

Medicine Room

ALERT & INVITATION

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Natural Health Expert offers a Check Up over Lunch for Charity

Acclaimed local natural therapist, medical herbalist and author Dominique Finney will offer some heart-starting advice about taking at least 5 minutes each day to safeguard your health at a series of lunches at Sunshine Coast and Brisbane restaurants.

The next lunch is planned at Mapleton's favourite restaurant **Le Relais Bressan** on Thursday, 3 August.

The special lunch will focus on how to include natural and ageless remedies in your diet and routine every day to ward off illness and disease – with garden variety herbs and minerals, the food we eat, and even the wine we drink!

Dominique is a registered member of the National Herbalists Association of Australia (NHAA). She blends organic, herbal medicines and operates the popular website www.medicineroom.net and its free online natural medicine helpline from her home at Mapleton.

Dominique's first book, *The Wellness Zone – Your Guide to Optimal Health*, was released last year and is sold nationally at leading bookshops. It comprehensively addresses physical, mental and emotional health, integrating herbal medicines with modern health care.

Over a healthy lunch Dominique will share how anyone of any age can simply and proactively manage their own wellbeing and every guest will get a signed, gift copy of *The Wellness Zone* to take home.

The feel good lunch will also do good for local charity as Dominique will donate profits from the lunch to The Range Care Cottage.

The lunch is from 12 noon and tickets are just \$60 for 3 courses – call now to reserve seats on 0409 765033 or Le Relais Bressan 07 5445 7157.

A schedule of further lunches exploring a range of healthy topics is also in planning for 2006.

More information:

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