



Integrated Health News Issue 2 - August 2012

Website launch

Welcome to the second Integrated Health newsletter. At Integrated Health we have been very busy re-developing our website. The new website has been re-designed with new information and explanations added. We have **several very interesting brochures available to be downloaded**, of particular interest are the **Thyroid, Stress, Depression/Anxiety, Maintenance Care** and the **Neck and Back Pain** pamphlets. We are often told by our patients that they would like to refer a friend/family member in to see us but have great difficulty explaining what we do here. A great idea is to direct any prospective patients to the new website as it gives detailed explanations of the **Hale Technique, What We Do** and **How We Can Help**. You can find the new website at www.integratedhealth.co.nz

Contained within the website is a question/answer column. If you have any questions please inform us and we can add it to the website for everyone to learn from.



Influenza

Winter has well and truly arrived and so far it has been very cold. Because of this we are seeing an influx of patients with flu like symptoms. Our flu prevention remedy is very effective in treating the onset of symptoms. Many of you already have the flu remedy at home, when you are next in at the office for a treatment bring in your bottle and we will update it with the 2012 vaccine without charge. Interestingly, this year we have observed that a lot of people with flu like symptoms do not show that they have the flu but rather show symptoms that seem to be related to the possible contamination of our water, and ongoing stress in Canterbury. If you are unsure, book in for a treatment and as a prevention, boil/filter your water.

Gold Card



Integrated Health has just recently joined into a scheme for gold card members (available to those over 65 years of age). Any new patient with a gold card can have the initial consultation free of charge [the normal value of this is \$140]. So if you have been thinking that your mum, dad, aunty, uncle, grandparents or friend could do with a check-up, then refer them in, we would love to see them.

Vaccinations

We are often asked at Integrated Health about our opinion on vaccinations. Here we are not anti-vaccinations however we do advise that before you or your children have any vaccinations you come into the office to check against any sensitivities to the vaccine. We do not charge a fee to test for this. If you are sensitive on test you may react to the vaccine and then we can talk about it, however most people do not have reactions.

The vaccine is not the issue, it is the person and their reaction to the vaccine that needs to be tested and evaluated



Office News

Dr Mark Gabriel is now back in the office 5 days a week post medical leave. He is well, enthusiastic and looking forward to seeing his patients and their families again.

We welcome Elaine our new receptionist.

Our Thursday hours have been extended to 5.30pm Check **Contact Us** page on website for full list out our hours.