



## Integrated Health News Issue 16 – May 2016 - July 2016

**Sorry the Newsletter is late but we wanted you to know Flu Remedy has now arrived!**

### Flu Remedy



Autumn is upon us and the change of seasons is one of the more prominent times to catch the flu. Integrated Health has just received the current (medical) flu strain for this year and it has been made into a homeopathic form and is now available from reception. The formula contains all flu strains from 1998 to 2016 as well as two other remedies. This combination helps stimulate your body to produce immunity and fight off this type of infection.

The remedy can be used two ways

1. **Prevention** - two sprays a day for the first three days of each new month from May to October.
2. **Treatment** - Should you experience flu or cold like symptoms at any time take two sprays, three times per day for three to five days. If symptoms persist you will need a treatment, as although it may feel 'flu like', it may be stress related.

### Gluten Allergy/Intolerance

Gluten in your diet may be affecting your gut and digestion but more importantly it may be affecting your brain. Celiac Disease is an autoimmune disorder which affects genetically predisposed individuals upon the ingestion of gluten. Celiac Disease is considered to be caused by an allergy to gluten and its prevalence has been underestimated but it is now considered to be one of the most common genetic disorders.

At Integrated Health we find Intolerance to gluten to be a far more commonly encountered problem but equally as taxing on health and well-being. While Celiac disease (allergy) is not common, intolerance is quite common. Research indicates that up to 50% of certain populations have health problems relating to an intolerance to gluten.



Gluten is a protein made up of two molecules, glutenin and gliadin. It is found naturally in wheat, oats, rye and barley grains. Parts of gluten are toxic to people with celiac disease and/or sensitivity, intolerance to this protein. The body can't break down the gluten digested and responds by causing inflammation throughout the body. Damage and disease results in many organs, including the bowel, skin, joints, bones, brain, liver etc. Symptoms are extensive and diverse but some of the more common ones are:-

- any upper or lower gut pain / problems,

- fatigue,
- chronic anaemias,
- neurological diseases (nerve pain, restless legs, back/neck pain, etc)
- anxiety / depression disorders.
- skin disorders (eczema dermatitis etc)
- chronic ear, eyes, nose, throat problems (infections/inflammations)

Research now shows that gluten intolerance is a major problem for 1 in 4 children and adults in the western world, probably because of the amount of gluten containing foods consumed in the diet in Europe, The Americas, Australia and New Zealand.

Diagnosis for Celiac disease is initially via blood test, followed by a bowel biopsy. At Integrated Health we have a variety of tests via The Hale Technique, which can not only test for an allergy but also an intolerance/sensitivity to gluten. Over the 10 to 15 years of testing, we have found these methods to be very accurate although we continue research to improve our methods and accuracy. If you think you or one of your children/family may have symptoms that have not been addressed ask one of our Doctors to test for gluten intolerance. We have information about diet and treatment protocols to help. **The most important help is gained from following a diet, strictly avoiding any gluten or traces of gluten in foods.**

## Stress Remedy



One of the most popular remedies at Integrated Health is **Stress Remedy**. It is made from a complex of homeopathic remedy's and provides relief from traumatic and or stressful situations/feelings. While it does not change the stressful situation you may be dealing with it does work by reducing the stress that your nervous system and body experiences, **thus allowing you to get on with your life and the stress, but remain 'in control'**.

The stress remedy is suitable for infants, right through to the elderly. It can be taken in two ways

1. **Two sprays. Three times a day for several days** leading up to a perceived stressful event. (for example, if you are afraid of flying you can take it three to four days before your flight to keep you as calm as possible. ).
2. At the time of a traumatic event **.Two sprays five to six times per day** (for example, your child breaks their arm and has to go to hospital for assessment. Both you and your child can take it.)

If you think the stress remedy would benefit you, ask one of our Doctors how best to use it for yourself. Please note if the stress is overwhelming or you are requiring a lot of spray, then it is important that you come in for a treatment.

## Office News

You may have noticed a new friendly face at reception. Alicia has joined Anne and Tash on reception. We warmly welcome her to the team

Dr Bryan Hale is now working two days per week. We are still trying to find and train up two new Doctors to work at Integrated Health.

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