



Integrated Health News Issue 6 – November 2013 - January 2014

Why is the treatment at Integrated Health Care so different to other forms of Alternative Treatment?

The basic premise of Chiropractic is to free the workings and expressions of the Central Nervous System i.e. Brain, Spinal Cord and Nerves. The Central Nervous System is '**The Controlling System in the Body**' (similar to an electrical system in your house. However it can be affected by bone or soft tissue structures that surround and protect it i.e. the Skull, the Spine, the Pelvis. The most powerful influencing system in the entire body is the **Mental/Emotional System** i.e. these two parts of the mind often conflict as we can think what we want but do our emotions agree with that choice?

The **Mental Mind** (thinking) is boundless and limitless. The **Emotional Mind** (feelings) originates from our life experiences plus our family's life experiences and history.

Therefore if we can't or won't control our **mental** thoughts we transfer that experience to our **emotional** (feeling) mind. As there is history and experience in our emotions it gives meaning to our situations. From there we often refer it back to our mental mind which then creates 'a Story' about our experience. This in turn causes stress and imbalance in our body by way of unbalanced expression in our Nervous System, in the same way that an electrical appliance can "blow the fuse" (circuit breaker). There are countless circuit breakers throughout the entire Nervous System of the Human Body.

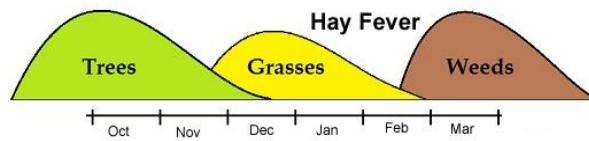


At Integrated Health, we balance not only the **physical** i.e. Nervous, Hormonal, Immune Systems etc. but also the **Mental, Emotional** and **Spiritual** Systems to assist the energies in the body and mind to heal. ***IF you do not change your "Mind Set" or beliefs your energy around those issues revert back to its original unbalanced state!*** That is why we tell you what we treated you for on the day of treatment. This allows you the opportunity to learn and move forward towards a **better level of health and understanding.**

By nature we are 'I' driven. In other words it is all about 'us' (all about me) in our personal lives and how everything and everyone affects me and my world.

"If we consider ourselves first and include others in the greater good of all concerned we can replace 'I' in Illness with 'We' in Wellness"

Hay Fever and Allergic Reactions to Environmental influences like pollens, grasses, and insect bites etc. Over the years **Dr Hale has developed effective treatments** to greatly reduce and at times eliminate the discomforting symptoms of these allergic type body responses. (Especially Hay Fever).



Insect bites often turn into infection because of the diseases that the mosquito, sand-fly, bee or spider is carrying. Through treatment we can address not only the reaction to the bite but also the infective bacteria, virus or parasite that they pass on.



Hormonal and Immune Systems - Although the Nervous system is the main controlling system in the body the Hormonal and Immune systems also have a great influence on balance and control.

Hormones have a major effect on how we function in our energy, moods and general wellness. These unique chemicals are secreted directly into the blood stream from specific glands in the body i.e. Pituitary, Liver, Thyroid, Thymus, Adrenal, Pancreas, Ovaries/Testes. As Practitioners we use these Hormones to test and balance the body in treatment. We also stock certain formulas that help support and maintain such imbalances while we continue to treat and find the cause(s) of the original problem(s), which maybe Physical, Emotional and Mental.

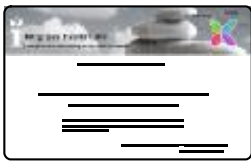



Christmas and Festive Season is approaching very quickly, most people experience **increased stress** at this time every year as not only are we challenged by family “get togethers” but also by financial strains, decisions on what presents to buy, holidays, exams, budgets, end of year functions and perhaps over indulgence, time to reflect the year and planning for the coming year or years. Weather changes (often extreme) and allergies can also be **factors in increasing our anxiety and stress levels.**

At Integrated Health the lead up to Christmas is always extra busy because patients have learned that a balance is good way to help them cope through this time.

Phone now to make your booking, so that you take ownership of your health.



<p>Gift Idea</p> <p>How about a gift voucher for a friend or family member? Ask at reception</p> 	<p>Holiday Hours</p> <p>We close on 23rd December 2013 and will reopen on 6th January 2014. Emergency Service will be available check website or answer phone for details.</p> 
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We extend Seasons Greetings to all and look forward to seeing you in 2014