



## Integrated Health News Issue 18 – November 2016 - January 2016

### Changes at Integrated Health



Dr. Belinda Hale is taking over the reins at Integrated Health Care.

Our four main practitioners are Belinda Hale, Jennifer Reynolds, Amber Lynch and Donna Cornelius.

Having written his book, Dr. Hale is now concentrating on writing and teaching his methods to other practitioners.

He will continue to work on Tuesday and Wednesday but will be treating a limited number of patients on those days.

From 1<sup>st</sup> February 2017 Dr. Hale's treatment time will extend from 15 to 20 minute appointments and his fee will be \$150 per visit.

Existing patients can still consult him. Because of a change of career choices, his consultation time and fee have increased.

We apologise for any inconvenience to existing patients, however there are four other practitioners for patients to transfer to, all of whom practice The Hale Technique.

Dr. Hale will still be in the office and available to assist in transferring patients, giving advice and second opinions in difficult cases.

Please talk to Reception if you have any concerns.



### Stress at Christmas

We term this time of year the "Silly Season" as most people are busy and often stressed to the max, trying to keep up with end of year school and work activities whilst planning for the holidays.



Stress disempowers us and causes issues because we lose power and therefore are not always in control of the four aspects of power in life. These are money, time, gender and justice.

**Money** can give us power or take it away. Christmas is a time when money is short but we feel compelled to give to family & friends. Budget, and give sensibly realising that you often have holidays and lack of income over the festive season.

Discuss with family a plan that everyone has a budget of \$20-\$50 then ballot out each member to be given one present from another nominated family member. It saves money and is a lot of fun.

**Time** is perhaps the most disempowering aspect of our lives. At Christmas plan early. Allot time reasonably and consider yourself first. Delegate chores to others at home and work and plan early.... Don't think about it, just do it.

**Gender** involves meeting family, friends and work colleagues at multiple social occasions. Opposite and same sex people can often displease you having to associate with them. "Thank god it's only at Christmas", we often say. Being 'in control' stops others controlling you and you having to control others in order to stay safe.

Here's a tip. Be extra nice and accommodating to them. You take control of the situation. This will give you pleasure and entertainment watching their reactions. This also includes family members — try it !

**Justice** only exists in theory. There is no equality, punishment or reward in the true sense, don't expect it. Forgive yourself and those who annoy you. Stop giving the relationship and situation any energy. That way, you don't expect a return as you have no input. To forgive is to stop giving and move forward. By doing this you gain control and power.

Every year we see patients stressed for the same reasons they have been for many years during the "Silly Season".

Stop giving power, energy and personalising the aspects of power.

- To be in control is empowering.
- To be controlling is disempowering.
- Talk to our practitioners about how we can help with balance and advice.



## Dr Hale's Book

Dr Hale has written a book on his technique and developments over the last 40 years. It explains how and why the treatment at Integrated Health Care works plus it should help as a reference book for family and friends.

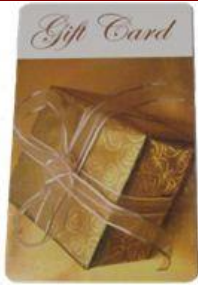
Unfortunately, due to production issues the book cannot be released until the end of March 2017. We know that many patients were anticipating its release before Christmas, as too, were we. Writing a book is one thing, having it ready for print and publication is more complex and time consuming.



## Christmas



On behalf of the Staff at Integrated Health we thank you for your patronage and support during 2016. May we all move on into a New and exciting 2017 with lots of learning, improved health and personal development.

 <b>Gift Idea</b>	<b>Christmas Hours</b>
How about a gift voucher for a friend or family member?  Ask at reception	The office will close at 2:00 pm on Thursday 22nd December 2016 and will reopen at 8:00 am on Wednesday 4th January 2017.  <b>Emergency Service</b> is provided by phoning Donna Cornelius 027 440 6126.



Suzy Templeman a massage therapist has a room at IHC. Suzy has been working in Christchurch for over 20 years and has vast experience. You can contact Suzy on 02 2647 3446