



## Integrated Health News Issue 5 – August 2013

(Issue 4 was called 'Flu Prevention Remedy' Apr 2013) Copy available on website

**A Mid-Winter Check Up** is a good preventative investment not only to boost your Immune, Hormonal and Nervous Systems but also to lift you **Mentally** and **Emotionally** during decreased light hours, gloomy days and changeable temperatures due to different environments.

Patients report back that they did not realize they were getting “down to it” over the winter months and that a ‘Tune Up’ or ‘Balance’ was just what was needed to boost their Enthusiasm, Energy and Vitality.

As Doctors and staff we are checked more regularly during the winter months in order to maintain a balance in our health and wellness.



### Winter Flu and Colds



So far we have experienced a challenging winter with several cold spells and changeable weather, which has put stress on our Immune systems making us more susceptible to coughs, colds and flu. We have received good feedback from patients using “**The Flu Prevention Remedy**” as a treatment for early symptoms of “**the Flu**” i.e. take remedy 5-6 times / day until symptoms relieve.

If you are unable to contain symptoms within several days of taking The Flu Prevention Remedy you should contact our office for treatment. Sometimes a specific non flu remedy is necessary to be taken daily, to get well again.

### 6 Helpful Pointers in Maintaining Good Health

Nutritional Remedies containing Vitamin C, Zinc, Vitamin B, Vitamin D, Magnesium, Selenium, garlic, Olive Leaf etc. are very helpful to support and stimulate your Immune System.

We stock several different formulas at Integrated Health Care. Request to be tested.

1	<b>Fluid intake of at least 8 glasses of fluid per day</b> preferably <u>not</u> tea, coffee or alcohol is essential (herbal tea OK). 	2	<b>'A Rainbow Diet'</b> lots of seasonal fruits and vegetables 
3	<b>Vigorous exercise</b> (that causes you puff and sweat) 2 - 3 times per week 	4	<b>A positive mental attitude</b> to yourself others and life. Choose to be happy! 
5	<b>Adequate Rest and Sleep Daily.</b>  <p>Minimum of 7 hrs sleeping time.  <b>NB</b> "old saying" 1 hour before midnight is worth 4 hours after midnight!</p>	6	<b>Keep warm and dry</b> with appropriate clothing. Always keep your head warm and protected 



## ACC

Unfortunately at IHC we are consulted as a "last resort" for head, neck back, shoulder, and hip pain. Most patients consult their GP or Physio as a first port of call in injury/accident situations.

According to ACC statistics; treatment costs, number of visits and time to recover are way below the national average at our clinic as compared to GP's, Physios, Osteopaths, Chiropractors and Acupuncturists.

This is because we consider and treat not only the Structural but also address the Inflammatory, Immune, Hormonal and Emotional/Mental factors that contributed to the body not healing the original injury and/or accumulation of multiple injuries.

Quotation: **"In my opinion over 90% of CHRONIC neck and back pain is not caused by problems in the Spine"** Dr Bryan Hale

### Ask or consult us first!

We will refer you to other Doctors or guide you to further tests if we are unable to help. Most injuries, if addressed, early and treated effectively do not turn into chronic situations.

