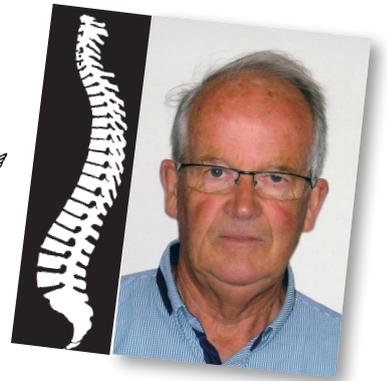


Dr Ron Sim CHIROPRACTOR

for Natural Healthcare

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2016 NEWSLETTER

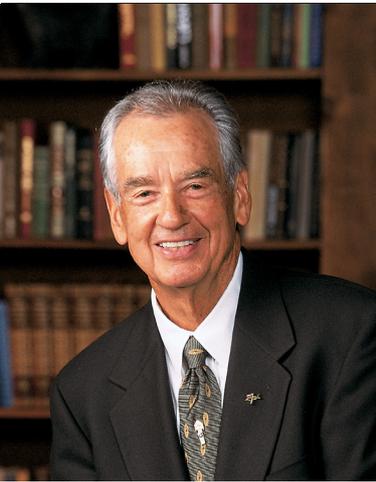


2015 THE YEAR THE ALL BLACKS WON THE WORLD CUP!!!! Who could forget that!!!!

Looking back then to 2015 we can now have great memories of what a small country and a small group of men were able to achieve with real commitment. A team dynamic and also bringing together a "can do" attitude. One of my younger patients whose Family I have had the privilege of treating for all of my practice life has had an amazing year in the field of sport. Jennifer has gained many awards in netball. She has been an inspiration not only to her Family but to those with whom she is in touch with. Go well go Jennifer!!

We will have had a great amount of pride here in NZ to have seen our Abs gain what was a coveted trophy once again. At the conclusion of the match Coach Steve Hanson had made a comment that caught my notice. That **WORRY IS A WASTED EMOTION!!!!** To me that was a good statement and is something that we all need to apply to our own thinking from time to time. Last year i.e. 2015 we saw one of our major industries Dairying take a big hit. The impact upon many has been very significant. How can one

not worry when a sudden change in fortune such as that takes place. What we have all needed has been the All Black win to lift our individual and collective spirits to counter what for many has been a time of great stress. In my contact with quite large numbers of people/patients over the years I see people going through many changes during the course of their lives. Many of these can be devastating. The earthquakes in the ChCh area have been one such trauma for many and this has gone on for many of these people. There have been a great many studies done over the years on the effects of stress and trauma on individuals. I have been looking at a series of DVDs this last year on different approaches to treating health related problems. The emotional aspects of spinal and other health related issues should never be ignored. It is quite important to deal with emotional issues in one's life. This is also where counselling or talking to a trusted friend can be a great help. To ignore that part of an illness or health related problem can be unwise.



**“What the mind of man can
conceive and believe it can achieve”**

Zig Zglar

Another great international and motivational speaker who I have had a great respect for was **Zig Ziglar** who had some wise sayings one of which was “how to avoid stinking thinking” Not always easy for any of us at times on our journey through life. Another encouraging statement that I heard last year was that we do all seem to have crises in our lives from time to time. These are rather like a storm. Some storms seem to go on much longer than others but we need to remember that “storms do not last!!!” How true. A man whose sayings that have been an encouragement to me personally the late Robert Schuller from the Hour of Power. He wrote a number of books which addressed how we face problems in our lives. Much of the way we address our problems is really up to us. As an example he said “what we do with our problems is more important rather than what our problems do to us.” “That problems are guidelines and not stop signs.” Robt Schuller had over the course of his lifetime interviewed many famous people over the years. He had gleaned much from their lives and shared just how they overcame challenges in the course of helping others. We too can learn much from others. I had listed one such book in my last newsletter. A thought to ponder. “We are all ignorant only in different areas.” How true. In the area of thinking then it is an area that we need some focus on. **What the mind of man can conceive and believe it can achieve.** This is an area that we need to address then. To have a good focus in our thinking, to avoid those areas that are destructive to oneself and to others. This is important. Thinking on those things that are positive rather than negative is important as so often we are products of our attitudes and patterns of thinking.

Chiropractic in NZ

Chiropractic in NZ has had quite an effect on the profession around the world. NZers are often more innovative and driven than people in other parts of the world. Chiropractors with their often lateral ways of thinking have been able to give people options and alternative approaches to solving health issues that others may not even think about. This can have a large influence upon the health of people. One such person who I have known for approximately 40 years is a New Zealander David Chapman-Smith LLB who is a Barrister and Solicitor who has acted for

the Chiropractic Profession since the 1970's. David became involved with our Profession in the 1970s when he acted for us during the Commission of Inquiry into Chiropractic. The Government initiated report which was/is very favourable towards Chiropractic was/is driven by David and many others. I too played a part in this Report many years ago. I had been involved in the submission processes at the time of the Inquiry. David has since played an important part in our profession not only here in NZ but around the world. He lives in Toronto Canada where he works for and on behalf of our Profession. David produces a Chiropractic Report on a regular basis. This Chiropractic Report contains a good review of research that is done around the world relating to Chiropractic. The Chiropractic Report then is really a forum for reporting on research that is undertaken by the profession. There is also a regular meeting or convention that is held at which key Chiropractic Speakers from around the world



meet and share their knowledge about Chiropractic. Many of these Chiropractors have other degrees in other disciplines so they are able to draw on a wide variety of knowledge. We have a great wealth of knowledge within the profession with many Chiropractic Colleges around the world now training many Chiropractors. This includes New Zealand with a College in Auckland. I have been to this College from time to time. Many who attend this College come from other parts of the world to learn and to



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be exposed to the NZ way of life. Some graduates stay on in NZ to practice. One of my own College Colleagues Dr Glynn Till still keeps in touch with me. Glynn lives in South Africa. We exchange emails fairly regularly. He lectured at many Chiropractic Colleges in different parts of the world. Glynn is now retired and regularly sends me emails on a variety of subjects. Nice to exchange info with others and Glynn is one such friend who I had learned to respect from College days.



Now for some areas that you may have some interest in – read on!!!! Eye Health

What an important area for all of us. Go to an eye clinic and you will see that they are always busy. Not only then are the eyes the window of the soul they are a vital part of our body health. Good health and good eyesight are important. Sometimes our eyesight can be affected by the spinal function. From time to time a patient will say that their eyesight has improved since having Chiropractic treatments. There are many acupuncture points that relate to the eyes. These points do not need to be worked on with needles which is nice to know. I use a laser instead. I am able to stimulate these during the course of treatment. The upper part of your neck can have a very important role in your eye health. As with other conditions I have prepared articles relating to eye health. Too much in these articles to include in this newsletter. There are certain nutrients that our eyes gain great benefit from. Not only is Vitamin C important for overall health it plays a part in eye health as well. The nutrients that we need for good eye health are: Bilberry, Lutein, Astaxanthin – this latter is an antioxidant and can be used for other conditions e.g. Parkinsons and Alzheimers two well known conditions that seem to have become more common in western societies. You can have a good look at some of the uses of such nutrients by looking up on the internet to find out more. There are eye exercises that can also be useful in assisting the eyes to accommodate to working a lot with fixed focus areas. Computer screens can be a source of irritation to the eyes. It is good to keep changing focus away from the screen e.g. looking at distant objects like clouds or distant hills and then coming back to a close focus as a regular focus. Eye protection when working in workshops or working with fast moving machinery such as chain saws and

also with toxic sprays are important for reducing risk of damage from splinters and in some cases dust and toxic chemicals. Do some eye exercises then. Even when driving wear polaroids when you are in high reflection areas e.g. winter with a low sun. When out on the water reflections can be quite bad not only from the sun but off the water reflections. Especially in snow conditions. Patients then who take eye supplements report good improvements from using these supplements that we have in my office. If your eyes bother you then you should take these supports. Well worth a try for a few weeks you could be seeing things in a much better light!! I recommend eye supplements plus exercises.

Pillows and Necks

Neck health can often be improved with the use of pillows that are most suited to your neck. There have been some quite highly advertised pillow promotions of late that promote pillows that may be okay for some, but in the case of other patients not at all suitable. I have noted this with some of my patients coming in. The Chiropractic profession promotes pillows and we sell pillows that we recommend called the Complete Sleeper. This is available in the office and quite a number of patients are using them. Neck pain then may in some cases come from using incorrect pillows. Have your neck checked on a regular basis in our clinic as the nerves and receptors in the neck have a very large influence on body function. Many headaches come from the neck and should never be overlooked. Look well to the spine as a cause of many diseases. My late Father who was a Chiropractor had always done a lot of work on necks. He knew as all Chiropractors know just how important good pillows are and how important your



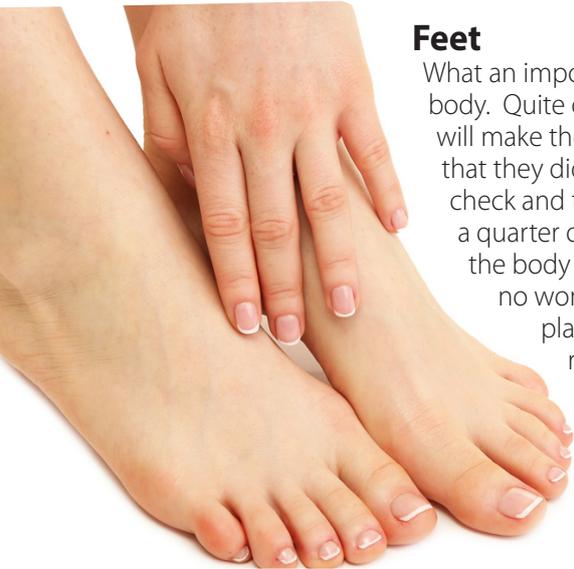
neck function is. Do not allow your neck to lose its normal function. If you do not have good neck function you will be unable to back your car or turn your head well and this can create safety issues for you. Good mirror use will help and now with the modern vehicle rear vision cameras help overcome



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or reduce this danger. Degeneration of the neck e.g. the joints or facets and the discs are a common condition that people have who come to see me. I have seen some real shockers over the years. If your neck is subluxated or has a loss of normal mobility it will be a neck that can often give a lot of pain which will get worse over a period of years. So do look after your neck and all of your body's joints by making sure the function is as good as possible. This is where Chiropractic and Chiropractors have a better level of knowledge than anyone else. Do not answer the phone or talk and hold the phone with your shoulder. Good advice to follow. Do not work with your head and neck on a strange angle!!!! Ladies make sure your hair is dry before you venture outside. Look after your neck and it will reward you in many ways. We can help you to do just this.



Feet

What an important part of body. Quite often a patient will make the comment that they did know that I check and treat feet. With a quarter of the bones of the body in the feet, it is no wonder that feet play an important role in our health. The feet contain a large number of receptors i.e. nerve receptors.

Also in Chinese thinking the acupuncture meridians or lines of energy in the body begin and end in the feet. That is some of them do. Then there are the reflexes in the feet. There is some correlation with the organs in the body. This is sometimes referred to as foot reflexology. It is important then to look after your feet. If you do so they will reward you!!! Bone spurs on the main heel bone are more common than people think. I can help you with these problems. Some may use cortisone which is not usually a good solution in the long run.

Feet mobility

For those of you who do come in for treatment then you will have noticed that I do check feet from time to time. I am usually looking at the function of the feet and quite often I find that the joints are not moving as well as they should be. This is where "foot adjustments" are made. If you have foot subluxations or a lack of normal joint play your feet will soon tell you. I will also check the feet pulses i.e. to check the circulation. Much can be learned by examining and treating the feet. In my experience then the feet are a very important area that Chiropractors can treat and assist you with. If you are diabetic you have to be very careful as feet for many diabetics can give a lot of trouble, so it pays to look after your feet. Circulation in the feet can be quite troublesome. More about diabetes further on in this newsletter. One of the

problems that I encounter with feet problems is a condition known as Claudication. This means that the feet and the legs are not getting a good circulation. When this happens you will be unable to walk a distance without your legs and feet getting very painful. When you go for a walk and this happens i.e. you get more and more pain you have a loss of oxygen carrying capacity to the legs and feet. Over the years I have been able to help a lot of people with this condition. It is not unlike getting angina where the heart muscle is not getting sufficient blood supply and as a result the heart muscle gets very painful. In a very similar way the legs and feet can get very painful on account of not getting sufficient oxygen to these areas. Feet then are a vital part of your body health. Do not neglect them. There are naturally based nutrients that can be used to assist circulation. A good idea to at least try them!!! If you have to walk on stones make sure you have some foot protection. I do this when I go swimming at Wanaka especially if there are stones on the bottom. As we get older we seem to become more tender footed eh.



Foot supports

I am appalled at some of the foot supports that people have been given. Some are worse than not having supports at all. Feet are designed to be flexible and pliable. They are in reality shock absorbers and as such should be flexible. One quarter of the bones of the body are in the feet. In some cases the amount of damage or arthritis may mean a surgical joint replacement can be the best answer to enable the other joints to work better as well. Often x-rays will be a good indicator of such a need if the necessary corrections are unable to be made with the Chiropractic Adjustments. At times I will treat feet with my laser machine. This has a variety of settings which I may use according to the problem you have.



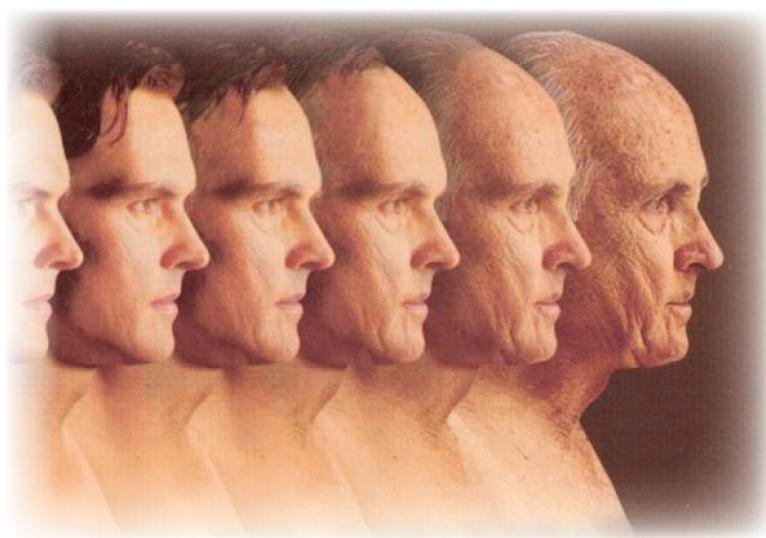
Treatment of your feet then is the domain of Chiropractors. I have always worked on the functionality of feet, so get your feet checked by a Chiropractor as he should know a great deal about your feet. This is part of our training as Chiropractors!! Some feet problems are not coming from the feet at all and may be coming from the back, or the muscles of the legs. This I will check when looking at the feet. There are some good foot exercises that you can do which will help you with the small (intrinsic muscles) in the feet. Walking on sand at the beach is good for you.

Aging

I have recently downloaded a book on the Aging process. I like the comment made in the forward YOU DON'T STOP LAUGHING WHEN YOU GROW OLD, YOU GROW OLD WHEN YOU STOP LAUGHING. This comment attributed to George Bernard Shaw 1856-1950

A CARD THAT I HAVE HAD IN MY OFFICE AND WHICH WE HAND OUT FROM TIME TO TIME SAYS KEEP SMILING!!! Good advice. I know age or old age can be a time when life does not bring much joy and yet in reality it should. But we can and do need to take time to "smell the flowers." To enjoy our great creation and to look back on the many positives of what we have been able to do and to achieve. As the Desiderata says "to graciously surrender the things of youth." Further down in this newsletter I write about the third age. This can be in reality a golden age if we prepare well for it. It can happen!!!!

What are some of the areas that is looked at? Genes (this is what we inherit from our parents and their parents.) Not much that we can do about that. Hormones are very much influenced from the way our glands function. They can be influenced by how we are looking after our bodies. Alcohol is described as a neurotoxin. It is also a carcinogen. You cannot trick your body if you are drinking a lot so do not fool yourself. It is up to you!!! Smoking breaks down our cells at a faster rate and as I have commented to patients it slows up the body's ability to heal and this includes back problems. Pollutants that we are



exposed to either in the air or many of the chemicals that we work with can have a very damaging and aging effect upon our overall health. Do not neglect

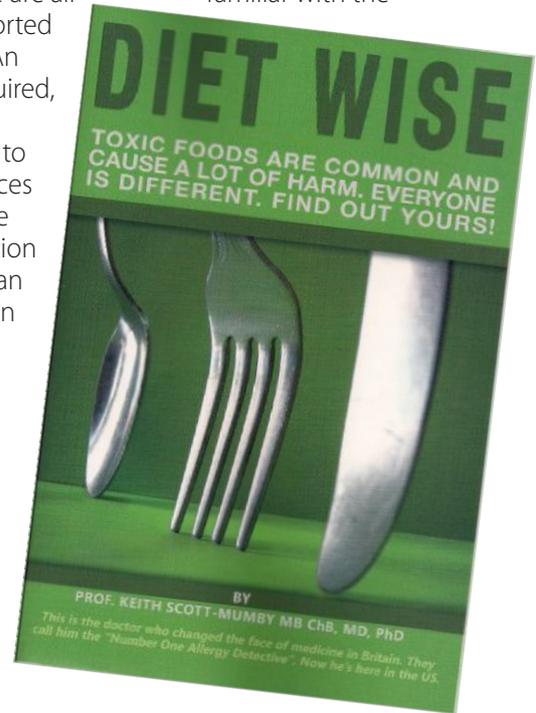
safety issues especially those of you who are working with plant or equipment that can do a lot of damage if you do not follow correct procedures. My youngest Son Nick knows this only too well in his work in Forestry. You cannot be too careful with procedures to be used that are in the interests of overall safety.

Food Allergies

I am sure that we are all occasionally reported food reactivity. An Allergy is an acquired, specific altered capacity to react to physical substances on the part of the body. This definition comes from the an Austrian physician Von Pirquet who recognised and defined this as far back as 1906. The most common ones being gluten reactivity, dairy and to a much lesser extent peanuts. You will have heard

the old story that "one person's food is another person's poison" is very true. This comes down to our own individuality which I have referred to in previous newsletters. There are two Health Professionals whose writings I have followed for quite some time. Interestingly enough both conclude that virtually all diseases are an inflammation. I agree with these Health professionals who have over the years been working with inflammation which comes in many different forms. Dr Russell Blaylock a retired Neurosurgeon whose writings I have now followed for many years and Dr Keith Scott-Mumby. This latter Doctor whose books I have on hand writes very intelligently with his latest book which is available and entitled Diet Wise. This is a very good book on allergic responses. Most of us you will find have certain foods that can have a very damaging effect upon our bodies. Many people are sick on account of the reactivity to the foods that they are eating. Are you one of these? It is always pleasing to see that there are some very good medics out there who step outside the traditional approaches and are providing naturally based answers to diseases which if treated naturally will in the long run result in a much more healthy body. I as a Chiropractor respect their writings and that of other health professionals. They have found that natural approaches to treating diseases is safer and effective. The use of vitamins, minerals and herbs will often bring relief that is unattainable by other methods.

familiar with the



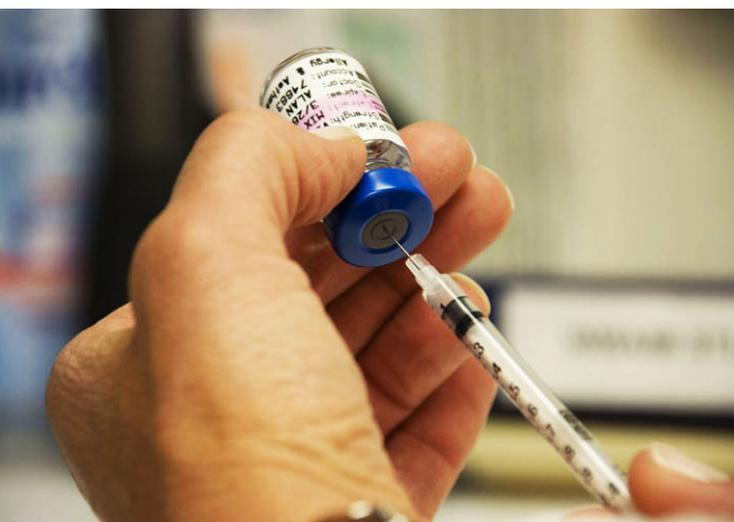
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We as health providers with others have had to step outside the trained areas of belief and find answers to health issues that are simply not addressed by orthodox medicine which is so largely driven by the pharmaceutical industry. This industry does not want you to be looking for answers outside of its domain even though many answers to living a good life lie outside of many of the drugs that they want everyone to take even if they have significant and often dangerous side effects. Orthodox practitioners do not like to see colleagues or others for that matter either pointing out alternatives that are so often much better and safer. How many great discoveries in the health arena have come from those who have been brave enough to not swallow hook line and sinker what they have been told. You too may have to face criticism if you dare to look outside the square. Many then who in the longer run have often been scorned often are pioneers in new methods. Those who dared to point the errors of current methods can be belittled for what they are recommending which is sad. Many answers to many diseases lie outside traditional approaches to western methods. There is not a lot of good science behind the use of many common drugs even though the implication is that there is. Science is really only a system of belief with its roots coming from the latin word "scio" to know. A systemization of knowledge. The holistically based way to health then is the way to go!!! It is based on good knowledge which has stood the test of time.

Immunizations

Are they necessary? Are they interfering with the over all body health? Why are we seeing a large increase in autoimmune diseases and childhood asthma. Why are we seeing behaviour issues in



children that years ago were almost non existent? Autism and strange reactions from some of our young and older ones as well. Is this why we are seeing many neurological diseases on the increase. These are questions that need to be answered.

Diabetes

There has been an alarming increase in diabetes. In a very recent report The Centres for Disease Control now states that diabetes in USA affects 29.1 million people or to put another way 9.3% of the population. This will be very similar in NZ. With the huge intakes



of sugar we are in simple terms over filling our tanks with sugar. It is rather like filling the fuel tanks of our cars or vehicles so that if the tank is full it overflows and they can take no more. It simply runs out!!! And we do know not to over fill our fuel tanks. We are doing that with high sugar intakes. Where does the extra fuel go that cannot go into the tank? In the case of our cars we turn off the pump or the pump clicks off to avoid a run over. In the case of sugar intakes we cannot do that. A process that then is known as lipogenesis takes place where the sugar turns to fat. There is an off switch which in quite a few people appears to be unable to turn off!!!! What can we do about that? That should be only too obvious. Turn off the pump, turn off the intake source. If you do not do that you are in trouble, big trouble. You will pay a heavy price as your health deteriorates. Our country's health bill is a direct consequence of bad living habits and very bad eating habits. If the native peoples here in NZ and from the Islands went back to their original diets they would be much happier. We have brainwashed them into some very bad habits. We are encouraging them to do all the wrong things which is a great shame. e.g. Green lipped muscle which has been a staple in Maori diets was/is a good natural anti-inflammatory.



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Follow these recommendations

Eat a high protein diet e.g. eggs, meat (that is unprocessed) e.g. beef, mutton, pork. Pork in some cases can have a very bad effect upon the body. This was recognised in the early



books of the Bible so is not new!! Fish. This latter one I recommend especially. Another specific is Rib Eye Steak. You do not need large amounts either so in the case of rib eye steak

which can be expensive do not have large portions. Do not over fill your tank!!! That applies to any food.

1. Take Magnesium

supplements.

Magnesium is involved in many of the body functions and is important not only for heart function

but for all muscle function. 300-400 mg a day. Ask a dairy farmer whether it is important. Cows need it!!!



2. Exercise

you do need to exercise your body, so do not be a couch potato!!!! Use or lose.



3. Omega 3s

This is Fish oil (unless you are allergic to fish) I recommend Lipronol which is from green lipped muscles. We sell this supplement. It is a NZ product and is well researched. We stock this in the office.



4. Curcumin

This is a very important herb for you to use and is well used in societies that do not have the high levels of diabetes that we have in western societies. This is a particularly well researched product that you would do well to use.



5. Chromium picolonate

this mineral plays an important part in sugar handling in your body.

6. Cinammon

this spice along with curcumin are both important nutrients to give your poor pancreas the break and the help that it needs.



Do not overstress your body by over filling the tank!!

Dr Marc Micozzi's Insiders' Cures



A recent newsletter I read and subscribe to on Insiders Cures by Dr Marc Micozzi has some informative information on Alzheimers and dementia which are two conditions that have become well known problems in our societies. A recent study in 2014 has found that Vitamin D Deficiency in patients with low levels of this nutrient have a 122 percent decreased risk of dementia and Alzheimer's disease. (that tells us something that is important.)

We know that sunlight and sunshine does play an important part in converting to Vitamin D. Incidentally Vitamin D is an important vitamin for your bones as well. Even reports quote the British Medical Journal finding that Vitamin D is important for healthy mind and body. Amount recommended 10,000 International Units per day. i.e. Vitamin D3. Vitamin E may also help in. 56 studies support natural approaches to solving/improving memory issues. You should be decreasing intakes of grains and pasta along with sugars are other factors that are implicated in these two health problems. Exercise in moderation also a known preventative factor. The B Vitamins play an important part and have been described as neurovitamins. Fish oil i.e. Omega 3 another nutrient that is important. This means that these extra nutrients are vital for your over all health.

Is there any one single factor in preventing or reducing these conditions? Not really. As is often the case we have to approach these conditions from a number of angles. This includes deep breathing and making sure that circulation is good. A good natural source for circulation is Gingko. The other product that I can recommend is coconut oil which while it is a saturated fat is a good fat while those that have been artificially formulated are trans fats which are not good for you. We have been misled by the fat issue for too long. Fats do play an important role in our healthfulness.



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Lesley Rowland - Receptionist

Lesley Rowland RECEPTIONIST

She is our front line lady. Lesley has a very good knowledge of how the Practice runs and is there to help you.

HOURS

Monday 7.30 till lunchtime. Afternoon patient appointments 2-5pm

Tuesday 7.30 till lunchtime

Wednesdays is not a practice day.

Thursday 7.30 till lunchtime. Afternoon patient appointments 2-5 pm

Friday 7.30 till lunchtime. Hours outside of the above may be arranged if necessary. Check with Lesley who will check with Ron.

Courier services if you are unable to come into the office we can help. We are able to send you nutrient supports and other supports and items from the office via Couriers. They give a great service.

Taxis Whitestone Taxis run and use 23 Eden Street as their base and office. They also now provide a local mail delivery which is fast, efficient and is an overnight service for delivery. They also deliver the OTAGO DAILY TIMES and are the local agents for this service. They provide a town bus service as well so give them a go!!! Their fleet of hybrid cars are proving to be good with their good economies and quiet running around the local areas.

Murray and Liz Bell and their team provide a 24/7 day service so they are really providing a great service.

Miss Daisy is now another local pick up and deliver service which some of you may wish to use.

May 2016 and beyond be years that for you bring good improvements in health so that you can then do the many other things that we can enjoy!!

