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Any article in the Journal (or article on our website) necessarily provides general information that may not be relevant or appropriate to any one individual's personal health needs; we encourage readers to seek advice from a health professional if they have health concerns.

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*The NZ Journal of Natural Medicine* is published by Full Court Press, Ltd. Full Court Press Ltd is a company that is registered in and operated from New Zealand.

Our address for written correspondence is PO Box 44128, Point Chevalier, Auckland 1246.

Should you need to contact us regarding an online purchase or other subscription related enquiry, the best way to do so is to send us an email via our Contact Form. (We generally respond to emails within 1-2 business days.)

It is also possible to phone us on + 64 9 5211 904. (Please leave your name and phone number if you reach an answerphone so that we can return your call.)

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In Australia, it can take more than two weeks for current or back issues to reach rural destinations after they have been lodged with Australia Post.

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