



— THE —
WELLNESS ZONE

— THIRD EDITION —

YOUR GUIDE FOR OPTIMAL WELLNESS

DOMINIQUE LIVKAMAL

THE WELLNESS ZONE

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Your Guide
for Optimal Wellness

Third Edition

Dominique Livkamal

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CHAPTER ONE

Introduction

The poem below is a vision I have of health care and the path of medicines. Wishing you health, joy and vibrancy.

Healings for everyone

The aroma of a highland rose pulsating against the wind
A warm bowl of ginger and lentil soup, carrot juice or a dram
of whisky
Pharmaceuticals
Hormonal and emotional support
Meditating by the ocean, diving in its deep cool calm
Sipping Lemon water, so cleansing on more levels than one
Mind having its Healing place over matter
We can all be strong and thrive
The needle that holds life
The emergency, another life saved
Freshly picked comfrey tea from my organic garden
The sages use sage
Past regressions, opening doors, easing the pain that gently
slips away
Feeling the blissful moment, consciousness in transformation
Channelling, breathing freely, we ritualise the oracles, toss the
coins, the flick of a card
We change patterns of our making, the conscious decision to
heal and to refresh our soul
Visualisation of our beauty within
Awareness is just awareness
These things are all medicine

The highest energy we can muster from above, coming down like a cascading sensation of completeness. Are we grounded? We chant, meditate, rebirth, reiki and sling crystals across our beings

All for healing

We eat, drink and breathe our medicine

Lighting a candle to the flame of gratefulness

Yogic, tantric, meditative, art therapies, elevated and surreal

The giving of our Doctor's learnings, ritual is cultural

The surgeons have their preciseness of skill, trusting and complete

Wherever it comes from? Herbalism, traditional cultural remedies, Western biomedicines, Chinese traditional, Ayurvedic, early vedic, siddha, reiki, yunani, crystal healing, spiritual, shamanism, witchery, religious, homeopathy, cellularopathy, nutritional, orthodox, avatar, fox, a prescription from your trusted practitioner, or a pebble on the beach.

The aim is the same... to cure

Or to circumvent the tragedy of dis-ease

Healing our Earth and her sacred spirits

Our Universe and all that resides under and around her umbrella

Whatever your bent or belief

In the name of survival, growth, understanding, personal indulgences or scientific advance

We eat, drink and breathe our medicines

Never before have we had so much access to knowledge and learning

The secrets of the medics are freely available to all, for the asking

The golden key has unlocked past exclusiveness creating a kaleidoscope of healings and medicines

No more can we close our minds

Every way is a way

Every healing is a success

Every Potion that cures is a medicine

Isolated in the lab with billions of dollars in backing

Channelled in the snow-capped caves of a rare and elusive mountain top

Or randomly mixed in the alchemist's kitchen

Our medicines are evolving.

We can only be grateful that we have the resources available to
gain the skills and healings we need
Always the answer comes
Always at the right time and way
The future of the medicines are exciting and frightening
Where does it lead us?
Do we allow the huge advances to work for us or against the
good of everyone? There are serious environmental and ethical
conflicts
Exploitations and abuses that cloud the Hippocratic Oath
As individuals we can only be honest in our work, share the
information we have and create good medicines. Respect the
healer and the medicine that works within
I would love to see everyone work together for the common
good
For the alternative ways to blend harmoniously with the ortho-
dox ways
A professional respect created between the different beliefs
Educational, spiritual, physical and emotional status of
practitioners
With the governing bodies recognising these differences
Allowing medicine and science to grow to its true potential
Eliminating the greed and fulfilling the planets medical needs
with sustainability, ecology, indigenous, new age sciences
... and Together we grow

Dominique Livkamal (1999)

YOUR GUIDE FOR OPTIMAL WELLNESS

Do you understand your body and what to do when you are exposed to illness? *The Wellness Zone* is here to empower you to look after the health of you and your family with natural home-based solutions. This book guides you through simple practices that can often prevent, treat and help you recover from common health problems using diet, herbs, nutritional medicines, rest, exercise and some old-fashioned remedies that are right at hand in your kitchen!

“Now in its third edition, *The Wellness Zone* is an absolutely jam-packed, comprehensive wellspring of information. Dominique Livkamal is a well-recognised natural therapist who is passionate about herbs and wellbeing achieved through natural means. As Dominique says, ‘health is an experience 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.” *The Art of Healing* magazine.



Dominique Livkamal is a passionate wellness advocate and naturopath. She was Australian Herbalist of the Year in 2012 and is a Fellow of the Naturopaths and Herbalists Association of Australia. Dominique has a master's degree in public health and health promotion and a degree in health science and complementary medicine. She is a kundalini yoga teacher and Zen Thai Shiatsu practitioner. In 1999, she set up the Medicine Room Naturopathic Herbal Dispensary in Queensland, Australia, where her mission is to bring wellness and joy through natural health advocacy, education and herbal therapies.

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