

What herbal remedies can I use to improve my energy?



Herbalist Leyla Moudden answers for College of Naturopathic Medicine

Herbs that positively affect energy levels



are called adaptogens. Adaptogens increase vitality by reducing the energy drain that accompanies intense emotional, mental or physical exertion. Exertion of any form over a sustained period will deplete us by creating hormonal and sugar imbalances often presenting as fatigue, low mood, poor sleep or sugar cravings. Adaptogens will offset this energy drain by balancing hormones and blood sugar to result in a net increase of available resources.

Here are three easily accessible adaptogenic herbs which balance and support energy levels:

Siberian ginseng will increase stamina and resilience by reducing fatigue from physical exertion.

Rhodiola rosea is an uplifting, mood-enhancing herb that supports concentration and cognitive ability.

Schizandra sinensis is a powerful anti-anxiety herb that reduces energy depletion resulting from emotional stress.

See your naturopathic herbalist for appropriate herbs and lifestyle advice.

► **CNM trains students for careers in natural therapies. Check out the website for details of talks and seminars in your area. Visit www.naturopathy.ie or call 01 878 8060**

WHAT'S IN SEASON IN MAY AND JUNE?

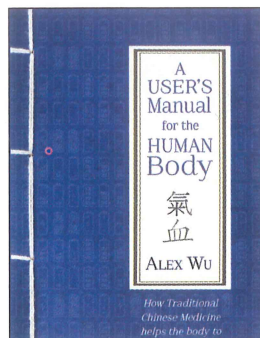
Asparagus, aubergines, butterhead lettuce, Brussels sprouts, cauliflower, courgette, mushrooms, peppers, runner beans and tomatoes.

Basil, mint, parsley, sage and thyme.

Berries are coming into season with the first native being strawberries and rhubarb doing well too.

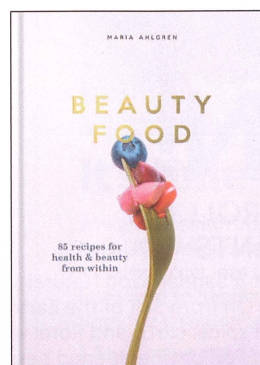


BOOK REVIEWS



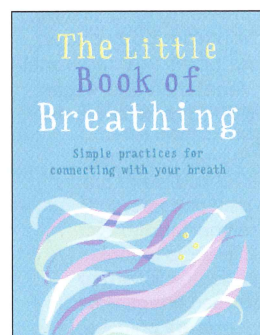
***A User's Manual for the Human Body: How Traditional Chinese Medicine helps the body heal itself* by Alex Qu**

The fundamental belief of Chinese medicine is that the body has a powerful self-healing system that must be nurtured and encouraged. This book looks at how the principles of Traditional Chinese Medicine differ from those underlying Western medicine, what that means in practice and how we can help our bodies to heal themselves. *Hammersmith Health*



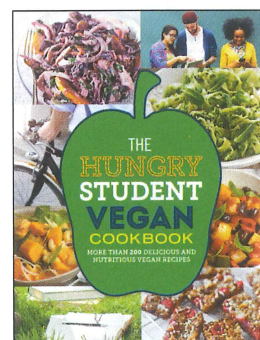
***Beauty Food, 85 Recipes for Health and Beauty from Within* by Maria Ahlgren**

For great skin look no further. Beauty coach Maria Ahlgren looks in detail at why we suffer from skin problems and how we can fix them for a glowing complexion. Her five top rules: eat your skincare, but complement with hardcore products, create a rainbow with colourful foods, think addition – not restriction, and feed your soul. *Mitchell Beazley*



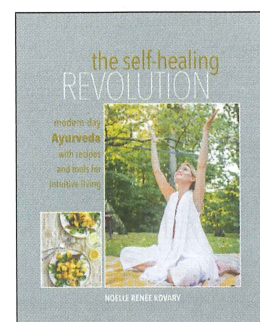
***The Little Book of Breathing* by Una L. Tudor**

Are you using your phone too much? Are you having too much coffee? Are you really getting the most out of your day? The Little Book of Breathing is a collection of techniques, exercises and helpful thoughts from a life coach and counsellor drawing upon rigorous research combined with lessons from her own daily practice to guide you through the day, from 'Rise and Shine', all the way to bedtime using the simple magic of breathing. *Mitchell Beazley*



Hungry Student Vegan Cookbook

With all the essays and exams, not to mention the enormous pressure of having to go out partying four nights on the trot, staying healthy and well-fed can be a challenge to college students, and even more so if you are vegan. This book will make sure you get all the essential nutrients to get you through from freshers' week to graduation, plus helpful hints and tips for getting the most out of a student budget. *Octopus Books*



***The Self Healing Revolution* by Noelle Renee Kovary**

A whole lifestyle in a book! This book on Ayurveda includes yoga moves, recipes and top advice for how to reconnect with your body and ease life's stresses. Life can be difficult sometimes, but you can learn the art of intuitive living through nutrition, lifestyle practices and self-care and nurture your body back to a state of balance. *Cico Books*