

## Winter Wellness Lunch at Le Relais Bressan

On August 3rd, best selling Author and Herbalist Dominique Finney held her winter literary lunch in the ambient Le Relais Bressan French Restaurant at Flaxton.

40 people attended the three course gourmet event which raised \$565 for The Range Care Cottage respite centre in Flaxton.

Dominique's focus was Winter Health care solutions where she outlined the five must have herbs to boost immunity and prevent illness. Then she went on to explain the benefits of herbal medicines for cough , cold and flu relief outlining to guests the advantages of natural health care solutions for winter ills , this included a discussion on the good oils such as Flaxseed and Wild fish oils to enhance immunity and strengthen your system.



Each guest received a copy of Dominique's best selling book " The Wellness Zone" which is available in book shops. The book outlines ways that you can get in to The Wellness Zone and Stay in the Wellness zone for good health and prevention against a myriad of genetic and environmental illness.

Local Coast Pianist Richard Goldsworthy entertained guests with his original new age music from his four CD's including his latest release Silk which was inspired from a recent visit to Japan.

Dominique operates the web site [www.medicineroom.net](http://www.medicineroom.net) <<http://www.medicineroom.net/>> and is available at the world famous Eumundi markets each week for Herbal and Natural therapy solutions.

4/8/06

Dominique Finney