



The Research of Dr Allan K Phillips D.O.

NeuroLink® Centre—Patient Update Newsletter, Spring 2009

Update—what are our Practitioners up to?



Nick Fritz joined the NeuroLink Centre in June 2009. He was born in the USA and has been working and living in the Netherlands since 1979. Nick has spent a lot of time working in the field of sport since 2001 and has had the opportunity to work with a number of national and international top athletes

including athletes from the Australian and Victoria Institute of Sport. Nick was introduced to NeuroLink's system of treatment, NIS (Neurological Integration System) some 5 years ago. Since then he has taken part in NeuroLink's training program completing all advanced training including working along side Dr Phillips. NIS became an integral part of Nick's practice in Holland, where he not only treated athletes but also specializing in patients with a wide variety of chronic complaints. Nick has now relocated to New Zealand to join the NeuroLink Centre where he is working in close association with Dr Phillips.



Dr Allan Phillips is NeuroLink's clinical director and many of you will have been under his care at some point. During the last 3 years, the centre and our global practitioner training program have evolved dramatically. This has meant some changes to Dr Phillips practice. His clinical (time in practice) focus is now on research. This has reduced his case load capacity. Although he continues to care for

his existing patients, he is only seeing new patients to the Centre whose complaints meet specific criteria within the area of *chronic disease and neurological disorders*. Between both practitioners the Centre is still caring for a spectrum of complaints, but allowing our practitioners to specialise somewhat means we can streamline and offer our patients an overall better quality of care. Our reception staff are fully trained to guide patients on who is initially the best suited to their current complaint. Both practitioners work closely together operating a strong cross referral system.

New NeuroLink Website/ Product Discounts



We have recently built a brand new website, which includes an extensive upgrade to functionality, including a more user friendly shopping cart for purchasing nutritional supplementation. Please visit our website for more in depth information about Neurological Integration System (NIS).

Remember: All nutritional supplement orders placed online attract a 10% discount.
www.neurolinkglobal.com

Patient Information Evenings



Do you want to know more about treatment at the NeuroLink Centre?

Have family and friends that would benefit from care at NeuroLink? Having trouble explaining how the NIS system of healthcare works?

Our new 1 Hour sessions give you an opportunity to understand more about how NIS works, the benefits of its treatment, why it is different to all other healthcare methods. Learn how looking at *causes* and not *symptoms* can result in long term wellness!

There is no charge to attend, but these evenings are limited to small groups so bookings are essential.

Please phone Reception ph:522 2277 xtn: 0 to find out about our next scheduled evening.

What you need to know when choosing nutritional supplements

Not all nutritional supplements are created equal. The bioavailability (how much of the supplement your body is really using) is crucial, otherwise you may be throwing money down the toilet (literally)! At the very least your supplements should be in capsule form and not tablet. Tablets have gone through a baking process which means the ingredients have been subjected to a heat process which compromises the nutritional benefit and tablets require fillers and binders. NeuroLink recommends a small range of nutritional supplements endorsed by medical doctors. Not only are they in capsule form, the ingredients are only pure herbs and botanicals. It doesn't stop there. The ingredients used have been researched to be synergistic with each other to catalyse assimilation and metabolism. The unique feature of this range is it has an **ENZYME TRANSPORT SYSTEM**. There are thousands of enzyme functions that have to take place in order to absorb food and supplements. If we are deficient in those enzymes (which often we are) we can't fully absorb. This transport system ensures that even if we are deficient, we will be able to use everything in the capsule effectively. This can be thought of like a wheelbarrow vs. a dumptruck. These products work like a dumptruck—getting all the ingredients to the body quickly in a recipe the body can use—and not eliminate. Other products work like a wheelbarrow. Ask at reception for more info.



Are you getting enough Calcium?



Calcium is the most abundant mineral in the body, essential to life itself, with 99 percent found in bones and teeth. Calcium supports the nervous system, hormone formations and proper blood clotting PLUS regulates cardiovascular physiology! Research continues to point to calcium deficiency as the

PRIMARY cause of osteoporosis, the demineralisation of bones.

Obtaining calcium requirements through our diet is difficult. Animals have proven that after eating relatively calcium-free diets, they are able to produce highly assimilable calcium within their bodies.

Scientific research on calcium has been used to develop the *Bone Plants Osteo Formula*. This product goes far beyond conventional calcium supplements, using nutrients that actually **produce** and **preserve** calcium within the body. NeuroLink® & Dr Phillips have supported this product for some time confirming its efficacy with bone densitometry testing. This product is especially ideal for pregnant and menopausal women. Please ask whether it may benefit you.

Appointments prior to Christmas



Christmas is coming faster than we think. If you plan to visit the NeuroLink Centre prior to Christmas - please grab your diary, pick up the phone and **ACT NOW!**

Ph: 09 522 2277
We have a lot of appointments already scheduled. This is a

busy time for the Centre, and we want to be sure we can accommodate you before you head off for that long-needed rest! If you are not going away and want to avoid the rush, we will have some consulting hours available early January.

Christmas/New Year Hours:

December 24	Closed
December 25-Jan 4	Closed
January 5	Re-open

Could you have an infection and not realise?

- *Do you wake up feeling sluggish and unrefreshed?*
- *If there is a bug going around—are you likely to catch it?*
- *Do you have difficulty sleeping through the night?*
- *Is your stomach always bloated?*

Can you answer yes to any of these? If so chances are you may think they are normal for you - that is "just how I am as a person". In fact these things are not normal—for you or for anyone else.

It could be you are housing a subclinical infection. What does that mean? It means that your immune system is compromised or pre-occupied. A compromised immune system keeps you sitting in the 'danger zone' where your chances of developing a chronic disease or more serious illness is high.

Let's take broken sleep or Insomnia for example: Do you realise that disruption to your sleep cycle affects the digestion of your evening meal. If food is not taken through all the phases of digestion and broken down properly, the liver will be burdened and will not function to its potential. A burdened liver will not break down protein appropriately. Undigested protein creates internal toxicity. Internal toxicity can express itself by a range of skin issues. A sluggish liver will translate to fatigue, low blood sugar, bloated stomach, and allergies. One symptom has a huge impact on the body. Treatment at the NeuroLink Centre will address the issues behind the symptoms that are keeping your system running at 'below-par' or 'just 80%'. This will in turn remove any potential threats to your immune system. Keeping your immune response at its optimum will make you exempt from being a candidate for more serious complaints.