



Integrated Health News Issue 7 – February 2014 - April 2014

Hydration & Dehydration



Approximately 70% of the human body is water. Problems with this balance in **hydration** can cause health issues.

Excess Fluid (fluid retention) causes problems with heart, kidneys, lymphatic system, high blood pressure etc.

At Integrated Health we frequently see health problems that relate to **dehydration** – inadequate water in the body either **surrounding the cells** (Extra cellular) or **within the cells** (Intra cellular).

There are Two Tests you can do at home

- 1) Apply moderate pressure on both eye balls with your forefinger and thumb for approximately 10 seconds. If tender you need to **drink water**, (not tea, coffee, juice, pop, alcohol as generally these drinks dehydrate the body). **Extra cellular.**
- 2) Apply moderate pressure to top and bottom of tongue with forefinger and thumb for 2-3 seconds. If tender you need to consult one of our Doctors to be advised as to what to take to correct the problem. **Intra cellular.**



Symptoms from dehydration are chronic headaches, gout, muscle cramps, exhaustion, disorientation, prostate, kidney, liver, heart, bowel, skin disorders, and sleep problems.

Advise us of your test results and if needed we will investigate.



Deworming

If you have animals in your house or you have close contact with animals you should deworm yourself and family every 6 months. We deworm our cats and dogs but neglect ourselves.

At Integrated Health we often find that children who present with symptoms of irritability, sleeping problems, itchy behinds, chronic nose pickers and behaviour problems need to be dewormed.



We do have products that address chronic parasitic infection plus treatment helps, however, we find "Vermox" appears to work very well and is available 'over the counter' at any pharmacy. (Usually 2 doses are necessary 10 days apart).

Flu Prevention Remedy

Our Flu Prevention Remedy in 2013 has been a great success and many people have used it for warding off cold/flu symptoms in the early stages. To address the symptoms you administer the Remedy 5-6 times per day until symptoms relieve. If no relief within 3 days contact our office for an evaluation and treatment.

Usual application of 'The Flu Prevention Remedy' is taken monthly during autumn, winter and spring seasons (2 sprays once a day for 3 days)

N.B. The 2014 Flu Prevention Remedy should be available in **early April**.



Observation



As a practicing Chiropractor for 40 years I am still surprised by the Number of Patients that I see who have been to Spinal and Joint Specialists, Chiropractors, Osteopaths, Physiotherapists etc. and who still suffer from Chronic Neck, Back, Pelvis, Leg, Arm and Foot Pain.

These patients often show up with a complexity of problems which we are well equipped and trained to deal with at Integrated Health because of our broad based approach and tools.

- Dr Bryan Hale

From our observations over 90% of **Chronic** body and limb pain, with the exception of fractures, disease processes and 'polymyalgias rheumatica', is not caused by problems in the area you are experiencing the discomfort or symptoms.

That is why an evaluation of your structural, physical, emotional and mental energies need to be evaluated.
i.e. "A Balance" @ Integrated Health

If you have friends, family or loved ones who are suffering, consult our Doctors for a free evaluation. Maybe bring them in with you on your next appointment!

"Feel Better – Tell Others"



We are ACC Accredited Primary Health Care Practitioners



Start the year off positively by having **"A Balance"** at Integrated Health Care!