

MEDIA RELEASE

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Local writer offers health tips to carers

Carers at the Range Care Cottage in Flaxton received health care advice from internationally published author Dominique Finney earlier this week during a special talk given by the natural therapist and medical herbalist.

The Mapleton based author of ***The Wellness Zone – Your Guide to Optimal Health*** was invited to discuss safeguarding against stress and illness amongst carers at the Cottage, a facility that provides day care and community services to local people needing support.

According to Ms Finney, carers often don't make time to care for their own health, putting others' needs before their own.

"The danger for carers is to become run down and susceptible to illness themselves, which in turn impacts on those who are reliant upon them for everyday support," Ms Finney said.

"There is a range of easy ways that anyone, particularly carers, can safeguard their own wellbeing and maintain a strong constitution, reduce stress, and learn to recognise distinguishable signs that are precursors of many simple and easily prevented illnesses, which if left unchecked can lead to chronic exhaustion."

Carers at the Range Care Cottage took part in discussions about nutritional support with B group vitamins, good quality unprocessed foods, essential fatty acid supplementation, and interactions of pharmaceutical medicines and natural medicines.

"It is vital that people, whether they are carers, parents, or workers, take a little extra care to ward off illness, especially those who tend to make their own health a low priority," Ms Finney said.

"My advice is to keep the diet as close to nature as possible and to supplement as necessary. Learn to pick the signs of illness and take steps to put your health first every day, after all, you can only be helpful to others when you are helpful and healthy to yourself."

Ms Finney donated proceeds from the sale of her books and raffle tickets on the day to fundraising for the Range Care Cottage.

Ms Finney also shares her natural health tips at charity fundraising lunches throughout the year and will host a Winter wellness lunch at the hinterland French restaurant Le Relais Bressan on Thursday, 3 August 2006.

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More information:

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