

MEDICINEROOM NEWS

MAKE TIME FOR YOUR HEALTH EVERY DAY

*** Revitalising Edition * Vol. 13 * Issue 46 * Jan - Apr 2012 ***

Hello from Dominique

Welcome to our newsletter. It is always my pleasure to share information with you and help spread the word about the beauty, effectiveness and benefits of herbal medicine and good nutritional practices. This newsletter is being released at The Woodford Folk Festival. If you pick up a copy, we'd like to thank you for visiting the Woodford Apothecary and the Folk Medicine Program.

I have been on the folk medicine programming team for the last five years. Our role is to source and present the best of Australia's health culture, providing our audiences with new ideas and healthy, sustainable choices. This year's program starts each morning at 6am with yoga and goes through the day with musical movement programs, dance, talks, education, workshops and forums.

The folk medicine program has a strong team of "angels" who run the Blue Lotus venue, provide technology, run the Woodford Apothecary, film interviews and luckily this year we have a documentary being made about our program. Our Angels create healthy environments and make this festival a wonderful place to be. The Apothecary has been at the top of my wish list and is now a gorgeous extension of the program. It is jam-packed with authentic and locally made medicines and body products from the 60 presenters we have in the program this year. Come and check out my hand-made herbal medicines,

The Eumundi medicine man, Jay Mulder with his complete Ayurvedic clinic, the orchid essences from Scotland, beautiful books, Donna Soul song yoga wear. Shamanic healer and naturopath Laurel has made sage room spray that is divine. Come and buy your daily festival boost with our herbal elixirs at \$3 each in a range of medicineroom favourites. Listen to Kevin James Carrol's chanting CD and buy a dvd from Rob Santich on manufacturing herbs.

Visit us and talk to the practitioners and students who are dedicating time in the festival to share their knowledge and experiences with you for free consults. Many presenters in the program are dropping in to chat and assist you, so make the most of it. I will be there daily and as always it is my pleasure to help you. So check out the schedule at the apothecary and come say hello. After the festival we are back at Eumundi Markets each Saturday so come and see us there.

Have a restful new year and welcome in 2012 with peace, joy and focus on your dreams.

Lots of love as always Dom xoxox
BHlth Sc (Complementary medicine) ND, Medical Herbalist





RICH HERBAL SKIN NECTAR

Ideal for dry and sensitive skin and aids skin recovery and rejuvenation. This is a luxurious nectar for the face and body.

Now also available as a balm.

Contains herbal extracts of calendula, comfrey, wild yam, paw paw, olive leaf, chickweed, echinacea, chinese wormwood and chamomile, with nourishing avocado, rose and orange oils. 100% organic plant based.

125ml Nectar or 100g Balm - \$25 each



NEW WEBSITE UPDATES

I would like to thank Sylvia Posadas for the upgraded medicineroom website. Siba has worked on this site for the last six years and we love its new format.

WWW.MEDICINEROOM.NET

Also moving along with developments of the herbal skin balms, I would like to thank Sharon Windust for the creation of our sister website www.herbalskinbalm.com which was launched last month.

WWW.HERBALSKINBALM.COM

Sharon also does the graphic artwork for the herbal skin balms, medicineroom newsletters and all of my other labelling and print work and really helps us to look fabulous.

So... THANK YOU ladies.

THANK YOU TO QUEENSLAND COMPLETE PRINTING
FOR YOUR ECO FRIENDLY AND FABULOUS
PRINTING SERVICES IN NAMBOUR, QUEENSLAND.

Herbal First Aid Kits And Your Home Dispensary

Have you added herbs to your home's first aid kit or medical dispensary?

Talk with us today and we can assess your needs to create a great home selection of helpful herbs . These can include raw herbs to make into teas, decoctions and kitchen oils. Herbal extracts to take for coughs, colds, flu, illness and injury.

Herbal balms, nectars and oils for many ailments.

Now available from the medicineroom.

HERBAL SKIN BALMS & OILS

Rich herbal fusions extracted in traditional Persea americana and Olea europea oils. Blending raw local and organic herbs with essential oils in handmade batches for your skin's delight. Take your pick, 100gm balms sell for \$25 each.

Please order by phoning us directly on 075 4457381 or 0409 765033 or email wellness@medicineroom.net



Aloe vera with lemon balm to soothe sunburn, sores, skin irritations, rashes, babies and sensitive skin relief. Soothing, cooling and relaxing on all manner of skin ailments. Acne relief and deeply moisturising on tired and inflamed skin.



Arnica and comfrey in combination is my balm of choice for bruises, inflammation and injuries involving unbroken skin. A great combination for fractures, post operative relief and also as an after sports rub. It's great on tired bodies and overworked joints and muscles. For me this is an awesome all-round first aid balm.



Calendula, comfrey and chickweed is my traditional formula for all conditions where the skin is broken, including; dermatitis, eczema, heat and nappy rashes, small wounds and insect bite relief. Chickweed soothes itching while the calendula and comfrey are calming to irritated and broken skin. A perfect first aid balm.



Chilli, hypericum and gotu kola is a warming and anti-inflammatory blend. For sore or swollen joints, painful areas and inflammation. Use it to help increase circulation and as a relaxant. Backs, knees, hips, shoulders, elbows, wrists, or anywhere you need relief for pain or inflammation. Great as an after-sports rub.



Stimulating for circulation, wonderful as an anti-inflammatory and healing on skin infections, spots and sores. Ginger is such a diverse balm to help revive sore, aching muscles and joints. Great as a back rub for resting patients and also increases the circulation in feet. Migraine and headache relief and a digestive aid.



I love the antimicrobial and soothing blend of paw paw, olive leaf and chinese wormwood. A favourite combination for skin infections, insect bite relief, small wound healing or any spots on the skin that may need relief. Broken skin, healing, unusual skin blotches and rashes and patches. Great for your first aid kit.



Peppermint with chamomile flowers is soothing and increases circulation. It feels great on feet and smells awesome. Can be used to; relieve headaches, aid digestion, as a chest rub in the winter and a muscle relaxant for sore backs, necks and muscles. Perfect before sleep and as a relaxing balm at any time.



Wild yam as many will know is traditionally regarded as a natural hormonal cream. It is used by some of my clients to relieve bloating, PMT and menopausal symptoms and it is also good for digestive relief and to aid digestion. I have known it to help with skin conditions and as a general first aid balm.

IODINE IS SO IMPORTANT FOR EVERYONE

Iodine is a non-metallic essential element that never appears in nature in its pure crystallized form but always as the iodide with another compound. It's first use was by Swiss physician Jean Francois Coindet to cure goiter, an overgrowth of the thyroid gland. When iodine intake is sub-optimal, both humans and animals will develop thyroid gland enlargement in an attempt to maintain normal thyroid function.

Dietary iodine is absorbed in the form of iodide into the blood stream where the thyroid captures it. The breasts, stomach, salivary glands and other tissues then take iodine from the blood to a level 30 times that of the blood level.

Many cells in the body are programmed to die. This predictable and scheduled cell death is called apoptosis. There is an abundance of iodine in the body where apoptosis is active, such as in the lining of the nasal passages and the stomach where iodine takes an active role in the programmed cell death. Iodine is also a great antiseptic and the same mechanism used for apoptosis or the planned death of our good cells is used to kill single cell organisms like bacteria and viruses. Concentrations of iodine help to maintain sterility of the wound site. Iodine detoxes chemicals and it helps detox many dangerous poisons such as snake venom and biological toxins. It acts as protection from apoptotic diseases such as leukemia and works on bacteria such as *heliobacter pylori* which is the cause of many stomach ulcers.

We continually need to replenish our iodine supply, because of the apoptosis function of iodine. There is no re-absorption mechanism in

the urinary tract for iodine and it is continually lost through urine. If you suffer from an iodine deficiency, you will readily absorb it from the environment when it is available. However, your body is unable to recognize the difference between regular iodine and radioactive iodine. It will absorb both of them equally well. So if you are deficient in iodine and a radioactive cloud passes by or the radioactive iodine is in your water, your body will tend to suck that radioactive iodine into your thyroid gland to fill up its iodine stores.

Sea vegetables and seaweed contain an abundance of iodine. The traditional Japanese diet contains a large amount of iodine. Based on this fact, those living in Japan and consuming a traditional Japanese diet may not so readily uptake radioactive iodine. We all need to consider that there may be more of the radioactive iodine in the environment and in foods at this time. So make sure you have the right dose of the iodine that is not radioactive so that you do not absorb the toxic one.

In our dispensary we make kelp extract of *fucus vesiculosus*, also know as bladderwrack. This helps with weight reduction in conjunction with exercise and dietary changes and helps to keep your metabolism balanced and your glandular system healthy.

Enquire today about our bladderwrack herbal blend. We can formulate it into your regular blends or you can take it on its own.



Herbal Stress Ease

We all get stressed, upset, overwhelmed or depressed from time to time. Herbal Stress Ease formula was developed about 10 years ago in our dispensary and has become a popular blend for patients feeling the woes of life.

This blend contains some favourites. Hypericum (St Johns wort), a beautiful herb to help alleviate depression and enhance a feeling of calm. Melissa (lemon balm), also soothing and calming, helps relieve fast heart rate. And astragalus for boosting immunity and assisting with the pituitary gland function of master hormonal secretions, because as we all know, hormones can play havoc with our emotions and stress levels.

Great for all the family and safe for children and elderly people. Some medications may interact, so you need to consult with us.

\$13 for 50ml
\$20 for 100ml
\$30 for 200ml
\$55 for 500ml



How To Make A Water-Based Infusion or Decoction

Herbal teas are also known as infusions because you infuse the herbs in hot steaming water. At the medicineroom we are now selling raw organic herbs for infusions, cooking and medicine at home. So please ask us if any of these herbs take your fancy.

BASIC HERB TEA

To make an infusion, use 5 grams of raw dried herb to every 200ml of boiling hot water. Pour the water over the herbs and allow to seep for ten minutes, strain and pour.

LONG, STRONG HERB TEA

To make a stronger brew, leave the herbs in the water until cool and then strain. Stronger infusions are great if you plan to use it for a compress, medicine or want to use as a concentrate and add to other drinks. Pour the infusion into a container and refrigerate. It will be good for about three days. Take 30 to 50ml and add to drinks throughout the day,

ICED HERBAL TEAS

The long strong base is the perfect way to make iced herbal tea. When you take this version of the tea and cool it down, fill a jug with ice, a sprig of mint, a dash of honey and a squeeze of citrus juice and pour the tea over. Yumm. By allowing the infusion to seep for longer and cool, really brings out the flavours of the herbs and makes the perfect iced tea.

DECOCTION

To decoct the herbs, add 50 grams of raw dried herb to one litre of water, bring to the boil and allow to simmer for 20 minutes. Take this concentrate, allow to cool, then strain. Place the liquid in the fridge. You will only need to add 15ml of this to drinks as it is much stronger.



SPEARMINT
digestion,
mental stimulation,
cooling.



CHAMOMILE
relaxing, teething,
coughs.



GINGER
inflammation,
circulation,
infections, headaches



ROSE PETALS
nervous system
support, infections,
rejuvenating.



BLACK TEA
stimulating,
circulation,
mental clarity.



GREEN TEA
anti-inflammatory,
protecting boosting
systems.



**ECHINACEA
FLOWERS**
immunity, energy
and recovery



PASSIONFLOWER
total relaxation and
quietening for the
mind.



NETTLE
iron deficiency, lung
restorative, recovery,
prevention.

* THE HEALTH BENEFITS OF GINGER

- * Ginger is such a gorgeous herb. Grate it fresh and raw in your salads, add some to your juices, soups and cooking,
- * apply it to your skin, decoct, infuse or extract ginger and you are opening up doorways to optimal health for your body. I just love ginger and that's why we have made it into our latest herbal skin balm. Lots of clinical studies have been conducted and show that the traditional uses are validated, so it really doesn't get any better than that.
- * When Mum gives you a cup of steaming ginger tea for your headache, that is backed up by research to show it works as well as aspirin. When you have inflamed joints and have a dose of herbal ginger extract, that is as good as taking any pharmaceutical anti-inflammatory and the evidence is there to back it up. Ginger is simple, it's natural and it grows naturally in our climate.

* How To Use It?

- * Take ginger internally for headaches, nausea, travel sickness, arthritis, pain, any inflammation in the body, bloating, fluid retention, digestive problems, circulation stimulation, weakness, cold and flus, high cholesterol, liver dysfunction or infections. Apply ginger topically for any of the afore-mentioned ailments. In the case of inflammation, apply directly to the joints and wherever you feel inflamed.
- * Also for; infections, parasites, ringworm, sun spots or any sores or hard-to-treat skin irritations.
- * If you have diabetes or gout, then apply to the feet and it will help increase circulation.
- * Contraindications include exceeding small doses of 2 grams a day for pregnancy, gallstones and people taking blood thinning medication.





Come and buy your herbal elixir 30ml voucher from the apothecary at Woodford Folk Festival. Take your choice from ten of our favourite herbal combinations for a great healthy festival boost.

Vouchers are \$3 each, which also entitles you to an entry into the prize draw for the medicine room herbal dispensary prize.

1st Prize - \$100 voucher

2nd Prize - \$70 voucher

3rd Prize - \$50 voucher



www.MedicineRoom.net

✉ HERBAL POSTAL SERVICE ✉

Contact me through the complementary NATURAL MEDICINE HELPLINE on the internet to talk with me about your health care problems. Postage for herbs delivered in Australia is \$8.50 for parcels under 500gm and \$12.50 for parcels over 500gm, registered mail. We post out twice a week and you can telephone me on 07 54457381 or mobile 0409765033 to talk about what herbs you may require.

MY SCHEDULE

FREE NATUROPATHIC CLINIC AT EUMUNDI MARKETS

Come along to The Eumundi market on a Saturday morning and enjoy my free naturopathic clinics. These operate most weeks through the year. We are open from 7am until 1.30pm for consultations and no appointment is required. Details of my attendance are posted on my mobile phone the day before each market if I am away. 0409 765033.

We attend the markets rain, hail, or shine. But we stay away for cyclones, floods, herbal medicine conferences and some special events, ie: Woodford Folk Festival.

HERBAL DISPENSARY TELEPHONE SERVICES

Please call me from Tuesday to Friday in the dispensary. We are open all day and we offer free telephone consultations. The number is 07 54457381. This is a lovely service for my rural and remote patients who are unable to visit me at the free clinic at Eumundi.

WHY DO WE OFFER FREE SERVICES?

We offer free clinics and consultation services as an equitable way to provide herbal medicine, naturopathic and nutritional qualified and professional advice to patients. We do not believe that these services should be only exclusively available on a user pays basis because they are not under the medicare service provider criteria in Australia. We believe in empowering our patients with information and quality services. We promote health supporting an integrative model and best care focusing on herbs and naturopathic principles.

HERBAL MULTI CARE

The combination of organic liquorice root, elder flowers and berries, echinacea root, astragalus root, Siberian ginseng root, olive leaves, lemon balm leaves and maca root, make this the most revitalising and balancing herbal daily multi. Take 5ml per 20kg of body weight each day for sustained energy, balanced adrenal glands, infection fighting, protecting, calming and perfect herbal synergy.

This blend is great for the whole family and will surely be a good addition to smoothies and juices or simply taken as a daily herbal elixir.



\$13 for 50ml
\$20 for 100ml
\$30 for 200ml
\$55 for 500ml



TRAVEL STRONG HERBAL BLEND

This is my new favourite herbal blend which travels everywhere with me, helping me to stay strong and energised. We have blended elderberry with lemon myrtle, echinacea, paw paw and rose hips. This blend is strengthening, immune boosting, protecting, energising and also will fight infections. So stay strong today, with our travel strong herbs. Great as a throat spray for sore throats, perfect when you are over tired and need a boost and great protection when on planes, in air conditioning and travelling. Take 15ml a day for a great elixir.

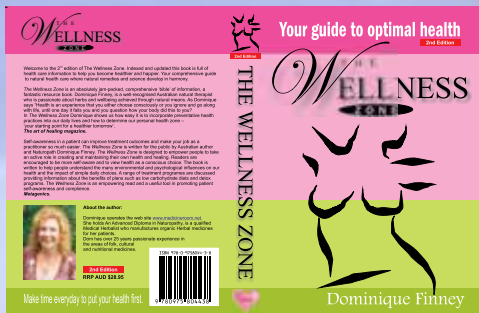
\$13 for 50ml
\$20 for 100ml
\$30 for 200ml
\$55 for 500ml



Herbal medicines are the first medicines for good health. Try some of our beautiful blends to improve your wellness and help you on your path to optimal health.

Because we make over 80 herbal extracts from organic herbs that we source directly from the best ethical growers, we are able to provide you with a truly authentic and individual herbal medicine experience. Made on our Certified Organic Farm on the Blackall Range in Queensland, we make medicines exclusively for our own patients. Please talk to me if you are interested in our naturopathy and herbal medicine services.

We offer medicines, creams, oils, balms and homeopathics made on site to your order. Whether you make use of the complementary clinics each week at Eumundi Market, phone or email me, we are always happy to provide you with quality naturopathic services to help improve your health outcomes.



My book "The Wellness Zone" is now into it's 2nd edition. To get your copy, visit www.medicineroom.net and click on "The Wellness Zone" link. From there you can either email me to send you a copy or download the order form. You can buy "The Wellness Zone" directly from me for \$28.95 per copy.



Join Dominique on YouTube www.youtube.com/dominiquefinney for some great interviews with Australia's premium health care advocates, plus some great tips on health care from the medicineroom.

I hope you enjoyed my newsletter. Please feel free to contact me for assistance and herbal medicines. No part of this newsletter is intended to replace personal medical advice. Please visit your health care professional or contact me if you want individual solutions. When you try herbal medicine, you need to ensure that there are no contra indications to other medicines that you are taking. There can be some nasty side effects from blending the wrong combinations. It's up to you to find out about your herb/drug interactions. Take care of yourself and remember that prevention is better than cure.

Warm regards ... Dominique xxxxxx

♥ Your personal note with love from Dom ox ♥

www.MEDICINEROOM.NET

Free natural medicine helpline and postal service for herbs and practitioner nutritionals available.

Send me an email and we can discuss your health care needs.

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