



## ‘Reflections on Health’ by Bryan Hale

*Have you ever wondered why the mind and stress have such a major effect on our general health and well-being?*

Twice during Bryan Hale’s childhood, his mother spent several months in a plaster cast from her neck to her knees.

As a young man, Bryan trained as a chiropractor and then embarked upon a lifelong journey of trying to understand what makes us who we are and why we suffer pain and illness.

The book is written from a practitioner’s viewpoint, with observations from treating patients over many years.

Through fascinating case histories, insightful information, charts and diagrams, Bryan generously shares with us the technique he has developed to help balance our physical, emotional, mental, and spiritual energies and also to challenge us to find true purpose in our lives.

This engaging book is divided into several sections for ease of reader-navigation. It is a book to be revisited again and again.

Reading ***Reflections on Health*** will help you to understand and correct your own behaviour, which in turn changes the behaviour of those around you. It will make a real difference to your life.

### Some early reviews:

*“Talk about holding up a mirror! Bryan's book is an eye-opening insight into our thoughts and behaviours that hold us back or keep us stuck in circles. With the wholly integrated assessment of the Physical, Emotional, Mental and Spiritual, Bryan has examined how we are able to take responsibility for ourselves on every level. It also helps make sense of relationships and actions of people around you and guides you to adjusting how you feed unwanted outcomes in your life. It's a read and re-read forever book that is both empowering and exciting.”* Katie Duncan Bbc, ex-journalist, business owner, mother.

*“This book clearly represents a lifelong dedicated search for solutions to complex health dilemmas. ‘Reflections on Health’ challenges orthodox clinical methods and invites all healthcare professionals to consider an innovative approach to the care and support of those seeking relief. Not only a guide for healthcare options, this is a searingly honest and brave account of a personal journey that is generously offered by Dr Bryan Hale.”* Susan King DC, MBS, FCC, Professor of Chiropractic (ret), University of South Wales.

To purchase your own copy of ‘Reflections on Health’ @ \$29.95 please visit

Integrated Health <http://www.integratedhealth.co.nz/> or

Scorpio Books <http://www.scorpiobooks.co.nz>

The book is soon to be also available on Amazon.com