

A Therapeutic Dose

Many people believe a therapeutic dose of the right herbs can help fight even the most severe illnesses. Elizabeth Innes speaks to a true believer.

Herbs are becoming increasingly popular in our everyday diet but, more than that, they are being used by the very ill to help fight serious illness and disease. Dominique Finney, who has been a practicing herbalist and naturopath for more than 10 years and is in her 25th year of being passionately obsessed with all things alternate, believes in the value of herbs in your health arsenal.

"Basically, if you have good diagnosis of any condition and then if you address it psycho-somatically, meaning emotionally and mentally, get research and find out what you can about the illness and then look at every option that you have for that illness, whether it be orthodox or alternate, you can find a solution that will make your life more comfortable. If it's a situation that's terminal, very often it can be turned around," Dominique says. "Of course, there are times when it can't, but if you really, really do your best and don't close your mind to any system of medicine, the chances are something will be there for you.

"Being a natural therapist and a herbalist, it's actually

illegal for us to cure cancer so it's really not a subject we can talk about because the law is that we're not allowed to treat certain diseases and one of them is diabetes and another one is cancer.

"What we can do is support the body and help people who are very sick and we do," Dominique explains. "We help people turn around their illnesses. We do have to say that they need to go with whatever the law says; they need to go with the orthodox chemotherapies and radiation. Often, with chemotherapies and radiation, if you give someone something simple like folic acid and, research has shown this time and time again, it supports the body while they're going through that chemotherapy and radiation to such a point that they have less side effects and less nausea afterwards.

"What we're able to do is support the body, boost the body's immunity and give the body more fighting power with natural medicines so that it has a better chance of healing. We can also put them on diets while they're on these treatments to help their body to heal faster and



give them a better chance of healing. When they've finished the treatments, we can give them things that really boost their immunity again and make them strong so their body will have more healing power.

"You need to take a therapeutic dose of herbal medicine. If you take a minimum dose, of course, herbs won't work," Dominique says. That's why it's important to visit a herbalist or a naturopath to get your herbal medicines and nutritional supplements. You see someone who can tell you how much to take, it's better than you just picking up a box and taking one once or twice a day."

Dominique has written a guide to optimal health called *The Wellness Zone*. To order a copy, visit www.medicineroom.net.au or phone 5445 7388.

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