



Integrated Health News Issue 20 – May 2017 July 2017

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Flu Prevention Remedy

The 2017 Flu Prevention Remedy is now available (see website for information and instructions).



<http://www.integratedhealth.co.nz/our-products-xidc97212.html#flu>

This remedy has been in use for 9 years now with very good results for

1. Preventing flu and viruses by gaining immunity.
2. If you do get flu/cold like symptoms you take the remedy to treat and override a virus, therefore not waiting for symptoms to develop and then just treating yourself symptomatically

It contains the flu vaccinations (in homeopathic form) from 1998 to the current year (2017) plus immunoglobulin A and E.

Please take as instructed on the bottle AND again if you experience cold or flu like symptoms.

At Integrated health care we find we are very effective treating many types of viruses - from colds, glandular fever, cytomegalovirus, gastrointestinal viruses and so on. **Please re consider cancelling your appointment if you are unwell as we may well be able to help you considerably.**



Stress Remedy

We have used this remedy for many years and find it very beneficial for ourselves and patients (children and adults)

It contains

1. Tranquiplax - nervous system calmer
2. Hypericum - for anxiety, mood stabiliser, nerve healing (trauma)
3. Valerian - helpful to relax and sleep. Also good for shock or fright

We find this remedy particularly helpful for many situations and reasons:

USES

Anxiety/overwhelmed	Trauma
Daily life stress!	Grief/bereavement
Exams	Shock
Work/home stress	Sleeplessness
Worry	Sensitivities
Emotional stress	



WHY USE IT?

- It comes as a spray so you don't have to swallow tablets (brilliant for children)
- Readily and quickly absorbed
- Compact (keep it in your handbag/glovebox/pocket/teachers desk)
- Discreet and easy to take

We are currently working to 'personalise' some of the home remedies in case there is a specific requirement for a member of your family.

For example: Stress remedy PLUS Neurocalm (in homeopathic form)

Flu remedy PLUS toxoplasmosis (if this appears to be a chronic problem for you).

PLEASE ASK ONE OF OUR PRACTITIONERS IF THIS MAY APPLY TO YOU



Post Trauma/Surgery Remedy

This remedy contains many Homeopathic remedies for promoting healing in the body following injury, trauma, accidents or POST SURGERY (not before)



USES

Any trauma/accident
Stings
Bites
Bruising

Teething
Aching sore body post exercise
Slamming fingers in drawer
Falls

It is useful to use the stress spray in conjunction/alternately with this trauma remedy due to the emotional stress often involved when there is trauma of any kind

We suggest you have all three remedies in your medical cupboard at home/top drawer in kitchen or in your travelling kit. Even if you have to seek immediate medical advice/care, these remedies are helpful to administer in any crisis situation, both with children and adults to settle the situation down for the patient and the carer!

This remedy contains many Homeopathic remedies for promoting healing in the body following a fall, accident or trauma. It is also helpful following surgery or surgical procedures.

NB: TAKEN AFTER THE EVENT—NOT BEFORE OR IN ANTICIPATION OF.

We suggest you have all three remedies in your medical cupboard at home or in your travelling kit. Even if you have to seek immediate medical advice/care, these remedies are helpful to administer in any crisis situations, both with children and adults to settle the situation down both for the patient and the carer!



Our package price is \$80 for all 3 remedies or a combination of any 3 of these remedies or \$30 each



DR HALE'S Book Update

Dr Hale's book has a deadline to be printed and published in June 2017.

The book is informative, challenging and entertaining. Essentially it is based on The Hale Technique and how the treatment we administer at Integrated Health Care works.



It contains insight into health, human behaviour and treatment explanations which are illustrated in lots of patient case histories. If your case history was chosen, you would have been asked permission to print it by now. Fictitious names have been used.

It will serve as a good reference book in your home library so that if you have, or someone else has a health issue or problem, you may be able to look up the area of pain or discomfort and have some appreciation as to the possible source or origin of the experience.



Office News

Reception requests that you can text messages to them at front desk and also text them back on the appointment reminder/confirmation line. Please don't ring and leave a message on this line as it is for texts only. i.e.—reception don't receive any voice messages.



Suzy Templeman is no longer at IHC but can still be contacted on 022 647 3446

The room is now available for hire to a suitable therapist.