



Integrated Health News Issue 22, Nov 2017 — Jan 2018

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STRESS

One of the biggest challenges we face living our life is **STRESS**, particularly at this time of year when we are approaching: Christmas with all those financial pressures, exam time for students, and the holiday and social time for families, friends and work colleagues.

What is stress?



Our body and mind have to constantly adapt to our environment and challenges in life.

Stress displays itself in physical and mind symptoms that indicate to us that we are not adapting to/coping with those challenges.

At Integrated Healthcare, we are particularly well-equipped to help you through these times as we are able to balance your physical (including structural), emotional, mental and spiritual energies as well as identifying the source/sources of your experienced stress. Often, we have to neutralise various medications (including anti-depressants) when a patient is experiencing major stress.

There are also various nutritional products and homeopathic remedies that we have found over the years to be very effective for stabilising patients, allowing them to get on with their lives.

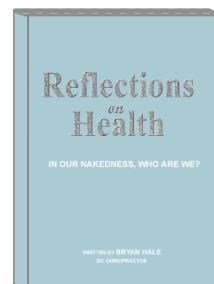
Stress relief and understanding your involvement is probably our most effective treatment at IHC.

Make an appointment today and start improving your well-being.



DR HALE'S BOOK Reflections on Health (In our nakedness, who are we?)

This book is a must-read for all patients who have experienced treatment with the Hale Technique, as it explains how and why our unique treatment works. Further healing is gained by understanding yourself and the people who surround you in your life. Treatment is hard to explain to family and friends, however by reading or listening to the information contained in the book you will find it enlightening and liberating to you and/or others who support or criticise you. It is a reference book that can be visited time and time again to understand health, behaviour and why we get sick again and again with the same pains and illnesses.



Feedback from those who have read the book:

- ***"It is easy to read and flows well."***
- ***"The small chapters give the reader the chance for a quick and easy read."***
- ***"It is empowering and it gives lots of good helpful information."***
- ***"It is great as a reference – for looking up the meaning of treatment you've had that day or other treatments you've had in the past."***
- ***"There is new information (through a truly unique approach) that insightfully explains abuse, addiction, anxiety, depression, melancholy, purpose in life, spirituality and forgiveness."***

Many people have described the book as being challenging at times – as it makes you think and take ownership of your own life – what we are doing here on earth and what is it we are meant to be doing and looking for?

At \$29.95 many people are buying books as Christmas presents – a great gift to give a friend or family member in the hope that it may help them in their personal life with their experience of pain and illness. Books can be purchased at Integrated Health, by visiting our website, Scorpio Books or Amazon (from late November) for e-books and Audio Books.



CHRISTMAS

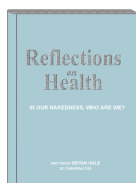
On behalf of the Staff at Integrated Health we thank you for your patronage and support during 2017. May we all move onto a new and exciting 2018 with lots of learning, improved health and personal development.

Gift Ideas



How about a gift voucher for a friend or family member?
Or Bryan's new book?

Ask at reception



Christmas Hours

The office will close at 3:00 pm on Friday 22nd December 2017 and will reopen at 1:00 pm on Wednesday 3rd January 2018.

Emergency Service is provided
by phoning Dr Jennifer Reynolds 021 135 6801
until 31 December 2017 or
Dr Belinda Hale 027 451 4637
from 1 January 2018