



Integrated Health News Issue 21 – Aug 2017- Nov 2017

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Update on Flu Prevention Remedy



We make a new flu prevention remedy each year which includes the current flu viruses. It appears to be helpful as not only a **preventative remedy** but also as a **treatment** remedy when people are experiencing the onset of Flu/Cold/Viral symptoms.

Every year during the winter months, symptoms of coughs, chest problems, sore throats, digestive upsets, headaches and general achy type symptoms can still surface, which we assume are related to the flu but in fact are symptoms of varying other combinations of viruses and bacterial invaders.

I have been observing this pattern of unexplained symptoms for years, so this year I have decided to address what are the possible combinations. Testing and experimentation on affected patients has shown that **the problems in 2017 are a combination of two Coxsackie viruses (A9 and B5) and a bacterium called Mycoplasma Pneumonia.**

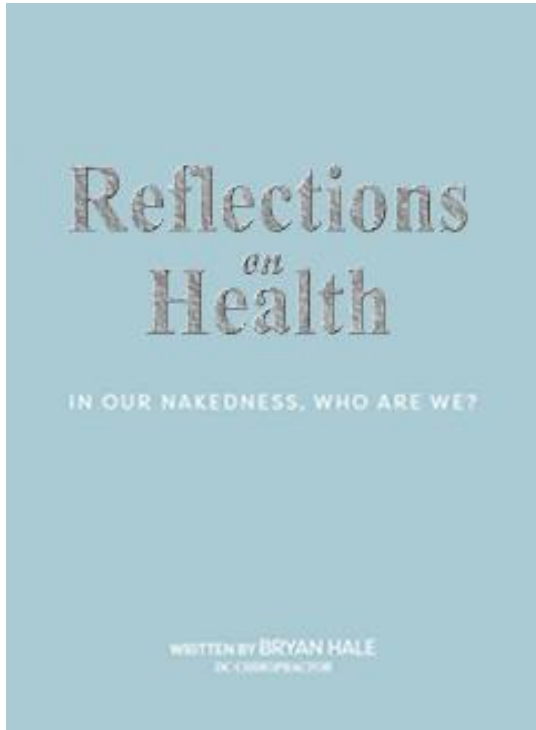
Symptoms caused by these organisms are: headaches, dry cough, breathlessness, sore throats, aches and pains, persistent fever and feeling tired and listless.

Therefore, we have made up an additional remedy to address these organisms. If you have already bought this year's Flu Prevention Remedy please drop in and we will add this remedy to it so that you will be equipped to fight off the winter ailments and keep well during these cold, wet and challenging months.

If you are having problems with **continually being unwell** you will need to arrange a visit with one of our Practitioners at IHC.



Hale Technique Publishing Ltd



REFLECTIONS ON HEALTH written by Bryan Hale is now available at the front desk of Integrated Health. You can also purchase a copy and have it posted to you by visiting our web site www.haletechniquepublishing.com

Cost of book is \$29.95

If you would like it sent to you add courier cost

- ❖ 1x book for \$7.00 within New Zealand.
- ❖ 2x books for \$9.50 within New Zealand.

Courier costs to other countries is expensive but we are in the process of arranging both print copies and 'ebooks' distribution to Australia, Canada, UK and USA.

Email enquiries about the book to:- haletechniquepublishing@gmail.com

The book is written from a practitioner's viewpoint, with observations from treating patients over many years. Through fascinating case histories, insightful information, charts and diagrams.

Bryan generously shares with us the technique he has developed to help balance our physical, emotional, mental and spiritual energies and also to challenge us to find true purpose in our lives.

This engaging book is divided into several sections for ease of reader navigation.

It is a book to be revisited again and again.

Reading **Reflections on Health** will help you to understand and correct your own behaviour, which in turn changes the behaviour of those around you. It will make a real difference to your life.