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## 8. Communications

Make an attempt to keep up with friends and family regularly. Communication is the key to healthy relationships and the solving of 'broken down' situations. **They don't contact you for the reasons you don't contact them. Take the initiative.**

## 9. Ask your Doctor questions

People who understand, experience less anxiety. We are here to help and, "like you", are just human too. Working in the health area we have either experienced your situation or have advised patients on many different topics. **Understanding leads to acceptance from which we can choose forgiveness and eventual healing.**

## 10. Regular Maintenance Care

**Integrated Health Care** suggest 2 to 6 monthly check-ups to promote health and healing through balancing physical, mental, emotional and spiritual energies.

## Symptoms

Symptoms are not a reliable measure of health. Signs and symptoms may develop over a short period, however the body may have been out of balance for a significantly longer period. Think of the person who has never had a sick day in their working life, but upon retirement have a heart attack two months later. This shows that the person was not healthy all their working life, but just 'symptom free'. Our treatment here is designed to help your body improve its overall health, not just to remove your symptoms. This can take time and perseverance. If you have any questions about your healing process remember to discuss them with your doctor.

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## Benefits of Maintenance Care

Some of the possible benefits of treatment at **Integrated Health Care** include:

- Greater energy levels
- Better sleep
- Improved concentration
- Stronger immune system
- Increased wellbeing through better functioning and balance of the body
- Improved relationships
- Opportunity to grow and learn as a person
- Make healthier choices
- Helping others by improving relationships through example, advice and referral.



**INTEGRATED HEALTH CARE**  
149 BARRINGTON ST, CHRISTCHURCH 8024  
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**Disclaimer** – The technique and methods outlined are the initiatives of Integrated Health Care, Christchurch, NZ. They may be applied after pathology and soft tissue injury have been considered. Diagnostic tests eg. x-ray analysis/CT/MRI and blood tests may also be necessary to complete the clinical picture.

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***Maintenance Care***  
*at Integrated Health Care*

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## What now?

Now that you have completed your initial intensive care program you are recommended to go onto a maintenance program.

Most of your initial symptoms may now be better, however, this does not necessarily equate to good health. Maintenance care is designed to:

1. Maintain the level of health you have achieved
2. Keep your body steadily improving
3. Prevent the development of new problems.

Such care should result in an improvement in your health.

Think of maintenance care like a service for your car; to make sure that everything is running as it should. We find that maintenance treatment at 2, 3 or 6 month intervals, is beneficial. The frequency of visits depends on lifestyle.

Lifestyles can be equated to the various makes and models of cars. If you drive a regular sedan car you can service it every six months or so but if you drive a 'high performance' car you need more regular tuning and service. With our lives being so mentally driven these days many patients require a high performance output, which results in becoming unbalanced and destabilised more easily.

Our technique is suitable for all ages, from babies through to the elderly. Treatment at **Integrated Health Care** is not the answer to all problems, and we will only take on cases that we truly believe we can help. If we cannot help we will endeavour to refer you in a direction that will.

Remember to regularly bring in your supplements or medication that you are taking. If there are any changes in these, have them checked with your Doctor of Chiropractic.

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## Care Plan

Treatment is designed to help your body to improve its overall health, not just to remove your symptoms. If however anything new does arise please give your doctor a call or make your appointment earlier. We are here to help you!

At times we advise you to seek further tests through the medical system, e.g. blood and urine tests, x-rays, scans etc, as these can be important in evaluating the possibility of any pathological condition (e.g. cancer, diabetes, heart conditions etc.). While we do treat patients who have pathological (medical) conditions and are able to help them with their general wellbeing and symptoms, we do not claim to be directly treating the pathology.

At **Integrated Health Care** we treat you to balance your **system** which promotes health and relieves symptoms, but we also **challenge your beliefs and behaviour**. "If your behaviour, beliefs and actions remain the same; you experience the same results and outcomes from those choices." Healthy choices lead to healthy lives and experiences.

## What can I do to help myself be healthy?

### 1. Eat a rainbow diet

Lots of fresh natural foods, fruits, nuts, meat, fish, grains and vegetables with lots of colour.

Food from fast food outlets is convenient and easy but is not always healthy. One meal per week is OK. Sugar, especially white sugar, is a major health hazard.

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### 2. Drinking water

Drink at least 6 glasses a day and filtered where possible. Tea and coffee dehydrate the body. Fizzy drinks, pop or diet pop are not healthy choices.

### 3. Stop smoking

Smoking tobacco is perhaps the most detrimental thing you can insult your body with.

### 4. Daily alcohol consumption

Wine, beer or spirits daily is also detrimental to health even if it is one glass per day. Red wine contains beneficial antioxidants however the negatives of alcohol outweigh these benefits. Alcohol depresses your whole system, including your immune system. (Occasional social drink is not an issue!)

### 5. Adequate rest and sleep

Are essential to our body's healing powers. It is generally accepted that a minimum of 7-8 hours sleep daily is the optimum. Take time out to rest through the day even if it is sitting down for 10 minutes to take a breather. Don't eat or drink on the run sit down to eat meals.

### 6. Daily exercise is important

Use it or lose it. Use the stairs instead of the elevator, walk to and from various daily chores or jobs you do throughout the day. You will feel better for and about yourself through daily exercise of a more physical nature such as going to the gym, walking, running, cycling, swimming, yoga etc.

### 7. Through exercise you improve your circulation, lymphatic drainage, and eliminate toxins through sweat

But the biggest advantage is that you **improve your mind** through releasing endorphins within the brain (feel good chemicals). Therefore choose an exercise that you like doing and vary where and when you do it to keep you interested. **Benefits of exercise are one-half physical and one-half mental.**

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