



Integrated Health News Issue 17 – August 2016 - October 2016

Are you suffering from low energy?

At any time of the year we can find that our energy is lower than normal but winter, with its colder months is a particular time of the year when poor energy is a common complaint.

Poor energy can be attributed to many factors. It can be a nutritional deficiency such as low iron, haemoglobin, low B vitamins, poor thyroid/ adrenal function or medication resulting in some nutritional deficiencies.



These deficiencies can be a result of growth periods in children (iron/ haemoglobin), acute or chronic stress (thyroid/ adrenal), diet (vegetarians can lack B vitamins especially B 12, and of course iron, fussy eaters lacking a wide variety of nutrients for energy production), or particular medications, for example statins used to lower cholesterol decrease our bodies ability to produce CoQ10 which works at a cellular level for energy function.

Poor energy can also be the result of either acute (flu/colds) or chronic, ongoing infections in the body. Sometimes we are aware of the pathological cause of chronic infections, for example cancer or chronic exacerbation of asthma, however sometimes the only presenting symptom may be poor energy.

Another cause of low energy is mood. Feeling down in the dumps can be like wearing a heavy cloak that just drains your energy all day long. Seasonal affective disorder, otherwise known as the 'winter blues', is due to a decrease in vitamin D levels in the winter.

At IHC, if your complaint is low energy we will assess all of the above. We treat on the physical level for infection, the emotional/mental level to balance mood and we look at potential nutritional/hormonal deficiencies that may be depleting your energy and look to correct this imbalance. If you are concerned about your energy levels please ask one of our Doctors to take a look.



Asthma



Asthma is the most common reason for children to be admitted to hospital in New Zealand. There are many reasons why our asthma rates are so high in NZ. This includes exposure to smoke, a processed diet, a too clean environment therefore failing to teach the immune system not to overreact to allergens, Vit D deficiency and environmental allergens such as toxoplasmosis from cats' faeces.

An asthma attack is caused by inflammation of the airways and a narrowing of the small muscles around the airways. This results in fast, shallow breathing and a wheezing sound on expiration. An asthma attack can be brought on by the cold, exercise induced, stress induced or by a virus.

At IHC we can help identify what your asthma triggers may be, for example dust mites, environmental allergens, toxoplasmosis or food intolerances/ sensitivities. We can treat on the physical level for inflammation, environmental allergens and we can promote the right balance of nutritional (e.g. Vit C, zinc, Vit D) and dietary requirements. We can also treat your nervous system to decrease stress therefore promoting more wellbeing. (Please note, if you are having a severe asthma attack please either call an ambulance or visit A&E).



Vitamin of the month

Vitamin D



Vitamin D is the vitamin that we get from the sunshine. Because of NZ's position far away from the equator, we have very low levels of vitamin D and a deficiency in this vitamin is very common in NZ. If we spend enough time outdoors in the sunshine over summer we can increase our levels, however due to the angle of the sun in winter even our time outdoors will not increase our vitamin D levels and they will drop during this period.

Lack of vitamin D levels is one of the primary causes of NZ's higher autoimmune rates (multiple sclerosis, arthritis). Vitamin D is also essential for bone health, for growth in children and for happiness. Vitamin D also plays an essential role in our immune system. In fact the lower the vitamin D levels, the higher the chance of having asthma attacks, eczema and infections in general.

At IHC we have a variety of great vitamin D products, ranging from oils for children to tablets for adults, either just vitamin D itself or in a combination form with other essential vitamins and minerals. Please ask one of our Doctors which variety might suit you best.



Office News

We would like to warmly welcome our newest practitioner Donna to the team. Donna is a naturopath who will be practicing the Hale Technique.



"Hi, my name is Donna Cornelius.

After graduating with an Advanced Diploma in Naturopathy and Graduate Diploma in Clinical Nutrition, I spent several years working as a Naturopath prior to owning a natural health store & clinic here in Christchurch.

For the past few years I have been residing on the West Coast and have recently relocated back to Christchurch.

I am passionate about natural health and have been a patient of Integrated Health for 16 years. I am grateful and excited for the opportunity to join the team.

I look forward to seeing you soon."