-ireland.net](http://www.icim-ireland.net)



### OTHER NEW TITLES

Professor Jane A. Plant CBE, FRSM, FRSE, FRSA, Bsc Geochemistry, PHD, D Univ, Dsc (Hon), Dsc (HON), FIMMM, Ceng, FGS, CGEOL, Freeman of University London comes from an orthodox, conventional scientific background, as her titles indicate. So why does she step outside the mould and write books like both titles above?



She explains: "My breast cancer had spread to the lymph nodes in my neck, in spite of radical mastectomy, 3 further operations, 35 radiotherapy treatment, irradiation of my ovaries to induce menopause and several chemotherapy treatments. Despite all this, my doctors had given me only months to live. Then I recalled that people in rural China, where I had worked as a scientist, had a very low incidence of breast and prostate cancer. At that point I changed my diet and lifestyle, and to everyone's amazement, including my own, the large cancerous lump in my neck disappeared within weeks. Since that time I have not even had a scare, and my annual check-ups at Charing Cross Hospital have tended to focus more on my diet and lifestyle than on my cancer. I have talked to senior doctors who have said that they personally have not met anyone who has survived such serious illness and had been very sceptical about my books until they had talked to me."



**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!*

## Field to Fork

This fun and practical six-month certificate course explores the effects of modern-day farming and food production techniques on food quality and personal health.

The course aims to teach the principles of healthy eating and to provide a solid introduction to using foods, herbs and supplements to improve wellbeing.

We will explore how ethical shopping and eating can benefit the health and the environment

and look at the links between nutrient deficiencies and the pesticides, hormones, additives commonly found in our foods.

The course will cover foods groups and their role in health and disease by looking at common health disorders and how diet can be used to manage these conditions.

The course comprises of an enjoyable mix of workshops, creative growing and cooking demonstrations, field trips and

## Student Notices....



### CONGRATULATIONS!!!

Natasha Murtagh and Sinead NiGhealbhain both recently tied the knot, we all wish you a wonderful future with your respective spouses!

**BABY NEWS!!!** Many congratulations to Ciara Ryan and Caroline Crowley, who recently welcomed healthy new additions to their families! A warm welcome to Maeve O'Kane who is returning to studies this year after taking some time off with her twins.



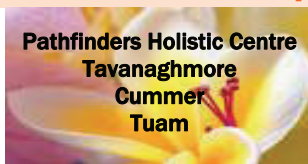
**Good Luck!** Best of luck to our own Stephanie Choularton, who is training for and participating in a half marathon in October - we'll be cheering you on!!!



**Good Times!** The Dublin crowd sure know how to party, many thanks to Rita for supplying the pictures below to the MS end of year celebration!



## Possible Job Opportunity....



Marian Fahey has asked us to advertise her new Holistic Centre in the newsletter. She is keen to have a Nutritional Therapist in place at the centre and is keen for one or our graduates (or near graduates) to apply to her. Her contact details are as follows;

**0879874300 Mariancfahy@eircom.net**

## Nutritional Therapists of Ireland (NTOI)

NTOI (Nutritional Therapists of Ireland) needs our Support.

There has been a lot of negative press recently about CAM therapies in Ireland. This is as a result of a book that has been published recently that states there is no evidence-based proof that CAM therapies work, therefore the effect is likely to be placebo (*How Alternative Medicine Makes Fools of Us All* by Rose Shapiro Harvill Secker €18). ICIM's director, Anneliese Dressel appeared on the RTE Radio 1 with Ryan Tubridy, Live95FM Limerick radio with Ed Myers, and Cork 103fm Radio with Patricia Messenger in the last number of weeks in support of the CAM industry here in Ireland.

This criticism of CAM therapies highlights how important it is for all of the CAM therapies to be more tightly controlled and regulated. Only this way can we ensure that practitioners are well trained

and qualified, and offer the public a measure of confidence when choosing a practi-

tion as Nutritional Therapists. It is currently being run by a group of volunteers that are giving up their time to ensure that the nutritional therapy industry in Ireland is tightly controlled.

ICIM urges all students to become student members of NTOI. The cost is €30 membership fee and a fee of €50 that will cover you for your whole term of study. Membership also entitles you to discounts off talks and seminars. We all must support this body because without them, you as students will have nobody to ensure that colleges are providing good training and after you graduate there will be no professional body that can award Continuous Profession Development points and support you as a member of a Health Care Profession.

The website is [www.ntoi.ie](http://www.ntoi.ie) and the membership form can be downloaded from there. Please give them your support.

**ntoi** NUTRITIONAL THERAPISTS OF IRELAND

APPLICATION FORM FOR STUDENT MEMBERSHIP

I wish to apply for Membership of NTOI in the category of Student Membership which is reserved for members of ICIM on completion of their studies in Nutritional Therapy.

I understand that the Governing Council of the NTOI has the right to reject my application. The Governing Council, at its discretion, may request from me, or appropriate others, further information to support my application.

I should my application be successful, as a Member, I agree:

- To abide by the Code of Ethics and Practice for NTOI Members (over on 1. Dec. 2020)
- To inform of any circumstances which may affect my membership (I will receive my personal copy of the Code and I will receive the NTOI Handbook which I will receive my personal copy with the application and which contains an explanatory book on 'International Code of Ethics'.)
- To pay the membership fee which covers the period of time covering the academic year as a Student Member.

Fee: The NTOI Membership Fee is €30.00 per annum plus a registration fee of €50.00. The Student Membership fee is €80.00 a registration fee of €50.00 and a €20.00 annual fee for being on one or in a clinic.

Please make cheques payable to NTOI

PLEASE PRINT

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Tel No: \_\_\_\_\_ Post Code: \_\_\_\_\_

Training Provider: \_\_\_\_\_

Qualification on Completion: \_\_\_\_\_

Signed (candidate): \_\_\_\_\_ Applied Date of Completion: \_\_\_\_\_

Signed (Training Provider): \_\_\_\_\_ Date: \_\_\_\_\_

tioner. NTOI in the self-regulatory body here in Ireland that represents our profes-