

Integrated Health News Issue 9 – Aug 2014 - Oct 2014

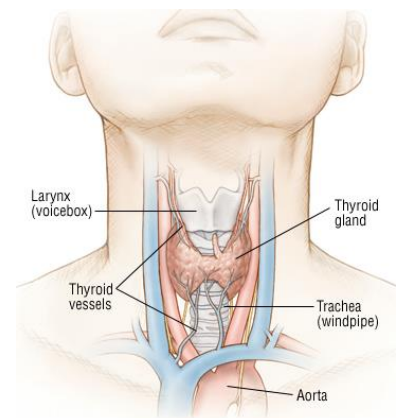
Thyroid Problems

Thyroid Problems are often overlooked and frequently undiagnosed in Medicine because the blood test used to assess an underactive thyroid gland is not always accurate due to what is happening for that patient at the time of testing.

Information about thyroid problems is available on our website <http://tinyurl.com/lp5u7e4> or in pamphlet form at our office.

The main symptoms of **underactive thyroid** can be any of:-

- Constant tiredness/fatigue
- Weight gain
- Hair loss/brittle nails
- Constipation
- Susceptibility to infection
- Swelling especially eyes and ankles
- Heart problems and elevated cholesterol
- Rough/dry skin
- Cold hands/feet
- Emotional/Mental problems
- Poor memory
- Loss of sex drive
- Hoarseness of voice
- Enlarged gland (goiter)



Overactive thyroid symptoms are more obvious and acute whereas underactive are more subtle.

Treatment of underactive thyroid is with Thyroxine (T4) a hormone which usually works well, however, at Integrated Health Care we find there are many cases the patient needs the medication 'neutralized' so that the medication reaches optimum effectiveness.

There are also many nutritional/herbal preparations that assist the function and workings of the Thyroid Gland in conjunction with or without prescribed medication. Thyroxine is needed if the Gland is at a very low function level or not functioning at all. If applicable, Nutritional products may assist in rebuilding and strengthening the gland again.

Perhaps the most important factor in balancing thyroid is the Emotional/ Mental component. We find this relates to issues around subservience and 'over concern for the welfare of others'. These people are givers and get great pleasure out of trying to help others, putting others first and themselves second. Through over concern they make themselves subservient to allow others to accept them, but get hurt easily as they usually find others use them and don't do what they want them to.

If you feel you may have a Thyroid Dysfunction which appears unstable or not responding to treatment contact one of our Doctors at Integrated Health Care.



"Stress is not 'the cause' of all disease, however, it plays a major contributing factor therein"



Depression

Melancholy "The Blues"

Anxiety

Weather can have an influence on our mood and outlook in life, especially cold, wet, damp weather which may act as a trigger in surfacing underlying bouts of Depression, Melancholy and Anxiety. **Melancholy** and **Anxiety** are forms of **Depression** which indicate that the sufferer is an "over thinker" i.e. they think too much, over analyzing everything, themselves and others.

Their thinking (Analytical) Mind is so over active and wired it depresses the Emotional (Feelings) Mind and the Physical body; making them **FEEL** DEPRESSED, MELANCHOLIC and/or ANXIOUS.

Some common symptoms are:-

- Feeling down
- Worthless
- Loss of interest in things
- Feeling guilty
- Poor concentration
- Have "The Blues"
- Always tired and no energy
- Words, songs or sayings repeat constantly in your head making it difficult for you to concentrate for even a short time
- Difficulty getting to sleep or staying asleep
- Feeling like you can't cope with life in general
- Not wanting to mix socially and/or would rather drink alcohol or take drugs to boost confidence
- Loss of enjoyment of life, family and friends etc.

See more information on Website <http://tinyurl.com/kotyb8d> or in pamphlet form at our office.

Approximately one third to one half of Patients referred to Integrated Health Care have Depression Symptoms:

Our approach is to **Test and Identify** the right medication or combination there of, if needed, to stabilize brain chemistry. Many different types of nutritional products may also be indicated.

However, at Integrated Health Care our most powerful tool is to **Balance the Mind and Body 'as one'**.

Depression presents as an overactive Mental Mind which depresses the Emotional Mind and Physical Body. The Mental Mind is uniquely yours to own by making choices and decisions, however, the Emotional Mind and Physical Body are mainly products of your Family, Ancestors, Predecessors. Therefore you can think what you want – you cannot always control your feelings and/or your body's reactions.

Our treatment works by increasing the energies in your emotional and physical systems towards the level your Mental Mind is working. In this way the mental mind decreases its energy: the emotional mind and the physical system increases its energy leading to "**Balancing the entire System**". The patient feels better allowing them to make healthier choices and decisions that eventually lead to better reality and health generally.

If you, your family or children have symptoms of Depression ask us at IHC for an appraisal or assessment.



Flu Update

Feedback from patients using "The Flu Prevention Remedy" for warding off Flu/Cold (take 5-6 times per day for 2-3 days) as well as a preventative (take 1/day for 3 days each month) has been very favourable. However some patients have described symptoms that are not related to the Flu Virus complex i.e. Nasal symptoms, chronic irritating cough (like whooping cough) abdominal discomfort, headaches and general ill health. From our testing these symptoms originate from contracting **Enterococcus Bacteria**– an easily spread illness, especially from children – schools, pre-school etc. Treatment at Integrated Health Care responds quickly and effectively.

WE ARE REGISTERED CHIROPRACTORS AND ACCREDITED ACC PROVIDERS