

Integrated Health News Issue 14 – November 2015 – January 2016

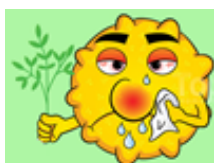
FERTILITY CHALLENGES

When it comes to fertility, or infertility, we adopt a holistic approach at IHC. Some important points to consider in our analysis and evaluation are:

- Any underlying pathology, for example, endometriosis or polycystic ovaries.
- The production, balance and efficiency of hormones, including testosterone, oestrogen, progesterone and insulin.
- Previous use of oral contraceptives. While 'the pill' is an effective contraceptive, it can disrupt the body's ability to naturally regulate hormones. It can also interfere with the absorption of key vitamins and minerals, which play a vital role in fertility (zinc, B vitamins and magnesium to name a few).
- Thyroid function. Undiagnosed thyroid dysfunction has been reported as a major factor in up to 25% of infertility problems. Thyroid dysfunction can often play a role in miscarriage as well. (If you would like to learn more, click on this <http://tinyurl.com/IHCthyroid>)
- Let's not forget the men. Men can increase their normal sperm production by up to 72% by taking folic acid and zinc supplements. (We have a great men's multi-vitamin available that contains both these products)



HAY FEVER



It's that time of year again. People who are susceptible to hay fever and sinus issues can really suffer. Symptoms of allergies to environmental pollens, moulds etc. can vary greatly and include: blocked sinuses, headaches, fatigue, itchiness of eyes throat and nose, runny nose, sore throat and brain fog. At IHC we have been successfully treating patients with hay fever symptoms for some time. If this is a problem for you ask us for help. **We have newer and more advanced techniques this year.**



MINERAL OF THE MONTH

Zinc – zinc is a trace mineral. It is low in NZ soils. Zinc is an immune booster, so can be great at the change of seasons when we are more susceptible to the flu etc. It is also essential in keeping our skin healthy and nails strong.



Zinc has also been reported to be one of the more important minerals involved in pregnancy. It is important for foetal growth and can help prevent stretch marks.

Like all nutritional products there are many different variations/combinations of zinc. At IHC we can test to see if a certain supplement type would benefit you plus find out which combination would work best.



OFFICE NEWS

As of January 1st 2016 **Consultation and Treatment Fees** will increase from \$70 to \$80. The last fee increase at IHC was in October 2010 to accommodate GST increase from 12.5% to 15%. Prior to that our last increase was 12 years ago. We are now bringing in this increase to keep in line with inflation costs and current market rates.

Family consultations (if more than one member of family is treated at the same time) will increase to \$70 per family member, children included... If you have any questions regarding this please contact the doctors directly.

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You may have noticed that there is a new friendly face at reception. Tash has joined our team (some of you may remember Tash from when she worked for us 10 years ago). We are delighted to have her back on board.



## CHRISTMAS

On behalf of the Doctors and Staff at Integrated Health we thank you for your patronage and support during 2015. May we all move on into a New and exciting 2016 with lots of learning, improved health and personal development.



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|  | <b>Gift Idea</b><br><br>How about a gift voucher for a friend or family member?<br>Ask at reception | <b>Christmas Hours</b><br><br>The office will close at 5:00 pm on Wednesday 23 <sup>rd</sup> December 2015 and will reopen at 8:00 am on Tuesday 5 <sup>th</sup> January 2016.<br><b>Emergency Service</b> is provided by phoning Dr Belinda Hale on 027 451 4637. |
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### Please Note

Dr Bryan Hale will be on Sabbatical Leave from 18<sup>th</sup> December 2015 and will return on 1<sup>st</sup> March 2016.



### 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. Clinic located at Integrated Health Care. Please phone or text Jason on 0220 588 132 or email: [jason@goodmassage.co.nz](mailto:jason@goodmassage.co.nz) for an appointment.

