



Welcome

Welcome to the first of our Integrated Health newsletters. It is great to have you on our mailing list and we plan to use this to keep you more in touch with us here and the interesting things going on at Integrated Health.

We have a new look and structure at Integrated Health with the addition of 3 new doctors to the practice; Jennifer Reynolds, Mark Gabriel and Amber Lynch who have joined Belinda Hale, back from maternity leave, and Bryan Hale as chiropractors who have trained in the Hale technique.

Our three new practitioners have excellent credentials and all have had life experience in the 'health field' before training as chiropractors.



Earthquake recovery

As citizens of a great city we have all in some way experienced a lot of stress, anxiety and heartbreak over the last 19 months. At Integrated Health we have



Flu season approaching

Autumn and Winter are approaching. At Integrated Health we have available a flu

learned a lot and so have developed new techniques to help people with the reality of health breakdowns owing to the uncertain negativities we have experienced, not only at the time of the trauma but also now as we try to deal with getting our lives, our homes, our families and our daily routines back into balance. Most people respond very well in 2-3 treatments, which allows them to be back in control of their life and body. These treatments are effective for adults and children of all ages, which is a huge advantage for families in general, especially if children are having sleeping problems or are not sleeping in their own bed.

ACC Registered

Remember we are ACC registered chiropractors. Make us your first port of call in case of an accident involving your head, spine, pelvis or extremities. You can come and see us first for an assessment and x-ray requisitions and we will refer you if and when you need further help and/or assessment.

prevention remedy, which comprises, in homeopathic form, all the flu vaccines from 1997 to 2012. This is taken over several days and prevents the onset of flu. This remedy works very well especially in those who have had adverse reactions to the flu vaccine.

A good preventative exercise is to get yourself checked and balanced at Integrated Health, that way you will be in optimum condition to fight off infection and ill health instead of the other option. Remember that most people get the flu in Autumn or Spring and not in Winter.

Upcoming Events

New Information Pamphlets: In April we will be updating our information sheets and pamphlets, if you would like a copy of the new information drop in and see us or give us a call.

Information Evenings: We will be commencing monthly educational talks at the office to explain our treatment approach for new and prospective patient's. If you have anyone that you think may benefit from our treatments please feel free to call or email us or have them call or email us to book a place on the evening.