

Medicine Room

MEDIA RELEASE

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Natural Health Expert offers a Check Up over Lunch for Charity

Acclaimed Sunshine Coast natural therapist, medical herbalist and author Dominique Finney gave 35 ladies heart-starting advice about taking at least 5 minutes each day to safeguard their health over lunch at The Wine Bar in Maroochydore this week.

Just in time for Mother's Day this year, the women's lunch focused on how to include natural and ageless remedies in our 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! Some familiar, timeless tips have even been traditionally handed down through generations as motherly advice and since been backed up by science.

Dom 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.

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

The book has already topped sales lists nationally.

Over a healthy lunch Dom shared how anyone of any age can simply and proactively manage their own wellbeing and each guest received a gift copy of The Wellness Zone to take home.

Proceeds from the day were donated to the Sunshine Coast Children's Therapy Centre charity.

More lunches will be held during the year and bookings for future events may be made by calling Rebecca on 5479 4022.

More information:

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