



# Integrated Health Care

149 Barrington St. , Somerfield, Christchurch

## Earthquake Stress Reduction: A proven treatment approach

Since September 4, 2010 we have lived through very challenging times in Christchurch and Canterbury.

Most people have experienced some sort of loss whether it be personal, family, employment, asset, living or financial. Earthquakes, because of their unpredictability and resultant consequences, are the most challenging of natural disasters on our planet. This has brought out major fear and anxiety in us all.

However, along with every negative there are always positives that surround such experience. We are now closer to our families, friends, work mates and neighbours. Materialistic assets don't seem as important anymore!

At Integrated Health Care we have found new techniques to balance the body towards better health. Dr. Bryan Hale through testing and experimenting on many patients during this stressful time has developed several different treatments that address the stresses caused by living in an earthquake zoned area.

Several things happen in our body when we experience such trauma:

1. We become fearful (a feeling). Fear is our major response to these experiences. We feel fear as an emotion, that relates to our present and future safety for ourselves, family and loved ones.
2. We become anxious (a thought plus a feeling). Anxiety is a Mental form of fear and therefore is a thought; however because it is such a strong thought, it overflows into our emotions to become fear and anxiety as a total package in our entire body. We fear the future of what could possibly happen.
3. We turn to our basic instincts (a knowing plus a feeling). Our strongest instinct is Survival, followed by Love and Nurture. Instincts express themselves through our Emotional system, but are driven by our Spiritual system (knowing).

The techniques which have been developed and tested in our office, are extremely healing and helpful. They centre around the Emotional and Spiritual systems, which help balance the Mental system and Body in general.

Many patients have consulted counsellors for their stress related issues which have in our observations, given varying but often limited success in outcomes. This

is because the accent of treatment is aimed at the Mental (thinking) mind. Fear is an emotion which may be helped by addressing mental anxiety, however, you still fear the fear that promotes the anxiety, being frightened, terrified, petrified, etc. Adults and children have trouble sleeping, getting off to sleep, staying asleep, nightmares/ terrors or even sleeping alone in their beds. Their behaviour becomes unreasonable and lacks reality.

Similarly people have physical body reactions such as their heart racing, high blood pressure, chest pains, headaches, abdominal pains, low energy, apparent low grade infections of sinuses, lungs, bowel, bladder; plus anxiety, depression, the blues, etc.

Often patients have described that they feel "displaced" and/ or disconnected from reality as if the body and mind have separated. They have difficulty concentrating, focusing and completing simple tasks that leads to them feeling confused, unfocused, disoriented and despaired. Simple jobs, tasks or commitments seem too difficult or unachievable.

We observe that patients who have acknowledged their anxiety levels and worked with them over the years experience very few issues with earthquakes. In contrast often people who appeared very together, strong and normally resilient, have fallen apart.

Experiencing earthquakes has not caused these problems. The problems have always existed. The earthquakes have just surfaced an already existing issues with our most common emotion - Fear.

Many people experience that their medications, which before kept them stable, are now causing some side effects. This problem can be easily addressed along with all of the above mentioned symptoms and issues.

If you, your family, friends or colleagues are experiencing any of these problems please contact us for an analysis and consultation to improve your/ their health and welfare.

Drs. Belinda Hale, Dr. Jennifer Reynolds, Dr. Mark Gabriel and Dr. Amber Lynch are competent in the Hale Technique, and are highly qualified and proficient practitioners.

The techniques administered at this clinic have been researched and tested over the past 16 months. We stand by our results through observing outcomes for hundreds of patients.