



Integrated Health News Issue 3 - November 2012

The end of 2012 and the 'festive and holiday' seasons are upon us again.

Excitement and anticipation is experienced however 'reality' brings up a whole lot of stress, from financial, achievements, family, work, schooling, personal, health and fitness. Some are still battling with insurance companies trying to find a direction and/or settlement.

For these families the stresses are much greater now than immediately post-earthquake times when we all went into 'survival mode'. Now fear, anger, sadness and trust are our experiences which are far more challenging and stressful. [Click Here](#) or <http://tinyurl.com/d854px6>

At IHC we cannot eliminate your stress however we can treat your energies physically, emotionally and mentally to achieve better balance and adaptation to your challenges. Most patients tell us that they feel a lot better after having a treatment which puts a different perspective on their personal situations. A pre-Christmas treatment is a positive move.



Most people make personal New Year's resolutions but end up frustrated because by next New Year they realize that achievement has not been reached. Research shows that 90% of goals that are realistic are achieved if they are written down and read frequently as opposed to only 10% if not written down.



Weight Loss

Dr Bryan Hale has been observing and assisting patients lose weight effectively and efficiently over the past 12 months. The diet is called HCG (human chorionic gonadotropin) protocol, developed by Dr Simeon (Medical Doctor) 70-80 years ago. Ask one of the Doctors at IHC if it is suitable for you before starting. www.biohealth.co.nz



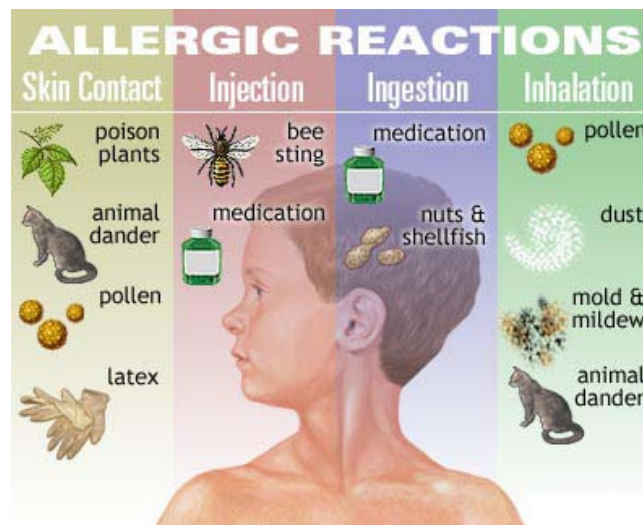
Have a great Christmas and New Year.

Drive carefully, play safely and remember moderation in all indulgence is the safe way to thrive and survive.

PS Check out our the new photos on our website www.integratedhealth.co.nz

Hay fever, allergies and insect bites.

Hay fever, allergies and insect bites are common at this time of year. Ask us for advice and treatment as we have very effective techniques that address these conditions.



Personal Health and Fitness

At IHC we are equipped to give you advice in these areas. Most of our patients are checked 3-4 times per year as general maintenance care. If you want to achieve certain goals, share them with your Doctor at IHC and we will assist you to achieve them



At IHC we are dedicated to helping you achieve your goals and dreams through healthier body and mind's. **Pre and post festive season checkups provide excellent health insurance**

*We close on Fri 21st December and reopen Mon 7th January 2013.
In case of emergency contact Dr Mark Gabriel on 027 480 8208*