



THE  
GRANARY  
CAFÉ WATERFORD



## Spring Vegetables PASTA PRIMAVERA

This is a really healthy and quick supper dish. You can use whatever vegetables you can find that are now coming into season. This is a very basic but more than adequate version which would be great served with a green salad and good quality crusty bread.

### YOU WILL NEED

Unsalted Butter 50 grms  
Garlic Clove crushed 1  
Asparagus, blanched and cut into small pieces 200 grams  
Peas 150 grms (fresh is best)  
Baby Spinach 100grms  
Tagliatelle Pasta cooked 450 grms  
The zest and juice of a lemon  
A generous handful of fresh herbs to include basil, dill, mint and chives.

### TO SERVE

Some toasted hazelnuts and grated Parmesan.  
Olive oil for drizzling

Heat the butter in a pan, add the garlic and fry for one minute.

Now add the asparagus, peas and baby spinach and stir for about two minutes or until the spinach has wilted.

Add the pasta and about three tablespoons of water and stir to combine all of the ingredients.

Finally, add the lemon zest and juice.

Season to your taste with a little sea salt and freshly ground black pepper.

To serve, divide the pasta between four bowls and sprinkle with the toasted hazelnuts, Parmesan shavings and olive oil.



# Herbs for a good night's sleep

CNM®

By Herbalist and Iridologist Peter Jackson Main, Lecturer in Herbal Medicine at CNM Dublin (College of Naturopathic Medicine).



IN an age when mainstream medicine has become complex and ever more technical, herbal medicine can offer simple, natural and holistic solutions to our health problems. Its use has a long tradition in all cultures and research has proven its huge benefits. The skilful herbalist works not to suppress symptoms, but to use herbs' pharmacological and energetic principles to support the body's innate drive to heal itself.

Herbs, used in various forms, can be especially useful when it comes to combating sleep disturbances.

We all know that sleep is extremely important to normal function. Without it our body doesn't get to regenerate and repair, stress gets more stressful and life generally gets harder. With our 24/7 lifestyle, it's perhaps not surprising that sleep disturbances are amongst the most frequently treated conditions in natural health practice.

Whilst there are many different types of sleep deprivation and insomnia, generally they can be divided into two patterns; difficulty getting to sleep, and difficulty staying asleep. Remedies for no two patients are the same. The causes of sleep disturbances vary from person to person, and these are amongst the underlying factors a herbalist needs to assess when mixing up the most appropriate remedy. However, you may find it helpful to take the following measures to help you wind down:

- Using herbs in your bath. Lavender is traditional for promoting a deep and healthful sleep, but you can also use oats or chamomile. To avoid mess, try putting the herbs into a muslin bag.

- Making a sleep-inducing herbal tea. A traditional combination for sleep is valerian, hops and passionflower. If you're inclined to need to visit the toilet in the night, you may prefer to use capsules or tablets, which are available from

health food stores.

- A favourite herbal remedy for those who can't stay asleep is the Ayurvedic herb, Ashwagandha, which is so gentle and safe that it's often given to children in India. Rather than knocking you out immediately, the effects come on slowly and reach their peak in the small hours when you really need to stay asleep. Try three capsules of Ashwagandha before retiring. This dose can be adjusted up or down according to the results.

Back up your sleep-inducing efforts by getting some daytime exercise in the fresh air. Wear breathable nightwear and have a comfortable mattress and pillows. Hang heavy curtains to block out the light. Establish winding down rituals at night, such as no computers, or stimulating TV programmes after 8pm. Ban TVs, mobile and cordless phones from the

bedroom to reduce 'electronic smog'. Don't eat within 3 hours of going to bed, or conversely, if you wake up because you are hungry, have 2 oatcakes as pre-bed snack. And back to the herbs, sprinkle a little lavender on your pillow!

CNM teaches its Herbal Medicine Diploma Course in Dublin. Based on naturopathic, holistic principles, the Course incorporates Western herbs and the energetic approach of Ayurvedic and Chinese Medicine. Herbal students at CNM are also given a good understanding of additional natural diagnostic and therapeutic tools, so that they are equipped to offer their clients lifestyle and nutritional advice. Combined with a healthy lifestyle and optimal nutrition, herbal medicine can form part of a winning formula for a lifetime of health and vitality.

CNM® OPEN DAY SUMMER 2015 IRELAND

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Saturday 6th June 2015 - Dublin

10am	<b>Nature's Medicine Cabinet in Your Garden</b> <b>Sorcha Taylor</b> Understand how herbs can benefit your health and vitality.	
11:15am	<b>From Illness to Inspiration</b> <b>Karen Ward</b> Learn the importance of optimal gut health in disease prevention	
1:30pm	<b>The CNM Training Concept</b> <b>Lorraine Whelan</b> Hear about CNM courses available in Natural Therapies	
2:45pm	<b>A Natural Approach to Your Child's Health</b> <b>Michael Lawlor</b> Understand how Traditional Chinese Medicine and Nutrition can support your children's well-being	

Venue: CNM Dublin, 4th Floor, Scotch House, 6-7 Burgh Quay, Dublin 2  
Entry: €15 Book online at: [www.naturopathy.ie](http://www.naturopathy.ie) Phone: 01 6725036