

MEDICINEROOM NEWS

MAKE TIME FOR YOUR HEALTH EVERY DAY

Rejuvenation Edition  Celebrating 13 Years  Vol. 13 • Issue 45 • Sept - Dec 2011

Hello from Dominique

Welcome to the new format of the MedicineRoom news. This edition of our newsletter will highlight some really lovely initiatives from our herbal dispensary and educate you about our delicious herbal skin balms, oils, nectars and herbal medicine formulas that patients have enjoyed with improved health outcomes.

We had some exciting news following the clinical trial of RICH HERBAL SKIN NECTAR which saw over 70 people participate in our first qualitative clinical trial. Basically they tried to product exclusively as a facial moisturiser for up to eight weeks. The people involved were all over 35 years old and they noted at the beginning of the trial their skin needs and issues. There was a questionnaire to be filled out through the trial and again at the end. We had over 80% of participants complete the trial and they made various comments about the product and packaging. The results were excellent from our point of view with the product. The exciting news is that THE RICH HERBAL SKIN NECTAR has improved the texture, flexibility, moisture levels and appearance of the skin in many participants. People loved its feeling and effectiveness with notable improvements to appearance of the skin. Even better participants loved it all over their bodies. This has lead us to develop a balm and oil in this product. We are also introducing two new balms over

the coming weeks. These are Aloe vera with lemon balm and lavender... and a yummy Ginger with grapefruit and geranium. As you know we love formulating and developing herbal medicines and medicinal body care for our patients. Some of our products are also available in selected retail outlets such as pharmacy and health food shops which is a wonderful step forward.

In the dispensary we are making some absolutely gorgeous immunity boosting and travel supporting herbal formulas for our patients travelling overseas and for those trying to avoid the seasonal illnesses. The combinations of herbs synchronize to help all the family. It's really better to use preventative health strategies and minimise your risk factors for illness. That's one of the reasons why I love herbs so much.

They are the peoples medicine and the first medicine. Everyone can learn to stay well with herbs.

I wish you a beautiful day with optimal health and happiness.

With Love
Dominique Finney
BHth Sc (Complementary
medicine) ND, Medical Herbalist



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.

\$20 for 100ml
\$35 for 200ml
\$60 for 500ml





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



* HERBAL SKIN NECTARS * MADE TO ORDER

* WHAT ARE HERBAL SKIN NECTARS?

* These are the best formulations of organic herbal extracts made in our dispensary combined with selected organic oils and essential oils to make the skin food from heaven. That's why we call them nectars. The ratio of herb is from 30-80%.

* WHAT'S AVAILABLE?

* We make nectars in all of our balm range and have these available to order. These include; Aloe Vera, Arnica, Calendula, Chilli, Ginger, Paw Paw, Peppermint and Wild Yam. 125ml is \$25 and we can make you 500ml bottles for \$70.

* Do you have a special herb you want formulated into a delicious skin nectar? We all have our favourite herbs for therapeutic purposes, is there one that you just love? Please ask us and we can formulate your own unique nectar . The cost is from \$25 per 125ml for a 30-40% ratio and \$40 for a 60-80% ratio.

* EXTRA NECTARS

* Hypericum & chamomile with patchouli for stress relief, muscle tension, burns and skin soothing. Ideal for patients in hospital who are in need of relaxation. Good for kitchen burns. This nectar is a topical application for depression and stress. Massage feet , shoulders and body before bed to help you sleep well. This is another 40% herbal extraction combination.

* Echinacea & Golden seal nectar for acne relief, skin infections, fungal conditions and yeast infections. Stops infections. This is a great first aid nectar and absorbs well into skin. It is low in oil content so is perfect for skin acne and other oily conditions. 40% herbal extraction combination.

WHAT'S THE DIFFERENCE BETWEEN A NECTAR AND A BALM OR OIL?

Herbal skin nectars are made from a combination of aqua ethanol and glycerine extractions mixed with oils and emulsified using 100% pure plant-based products. This result is a creamy texture that is luxurious on the skin and soaks in easily. The active constituents are readily absorbed and are a good personal choice when you want this type of herbal extraction on the skin.

Balms and oils are herbs extracted in these mediums and are very rich, nourishing and moisturising on the skin. They tend to soak in a little slower but are very traditional ways of getting therapeutic quantities of herbs on the skin. Both are excellent and its really about personal choice. Some of our patients love the feeling of one or the other. Balm, oil or nectar, we love you all!

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.

PROTECTING YOUR BODY

The defence mechanisms in our bodies are great when we're in safe and healthy environments. However this can be compromised by cooler weather and more infectious air-borne illnesses. This year I am concerned with radioactive nuclear exposure on a global level, affecting our health more and more.

For an expert opinion on this subject, I highly recommend you look up the work of Dr Helen Caldicott, an Australian Doctor who has the lowdown on the current nuclear health threats and the consequences of nuclear action from Chernobyl. If you read and listen to her wealth of knowledge, you will understand that there are many imported foods we should not eat. She also explains how cancer can be triggered, many years before it manifests in the body. The nuclear trigger is profound and not all is understood. We need to look at the facts pertaining to our environment at this point in time and be aware that none of us is immune to the developing and possible health effects of the Fukushima nuclear power plant situation. We don't fully know what effects this may have on us and I would urge you all to take some mitigative health action today by

adding some of the following handy nutrients to your diet for extra protection from natural and environmental hazards.

BETA CAROTENE

There is extensive research that shows that beta carotene protects the body against radiation exposure. The research showed that after Chernobyl, people given beta carotene had a better health status than those that didn't. Beta carotene is an antioxidant, it protects against oxidative damage and has been shown to enhance many immune system processes by increasing the numbers of T cells, B lymphocytes and natural killer cells. Beta carotene helps protect macrophages, these are white blood cells that engulf and destroy foreign substances. It also helps the stimulatory action of interferon on the immune system become more powerful.

Carrots are very high in beta carotene, so drinking raw carrot juice can provide protection for your family. There is no recommended daily allowance of beta carotene, it is not toxic in large doses and will convert to vitamin A if there is a natural deficiency of vitamin A in the body. However if there is enough vitamin A, then the beta carotene will act as a super antioxidant, scavenging those toxins and helping your body

become stronger. Supplements are made from algae and palm oil, however good old carrot juice is the way I prefer it.

DOMS FAVORITE CARROT JUICE RECIPE

*1kg of fresh, washed carrots
1 lemon (skin off)
1 clove of garlic.*

Juice all together and drink.

This is delicious and combines some of the best immunity boosters in one drink. Carrots and lemons, which are high in vitamin C, also help reduce mucous in the body, alkalise your system and sweep your liver, removing debris and toxins. And garlic, which is the best antimicrobial health food you can eat. It boosts your immunity, helps cardiovascular health, and acts as an antimicrobial.

SUPER GREEN ALGAE SUCH AS SPIRULINA

Spirulina contains large amounts of beta carotene which is a good starting point for promoting such a powerful base food. The super greens are just that, super and green. They are about 70% complete protein and contain very strong antioxidants. In the case of Spirulina, it also contains a wide range of minerals - including; iron, potassium, magnesium, sodium, phosphorus and calcium, as well as vitamins & phytonutrients.

We have Spirulina available for sale in the form of tablets and powder. Spirulina and super green products can be given to small children and elderly people as it is very easy to absorb, and you will feel the benefits start to show in your energy levels and health improvements.

VITAMIN C

This is my favorite health tip for everyone. The use of vitamin C in therapeutic doses has been well documented. In my book 'The Wellness Zone', we have a section on how to protect your body with Vitamin C therapy. Naturally occurring in many fruits, vitamin C is best taken in powder supplement form for great health results. In many drug rehab clinics, vitamin C is used to help sweep the toxins out of the body very quickly. If you have a cold, flu or feel low in energy, vitamin C can be taken to assist in a speedy recovery. Sometimes I will have a vitamin C spree, I take 1 heaped teaspoon of calcium ascorbate powder in a glass of fresh juice up to 6 times a day for up to 3 weeks. It's my little antioxidant body-sweeping gift to myself. Talk with me if you are thinking about taking a vitamin C antioxidant sweep and giving your adrenal glands some healthy repairs along the way. Many children do well with 1-3 vitamin C tablets in the

morning, this assists in keeping up their energy and helps them to avoid illness.

IODINE SUPPLEMENTS

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 have the Biocentrals iodine liquid, which is a lovely vanilla flavor. Many of my patients take a few drops daily, and we can even incorporate it into your herbal formula.

IMMUNITY BOOSTING HERBAL FORMULAS

The old favorite immunity boosting herbs are all in our dispensary to help you stay strong and to protect you against environmental toxins. In our traditional herbal immunity blend we have combined astragalus (which has an immunomodulatory benefit to the body by increasing the production of T cells), olive leaf (that is antimicrobial and acts to help stop the action of any microbes), cats claw and ganoderma/reishi mushroom. This is such a gorgeous protective herbal blend that we recommend it be taken as a daily tonic through the cooler months of the year. Many of my patients take this blend as a protective strengthening herbal combination before they have an operation and as a recovery blend after the operation. Others take it overseas to use in foreign countries

to help them stay healthier and stronger.

Other immune boosting herbs are; echinacea root, paw paw, elderberries and thyme. The process of deciding which herbs to extract and have in the dispensary is always guided by the combination of science and traditional use. All of these herbs have been proven time and again to really help strengthen the body and boost the immunity. Herbal blends can also be made for you individually to help with any current health issues. It's always a good idea to add some immunity boosting herbs to blends as required. These can also be made into nectars for topical application. One such blend we made for the dispensary, contains echinacea and golden seal, this really boosts your immunity from the outside.

DIETARY TIPS FOR IMMUNITY BOOSTING

Eat onions. They contain silica which is a beautiful cleanser of cells and strengthener of hair, skin and nails. We all need silica and this helps strengthen our cells which helps keep out toxins.

Garlic is our best friend throughout the year. It's such a great all-round protective herb that it will stand alone in providing stronger immunity and great health.

continued overleaf...

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RECIPE FOR ROASTED GARLIC

Take 1 bulb of garlic per person. Cover with a layer of olive oil and good salt. Place in baking dish and roast for one hour at 175°C. Pop the cloves out of their skins and eat.

This is a great cold day food. You can also take the popped cloves and place them in the fridge for later use. Yumm.

GO FOR LOTS OF COLOUR IN YOUR DIET

This adds lots of antioxidants to your diet which protect us. Bright fruit and vegetables are the key to great health. Boost your body with seasonal fresh vegetables and keep them raw when possible to get maximum health benefits. Research has shown that organic, local, fresh and raw is the best way to get antioxidants from fruit and veges.

LEMON JUICE EVERY DAY IN YOUR DIET

Add fresh lemon juice to your diet daily to help decongest your lymphatic system. If there is too much congestion in our liver and lymphatic system, then the body has a tougher job getting rid of toxins. Help move them on with lemon juice daily.

DOMS RECIPE FOR HOT LEMON AND GINGER

Put the juice of one lemon in a cup. Add 1 teaspoon of raw local honey and top up with boiling water. Add a small pinch of salt, one clove of garlic and a touch of chilli if preferred. Drink this every day and feel the difference.



✉ 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 only \$12.50, 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.

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.



How To Make A Herbal Skin Compress

If you have an injury and want some extra relief, try our recipe for a skin compress.

What you need? A fresh clean bandage and some disposable make up removal pads or a scrap of clean cotton rag. You will also need the liquid herbal extract of your choice.

How to make the compress?

Depending on the size of the injury, you will need to soak the rag or make up removal pad in a blend of 50% 1:2 liquid extract from our dispensary and boiled water (make this wet yet not dripping).You then place this on the injury and wrap in bandage. Depending on the injury you will change the compress two or three times a day and leave on for no longer than 12 hours each time.

What do you use the compress for?

Compresses are traditionally used for injuries that may result in inflammation, bruising or infection. They can also be used as a drawing agent to remove toxins from the body, they are wonderful to relieve pain from injuries and chronic inflammatory conditions and can stop a skin breach from becoming infected. They also soothe and help many ailments of the skin.



ARNICA
for bruises



CALENDULA
for injuries and
broken skin



PAW PAW
for potential
infections



COMFREY
for inflammation



BLACK WALNUT
for parasites and
ringworm



PEPPERMINT
for tick recovery



GINGER
for arthritis



HORSE CHESTNUT
for varicose veins



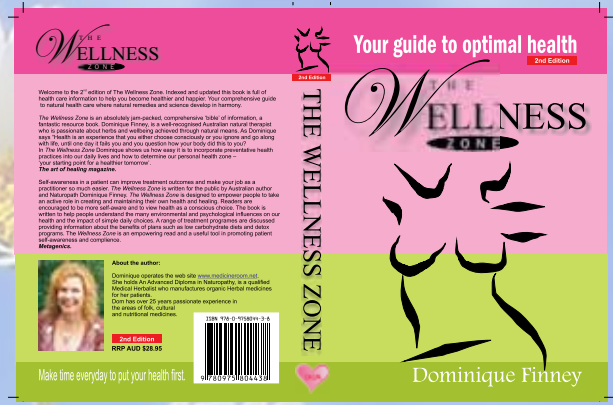
HYPERICUM
for kitchen and sun
burn



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 \$25 per copy or 2 copies for \$40

heart care ♥

Did you know that women have an equal risk of developing cardiovascular disease as men? Yes that's correct. Once women hit menopause the risk factors increase as we no longer have the protection of our hormones, this risk continues to increase with age. The major cause of death in women over 65 is heart related and statistics show that is one in every three women. The increased factors are cholesterol and tricyceride

levels, exercise, stress, depression, obesity, diabetes and age.

Protect your heart today. Evidence-based herbal and naturopathic strategies are worth your education. These include walking, yoga, swimming and socialising. Also eating a good ratio of essential fatty acids in your diet to other fats. The good oils are Flaxseed and fish oils for cardiovascular health. CoEnzyme Q10 has been shown in research to help protect your heart too. The good oils in mediteranian diets such as olive, avocado and almond are also excellent choices.

Herbal medicines can be taken as a daily protection and preventative.

Try our *HERBAL CARDIO BLEND* that contains hawthorne berry, bilberry, turmeric, ginkgo biloba and myrrh. Or if cholesterol is your concern, research shows that herbs can be as effective as statin drugs. Our *CHOLESTEROL BLEND* contains globe artichoke, garlic, ginger and turmeric.

\$20 for 100ml

\$35 for 200ml

\$60 for 500ml



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 xxxooo

♥ Your personal note with love from Dom ox ♥

www.MEDICINEROOM.NET

Free natural medicine helpline and postal service for herbs and practitioner nutritionals including metagenics and bioceuticals available. Send me an email and we can discuss your health care needs.

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