

MEDICINEROOM NEWS

make time every day to put your health first

NEWSLETTER BY DOMINIQUE FINNEY ❀ VOLUME 12 ❀ ISSUE 44 ❀ SUMMER 2010/11

Hello from Dominique

I trust that this newsletter will find you all well and happy. The MedicineRoom has been buzzing with new ideas and we are currently in the process of reformulating our delicious Herbal Skin products. We are reintroducing our divine little pots of Herbal Lip Balm after many, many requests, this time in gorgeous little steel tins with an extraction of chamomile, olive leaf and hypericum herbs combined in organic avocado and olive oil. The essential oils we are using are the original lip balm combination of ylang ylang, grapefruit and other secret ingredients. These balms are beautiful and will sell for \$10 a pot. It fits the certified organic criteria with over 95% of ingredients used being certified organic.

The Rich Herb Moisturizer will be back as 'RICH HERBAL SKIN NECTAR' and what a nectar it is! Eleven herbal extracts, organic avocado oil and shea butter, two certified organic approved waxes and essential oils of beautiful rosewood and petigrain. Once again we have met the certified organic criteria. It looks very herby, smells divine, and is pure skin therapy!

For the launch of the Rich Herbal Skin Nectar, we are inviting people over the age of 35 to join us in our qualitative clinical trial for six weeks starting mid March. If you're interested, join our Facebook group MedicineRoom as the trial will be monitored there as a time-saving measure. You can link into the MedicineRoom on Facebook via our website www.medicineroom.net. Just scroll down the side bar, click into the site and join us. You will need to log into your own

Facebook account to do this. For the trial, we are asking people who want to take part and are not Sunshine Coast based, to pay their own freight charges. All trialists will be sent a six week supply of Skin Nectar, the product itself will be provided at no cost. We then ask that you take a picture of yourself before the trial with no makeup on and then another picture at the end of the trial with no make up on. You must use the same camera, in the same setting, at the same time of day so an accurate comparison can be made. We also want your opinions, observations and thoughts about the Skin Nectar, how it has helped your face and the changes you may have seen over the six weeks. It is very important that you replace ALL other facial products; serums, creams and gels, with our gorgeous nectar!

The Folk medicine program is on again at The Woodford Folk Festival. Its been a great year of planning and we invite you to come along and listen to the best presentations on health care. From December 27th to January 1st, this is your summer health retreat, with great food, awesome music and the opportunity to meet some amazing people!

The ocean is the perfect place to stay healthy this summer, so make time to get down to the beach in the mornings, walk, swim and enjoy the peace early in the day. Take your yoga mat and do some stretches in a quite bay, pack a picnic and spend your evenings sitting on the beach, chatting, reading and taking in that beautiful ocean energy.

Have a lovely Summer

With love Dominique xoxox

ND, B.HSC COMP MED, ADV DIP NAT, MEDICAL HERBALIST, NUTRITIONIST & HEALTH WRITER

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.

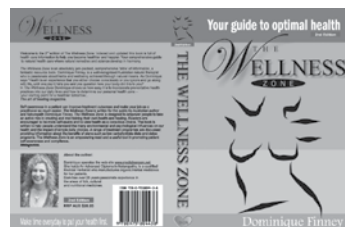
Made on our Certified Organic Farm on the Blackall Range in Queensland, we make medicines exclusively for our own patients.

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, come to my clinic for your private consultation, ring me from a remote or rural area, email me from the city or come along and say hello, we are happy to provide you with quality naturopathic services to help improve your health outcomes.

HERBAL ENERGY BOOSTING FORMULA

... is great on hot summer days to help boost your metabolism and increase energy levels, while at the same time, repairing and rejuvenating your whole body. It's a great formula for those on night shift or working long hours, when you are recovering from illness or when you are just feeling flat and low on energy. Panax ginseng, kelp, echinacea root, withania and ginkgo biloba are combined to really help you feel energized and well.

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



My book "The Wellness Zone" is now into its 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. Copies sell for AU\$28.95 (plus AU\$8 postage within Australia or AU\$15 postage anywhere else in the world).

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 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.

Folk Medicine at Woodford Folk Festival 2010

Folk medicine at Woodfordia has developed into its own health retreat experience, a festival within a festival. The day begins in the Village Green with meditation, yoga, tai chi, sound healing and laughter to welcome your day. Make your way to The Blue Lotus and listen to cutting edge research and the latest trends, hear experts share their amazing work on health care reform and practices.

It is a great privilege as always this year to present our program. We have 71 performance slots for you to enjoy, with the program travelling through grass roots healing culture to the most current research trends, blended together in a kaleidoscope of harmony.

The program is divided between two venues. The BLUE LOTUS which is our traditional home, has a presentation at 8am each morning and again from midday through to 6pm. There is dancing, forums, discussions, presentations and workshops, a feast of beautiful healthy topics. We have Shamanism, academics, professors, doctors, naturopaths, traditional healers, therapists and researchers.

The VILLAGE GREEN is an outdoor venue which opens as the day begins, from 6am with Tai Chi, various styles of yoga, meditations, laughter workshops, sound healing and music to create your own healing experience and running until 11am each morning.

Each day at 5pm, Folk Medicine winds up with our Woodforum with Dr John Parker is our host and moderator. We have picked the hottest topics. It seems everyone is into MEDITATION, so we have the experts in a panel sharing their secrets with you. THE POLITICS OF MEDICINE will open your mind, with the latest reforms, initiatives and ideas. Do you have NATURAL HEALTH CARE? The panel in this forum all live amazingly, naturally healthy lives and they will talk with us about how you can achieve that too. The MIND GAMES FORUM brings together an eclectic panel of people who all have strong ties with mind, health and your options. BIRTHING YOUR WAY opens the floodgate of birthing choices, rights and how you can have a say in this current whirlwind of debate. And YOUR VOICE IN THE HEALTH WILDERNESS ties it all together with knowing your rights, your opportunities and understanding what is actually going on in the wilderness of health care! These are interactive audience participation forums, there's no better place to be at 5pm each day than the Blue Lotus.

Every day at Woodfordia is different, diverse and divine!

Thank you

Dominique Finney (representing the Programming team)

Listed below are this year's Folk Medicine presenters. Please look on your program for times and details of presentations and workshops. To read in more detail what each presenter brings to the festival, visit www.medicineroom.net and click at the bottom of the section headed "Folk Medicine at Woodford Folk Festival 2010", on my homepage.

Andy Copeman & Laurel Guided meditations and the healing musical journey bringing the wisdom of plants, animals, birds, rocks and rivers into live music with elements of Celtic, Eastern, and Middle Eastern cultures.

Anna Russell is a Sydney doula and childbirth educator with a passion for quality women-centered care and informed choice.

Bikram Yoga. Sweat, stretch, get fit, calm your mind, welcome your body to another amazing festival day with a little help from our wonderful Bikram yoga team led by Roxanne Giles.

Dance is my Therapy is the beautiful Chakra dance therapy with Kirsty Fromholtz, a Sydney based dance therapist.

Donna Thordarson explores a diverse range of yoga styles combining physical energy with compassionate mindful guidance, enabling deep postures to evolve into profound life changes.

Dr Carole Hungerford is a world leader in nutritional and environmental medicine. She is also presenting in the Blues and roots venue as part of the Radiance program.

Dr Jacqueline Boustany talks about learning why simple feelings are the key to the true you! Using the basics of energy medicine, quantum physics and emotional intelligence.

Dr Jerome Sarris is a co-editor of 'Clinical Naturopathy', a landmark naturopathic text which he discusses with co-author Jon Wardle.

Dr John Parker brings his expert mediating skills to folk medicine. He will enhance each person's perspective and entertains you with some educational insights.

Dr Lesley Braun gives 2 presentations in folk medicine that will enlighten you to the truth about integrative medicine and also learn the lowdown on oncology today.

Giggle Girl Robyn Smartt Laugh your way to health. Robyn's guidance takes you into your heart to experience the lightness, joy and healing power that laughter causes.

Health Holistic Lisa Johnson and Cheng Teo specialise in their own unique brand of partner yoga, no need to bring a partner.

Ian Cameron has morning Tai Chi classes to start your day off beautifully.

Jane Hutton, narrative therapist and mental health social worker explains why it's great to be yourself! A wonderfully educational and entertaining presentation.

Jane Lindsay, a registered Homeopath from the UK, offers a safe, gentle alternative to Health & Wellbeing for all the family, from cradle to grave.

Jon Wardle, a practicing naturopath and researcher at QLD University's School of Population Health, explores innovative solutions to today's health problems.

Michel & Jude Fautou coordinate 'The Seed Savers' Network in Byron Bay. Together they explore our ability to be healthy through gardening and natural foods.

Julie Allan advocates that mental wellness with one's community will be available as timing determines its emergence. Julie has been invited to join the Mind Games Forum.

Karl Farren from Dublin became involved in Oriental Medicine in 1989 after some years training in Kung Fu, he brings some traditional and effective approaches to health care.

Kathryn Alexander naturopath, Gerson therapist and internationally acknowledged expert in detoxification and dietary healing, shares techniques and insights into Gerson therapy.

Katrina Smith teaches Sivananda yoga and educates people on how to incorporate it into your daily life by developing a personal yoga practice at home.

Kevin & Katy Hinton are renowned Natural Health Educators and Advocators who reveal how adopting natural health habits helps drive successes in other areas of life.

Kevin James Heart Songs invite you to sing together as an effective platform to dissolve the ego, reconnect to the heart and create a positive vibration for yourself and the world.

Linn Wiggins, one of Australia's leading Bush Flower essence trainers and advocates, teaches people about the beautiful medicine that is Australian Bush Flower essences.

Menny Monahan, counselor, is able to assist people to see what's really going on and help manifest positive outcomes. Menny has been invited to join the Mind games forum.

Mukti shares with you the importance of men's health care. What's in your skin care? Mukti's formulations are unique, original and successful.

Natural Birth & Natural Parenting Dr. Sarah Buckley, Jenny Blyth and Alieta Belle present their fresh perspectives and vast collective wisdom on natural birth and parenting.

Raelene Byrne is one of Australia's foremost specialist energetic healers and facilitators. She discusses how crystal bowls, stones, breathe work, meditation, vibrational and frequency techniques are developed.

Rak Razam freelance writer, media provocateur and a founding editor of Undergrowth, discusses AYA, a cosmological-travel-memoir into the jungles of South America and the psychic landscapes of Amazonian shamanism.

Rob Santick One of Australia's leading herbalists, Rob brings his expertise in fermentation techniques and the study of local herbal medicines.

Robin Clayfield and Amrita Hobbs innovative work influences the lives of thousands of people around the world with a focus on building conscious communities and empowering deep change.

Robyn Ramsay is a published writer, counselor, presenter, marriage celebrant and avid 'conscientious traveler'. Robyn is passionate and dynamic in supporting different causes.

Simone Mathews, developer and creative force behind 'Universal Life Tools', Simone talks about 'The Wave of Love' philosophy, sharing her universal message of self-healing and peace.

Soul Fire Alora Waldron and Brian Cramp combine music, poetry, voice, sound, movement, art, colour, nature and photography to provide a unique opportunity to experience a deep sense of stillness and beauty.

Zen Thai Yoga Gwyn Williams has founded a unique form of therapy integrating healing arts from the East and the West to bring freedom back to the structural and energetic bodies.

**Make time every day for your own health experience at Woodfordia. Thank you and see you there.
Contact for Folk Medicine - Dominique Finney - wellness@medicineroom.net - Ph: 0409 765033**

CLINICAL NATUROPATHY

An Evidence Based Guide to Practice

Jerome Sarris, Jon Wardle

CHURCHILL LIVINGSTONE ELSEVIER

ISBN 978-0-7295-3926-5

The trend of naturopathy is clearly heading towards an evidence-based model. This guide is a fabulous outline and resource for students, practitioners, researchers and academics to use as an integrative clinical substantiation in a reader friendly format.

The time is ripe for such a text combining expertise with evidence-based research in clinical practice. The book is detailed throughout, with Part A outlining naturopathic clinical skills. This includes case-taking and diagnostic techniques using evidence based practice. Part B explores naturopathic treatment protocols for a wide range of medical conditions in admirable detail, starting with the gastrointestinal, respiratory, cardiovascular, nervous, endocrine, female reproductive, musculoskeletal, integumentary and urogenital systems. Each section is very precise with evidence-based practice models and also regimes with naturopathic medicines. There are extensive references and the section is enhanced with the use of tables, diagrams and protocol trees to help the reader access information quickly and effectively.

Part C of this comprehensive text discusses the specialised clinical conditions of autoimmunity and cancer giving the reader a detailed model of care for these conditions that are unable to be treated by the category of the systems they affect. The overview, aetiology, environmental factors and mechanisms that effect the condition and risk factors are all detailed, followed by conventional treatments, key treatment protocols and naturopathic treatment aims. Diet is also discussed in detail. Part D is focused on clinical naturopathy across the life cycle with details about paediatrics, fertility, preconception care and pregnancy through to ageing and cognition. Part E is all about integrative naturopathic practice treating bipolar disorder, attention deficit and hyperactivity disorder, chronic fatigue syndrome, human immunodeficiency virus, and goes into detail about polypharmacy and pain management.

Concurrent complementary treatments, food sources and nutrients, laboratory reference values, factors effecting nutritional status, taxonomic cross reference of major herbs, traditional chinese medicines including the six evils, tongue diagnosis, pulse diagnosis and finally the book concludes with a systemic review of herbal immunomodulators. The index is impressive and there are over 4000 references in the text. It has been immaculately compiled by these two wonderful authors, with the help of specific contributors to each section, who have worked so beautifully that the book is a credit to everyone involved.

Seasoned therapists will benefit from such a chunky load of evidence-based practice which can be incorporated into individual treatment protocols to enhance clinical outcomes. For conventional health care providers and allied health professionals, this book will delight you with insights into naturopathic treatments and choices that can be referred to your patients with confidence, supporting that integrative medicine and naturopathic evidence-based practices are now highly professional and trustworthy in the developing model of an integrated health care system. For naturopaths, herbalists and traditionally nature-cure-based practitioners, this book will enhance your understanding of conventional protocols and give you a strong evidence-based guide to practice, allowing deeper integration with patient and professional relationships.

This book brings together the ideal of integrative medicine in an evidence-based practice and makes it a practical reality for anyone interested in following a wonderfully well researched and written piece of work. The dream of integrative medicine has been written in this book and can be used by all sectors of the health care profession to enhance understanding and patient outcomes with naturopathic evidence-based clarity. A fantastic book and invaluable educational tool for students and highly experienced professionals alike, another "must have" reference for your library.

By Dominique Finney BHsc ND

Dominique Finney interviews Jerome Sarris and Jon Wardle on this wonderful text book. To see this interview go to <http://www.youtube.com/watch?v=twprlHSmQk>

BIRTHWORK

A Compassionate Guide to Being with Birth

By Jenny Blyth 2005

ISBN 0-9757671-0-0 (460 pages)

An absolute must-have reference for pregnant parents and those who want to approach birth with consciousness, relaxation and a knowledgeable perspective. This book is incredibly personal and directed at all members of the family and close network in the process of your birthing. Details and traditions are graphic and directed at making birthworks an incredible, natural and memorable experience. This is an emotional book in a very appropriate manner.

Jenny Blyth is a well known Australian Coast Birthworker who has experienced the joy of assisting at many births. Her experiences and insights are valuable for any potential parent wanting to gain an understanding of natural approaches to the process of pregnancy, birth and families. This book covers all aspects of birthing and leaves the reader feeling more confident and ready for the process.

The book is comprehensive, divided into four sections. The first part is devoted to preparation with chapters covering; awareness, communication, the middle way and relationships. The detail includes respect and relationships, negotiating, boundaries, the "heart" of listening, when and how to touch, inviting connection with the baby, finding balance, managing stress, running on empty, energetic and the relationship in birth, group dynamics, teamwork, conflict and exploring edges. This section really prepares you mentally and emotionally to cope with varied situations and people, including yourself and your baby.

Part 2 of Birthing, is divided into two chapters. Working with Labour and The Birthing Journey reveal the dynamics of the birthing experience and cover topics such as; pain, suffering and distress, focus and connection through labour, breathing for birth, intuition, working with anxiety and fear, working with exhaustion and despondency, transformation, stresses and stretches of childbearing, unhappiness and depression, body structure, cellular memory and inherited attitude, sharing the story and respectful goodbyes. Even if you have had birthing experiences in the past, this section will certainly open your mind to new ways and transcending past difficulties. It is full of wise advice and practical applications.

Part 3 is dedicated to the bigger picture. Two chapters here cover The Birthing Field and The Whole Picture. Topics covered are; safety, responsibility, how informed are you? comfort and familiarity, birth culture, the medical model meets natural birth, crossing cultural paradigms, holism spiritual birthwork, birth is sacred, accepting the mystery and loving presence. This section is about universal love and respect and how you can be responsible on many levels during the process. The awareness of the big picture is certainly important in our ever changing political environment.

Part 4 covers further considerations. This is getting deeply into such topics as vaginal exploration and preparation, letting down the pelvis, the sacrum, useful remedies, working with water, nurturing breastfeeding, fields of care and sources. This section is very easily practical and the ideas presented will ensure confidence and preparation for birth and breastfeeding are done in a natural and thorough manner.

To read a book of this caliber is special because it doesn't hold back on the information. There are details of wise women traditions and cultural rituals every woman instinctively knows but doesn't understand. This book is an easy read, it's not academic but it is thoroughly researched using both traditional methods and the vast experiences of the case studies and women involved to make the information locally relevant to Australian families.

'The Big Stretch DVD - Insights about Birth' by Jenny Blyth and Alieta Belle is 60 minutes of amazing footage and very personal stories of women going through pregnancy and birth. This DVD complements the book reviewed beautifully and I highly recommend you get hold of a copy and watch it too. In this outstanding birthing DVD, the philosophy and education of the book are shown in graphic and highly detailed footage.

By Dominique Finney BHsc ND

You can contact Jenny Blyth on www.birthwork.com

MY SCHEDULE FOR SUMMER

The MedicineRoom is open all summer at the Eumundi Markets. There will be generic formulas and Herbal Skin Body products available. Dominique will not be attending the markets on December 25th as the market is closed and on January 1st, Roz will be there to assist you. Please make any herbal orders before Wednesday December 22nd which is the last postal day until Tuesday January 11th when Dominique will be back to start formulating and posting your personal blends again.

Come and say Hello at The Woodford Folk Festival. The Folk Medicine Program will run in The Village Green and the Blue Lotus venues. We look forward to seeing you. Dominique's beautiful Herbal Skin Balms and book, 'The Wellness Zone' will be available in the festival shop. In February we are running our qualitative clinical trial for the reformulated Rich Herbal Skin Nectar. If you're interested in participating, please join our facebook group MedicineRoom and express your interest.

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 from Arnica, Calendula, Chilli, Paw Paw, Peppermint and Wild Yam. 100gm balm for \$24.94 each.

ARNICA with Comfrey
(CALMING AND RELIEVING)

My balm of choice for unbroken skin that is recovering from exposure to the many elements. Great as a skin soothing agent for tired and overworked bodies, including after sport and when the skin feels inflamed. For me this is an awesome all-round skin soothing balm. Delicious with essential oil of lavender.

CALENDULA with Comfrey & Chickweed
(SOFTENING AND SOOTHING)

Babies, children, adults and the elderly can all benefit from this divine skin balm. It can help to relieve and soften dry and irritated skin, making it feel fresher and smoother. This balm may help to relieve uncomfortable, chapped skin and soothe the itching whilst providing moisturising relief for the skin. The essential oil of mandarin really tops it off.

CHILLI with Hypericum
(WARMING AND RELAXING)

Warming, soothing and comforting, this delicious skin relaxant can be used as a before and after sports rub, to relax and refresh your skin. Spicy aromas of black pepper and basil are divine in combination with these warming herbs. A favorite morning and evening skin rub for knees, shoulders, hip area and the spine.

PAW PAW with Olive Leaf
(MOISTURISING AND PROTECTING)

My favorite combination for a summer skin balm, this combination may relieve, hydrate and soothe the skin that has become dry and chapped by the elements. May even be used to desensitize razor-burned skin and could help protect from unwanted attacks of flying night life. Essential oil of lemon myrtle makes this a delicious smelling balm, blended with herbs for extra relief.

PEPPERMINT with Chamomile
(COOLING AND REFRESHING)

Both soothing and cooling on the skin, this balm feels great on your chest as a rub in the winter before bed. Tired shoulders may be relieved by a massage with this beautiful combination, either feeling really warm or really cool on your weary skin. Feels great on the feet and smells awesome with essential oil of peppermint added for extra deliciousness.

WILD YAM
(REVITALISING AND HYDRATING)

A favourite for the ladies, this balm can help to promote elasticity and suppleness for women's skin. A beautiful all over night balm, rich and nourishing, wild yam is used specifically by ageing men and women to revitalize the appearance of skin and help to make it look and feel younger. With added Rose essential oil to make this balm special.



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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. This year interviews will be posted from the Woodford Folk Festival - Folk Medicine.

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 contraindications 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.

Dominique Finney - ND, B.HSC COMP MED, ADV DIP NAT, MEDICAL HERBALIST, NUTRITIONIST & HEALTH WRITER

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