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Integrated Health Newsletter

Volume 1, Second
Edition

Winter 2010

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Choose the "Integrated" approach:

- Chiropractic
- Massage Therapy
- Acupuncture
- Physical Therapy
- Occupational Therapy
- Nutrition

Meet Tyler Dennison, D.C.

Dr. Tyler Dennison, specializing in Chiropractic, began practicing at Integrated Health in October.

Dr. Dennison has been molded by Southern Illinois his entire life.

He attended Southeastern Illinois College for his first two years of school while studying pre-medicine. After realizing he enjoyed the more holistic approach to health, the decision was made to help the citizens of the community through Chiropractic care. He obtained his Bachelor of Life Science at world renowned Logan College of Chiro-

practic in St. Louis. Following this accomplishment, he moved on to graduate from Logan with his Doctorate of Chiropractic.

Dr. Dennison enjoys treating patients interested in general wellness and maintaining an active lifestyle. He specializes in extremity work such as plantar fasciitis, carpal tunnel and shoulder problems. He enjoys continuing his education by reading the latest material on patient care and seeking learning opportunities all over the country.

In his down time, the doctor enjoys hunting, fishing,

bike riding and being active.

Dr. Dennison sees patients in Harrisburg on Tuesdays and Thursdays from 9 a.m. to 12 p.m. and 1 p.m. to 7 p.m. On Wednesdays, he sees patients from 1 p.m. to 5:30 p.m. Saturdays are available by appointment.

He also sees patients in Vienna at our office inside ReNew Massage & Wellness Center located at 304 West Vine Street on Mondays and Fridays from 10 a.m. to 1 p.m. & 2 p.m. to 6 p.m.

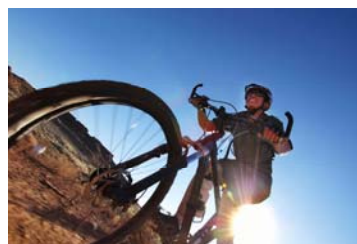
He is now accepting new patients at both locations.

Say Hello to Rebecca Meyer

Rebecca Meyer started with Integrated Health this month as the Wellness Director.

She has been working in the fitness industry for over 25 years. She is an avid mountain biker and a competitive triathlete.

She holds certifications through the American College of Sports Medicine, the American Council on



Exercise and is a USA Triathlon Level 2 Certified Coach. Her specializations are in core training and human movement.

She enjoys teaching strength training, kickboxing, core and yoga classes in her free time.

Merry Christmas and Happy New Year from the team at Integrated Health!

Acupuncture

What is Acupuncture? It is an ancient health science which is used to **treat pain and dysfunction** in the body. It has been around for over 5,000 years!

The primary application of acupuncture is the utilization of **very slender painless** needles placed in the skin at various locations to relieve pain or affect the body part or function.

Early Asian physicians discovered there is an energy network just below the surface of the skin. It communi-

cates from the exterior to the interior organs and structures at over 1,000 "acupoints" on the body. This **energy works in harmony** with the body's circulatory, nervous, muscular, digestive, genitourinary and all of the other systems of the body. When this energy becomes blocked or weakened, an effect in a body system becomes evident. Stimulation of one or a combination of acupoints on the body may restore harmony to the affected area.

Is treatment painful? One might assume inserting a nee-

dle into the skin would be quite painful. However, due to the **extreme slenderness of the needle**, most people compare the sensations to less than a mosquito bite. The sensation referred to as "tehchi" occurs when the energy field is contacted, it feels like a mild to moderate heaviness or tingling.

If you are interested in acupuncture or have any further questions please call our office at 252.5555. Dr. Sarah Hart, D.C., performs acupuncture at Integrated Health.

Barefoot Massage!?!?

The Art of barefoot massage has been around for **hundreds of years**, but has been modified through time and generations. Ashiatsu Oriental Bar Therapy® or AOBT is considered the "Deepest Most Luxurious Massage on the Planet"!

Ashiatsu Oriental Bar Therapy® is an adaptation of ancient forms of barefoot massage. "Ashi" means "foot", and "atsu" translates as "pressure," so together they sym-

bolize foot pressure. In our style of barefoot massage, bars overhead the massage table are used for balance and support. The client lies **comfortably on a massage table**, and creme is applied. Gravitational force is combined with both upward and downward movements which help to

bring about structural change in chronic soft tissue damage. Ashiatsu can be **very deep and yet feel astonishingly relaxing** to the client.

Emily Frost, LMT, is certified in this modality. If you have any questions or would like to schedule an appointment please call 618-252-5555. Come experience the **Deepest Most Luxurious Massage on the Planet®** at Integrated Health!

Emily Frost, LMT, is the only certified graduate of AOBT® in Southern Illinois!

Joining Our Team

In October, Amanda DePew joined the team at Integrated Health. Amanda is working as a rehabilitation technician for our Occupational Therapy and Physical Therapy departments. She also performs laser treatments. Amanda lives in Harrisburg with her three children: Tyler, 7, and twin boys age 2,

Taylor and Trenton. Outside of work, Amanda enjoys spending time with her children at the movies or outdoors.

Charlie Will started with Integrated Health in March as the Chief Financial Officer. Charlie lives in Harrisburg with his wife Debbie. Outside of the office Charlie likes automobile racing.

He also sells and installs wind turbines.



BaLAnCE problems?

Did you know? Dizziness is the third most common symptom in outpatients seeking medical care?

Davy Martin, OT and Allison Mitchell, OTA are now treating patients with vertigo, unilateral and bilateral vestibular hypofunction and multisensory dizziness. A large percentage of the adult population reports **episodes of dizziness or vertigo** to a physician during their lifetime. Many of these cases involve vestibular (inner ear) disorders. Other cases of dizziness are due to problems unrelated to the inner ear, such as cardiovascular, neurological or

psychological disorders.

Symptoms of vestibular disorders, are spinning, whirling, imbalance, stumbling, difficulty walking, poor depth perception, hearing loss; distorted or fluctuating hearing and dizziness.

TREATMENT: A qualified therapist will first perform a thorough evaluation. This includes observing posture, balance, movement and compensatory strategies. Using the result of this evaluation, the therapist will develop an individualized treatment plan that includes specific head, body and eye exercises to be performed both in the ther-

apy setting and at home.

Many times, treatment may also include increasing activities and exercise in order to strengthen muscles and increase tolerance for symptom-provoking stimuli. Some of the exercise and activities may at first cause an increase in symptoms as the body and brain attempt to sort out the new pattern of movements. But with time and consistent practice, coordination of signals from the eyes, proprioception and vestibular system can occur.

Events

Free Wellness Workshop: "Acupuncture - Overcoming Physical & Emotional Ailments by Unblocking Your Energy Pathways" on **Thursday, December 2** with speaker **Sarah Hart, DC**. Held in **Southeastern Illinois College's Private Dining Room** from 12-12:45 p.m. **Lunch provided** by Integrated Health. Reserve your spot today by calling Kellee at **618.252.5555** before November 23rd!

Integrated Health and Southeastern Illinois College have partnered up to get you **CPR and AED** Certi-

FREE Wellness Workshop:
"Acupuncture" by Sarah Hart, D.C. on Thursday, December 2 in SIC's Private Dining Room.
Call 252.5555 today to register!

fied on **Saturday, January 8, 2011** from 9 a.m. to 1:00 p.m. The class will be held on the second floor of Old National Bank at 2 East Locust Street in Harrisburg.

Call our office today at 618.252.5555 to get registered.

Since the bank will be closed, please use the rear entrance and stairs, and be sure to notify us if the elevator is a necessity.

It Only Happens Once A Year!

No, we aren't talking about carving a Thanksgiving turkey or putting up the Christmas tree or hanging thousands of Christmas lights. We are talking about our **ONE HOUR Massage Gift Certificates!** They are back and on sale just in time for the holiday season of gift giving.

A One Hour Massage is \$50, but buy five for just \$200. That's getting an **hour massage for FREE!**

Other holiday gift giving specials include our 25-Minute Massage Gift

Certificates.

Our 25-Minute Massage for \$25 is a great price, but we've made it even better when you buy more. Buy three for just

\$60 (regularly \$75). Or, stock up for 2011 and buy five for \$100, that's getting a **25-Minute Massage for FREE!**

These prices are only good through **December 23, 2010**, so hurry in to Integrated Health at 303 South



Commercial Street, Suite 10, Parker Plaza in Harrisburg.



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Suite 10-Parker Plaza
Harrisburg, IL 62946

p. 618.252.5555
f. 618.252.2279

Integrated Health

Live Life.

integratedhealthofsi.com

Quote of the Quarter

"The first
wealth is
health."

- Ralph Waldo
Emerson



Our team at the end of the Open House on October 23. Thank you to everyone who came out and helped us celebrate the expansion of our office!

1st row: Dr. Hester, Dr. Hart, Catherine Ferrera, Allison Mitchell, Crystal Parks

2nd row: Tonja Hester, Melanie Washinsky, Tiarra Osman, Emily Shaw, Jennifer McGuire, Sammi Sanderson and Jeanie Givens

3rd row: Robert Ferrera, Tammy McGuire, Amanda DePew, Kellee Monahan, Bethany Cole, Laura Steele, Ashley Odle, Terri Sanderson, Julie Scarola

4th row: Bob Ferrera, Brooke Brasier, Charlie Will, Shawn Owens, Dianna Questelle, Dr. Thorpe

Nutrition Corner

The chill of winter and the joy of the Holidays are fast approaching. Unfortunately, the dry, chilly air leaves many of us with dry skin and dull hair and nails. For a healthy boost inside *and* out try Standard Process Black Currant Seed Oil and Tuna Omega-3 Oil. Keep that Congaplex on hand to prevent a cold, and to take throughout the day at the first sign of a cold. Finally, to combat the stress that inevitably comes this time of year, keep Natural Calm Magnesium Supplement in your daily regimen. With these tools in your nutrition arsenal, nothing will slow you down this season!

On Sale Now!..Holiday Gift Baskets

"The Healthy Chef," "The Gift of Health," &
"The Healthy Holiday Stress Reliever"