



IHS LIFE: OCTOBER EDITION



Practitioner of the Month:

JUNJI TAKARABE ACUPUNCTURIST



JUNJI'S AREAS OF INTEREST

- Pain Management
- Neuromuscular Pain
- Women's Hormonal Balance
- Headaches
- Cancer Treatment Management
- Anti-aging
- Other Internal Disorders

MODALITY OF THE MONTH: ACUPUNCTURE

Acupuncture has been proven by several clinical trials to assist with a variety of conditions ranging from acute and chronic pain management, to headaches, nausea and more. you can read more about this through the World Health Organisation website. Our practitioners at IHS utilise the following acupuncture methods.

- Dr. Tan's Body Balance
- Dr Zhu's Scalp Acupuncture

WHATS NEW AT IHS?

Integrative Health Solutions 2019 Open Day:

We are excited to announce that IHS will be holding our annual Open Day on:

17th of November at 10:00am – 4:00pm

Come along and enjoy the following activities:

- Try a new treatment
- Explore a new modality
- Participate in a demonstration
- Meet our practitioners
- Browse some fabulous local stalls and products

Community Garden Working Bee:

We are pleased to announce that IHS has established a community garden - 'Cherrington Garden'. The aim of this garden is to create a sustainable organic food garden and develop regular workshops and programs, demonstrating the benefits and importance of health & well-being through organic gardening. The project is being run by Diana Bickford and has been designed in collaboration with Sophie Thomson, of Gardening Australia. It is a well-being initiative of the Cancer Care Centre & CanTeen and is being supported using a special project grant from the Mitcham Council. Working bee's will be conducted fortnightly on Wednesdays from 2:00pm – 4:00pm.

Next Working Bee: Wednesday the 16th of October 2:00pm – 4:00pm

Friendly Reminders

Repeat Prescriptions: Require a repeat prescription but don't have the time to come in? Easy fixed. OZDOCS Online will allow you to request a repeat prescription for \$35. Please ask reception to register for this convenient and efficient online service.

Recall Appointments: Please ensure you book a follow up appointment to discuss your results. Online booking can be made via our website or call IHS (08) 7231 1628.

Upcoming Events

- Community (Group) Acupuncture – Every Tuesday and every Saturday at 9:30am
- Public Holiday Closure – Monday the 7th of October

FREE DISCOVERY SESSIONS

Try one of our free 30-minute discovery session for:

- Kinesiology
- Hypnotherapy
- Homeopathy
- Reflexology

NEXT PUBLIC TALK:

**Women's Health
Thursday 7th of November 2019
PRESENTED BY
Dr Sinclair Bode**



October is Breast Cancer Awareness Month



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**Integrative
Health Solutions**