

Integrated Health News Issue 10 – Nov 2014 - Jan 2015

Hay Fever

Hay Fever is the result of the body reacting allergically to Antigens (Pollen, moulds or any airborne substances) in the air more commonly seen during Spring and Autumn. For those who experience this syndrome, it is a major problem that affects their daily life.

Symptoms:

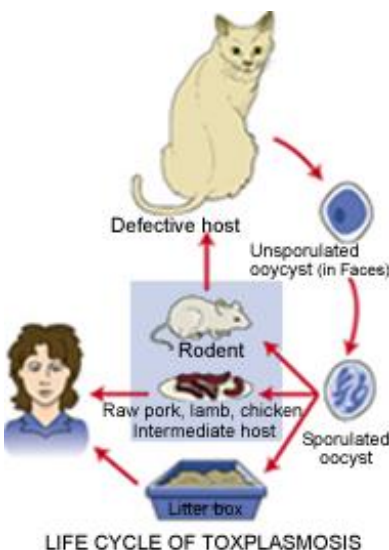
- Sneezing,
- Inflamed itchy/ watery eyes,
- Itchy/ irritated throat,
- Itchy/ runny nose,
- Blocked nose,
- General feeling of unwellness
- Mental/ emotional irritability



At Integrated Health we have good success treating Hay Fever Symptoms. Antihistamine Medications are the most frequently used treatment to control symptoms but at Integrated Health Care we are more interested in what causes the problem and what the permanent solution is.

We have treated patients by neutralizing their allergic reactions: to pollens, grasses, moulds, candida's, house dust mites etc. but from our findings the most irritating and invasive allergen relating to Hay Fever has always tested to be Toxoplasmosis eggs.

TOXOPLASMOSIS IS A DISEASE CAUSED BY A PARASITE.



The eggs of toxoplasmosis are able to be transmitted to humans from garden soil, or from ingesting uncooked meats that are contaminated. Therefore vegetables should be washed thoroughly plus meat should be cooked 'well done' especially sheep products. More info is available on the Internet. Approx. 80% of people harbouring toxoplasmosis do not have symptoms, however, if these people contract glandular fever or have a suppressed Immune System their health condition is often compromised by having 'the said disease' as well. In New Zealand most sheep are treated with a Toxoplasmosis Vaccine.

The **domestic cat/and kittens** play a major role in the exposure and spread of Toxoplasmosis to humans.

There is a 3 stage life cycle to the formation of infective eggs.

1. Stage 1 is that the cat catches a bird or rodent that is contaminated.
2. Stage 2 in development can only take place in the intestine of a cat.
3. Stage 3 the cat defecates in the soil or sand pit to allow the eggs to proliferate majorly.

These eggs can be ingested from food or are blown into the air by wind (especially relevant to North Westerly winds in New Zealand.)

From observation testing and treating adults and children over the last 30 years, it is questioned whether the cat also contain these eggs in their saliva; through cleaning itself, can the eggs now be on their fur(hair)? The eggs can live in soil, sand, carpets, soft furnishings etc. for up to 18 months duration.

Unfortunately proof for these suspicions is not validated as there is no stain yet developed that can identify these eggs specifically in a Laboratory, (the parasite itself can be identified but not the eggs) therefore there is no 'Specific Proof' of their existence in the areas listed above.

We can only give our observations and results to help educate you to the problems created by the presence and exposure

Helpful Hints

- 1) Wash hands and utensils thoroughly after handling any raw meat products.
- 2) Always wear rubber gloves in the garden and wash thoroughly after.
- 3) Wear dust mask and eye protection when working with soil.
- 4) Do not have a cat inside your house and especially don't allow it on beds, soft furnishings or bench tops.
- 5) Cover up sand pits and play areas when not being used by children.



We do not support extermination or elimination of cats but want to educate you to the problems we observe that Toxoplasmosis as a disease or an allergy causes humans, especially young children. Many young children's learning and development is compromised by 'brain fog', 'tiredness' and 'allergic reactions' caused by having a cat or cats living in close quarters to them in those early forming years. We have not observed such issues with dogs, birds or other household pets.

Treatment plus elimination of the exposure to the cat(s) has amazingly positive results. Constant exposure leads to chronic, repetitive ill health and challenging temperaments, concentration issues, allergies and infection.

Emotional Connection to Toxoplasmosis: feelings of hopelessness, confusion and despair.

We also have positive results in treating Toxoplasmosis infection. Symptoms are: raised heated rash anywhere on the body, head, neck, arms or legs that is insatiably itchy, **if scratched it only worsens**. (Creams including cortisone don't ease it; in fact they tend to aggravate it). Heat aggravates, **cold shower and or cold compressors** (cold wet flannel) help it greatly, "glandular fever symptoms" and "swollen glands" (often in conjunction with Glandular Fever) "Allergy symptoms", "Depression", "Cotton Wool in head" and "Feeling Wretched".


Our treatment is effective, however, it takes a lot longer to gain immunity if you inhale dust from soil, touch soil with bare hands or have a cat living in the house.



Christmas

The festive Season is approaching quickly, as too are the stresses associated with this time of year. **Don't wait until December to make an appointment.** **Do it now** 'de stress' 'rebalance' and be ready to absorb the challenges that may lie ahead.

On behalf of the Doctors and Staff at Integrated Health we thank you for your patronage and support during 2014. May we all move on into a New and exciting 2015 with lots of learning, improved health and personal development.

	<p style="text-align: center;">Gift Idea</p> <p>How about a gift voucher for a friend or family member? Ask at reception</p>	<p style="text-align: center;">Christmas Hours</p> <p>We close on 23rd December 2014 at 2 pm and will Re-open on 5th January 2015 at 1 pm. Emergency Service will be available check website or answer phone for details.</p>
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We are adding on another treatment room at I H C thank you for your patience and understanding.

We hope to be taking on a new Doctor in the New Year.