

February 2010

CNM The College of Naturopathic Medicine is one of Ireland's most highly-respected and well-known natural therapies and holistic health care training providers, offering Practitioner Level Diploma courses in **Nutritional Therapy, Naturopathy, Acupuncture and Herbal Medicine**

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See our website for details of our exciting Seminars and our regular Open Evenings.
<http://www.naturopathy.ie/events/events-opendays-ireland/>

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www.naturopathy.ie

Ask us about our NEW short courses in Nutrition For Everyday Living and Herbs for Every Day Living starting in Dublin & Cork.

Hi All,

Welcome to another addition of our CNM Newsletter. There is just so much going on with CNM Graduates right now that this letter is all about them. It is great to see such positive success all around the country, including Kathleen Ward in the finals for SFA National Small Business Awards and how well recent graduates Neil McNulty and Eirina MacSweeney are doing. Read all about them in our articles at the end.

This issue is jam packed with articles and we take a look at some of the great seminars and events we have coming up over the next few months. As always a big thank you to everyone that has contributed!

Warm Regards,

Áine Fanning
Registrations & Public Relations Officer
CNM Ireland

We would also like to wish **Roisin O'Kelly – CNM Graduate and current Herbal Medicine Lecturer** the very best of luck on her trip to South Africa with the **Friends of Ireland Charity**.

Friends in Ireland was founded by Marian Finucane and John Clarke in June 2002. It was born out of a visit to South Africa in mid 2002 where they saw, at first hand, the dire circumstances of orphaned and vulnerable children who have been infected and affected by HIV AIDS.

Friends in Ireland now works in the Eastern Cape and KwaZulu Natal provinces of South Africa assisting communities care and support Orphans and Vulnerable Children through Community-Development structures.

Rosin will be heading out to South Africa for 2 weeks to help plant, cultivate vegetables and herbs, and teach the people how to use medicinal herbs. Her work will be further developed when they bring back two individuals to join a 2 month intensive training program with Rosin and the Botanical Gardens.

Also Rosin would like to thank the Botanic Gardens for their help in analyzing the soil and helping to determine what herbs would grow best at the centre.

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Coughs & Colds – The Naturopathic Approach

By Sarah Stanbury

It's that time of year again; everywhere you look, someone has a cough or a cold. It's normal to suffer between one and four colds a year with children suffering 4-6 and babies 6-8 in their first year. But, with hundreds of cold virus's out there, our immune defences are constantly under attack, and what's more the virus's are changing to get around our immune systems.

Our lecturers from the College of Naturopathic Medicine explain the ins and outs of these coughs and colds and most importantly, how we can best treat and prevent the symptoms?

'It's normal to suffer between one and four colds a year with children suffering 4-6 and babies 6-8 in their first year'



Nutrition

with Shannon Feely, nutrition lecturer at the College of Naturopathic Medicine.

Preventing colds and coughs is about giving our immune system what it needs. We can support it by eating plenty of fruits and vegetables every day, drinking approx. 1-1.5 litres of water, sleeping 8 hours a night, exercising about 3 times per week, getting outside daily for at least 20 mins, and by managing our stress levels. In other words, by leading a generally healthy life.

Specific Immune Boosters:

- Vitamin C – helps the white blood cells of the immune system – found in guava, red peppers, watermelon, brussel sprouts, broccoli, papaya and kiwi fruit.
- B Vitamins – important for optimal functioning of immune system – found in whole grains such as brown rice and slow cook oats, nuts and seeds such as almonds and sunflower seeds, chicken, salmon, bananas, sweet potatoes and broccoli.

Cough & Cold Remedy:

When you start to feel a cold coming on, and especially if you have a sore throat, try making some honey, ginger and lemon tea. Just add 1tbsp fresh lemon juice and 2 tsp fresh grated ginger to 1 cup of hot water and add honey to taste.

- Lemon – abundant in Vit C – enhances the immune system and has anti-bacterial and anti-viral properties.
- Ginger – anti-viral, enhances circulation & lowers body temperature.
- Honey – anti-bacterial and antioxidant properties.

Herbal Medicine

with Ed Berger, herbal medicine lecturer at the College of Naturopathic Medicine.

Herbal medicine provides a huge choice of remedies for treating colds and coughs, each with slightly different properties.

- Elderberry - contains antioxidant compounds known as anthocyanins, which have immune boosting properties and are effective in preventing and treating viral infections.
- Garlic - contains an antimicrobial compound called allicin, which is released into the lungs where it helps fight infections, as well as sulphur containing chemicals that help to break down mucus in sticky coughs. Try to include at least three garlic cloves in your daily diet.
- Echinacea - contains powerful anti-inflammatory and anti-microbial constituents. Has a particular reputation for treating colds and chest infections, especially if there are swollen glands and yellow mucus, both signs of an active infection. The usual dose for Echinacea is 20 – 30 drops of tincture in water, 3 times daily at the first sign of an infection.
- Marshmallow - contains a substance called mucilage which coats, soothes and heals irritation, making this the herb of choice for dry coughs, irritated throats and hoarseness.

Homeopathy

with Ilana Dannheisser, homeopathy lecturer at the College of Naturopathic Medicine.

When treating coughs and colds with Homeopathy, it's important to remember that the medicine, or remedy, is always chosen by looking at the characteristic features of the illness, and not by the name of the disease.

The remedy is also chosen according to the symptoms, which may be superficial or related to something more complicated. For example, a cough might be part of a larger picture like asthma, or whooping cough.

Some of the remedies that might be used for coughs and colds.

- Belladonna - for all kinds of violent inflammations which start suddenly, including high fever, with burning heat and redness, coughs that are dry, barking or hard, and sharp pains in the chest, which are usually worse at night.
- Pulsatilla - is milder. There is usually a lot of thick yellow-green bland catarrh and discharge from the nose. The cough may be dry at night and loose in the morning. The person feels better in the fresh air, and is often of a gentle disposition.
- Aconite - used when a cough comes on suddenly and violently, causing wakefulness in the night. The trigger may be exposure to a cold dry wind. The cough is dry, constant and spasmodic, with a feeling of dryness in the chest. There might be fear or anxiety with it, worse around midnight.
- Bryonia - also used frequently for coughs. The cough is very dry and painful and much worse for any little movement.

A good rule-of-thumb in homeopathic prescribing is to take 3 doses of a 30c potency spread over 12-16 hours. If there is no improvement. do not take any more. because it means the remedy match is not

Cooking: The practical approach to a healthier future!



CNM Seminar - Eating Your Way to a Healthier Future!



By Lucy Hyland Nutritional Therapist

If there is one thing that research and experience is increasingly telling us is that it is our daily practises, our eating and exercise habits, are the foundation to good health. In terms of our eating habits, research continues to point out that it is not the next super food or individual supplement that holds the key to good health, but rather the foods we choose to eat on a meal to meal basis that are important.

Research is pointing to 'whole foods', cooked at home or prepared with the least amount of processing. These eaten in a more prudent manner, provide the key to better health. What are these whole foods, you may ask yourself and where can I get them? You actually don't have to go far: they are the fruit bowl on our counter tops, the whole grains and legumes in our cupboards and the fish and vegetables in our fridge, along with herbs and spices you prepare them with. In Ireland, especially over the past year, we are starting to see people return to their kitchens, concentrate on buying better quality ingredients and getting back in control of what they are putting into their mouths.

So below are some ideas about how to keep this good habit going. Before you even get to the kitchen, it is important to plan for the week ahead, decide what you need and shop so that your cupboards are stocked with a range of good ingredients, for example spices, sauces (soya sauce) condiments (oils and vinegars), dried (pulses, noodles and grains) and tinned (coconut milk, tinned tomatoes) goods and fresh ingredients that will need to be refrigerated or frozen goods (fish fillets) that enable you to always be prepared. Once you're stocked up, you'll be ready to prepare quick and easy dishes but gain incredible satisfaction from the process.

Whole grains: Eating a variety of whole grains or complex carbohydrates is advised due to their nutrient and fibre content and you can use the same simple method for almost all of them. Grains such as quinoa, amaranth, brown rice, buckwheat, barley and millet can all be prepared by washing well and putting in a saucepan with double the water, brought to the boil and simmered for anything from 15 to 40 minutes. You can jazz this up by cooking with a little soya sauce, lemon juice or coconut milk, or adding a few spices such as cumin or turmeric.

Nuts and seeds : These provide a range of vitamins, minerals and essential fatty acids and are important to include every day. Eat a different type everyday: soak them overnight, rinse and sprinkle into your porridge at the end of cooking; toast and add to your granola or as a salad topper; eat raw with fruit as a snack or toast in a little soya sauce to munch on while cooking.

Legumes: Consuming at least 5 portions of legumes every week or getting you well on the road to healthy eating due to their protein, phytonutrient (potent anti-oxidant), fibre and vitamin/mineral content. The easy option is to buy tinned beans, peas and lentils with no added salt or sugar and add to soups, stews, salads or make your favourite dips. However, it's still fairly easy to buy them dried and soak them overnight before use.

Fish is an excellent source of protein, iron and zinc and the Omega 3 content of oily fish has been strongly linked to health benefits. The best tip for cooking is to allow 10 minutes per inch (with another 5 minutes if it's in sauce or foil) and grilling and baking is best. My favourite way to cook fish is to make a little parcel out of parchment paper, place some cooked noodles, rice or potatoes on the centre of the parchment as a base, add uncooked fish and then top with anything you like: ginger, lemon and soy; garlic and onion and lime; finely chopped tomato, spring onion and dash of white wine, wrap up and cook in the oven.

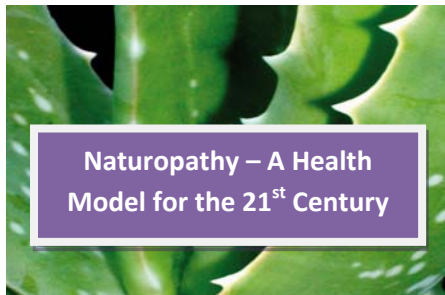
Vegetables: With each season, comes new vegetables and so you can eat a variety of vegetables all year round and adapt your cooking and recipes as you go. The best advice is to eat a rainbow every day. The best methods for vegetables are steaming and stir frying, although baking is also ok. For steaming, use a steamer or a little water and cook until al dente or still a little hard: you can add flavours afterwards, chopped herbs, dash of oil, a hint of spices. Stir frying is also a great way to quickly throw a meal together and can be flavoured with anything you like: ginger and garlic; onion and chilli; lime and cumin. Also remember that you can puree cooked veggies and use them as sauce, you can chop them up and use them as crudités and slice them thinly and bake them like a crisp.

Now you have even more ideas to help you to translate healthy eating into practice. Once you get confident with these, you can change the ingredients and recipes to suit the season, the weather and the mood. You'll never be satisfied with a ready meal again!

Lucy Hyland runs a company called **Food for Living** whose aim is to promote the health benefits of food through cooking and practical advice. See www.foodforliving.ie for more details and recipe ideas

Events

CNM Seminars



Naturopathy – A Health Model for the 21st Century

This lecture is ideal for anyone who wants to learn about preventative healthcare and wants to develop the knowledge and skills to stay well.

Well known **Naturopath and Author Stephen Langley** will discuss the principles of Naturopathy and the health benefits of fasting, juicing, detoxification and superfoods and how to incorporate them into everyday life to achieve optimum health.

Dublin 2nd March

TO BOOK

Call: 01 235 3094

Email: dublininfo@naturopathy-ireland.com

Exhibition



Cork March 5th, 6th, 7th

Dublin March 12th, 13th, 14th

Its MindBodySpirit time again and CNM will be there as always.

This looks to be one of the best shows ever with a great line-up of speakers including some well known CNM faces.

Drop by and say Hi to us at our stands in Dublin & Cork

Also CNM Graduates will be at the IANT and IRH stands giving mini consultation, encourage your friends and family to visit and learn more!

CNM Seminars



Super Charge Your Diet!

'Sproutman®' **Steve Meyerowitz**, has been one of the leading voices for raw and organic foods in the United States since the 1970s.

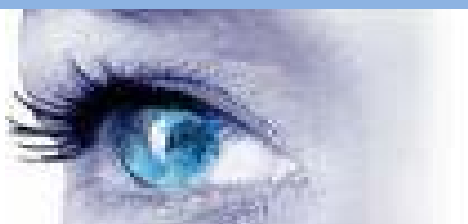
On his visit to Dublin for CNM, Steve will show you how to grow your own organic salad greens soil-free in your kitchen for only pennies per pound. At this seminar Steve will tell you all about 'kitchen gardening' to produce super charged micro-greens and wheatgrass.

Dublin 16th March

TO BOOK

Call: 01 235 3094
Email: dublininfo@naturopathy-ireland.com

CNM Seminars



Barriers to Behavioural Change

Why, for many of us, will our good intentions come to nothing? What stops us making the changes we want to make or why do we start off full of enthusiasm and then fall at the first hurdle. What are the barriers to change?
Seminar by **Tom O'Brien**

Barriers to change include stress, poor work/life balance and negativity. There are various tools that we can employ that help us initiate and maintain change from practical tips such as visual cues reminding us of our goal, to visualization exercises to altering our perceptions and awareness levels.

Dublin 22nd April

To Book: Contact details as above

CNM Seminars



Herbs for Everyday Living

Have you ever wanted to know how to use common herbs to improve health and wellbeing? Would you like to be able to have the knowledge to use herbs as part of your health routine?

This seminar will be giving practical and useful advice on how to include herbs as part of your everyday living, with a focus on herbs for the digestive system, stress, colds & flu and the heart and circulatory system. **Roisin O'Kelly Herbalist & Naturopath** will be looking at the medicinal qualities of common herbs around us and the role that they can have in your health and wellness.

Dublin 11th May

TO BOOK

Call: 01 235 3094
Email: dublininfo@naturopathy-ireland.com

CNM Student Clinics

Therapies currently available at CNM Student Clinics are:

- Naturopathy
- Naturopathic Nutrition
- Acupuncture
- Herbal Medicine

Every clinic is fully supervised by an accredited Therapist and student clinics are kept to a minimum, thus providing you with a professional standard of healthcare at less than half the cost of a private consultation.

To make a booking please contact **Eileen Twomey** at CNM Head Office on 01 235 3094 or email dublin@naturopathy-ireland.ie

Graduates: Who is doing what....

As we have been in Ireland for 10 years CNM have a long history of producing successful graduates in Nutritional Therapy, Naturopathy, Acupuncture and Herbal Medicine and they is just so much going on with our graduates right now that we want to shine a light on just some of them!

Surviving the downturn – one recent Nutritional Therapy graduate's story of success using new technology.

“People don't know how much your know until they know how much you care”

Erina MacSweeney CNM Nutritional Therapy Graduate began her practice 1 year ago, just as the downturn began to bite. Erina comments “ I can report that recession or not, it is going very well. I strongly believe that is due to the planning and preparation previous to starting out.”

How did you get into Nutrition?

Helping people to better health with nutrition is something I have been passionate about for a long time, but going back to college was a big step, a three year commitment for me, and my family and a significant financial investment, for which I had get a loan and fund the repayments. So I take the motto “Your return reflects your investment!

What do think are the things that have helped you along the way?

- Getting involved in the local business networks run by the Kerry enterprise board, fantastic encouragement, speakers, advice and although for nearly 2 years I didn't have a business to promote, I was gaining valuable experience. When I launched my business I had many contacts already made.
- Learning about marketing from people on the ground, how to get people to your business. Learning to network, to put yourself out there and being passionate about what you do.
- The importance of a Unique Selling Point. Knowing who you are and what you want to achieve.
- Availing of a business mentor through the Kerry Enterprise Board, it was free and focused my attention on aspects that I was over looking.

What has made the biggest impact in your practice?

I decided to focus on offering a new unique cardiovascular screening service, I began by buying a very basic machine, great for a while but, the huge interest and results I was getting encouraged me to invest in a state of the art, top of the range, FDA approved Cardio Pulse Wave device (another loan from my very helpful Credit Union!).

The Cardio Pulse Wave Screening is bringing people to me who may never have entertained nutritional therapy as an option for enhancing their health, and the people who come for a nutritional therapy consultation are being alerted to indicators of early heart disease that they were unaware of up until they were screened. (All my clients get a screening as part of a consultation). I use a proven nutritional programme to reverse any premature aging of the cardiovascular system and the results are excellent. I have people in their 40s with a cardiovascular system of an 80 year old and this is being reversed in months, with blood pressures (brachial and aortic) and arterial elasticity returning to normal levels, and major improvements in circulations problems are being seen also. My screening system is fully mobile, so I regularly screen for other therapists. If you would like to know more on any aspect of this screening service please feel free to contact me.

Erina MacSweeney BSc Dip. NT mIANT, phone:087 2740788 www.fuelyourheart.com



CNM trained Naturopath & Herbalist Kathleen Ward who has recently celebrated the opening of her newly expanded clinic with the addition of a seminar auditorium that can hold live cooking demonstrations also has new reason to celebrate after she was nominated as a finalist for the SAF National Small Business Awards. We are delighted for Kathleen and wish her every success.

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There is life after CNM Lectures, and two of our past pupils Geraldine Rothwell and Maireád Healy are delighted to share their story with you here

Geraldine and Maireád opened the doors to their new and exciting venture “**The Heal Well Clinic**” in Bray, Co. Wicklow in September 2009. The name of the clinic is derived from their surnames – “Heal” from Maireád’s name and “Well” from Geraldine’s. Natural Healing and Preventative Healthcare are the cornerstone beliefs for the dynamic Wicklow based partners.

“Our vision here at Heal Well is to pass on our combined wealth of knowledge to our clients” says Maireád. “Both Geraldine and I firmly believe that empowering our clients to engage in the production of their own healthcare products and healthy foods enrich their interaction with the healing process”.

“Changing one’s lifestyle on the road to wellness can be a daunting and difficult journey” says Geraldine, “but by offering practical and manageable support in a caring environment, we have seen our clients’ attitude change from one of scepticism to one of hope”.

One of Maireád’s recipes:

Oat and Honey Facial Scrub - (suitable for all skin types)

1 tsp finely ground oats
1 tsp finely ground almonds
1 tsp pure honey
¼ tsp apple cider vinegar

This facial scrub can double as a face mask and uses ingredients commonly found in your kitchen larder. Honey has natural antiseptic properties known to help in regenerating damaged skin tissues. Oatmeal and almonds make an excellent scrub and help nourish the skin.

Mix all the ingredients together. Use damp fingers to roll the mixture gently over the face. Leave on the skin for 15 minutes and rinse off well. Splash face with cool water, tone

One of Geraldine’s favourite healthy breads:

Carrot and Dillisk Bread (Makes 1 loaf)

1 oz (25g) dried dillisk, soaked for 5 minutes in boiling water
4 fl oz extra virgin olive oil
1 large carrot, grated
4 eggs
9 oz (250g) white or wholemeal spelt flour
1 ½ tsps baking powder

Pre-heat the oven to 350F (170C).
Line a 2 lb loaf tin with parchment paper.

Drain the dillisk. Dry with kitchen paper towels and chop finely. Whisk the eggs lightly in a large mixing bowl and stir in the oil, carrot and dillisk.

Now add in the flour and baking powder and mix well. Place the mixture in the tin and bake for 40-50 minutes – until a skewer inserted into the bread comes out clean. Cool on a wire rack.

Now in addition to their practice they are running courses and seminars.

Drawing on Maireád’s skills as a herbalist, the HealWell Clinic’s unique “**Lotions & Potions**” course demonstrates how to make your own 100% natural cosmetics, along with making your own tinctures, medicated oils and cough syrups. The extensive syllabus includes recipes for cleansers, toners, creams, exfoliators, face masks, bath bombs, tooth powders, hair care and perfumes.

Maireád firmly believes that The HealWell Clinic’s signature lotion and potion recipes will work just as well for you, if not better, than the synthetic or “natural” commercial brands which are often so expensive.

Maireád has designed these recipes to be easy to follow and to use ingredients which you can source directly in your local supermarket, health store, pharmacy or even your own garden. Because you control the production, you can be guaranteed that only the freshest, natural ingredients are used and that no artificial colours, preservatives or synthetic fragrances are added. Making your own skincare products means that they can be tailor-made to suit your own skin type and/or sensitivity, as well as allowing you to personalise them further by adding a fragrance of your choice.

If you do have sensitive skin, another significant benefit is that the risk of allergic reaction is eliminated as you control the ingredients. And the benefits are not just limited to you personally, as by using eco-friendly packaging you can help the environment and reduce your carbon footprint by avoiding plastic and of course you can make gorgeous gifts that are guaranteed to impress friends and family! The day-long course concludes with instruction in some practical massage techniques, which gives the participants the opportunity to use some of the products made during the day. With facial massage, hand/foot massage and reflexology this course is not only informative but relaxing and enjoyable also.

Drawing on Geraldine’s culinary and nutrition expertise, the HealWell Clinic also offers a **seasonal range of cookery demonstration courses** throughout the year. The themed courses are based on preparing wholefoods, and the dishes are primarily vegetarian and always wheat, dairy and sugar free - however Geraldine’s love of fish does find its way in from time to time. In a comfortable kitchen setting, and a warm, informal atmosphere, participants watch and ask questions as the dishes are prepared, and then get to enjoy all the wonderful food with some specially blended herbal tea. Participants gain a wealth of knowledge regarding both herbal medicine and the nutritional value of the foods being prepared and how they can help one to regain health and prevent illness in the future.

As a practicing Nutritional Therapist and Naturopath, Geraldine has found that people need practical help when it comes to producing wholefood meals for themselves and their families. Advising them to change their diet wasn’t enough, as most people were totally unfamiliar with the wonderful grains, beans, nuts, seaweeds, etc available. Not only that, but they did not know how to cook them. Changing their dietary habits was more of a challenge for her clients than it sometimes should have been. Added to that challenge, is the unfortunate assumption made by many that healthy foods are not going to be appetising. Therefore, one of the most important aims of the HealWell Clinic is to demonstrate that these foods are not only delicious, but also very easy to prepare.

Geraldine Rothwell & Maireád Healy www.healwellclinic.com
087 6796715 or 087 2806368



A Labour of love: one Naturopath & Herbalist's personal story

By CNM Graduate Neil McNulty

Winter carries the crown as the season that tests us the most on the health front. As a Herbalist and Naturopath winter provides me with plenty of challenges in my Clinic and normally this would be the best place to start a discussion on how to keep Jack Frost at bay (and Jack has been around a lot this winter), however, this year has been very different for me. I have become a father for the first time, and with the birth of my baby boy Roan came the realisation that I am now his primary healthcare provider. Before he was born I didn't feel that pressured or nervous about being the Herbalist & Naturopath of choice (or *in situ*) but folks, as some of you are aware, reality is more sobering and I'm not afraid to acknowledge it. However, my treatment of my son didn't begin with his birth – it began with treating my partner Jasmina throughout her pregnancy. I'd like to share with you here some of the herbs and therapies used throughout pregnancy, delivery and Roan's first weeks

Throughout her pregnancy, Jasmina ate well, rested, looked after her body but there were challenges: night sweats, aggravation of sinusitis (especially at night), physical discomfort, and the worst culprit, heartburn. From the beginning she was drinking copious amounts of Nettle Leaf tea which really strengthens and builds the blood. Some may remember their Grandmothers using this super nourishing and cleansing herb. Raspberry Leaf was taken in tea form in the last trimester, mixed with Nettle, as it was difficult to drink on its own. It is a great herb for strengthening the uterine muscles for child birth.

To help with the heartburn acidic foods were eliminated from the diet and Jasmina feasted on almonds, which are highly alkaline. As for herbs, bitters didn't really work for her and the best combination I found was Meadowsweet and Slippery Elm – they really helped to alleviate a bad attack.

In the last couple of weeks of the pregnancy I prescribed a formula to help prepare the uterus and cervix for delivery. The main herbs were: Black Cohosh, Cramp Bark, False Unicorn Root, Raspberry Leaves. This really laid the foundations and with the help of acupressure (points: Large Intestine 4, Spleen 6, Bladder 32, Bladder 60) the labour lasted only 2hrs 30mins and with no intervention other than some gas to help with the contractions. After the birth – 8lb 11oz – homeopathic remedies were administered (there was no time to give them during labour as it happened so quickly): Aconite (and some Bach Rescue Remedy) for the sudden onset of labour which really helped with the shakes after the birth; Arnica for the bruising and trauma; Hypericum for the sharp intense nerve pain (she needed a few stitches); Symphytum for the healing of the tissues. I used quite high potencies (100m & 200m) but you will need to consult a Homeopath if you want these potencies, otherwise 30c will do (Nelsons have a birth kit).

After giving birth Jasmina looked very good considering and the midwives were surprised that she felt so relaxed and wanted no pain relief. Eventually they were curious as to why she was recovering quickly and before long I was having conversations with various nurses on the benefit of Natural Medicine. For quick recovery I gave her herbs to improve her energy, such as Oat Seed, Ginseng; to aid the healing process: Marigold Flowers, Comfrey (externally); teas to drink: Alfalfa and Nettle Leaf; to promote the production and flow of breast milk: Fennel and Fenugreek. When giving herbs after birth I find teas work best and they're a great way to hydrate especially if breast feeding but tinctures are good as well. Eating well is vital to recovery. And last but not least, an oil I mixed up for her which she applied throughout pregnancy avoided the dreaded stretch marks – base of Almond oil mixed with Tamanu & Rose oil and some drops of Fennel and Rose essential oil. She still uses it!

As for baby Roan the most pressing concern was his Colic. Colic can be caused by many things and it can be difficult to determine when a baby is suffering from it, never mind what the cause of it might be. For Roan, the indication was a sudden spasm that might wake him, tightening of the abdomen and stiffening of the body. I tried gentle massage of the abdomen, moving his knees up in a circular fashion towards his abdomen, cradling him belly down, some reflexology, etc, all of which helped but not significantly. Passing gas helped to relieve the colic.

Research suggested lesser known causes: hyper lactation, spinal alignment issues during delivery, etc. However, I ended up spending so much energy looking at all possible causes that I was only getting frustrated, so I decided to look only at herbs for help using his constitution as a map. After trying a few herbs I settled on three herbs that worked best for him. Fennel to warm the digestion and clear mucous, Chamomile to reduce spasm and clear gas and Lemon Balm to reduce anxiety and calm the body. On top of this it needs to be noted that treating the mother as well is very effective so both of them got the tea.

At bath times using a tea made in equal parts of Lavender, Chamomile, Lemon Balm, Elderflower, and Lime Flowers mixed into the bath water did the trick during stressful moments and didn't half knock him out into a deep sleep. Perfect medicine for Baby, Mum and Dad. Expertly executed power naps are now the order of the day and a break is like a holiday. Well, here's to parenthood, and the challenges it brings.

They say things change very quickly for the baby and new challenges are always on the horizon but with the herbs as allies I feel more confident that I can meet these. If only Roan was my teacher in college I would have been better prepared but there's nothing like the real thing to plant you firmly in the present. The journey continues!

Of course herbs and homeopathy are prescribed to suit the needs of the individual and before taking any natural medicine please consult a professional practitioner.

Neil McNulty (ND, Dip. Herb, Dip. Mass., m.IRH, m.INA, ITEC)

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