



## Integrated Health News Issue 11 – Feb 2015 - Apr 2015



How many of you made a New Year's Resolution to improve and look after your No. 1 asset – **Your Health?**

If you are healthy in Mind and Body there is a major **“flow on effect”** to your family, friends and work colleagues.

Make an appointment for a “balance@Integrated Health” and follow through with regular Maintenance Care 3 or 4 monthly, for optimum Health Care and Insurance.



## Medication Check

We encourage all patients to bring in their medications and nutritional supplements for testing.

While medications and supplements may be necessary to maintain health, they can cause patients to experience side effects and reactions. **The issue is not the tablet, capsule or liquid but the person taking the substance, who may be sensitive or may react to that chemical formula.**



Most people tolerate their Medications and Nutrition well, however, there are a significant number of **‘Sensitive People’** both physically and emotionally/mentally who may react to such substances with when they first start it or often a period of weeks to years of taking it. It is reasonable that certain people respond better or worse to similar types of medications. It is also reasonable that the body may react to medications after a period of time even though it is essential to one's health and wellbeing e.g. Insulin, Thyroid meds, Immune meds, Anti-depressant/behavior/mood meds and statins.

Through various modes of testing on such Medications/Nutrition we can check whether patients “can tolerate” “whether it is helpful” and/or “whether it is needed or essential to take”. Should we find a problem we can most often **Neutralize the reactions or side effects** with our “complex Homeopathy formulas”. If this is not possible we advise our patients to consult their General Practitioner for consideration of our findings. Most Medical Doctors, we have communications with, are open and within reason willing to consider or co-operate with a new approach.

Most patients find this service helpful as it is aimed at eliciting the best treatment and support for their health and wellbeing.

Development and new techniques of testing and Neutralizing is an ongoing study.

This is a FREE service to our existing patients.



We urge you to bring in your medications etc. on each visit for testing. This way we can provide optimum care.



## Introducing

### Jason Massage Therapy



We are pleased to announce that Jason MacDonald Massage Therapist is working from the premises of Integrated Health.

Jason's age is late 40's. He graduated in 2002 and has been in fulltime practice in Christchurch since. I can personally recommend his abilities and professionalism in helping people with muscle related aches, pains, stress, tightness and fatigue.

We look forward to working with Jason over the coming years. Please phone him directly on 0220 588132 for more information go to [www.goodmassage.co.nz](http://www.goodmassage.co.nz)



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