



Integrated Health News Issue 13 – August 2015 - December 2015

Winter has been challenging in 2015

Many patients have experienced Flu like illness. At Integrated Health we have been monitoring and testing patients daily. While some show positive to Influenza Viruses (Flu), they are in the minority. Approximately 1 in every 10 patients checked.

Most patients who consult us with these symptoms are already taking antibiotics, but are still not getting better. The antibiotics are necessary to help with secondary infection but the primary infection or offender, we find, is varying strains of Pertussis (Whooping Cough) Adenovirus (Adenoid & Tonsil infection) and various herpes Viruses (Shingles etc.). Some patients also show varying forms of Pneumonia (both bacterial and viral).



Dr. Hale is investigating the use of Homeopathic prepared Vaccines to put with the Flu Vaccine preparation in 2016 so that there will be a wider range of coverage.

Observation is that many patients who have received **the Flu Vaccination** have experienced the typical flu symptoms with an accent on 'a hacking cough'.

In our opinion the flu vaccination may have given increased Immunity to the Flu viruses but has not transferred across to being effective against other Viruses and/or bacteria.

- If you do experience Flu/cold symptoms and it has continued for several days, contact one of our Doctors at Integrated Health for an evaluation and treatment. Even if you are taking other medicines i.e. antibiotics, prednisone, cough elixir - our treatment usually works very well within 24 hrs.
- Our **Flu Prevention Remedy** is still effective for boosting general immunity through the inclusion of Immunoglobulin A & E (stimulate body's Immunity).

It is difficult to totally protect oneself by taking preventative medicines.

Remember to practice healthy lifestyle choices.

- 1) Stay away from infected individuals.
- 2) Keep warm and dry and make sure your house and bedroom is heated to at least 12°C
- 3) Eat good wholesome food/drink lots of water.
- 4) Exercise regularly 3- 4 /per week

- 5) Stay warm by wearing adequate clothing, jackets, hats and gloves.
- 6) A Multi Vitamin daily is often helpful during these cold months, especially for children and the elderly.



Changes at the Front Desk

We now have 3 part time receptionists at the front desk. Anne, Cathy & Tash. Tash has filled in for us several times over the years as receptionist. Luckily for us she was available while Cathy is away on leave for 6 weeks.



Structural Work

Dr. Bryan Hale is embarking on teaching the technique he has developed over the last 40 years to other Chiropractors throughout New Zealand.

Our structural work: Neck, Spine, Pelvis corrections is very important in our overall approach to health. ACC Statistics show that we are not only leaders in this field but also one of the most efficient (least number of visits). Patient satisfaction also scores highly.

If any member of your family, a friend or someone at work is suffering from chronic neck or back pain, refer them to one of our Doctors at Integrated Health Care for evaluation and perhaps Treatment.

N.B. Not all back pain is due to a problem in the Spine, there are many other factors involved especially in chronic conditions.

Most health problems are maintained and prevented by following our “Healthy Choices Lead to Healthy Lives and Experiences” click on [Health](#) at bottom of any website page

However, if you experience “The speed wobbles” or stress starts to dominate your life a check-up at Integrated Health is a good investment to get back on track and be “in control” again.

Most Health conditions begin or are associated with the experience of “Stress”
for more info <http://tinyurl.com/qjruudg> or look up Brochures “Stress” on website



Massage Therapy with Good Massage

For treating muscular stress and tension, headaches, aches and pains and for the maintenance of good healthy muscles or soft tissue. \$90/hr or \$50 / half hr. Clinic located at Integrated Health Care. Please phone or text Jason on 0220 588 132 or email: jason@goodmassage.co.nz for an appointment.

