



Integrated Health News Issue 19 – February 2017 - April 2017

Hay Fever

Over the past four months we have experienced an excessive amount of Northwest winds in Canterbury. These winds create a lot of health problems for patients who suffer from inhalant allergies like: hay fever, sinus problems and headaches. These winds swirl and blow up not only pollens, but also soil into the air which can be far more troublesome.



This type of wind causes the ions in the air to imbalance (producing too many positive ions). The two holes in the nose balance the exchange of positively and negatively charged ions. Some people, who are by nature sensitive, have difficulty in balancing this challenge which results in the creation of symptoms. Generally speaking, the body's priority is to inhale negative ions and exhale positive ions.

At Integrated Health we continue to have good success with chronic hay fever and other respiratory symptoms associated with these weather conditions by firstly **correcting** the ionisation issue then **neutralising** the resultant reaction to the various airborne pollens and irritants contained in soil.



Maintenance Care

Many people consult Integrated Healthcare for relief of symptoms and improvements in their general health. **Observation over many years shows the biggest secret in the service we offer to patients is—maintenance care.**



As with a car or a house, it is important to firstly correct any problems to promote optimum function, but it is even more important to maintain and keep it running well. There are many cars and houses that still look great and function well despite their age. This is because they have been well maintained, kept up to look and function in the previously pristine state they were produced many years ago.

We advise every patient who comes into the office to adhere to a maintenance programme. Sometimes patients cancel appointments for good reason, but then forget to get back for another treatment until 12 to 36 months later. This not only puts a strain on their body, but also causes the practitioner to have to retrace steps in treatment sometimes requiring extra visits, time and money. During this time the patient has not been well and has compromised their health. Parts and mechanisms can be replaced in a man-made mechanical machine—that is not always possible in humans.

We suggest you come back for maintenance treatment when we have asked your body what the ideal scenario is to assist and maintain your health.

Please do not give your treatment time to others as this compromises **your** health. Often the whole family dynamic can be affected. i.e. mothers giving away their appointment to the children. We find if mum and dad are good, 90% of the time the children are good too. Maybe bring the child in question with you for us to quickly assess, but get yourself treated as a priority.

It is best to make bookings when we advised you. Be accountable and kind to yourself by maintaining your health level (If you are down it can affect everyone else around you). Appointments at IHC are becoming harder to get, creating difficulty in accommodating spontaneous bookings. If you follow regular maintenance care, you will be given priority for another booking.



Emergency Care

Donna Cornelius has been a practitioner of The Hale Technique for six months now and we are all very proud and happy with her work and competence as a member of our team. She is able to diagnose structural (Chiropractic) problems but because of her licensing at this time, is unable to treat them.

Up to now it has not caused problems in administering treatments, however if there are any questions please notify reception so they can communicate with us.

If you experience an acute health situation and are a patient of one of the other Doctors, Donna is often able to help at short notice, providing relief and care in an emergency situation. Reception can advise you at time of contact.



There is after hour care provided at IHC. Details are on answer phone and our web site.



Dr Hale's book – due to unforeseen circumstances this has been delayed yet again, and is now due out mid-year – we will keep you posted.



Office News

We would like to welcome Michelle our new receptionist. She is a great addition to the team over the busy Christmas time and she will continue to do so throughout the coming year.

**May 2017 be a very successful, happy, healthy and fulfilling year for everyone.
At IHC we are here to assist you in making those things happen.**

Suzy Templeman a massage therapist has a room at IHC. Suzy has been working in Christchurch for over 20 years and has vast experience. You can contact Suzy on 02 2647 3446