

PRESS RELEASE

The Wellness Zone Second Edition Launch

Invitation and Information

Following sell out of The First edition OF the Wellness zone published in 2005. Local Naturopath and writer Dominique Finney has updated and indexed this useful handbook and the second edition **will be launched on Tuesday May 13th 4pm at The Flaxton Barn in Flaxton.**

You are invited to attend and share an afternoon of health discussions with wine and cheese. Dominique will talk about the book and read excerpts.

The Wellness Zone was reviewed by Metagenics Australia, a leading Practitioner-only nutritional company, and also The Art of Healing Magazine. The reviews appear on the back cover of the new edition and are as follows.

Review from the Art of Healing Magazine

The Wellness Zone is an absolutely jam-packed, comprehensive 'bible' of Information, a fantastic resource book. The writer, Dominique Finney, is a well-recognised Australian natural therapist who is passionate about herbs and wellbeing achieved through natural means. As Dominique says "Health is an experience that you either choose consciously or you ignore and go along with life, until one day it fails you and you question how your body did this to you? In The Wellness Zone Dominique shows us how easy it is to incorporate preventative health practices into our daily lives and how to determine our personal health zone - 'your starting point for a healthier tomorrow'.

Catherine Mercer, Editor, The Art Of Healing Magazine, Byron Bay, Australia.

Review from Health World Metagenics

Self awareness in a patient can improve treatment outcomes and make your job as a practitioner much easier. The Wellness Zone is written for the public by Australian Author and Naturopath Dominique Finney. The Wellness Zone is designed to empower people to take an active role in creating and maintaining their own health and healing. Readers are encouraged to be more self aware and to view health as a conscious choice. The book is written to help people understand the many environmental and psychological influences on our health and the impact of simple daily lifestyle choices. A range of treatment programs are discussed providing information about the benefits of plans such as low carbohydrate diets and detox programs. The wellness zone is an empowering read and a useful tool in promoting patient self awareness and compliance.

Review from Health World Metagenics Australia

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