



## Integrated Health News Issue 8 – May 2014 - July 2014

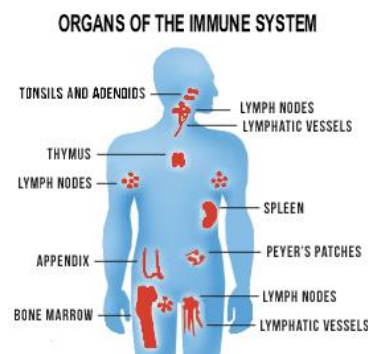
### The Immune System

Our **Immune System** protects us against diseases by accurately identifying and eliminating a wide variety of agents known as pathogens (harmful chemicals and substances) viruses, harmful bacteria, parasites etc.

Immunodeficiency occurs when the Immune System is less active than normal, resulting in reoccurring and life threatening infections.

Inflammation is one of the first responses of the Immune System to Infection (Symptoms of inflammation are redness, swelling, heat and pain).

The Immune System forms Antibodies to invading agents or organisms which then allows the body to destroy the offenders.



Vaccination is an attempt to expose the body to potential invasive agents and organisms before our defenses are lowered. This way we can form antibodies, while we are healthy, so that when we are exposed to offensive or invasive substances or organisms we should have better immunity to ward off the disease process.



There are people who are hypersensitive to Vaccinations. In an attempt to give those patients some Immunity against Influenza (The Flu) we have made up a special remedy called 'The Flu Prevention Remedy'

**SEPARATE INFORMATION SHEET IS PROVIDED**

**The 2014 Remedy is now available**



### Chronic LOW Energy Issues

At Integrated Health Care we are often called on to help patients with Chronic Low Energy Issues. This maybe caused by Nutritional deficiencies e.g. iron, haemoglobin, thyroid, adrenal etc. However, chronic Immune Deficiency problems may cause extreme fatigue e.g. Glandular Fever, Post Viral Syndrome, Chronic Fatigue Syndrome, Leptospirosis etc. Our favourable success rate is due to, not only treating the patient for their physical condition or disease, but also addressing the MIND (Emotional/Mental) situation which is often the key to getting better and staying better (healthy).

*"The mind will burn up more energy, contributing to chronic tiredness,  
And energy loss than any other system in the body"* Dr Bryan Hale

*"High performance Athletes and Performers 'Burn out'  
From Mental/Emotional fatigue not physical fatigue." Dr Bryan Hale*

Shock      Fear      Love      Trust      Abandonment      Sadness      Approval  
    Guilt      Subservience      Anger      Jealousy      Hopelessness      Anxiety  
Respect      Over Sensitive      Abuse      Over Responsibility

are all major issues of the mind that not only contribute majorly to a disease becoming chronic but also cause the Immune System to weaken; making us prone to infection and disease.

*"To Heal, Improve and Grow: the Physical, Emotional and Mental aspects  
of the body need to be balanced and integrated"*

That is what we provide as our 'Service' at Integrated Health Care. Dr Bryan Hale



## Stress

We observe more stress in patients now than we did immediately following the Earthquake Experience. People are more accepting of the effects of Stress and how it affects us and our family, friends and work colleagues. We are now faced with the realities of rebuilding, fixing up and multiple house moves and traffic congestion.

**The reality seems to be now materialising** whereas immediately following the quakes we were in 'Survival mode' which gave us that sense of "belonging", 'strength' and 'togetherness' etc. Now we are faced with conflict, confrontation, incompetence, trust, fear/anxiety, frustration.



**What is Stress** 'our body and mind have to constantly adapt to our environment and challenges in life'. Stress displays itself as symptoms and conditions that indicate to us that we are not adapting and/or coping to those challenges.

Treatment and advice at Integrated Health Care is probably the best and most efficient **Stress reliever** you can buy!

Book now for a pre-winter check-up and stay well over these colder months.



## Gift Cards

It is commonly quoted:

**'Our Health and Well Being are our most valuable Assets'**

Why not invest in your friends and family life by giving them a 'Gift Card'

New Gift Cards now available at reception - any denomination.