



## Integrated Health News Issue 15 – February 2016 - April 2016

### Anxiety

The New Year (post the Christmas rush) and the idea of a fresh new year and all the things we want to change, achieve, let go of - can often bring about anxiety especially if 2015 has been a busy, stressful year. Already in the first month back, we are noticing a lot of anxiety and stress in our patients at IHC. There are many things that we can do to help.

What is anxiety?

**Anxiety is: We Think Fearfully**—Fear is an Emotion not a thought. Therefore we think fearfully, creating issues that, at this point, don't exist and probably never will. i.e. we emotionalise or personalise **stress** by thinking about solutions and answers—the ability for which we have no power for, as no one can predict or control the future.



Symptoms of anxiety are; chronic worry, panic, hopelessness, trust issues, negative attitude to life, poor sleep (often difficulty getting to sleep or waking regularly), negative tape recordings in our head. These thoughts result in physical symptoms such as pain in the jaw, head, abdomen chest neck and back. General tiredness, low libido (sex drive), heart pain and/or flutters are also common.

Anxiety can be caused by a brain/body chemistry imbalance, due to neurotransmitter imbalances, hormonal imbalances (especially thyroid problems) or autoimmune problems. Chronic stress and exhaustion are often **triggers** (set it off) creating **stress induced anxiety**. All the factors listed above are often familial or hereditary (i.e. run in your family).

What can IHC do to help?

At IHC we treat all ages of patients for anxiety, from separation anxiety in children to acute/chronic anxiety in adults. Dr Bryan Hale has recently developed even more extensive treatments to deal with different forms of anxiety.

There are many natural nutritional products that can be very beneficial in balancing brain/body chemistry, e.g. NeuroCalm, 5HTP, Magnesium. A lot of people are taking prescribed anti-anxiety medication which is very important if that is what their body chemistry requires.

If you would like more extensive information on how we treat anxiety please refer to this link.

[Anxiety & Depression pamphlet](#)



## Arthritis (inflammation of a joint/joints)

Osteoarthritis, rheumatoid arthritis and psoriatic arthritis are a few examples of the different types of arthritis. While osteoarthritis is a result of ageing/injury, rheumatoid and psoriatic arthritis are examples of autoimmune diseases (an autoimmune disease is when your immune system decides that your healthy cells are 'foreign' and therefore attacks the healthy cells.) Osteoarthritis affects the joint itself while rheumatic and other forms of arthritis affect the tissue surrounding the joint.

At IHC we treat all different forms of arthritis and the symptoms they cause in the body. While we cannot cure arthritis, it is possible through treatment; nutritional supplements and adjustments, to remove the aggravating factors thus halting the symptoms which are causing the patient physical and mental distress.

If you have any form of arthritis and/or pain in your body, ask one of our Doctors how they can help you.



## Mineral of the month

### Magnesium

One of the more important minerals in terms of healthy body and healthy mind. Magnesium is low in NZ soils and therefore is difficult for humans to consume enough when eating regular food. Stress, over exercising and over working burn up extra magnesium.



Magnesium is a nervous system relaxant and is therefore great for relaxing the mind and body offering a more peaceful night's sleep. It also relaxes the muscles of the body and is therefore fantastic for any form of pain, e.g. muscle cramps, period pain, structural pain, headaches, migraines etc. Magnesium also plays a vital role in the electrical activity in the heart so, symptoms of atrial fibrillation or irregular heartbeats/flutterers, it is important to look at magnesium levels.

Like any nutritional product, it is important to get the right dose/combination to suit you personally. If you think magnesium may help you and your symptoms, we would be happy to check your levels and find the right product for you. Chronic Intracellular dehydration problems often relate to Magnesium Deficiency (gout, prostate problems, arthritis, menopause, period pains headaches/body aches sleep problems etc.)

We stock 11 different types of magnesium at IHC.



## Office News

Jason, the massage therapist is moving to Auckland to live. We wish him all the best.

Suzy Templeman will be taking over. Suzy has been working in Christchurch for over 20 years and has vast experience. We welcome Suzy on board.

You can contact Suzy on 0226473446.