

The Wellness Zone - Sex, hormones, fertility and longevity

by Dominique Finney

Friday 29th December 2006 at 12.00pm to 1.00pm at the Blues Venue

Unfortunately there was a cancellation and Dominique was invited to fill this slot. She will entertain you with the hot topic of Sex, making time for sex in your life, the role hormones have to play in your health and longevity and how in fact hormones are the key to longevity.

Dom will also discuss modern day stress and its impact on fertility and sexuality. Infertility is an ever increasing epidemic and in many cases Herbal medicines and nutritional supplements can be offered to help recreate fertility, leading to many happy couples having babies. This talk will also explain to you the hormonal cascades that are created through stress induced lifestyles and Dom will tell you about herbal medicines that can help reduce your risk of stress related hormonal disturbances.

Get your hormones, your sexuality, your fertility and your longevity plan together for 2007.

The Wellness Zone - Make time each day to put your health first

by Dominique Finney

Saturday 30th December 2006 at 12.00pm to 1.00pm at the Blues Venue

Author, Dominique Finney, highlights key concepts from her best-selling book "The Wellness Zone". Learn to recognise signs that you are out of your wellness zone and discover the strategies to reclaim balance. Dominique will help you develop a personal, proactive game-plan to boost and maintain optimum health using herbal medicines and healthy lifestyle choices. Understand the need to make time for your health so you can get in, and stay in, the wellness zone.

Check out Dominique's website on www.medicineroom.net