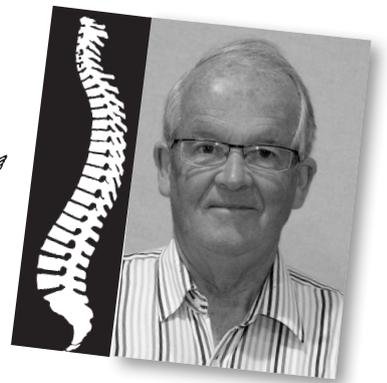


Dr Ron Sim CHIROPRACTOR

for Natural Healthcare

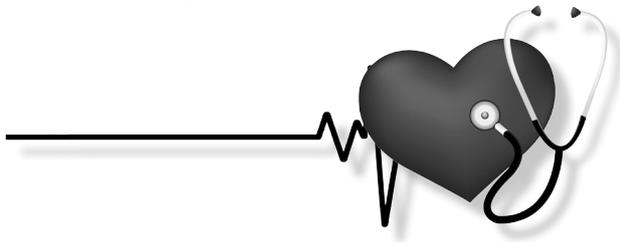
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2014 NEWSLETTER

KEYS TO HEALTH

This newsletter is written to share with you some "keys to obtaining better health." For this reason I use a variety of approaches/recommendations all designed to provide you with better health and answers to health issues that you may be unaware of. I am almost always reading/researching what is coming through on health issues. The areas that I have written about are a summary of information that I have to hand. Some of the information shared in this newsletter is usually a synopsis/summary which answers questions that you may find are helpful in enabling you as a patient to make more informed choices. More detail is able to be gained from wider texts, but I hope that there is plenty to stir your curiosity and then to be prepared to make some changes for the good of your health.



HEALTH TRENDS

The trend towards the use of holistic methods of using natural products has become quite widespread as more and more people look on the internet and can become more and more informed. This is to me a "HEALTHY SIGN" that enables you to improve your health with some guidance from health professionals such as myself. There is/are many ways of learning/knowing how to help your self with the use of natural products. Causes of illness are now much more well known now. As I and my colleagues have always said, the causes of illnesses and disabilities are many (multifactorial.) There may be a spinal function problem which should never be discounted when searching for answers to health issues. Some of the subluxations are primary i.e. they are interfering with the body functions should never be underestimated. Exposures to toxins e.g. sprays and chemicals should always be looked at. The use of known irritants/additives to foods that are not necessarily good for you but are being used as food enhancers. Such additives may well be quite harmful to you and not in the interests of good health. Grains are creating havoc in some cases and this issue should not be overlooked. There are now some good advices from a nutrient point

of view that can be of real value to counter many of the effects of aging. It is really all about becoming more aware of what is good for you and what is not. There are some areas e.g. smoking that is well known as harmful and yet the determination to stop for quite a few seems to be not there. People want answers that are going to solve their problems. As a CHIROPRACTOR I can help you in quite a number of ways. Spinal dysfunction then if present in your body should be corrected so that your body can function in a better way. **JUST BE OPEN TO THINKING OUT SIDE OF THE SQUARE. MANY ANSWERS LIE OUTSIDE OF WHAT YOU MAY HAVE BEEN BRAIN WASHED OR TOLD ABOUT OVER THE YEARS.** Do not believe all that advertisements tell you but rather ask the question as to what company is doing the promoting. Is it a drug company that makes huge profits out of getting you to buy products that are high risk and not really worth the risk or are what is being promoted natural, safe, well researched and has stood the test of time.

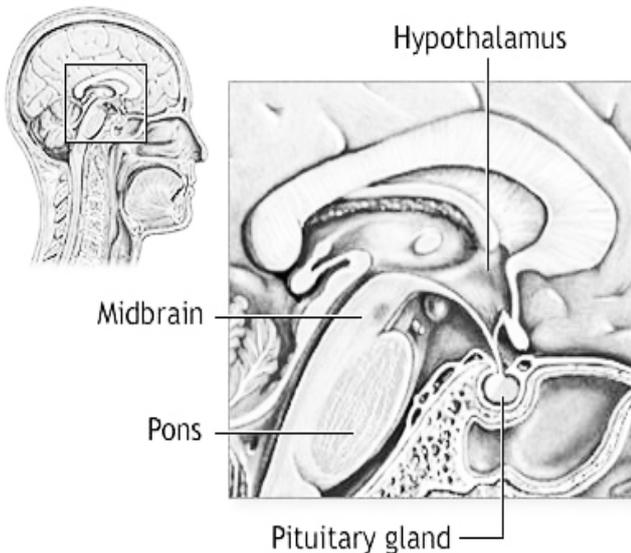
STUDIES

There are some good studies coming through as to how we can improve our health and minimize long term damage. **THIS IS IMPORTANT. CHIROPRACTIC AND CHIROPRACTORS WHO HAVE A GOOD KNOWLEDGE AS TO CAUSES OF ILLNESSES CAN AND DO PLAY AN IMPORTANT ROLE IN SOLVING HEALTH ISSUE PROBLEMS.** I HOPE THAT YOU CAN FIND MANY OF THE ANSWERS FROM MY PRACTICE SO THAT YOU CAN GO ON TO ENJOY SO MUCH THAT LIFE HAS TO OFFER. OVER THE YEARS I HAVE SHARED MANY OF THESE IMPORTANT AREAS WITH YOU. THIS NEWSLETTER IS ANOTHER SUCH EXAMPLE. My own belief is that if I can help you the patient go further with additional information, then I will have achieved a lot of satisfaction. I like to see people **MAKE INFORMED CHOICES AND GOOD CHOICES- YOUR LIFE DEPENDS ON THAT!!!!**



TRAGEDIES

The November Typhoon in the Philippines has seen a major loss of life along with property destruction. This as a result of yet another storm system in the world which seem to be increasingly violent. For many then great pain with losses covering a large area. History however does seem to point to major events having occurred in other centuries as well. No doubt a great amount of on going pain and suffering from such events. It has been good to see such a good response to the tragedies coming from many quarters. Our own storm systems seem moderate after such reports. Perhaps the best consolation for us and for those affected is that storms do not last!!!! That is some comfort, but not at the time and consequences can certainly be long term. The ChCh earthquake has for most people been the worst recent tragedy that we have had here in NZ For quite a few it has been to move to Oamaru for a more stable situation and in an area that seems to be less prone to earthquakes.



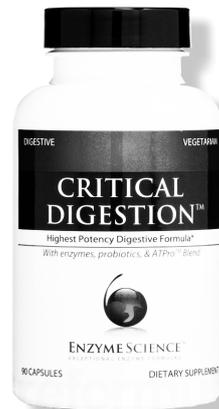
STRESS

Stress has been one of the main and on going results of events that can effect us in many different ways. This stress results in major effects upon our body's hormonal system on an axis known as the HPA Axis. This begins in the brain in an area known as the Hypothalamus, then the pituitary and the Thyroid and Adrenal Glands. It is good to have systems in place that help prevent or minimize on going effects of stress that can affect us in the health area. Today there is a lot of information out there as to how we can treat conditions we have without the use of damaging drugs which while sometimes a short term solution can be causing long term pain and suffering. Newspapers quite frequently have articles on the dangers that some of the commonly used drugs pose. Long term use of Diclofenac (Voltaren) and other Non steroidal anti-inflammatory drugs (NSAIDs) can lead to increased risks of heart attacks. This according to The NZ Herald article and reprinted in the ODT July 2013. Even aspirin which some are using regularly can double your risk of bleeds and contribute to perforated ulcers and bleeding in the gut. Are these risks worth taking!!!! Who pays the price for drug damage? You do. Paracetamol is the leading cause of acute liver failure. There are

good alternatives which I have available in my office e.g. Boswellia, Bromelain Curcumin Ginger all good. Jonathan Wright who is a well known Medical Doctor in USA writes in his November 2013 newsletter has a good article on the benefits of going bare foot. An area that you may not have thought about. Going bare foot seems to improve body function with the comments that "earthing helps restore electron balance". Earthing or grounding in some way appears to have a good positive effect upon body functions. Perhaps this is why working in the garden and having our hands in the soil brings some nice positives. Try it and see!!!! The article is interesting, so go bare foot or get your hands into the soil. He writes of some nice benefits. I now have a good supplement available which is a good relaxing product without the unpleasant side effects of anti-depressants and will not leave you "spaced out" as some drugs seem to do. Kava is a good destressor. L Theanine which is from Green Tea but is also available in tablet form is a good assist for stress, helps sleep and inflammation. This also applies to Adenosine which is another nutrient which has similar effects and assists in sleep patterns as well as inflammation problems.

PREVENTION OF ILLNESSES

The move to prevention of illnesses is always an important one. Whether we like to acknowledge it or not nutrient supplementation plays an important role in preventing illnesses. WE SIMPLY DO NOT GET SUFFICIENT NUTRIENTS IN OUR FOODS DUE TO IMPOVERISHED SOILS WHERE FOOD IS GROWN I.E. SOILS THAT ARE EITHER DEPLETED OF ESSENTIAL NUTRIENTS e.g. the Glacial soils, volcanic soils. Also soils that have been heavily cropped or stimulated in such a way that imbalances occur. MINERALS E.G. SELENIUM, MAGNESIUM, IODINE, ZINC are just some of the nutrients that are often depleted in soils. (CHECK TO SEE IF THE SUPPLEMENTS YOU TAKE HAVE THESE nutrients in them). VITAMINS THIS INCLUDES VITAMIN C, THE B VITAMINS (SOME TIMES REFERRED TO AS A COMPLEX I.E. FROM B1 to B12.) OMEGA 3S, NATURAL blood thinners e.g. Gingko, DIABETES nutritionals e.g. Gymnema Sylvestre, Chromium Piclonate, HEART nutritionals e.g. Omega 3s Hawthorne, herbs, magnesium. JOINT support supplements e.g chondroitin, sulphate, Glucosmine sulphate, Boswellia, bromelain, ginger, MSM BRAIN NUTRIENTS Tumeric, Coconut oils.



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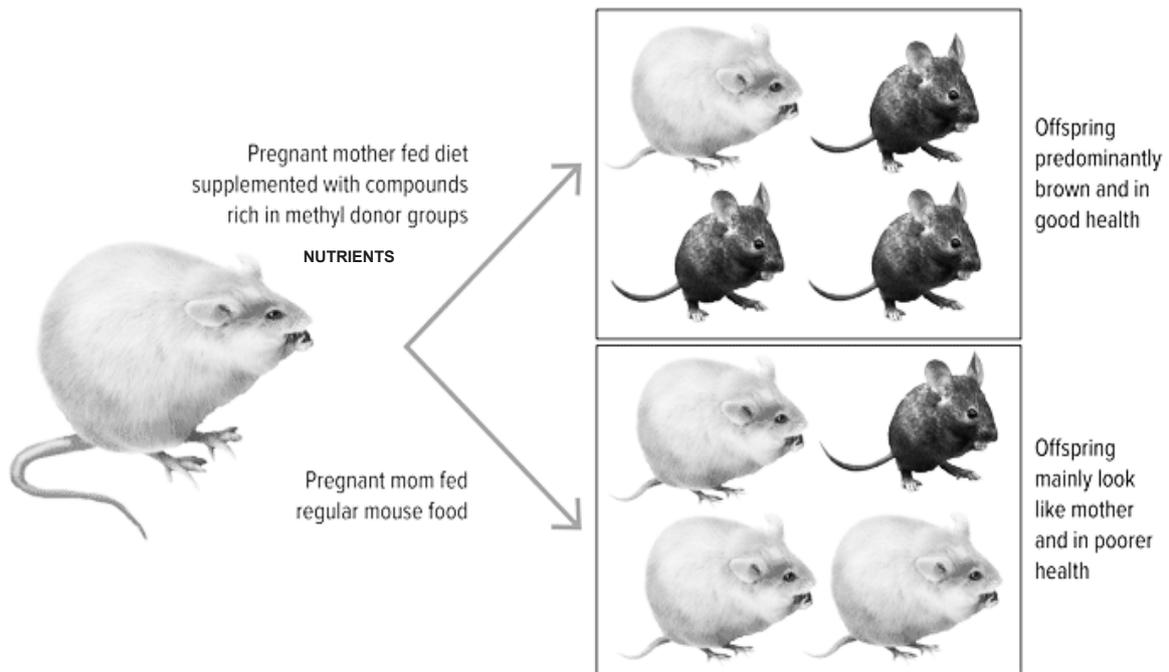


THE AGOUTI MICE-

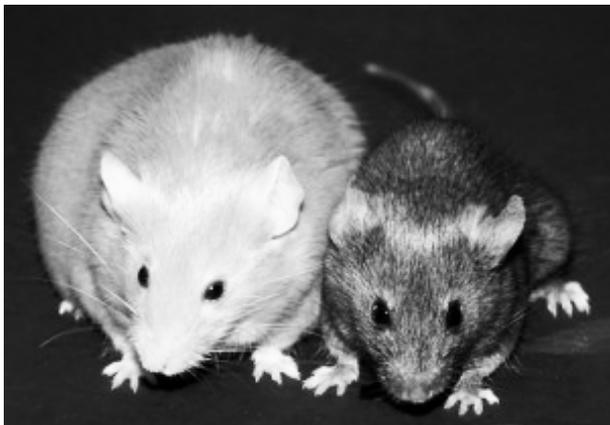
(this is a very interesting and concerning area to be aware of.) Studies on mice that were exposed to toxins e.g. biosphenol (BPA) BPA is used a lot in plastics as a hardener but it is not doing us much good at all. It is yet another TOXIN. In these studies Identical twin mice were studied as to the affects that BPA had on the mice The mice that DID NOT HAVE NUTRIENT SUPPLEMENTATION as part of their /diet had an amazing difference. They were a different colour from the normal colour, were overweight, had genetic damage that resulted in high risks of cancer, diabetes and reduced lifespans. Those mice that had nutrient supplements e.g. zinc, methionine, choline and B vitamins were normal weight and normal colour. Those mice that had such nutritional supplements looked healthy were a normal mouse colour, were well and vital. They were also shown to, have a lower risk of cancer, diabetes and lived longer than their twin that had not received supplements . You can have look at these studies on GOOGLE. I HAVE THE NOTES ON THIS RESEARCH WHICH RELATES TO THE GENES

WHICH MAKE UP OUR BODY'S CELLS AND THE FACTORS THAT HAVE A LARGE INFLUENCE UPON OUR CELLULAR HEALTH. This subject is known as EPIGENETICS.

If our body's intake then of minerals and vitamins is insufficient then we face all sorts of health issues. It is now known from studies that even before we are born then the necessity of good nutrient intake by our parents has been shown to have a significant impact on certain weaknesses that we have. As one of my Chiropractic College instructors so wisely said (with tongue in cheek) " we have to make sure that we choose the right parents" He was right (not sure how we can do that!!!!) Recent research supports the fact that food that is impoverished results in poor body health simply because the materials if faulty will result in poor body health/repair and likelihood of common illnesses such as flu colds and susceptibility to all manner of diseases increases markedly. If a building has poor materials it soon shows. Human and animal health is the same.

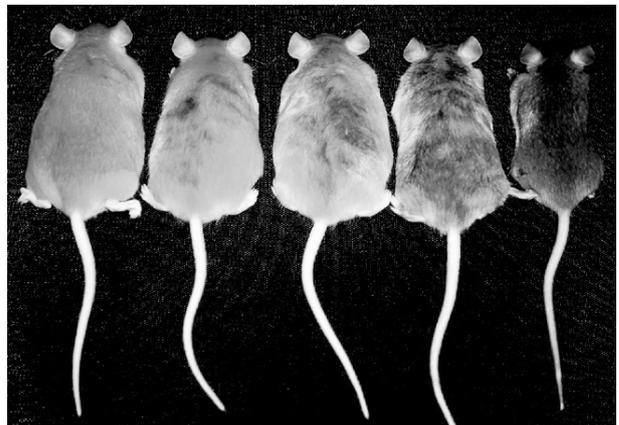


Identical Twins- The left one not given nutrients as an extra. The right one given extra nutrients.



Unhealthy, overweight high risk of cancer and diabetes.

Healthy, live longer, lower risk of illness.



GENETIC CODE

The genetic code then is important as part of make up of each of body cells. That genetic code is able to be influenced by what we are eating i.e. the nutrients and also what we are exposed to whether it is sprays, gases, x-rays and a host of other factors vital for good health, so that we or our families are not passing on weakened genes. This then is one of the keys to good health, that we should not ignore. If we do then we going down a track of misery and pain. Sometimes the damage has been done for too long and the mice experiments are a good example of toxic damage and a lack of good nutrient intakes. Some conditions that while able to be relieved with drugs can do little in the long run to turn our body illnesses around and provide us with a better life!!!! There is so much then that we can do to prevent illnesses and improve our quality of life. That information is there out there. We ignore such good information at our peril!!!

RESULTS OF A LACK OF GOOD NUTRIENTS

This can result in multiple surgeries and other procedures to remove diseased organs and finally result in a very fragile body which becomes very dependent on artificial supports to keep you going. By the time we are having organs and body parts removed or replaced, our bodies have already been the victim of quite a lot of damage. While it is accepted that surgeries e.g. hip replacements and joint replacements can give patients a lot of relief, it is usually the adjacent joints as well e.g. in the spine the sacro-iliac joints and the rest of the spine will often have major function distortions that need treatment/mobilization and where appropriate the use of joint support supplements. We carry a good range of good supplements which we have in the office that will be of great help, when degenerations have taken place. These will not only provide pain relief but also improve the nutrients in the joints, muscles and ligaments and in turn prevent, preserve and in the long run give you a better life span and quality of life.

ANOTHER KEY TO HEALTH TO SHARE WITH YOU

NO Nitric oxide a new Book on this subject. Nitric oxide has been termed by these writers Nathan Bryan and Janet Zand as being "the body's miracle molecule" Some of the comments about Nitric oxide is that it can prevent high blood pressure. Keep your arteries young and flexible, prevent arterial clogging, stop the formation of artery clogging, lower cholesterol. In addition reduce the risk of diabetes (another major western disease) along with diabetes complications, blindness, hard to heal leg ulcers and amputations. What then is nitric oxide? It is nitrogen and oxygen and is a gas. It enables arteries to relax and expand, brain cells to communicate. Discovered in the 1970s Further research resulted in a Noble Prize in 1998. Since that time a lot more research has been made on this "gas" which has now been the subject of 100 thousand scientific articles (Impressive eh!!!) It is a big factor in heart/cardiovascular disease. This is why Nitroglycerin is/has been used for angina (heart pain for a long time - Nitrolingual spray) This pain is due to narrowed arteries. As we get older our NO gets less and less. Taking a NO increasing supplement is very helpful. Also the leafy greens (that I have seen some people leave these on the side of their plates. I list some that are particularly good. Kale, spinach, Bok Choy, Lettuce, Cabbage, Parsley Cauliflower raw, Carrot, Broccoli, Asparagus, Vegetable Juice. These in order of Nitric Oxide value/index. There are more with lesser values e.g. garlic strawberry, melon tomato, potato Vegetable soup.

VITAMIN C

Always a good Vitamin to take plenty of. Cuts risk of colds in half, reduces shortness of breath, lowers cholesterol (safely) and does not pose risks as in the case of statins. You can literally have grams of it. The worst that it would do is to loosen bowels – if so back off a bit.



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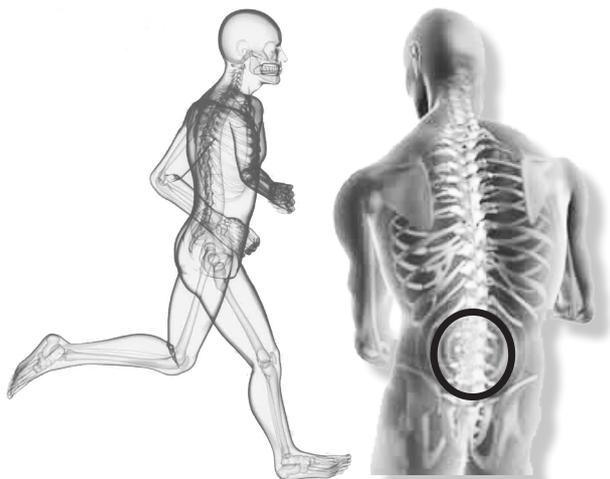


APPROACHES TO SOLVING THE PROBLEM OF PAIN SUBLUXATIONS

This is a term/name that is quite often used in Chiropractic circles and is a word that refers to a loss of normal joint function. Its consequences can be major and is often not recognised when it should be. This is most frequent in the spine, but is not limited to the spine. Other joints such as in the feet, hands, wrists, elbows, knees, hips are all likely to be subluxated from time to time. Chiropractors play an important role in being able to locate and establish what is happening in the case of a subluxation. Our training and in my own case this includes the ability to test whether there is movement that is normal or abnormal or not at all helps me/us to decide how best to make a correction. A subluxation may not always cause pain. Another test that I have used and still use regularly is to see if the joints have a normal ability to move is to test whether the joint has an ability to be sprung or not. This can depend on the nerves that are involved with different nerves picking up different sensations e.g. pressure, heat, stretch as examples. A stretched nerve will give pain which can happen in the case of sciatica where the nerve will become more painful with a stretch. This is one way we can test a nerve. Pain in the case of a subluxation is often worse with a sneeze, or cough or even a bowel movement. This is known as a triad of symptoms. Even hypertonic muscles i.e. muscles that have become very tight, have usually become shortened and can distort the spine. I see this on x-rays, especially some of the larger deep muscles of the lower back.

Not only then is pain the body's way of gaining our attention, it is usually there for good reason. It does get our attention and is really the body's way of letting us know that we should do something about solving it. Another book in my collection talks about "The puzzle of pain" by Melzak and Wall. All of these writers give insights into the whys and wherefores of either relieving pain or best of all as to how to solve the problem of pain. CHIROPRACTIC along with other health disciplines pays a lot of attention to the issue of PAIN. What we do with the problem of pain is more important than what the pain does to us. PAIN IS THE RED LIGHT ON THE DASH WHICH WE IGNORE AT OUR PERIL.

DRUG SUPPRESSION OF PAIN LONG TERM IS VERY BAD NEWS. NSAID DRUG ABUSE IS HIGHLY DAMAGING TO OUR BODY SYSTEMS.



Results of a subluxation(s) may mean a loss of feeling e.g. numbness, tingling, weakness.

The advice to "look well to the spine as a cause of disease" is well founded. If you or a friend who is having ill health problems and relying on drugs but still sick, then they should see a CHIROPRACTOR who will look into the functional aspects of what the body is doing or not doing.

FATS Are all fats bad? The answer is they are not. The focus on saturated fats has been a lie that has been used for a long time. There are some very healthy people out there who live on high fat diets e.g. arctic area people whose diet is almost all from fat sources. Also in some of the tropical countries where a lot of the native races eat large amounts of meat from the wild animals they hunt and are often more healthy than we are. Native races have historically lived healthily living off the land and its produce. (unprocessed, often either raw or minimally cooked as well!!!) I am most encouraged to see that it has finally been realized that the real enemy is/are TRANS FATS. This has finally been acknowledged and the Otago Daily Times had an article headed by Professor Mann on this in November. Trans fats include margarine and high heat oils such as canola that have been produced using a high heat processes and result in TRANS FATS WHICH ARE THE CULPRIT IN HEART DISEASE. Natural fats even saturated fats are now shown as having a very good effect upon heart health and over all physical health. E.g. Coconut oil (even good for the brain) Olive Oil. These are part of the "Mediterranean Diet" which is proven to be good with its emphasis on natural products.

ADDICTIONS (a new approach)

I had attended two seminars in Auckland in August. Part of one of the seminars had a focus on ADDICTIONS. The 5 main addictions are: Food, drugs gambling, sex and work. All of these addictions have an ability to enslave people in what can be a very damaging way. Jay had attended the same Chiropractic College I had trained at while I was living in USA. Jay then who is a Chiropractor/researcher from Florida has done extensive study and work on these addictions and has along with other professionals developed programmes to treat successfully some of these addictions. He states that most if not all addictions have as part of the condition a number of spinal subluxations and chemical imbalances. In addition he has been working/developing two instruments that I have only recently become aware of. One is known as an Integrator which is a(joint stimulator/mobilizer). Those of you who have come in for treatment/care since August of 2013 will have noticed that I am using one of these instruments which now has been given US Federal Government approval as a treatment "tool/instrument. Dr Holder has developed a good addiction programme which not only incorporates Chiropractic, but also auriculotherapy (ear acupoints) points which are treated along with amino acids (which are part of the nutrients that make up



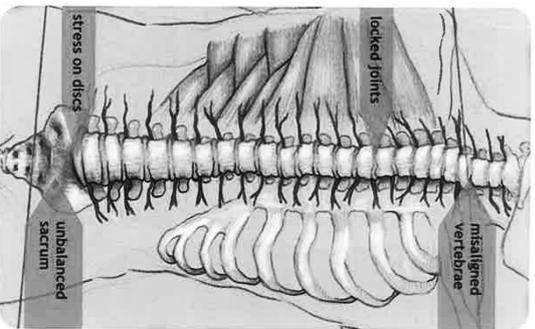
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WHAT IS SUBLUXATION?

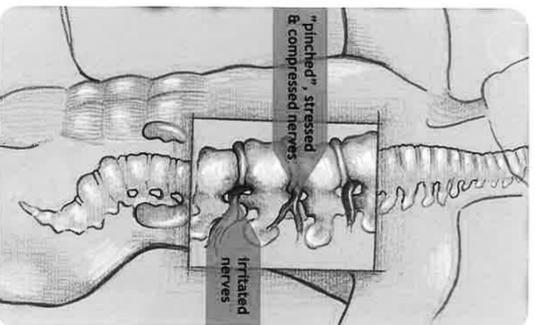
The five components of the Vertebral Subluxation Complex.

1 joint damage (kinesopathology)



- Vertebrae out of proper alignment and ligaments
- "Locked" (jammed) or "clicking" joints
- Pain
- Reduced range of motion
- Shoulders, hips, knees and feet compensate for postural imbalance
- Loss of energy, fatigue

2 nerve damage (neuropathology)



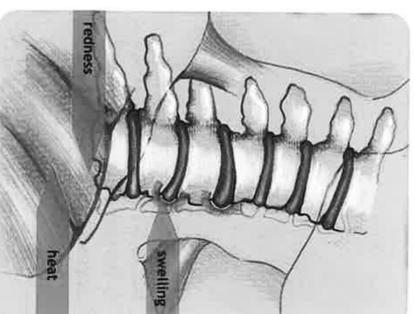
- Nerves compressed, stretched or "pinched"
- Abnormal nerve function
- Altered internal organ function
- Pain
- Attention deficit disorders, addictive behavior, psychosis and other conditions



The following articles provided invaluable background for the information contained on these pages:

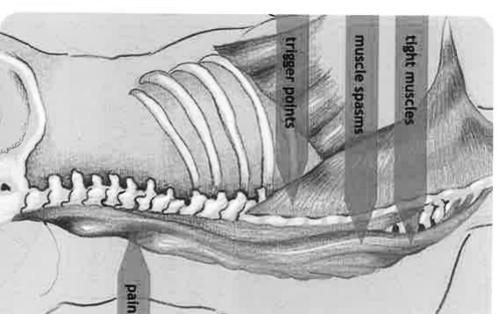
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8. Budgett BS. Reflex effects of subluxation: the autonomic nervous system. *J Manipulative Physiol Ther*, 2000;23(2):104-106.
9. Colocca C, Keller T, Guntzburg R, Vandeputte K, Fuhr A. Neurophysiological response to intraoperative umbrosacral spinal manipulation. *J Manipulative Physiol Ther*, 2000;23(7):447-457.
10. Abstracts of invited papers presented at the 50th SDRM and 7th American and Education Society Meeting, 23-25, 2010, Chicago, Illinois. *JVSR*, 2010;56-64.

3 tissue damage (histopathology)



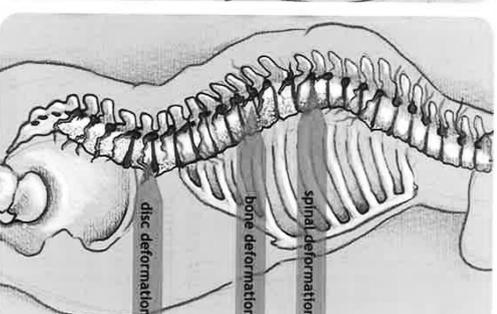
- Abnormal pressure on joints and nearby soft tissues
- Swelling
- Soft tissue damage
- Tender and painful areas, especially to touch
- Unnatural wear and tear causes arthritic changes to the joints and nearby tissues

4 muscle damage (myopathology)



- Muscles chronically tense, muscle spasms
- Weakened muscles, cartilage, ligaments and tendons
- Pain
- Postural distortions

5 overall health degeneration (pathophysiology)



- Dis-ease (overall body malfunction)
- Accelerated aging
- Chronic fatigue
- Lessened ability to respond to physical and emotional stress
- Lowered resistance to disease
- Joint degeneration, bone deformation, disc destruction
- Loss of height
- Inability to "hold" spinal adjustments for long periods

proteins), plus counselling. Some good work now being done in this area which as we know has a devastating effect upon the lives of many people.

Alcohol and other drugs account for much of our crime. For some strange reason we seem to have a % of our societies perhaps in the vicinity of 10% who have serious drug addictions which includes alcohol. Some figures: Spousal abuse 50%, Traffic Fatalities 50%, Murders 49% Manslaughter 88% Drownings 69%, Child abuse 38%, Rapes 52%, Assaults 82%, Suicides 20-30% These are US figures and I do not think that they would be better here in NZ. The case then for effective treatment of drug abuse is quite strong. Lives that are damaged often beyond help are so often a direct consequence of drug addictions - not a good outlook in the lives of many. Many of the bad crimes are a direct consequence of addictions especially this particular addiction. (Drugs/alcohol.)

IODINE

The 2nd seminar I attended was/had a strong focus on the importance of Iodine. Another Chiropractor/author/researcher spoke at this seminar along with other specialists emphasising the importance of taking/having extra iodine in our diets. A good example given which I think you should know about is that the Japanese who have a much higher intake of iodine due to the type of diet they have, do not have the high incidence of breast cancer (women) or prostate cancer (men). Thyroid disease had increased in our western societies due to insufficient intake of iodine and also the binding effect that chlorine, fluorine, bromine and perchlorates have on the body's ability to take iodine into the system and use it effectively. A Dr Brownstein another researcher/writer whose books I have in my office has written and studied thyroid function has some good readable books on Thyroid. I also have other books on thyroid written by other authors. The incidence then of thyroid disease has been stated as affecting up to 40% of the population



DR BROWNSTEIN



omega
vital



SUMMARY

I have then covered some important areas of health that you should seriously consider.

We are really talking about common sense areas that many of us simply have not thought about. Over the years I have written many articles on health issues. I have most of these in my office files.

I have some good well written and illustrated booklets on CHIROPRACTIC which you are welcome to have. There is much that we can do for ourselves with some help from my practice.



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Lesley Rowland - Receptionist

Lesley Rowland RECEPTIONIST

Here to help you!

- HOURS BY APPOINTMENT -

Products We carry a number of practitioner only products that are well researched based products that will assist your body in the quest for health.

Courier service Our local Couriers provide a great service to deliver products to us and enable us to send you products if you cannot come to the office.

Whitestone Taxis provide a great service for those of you who have difficulty in coming to the office. They are a good bunch of folks who are there to help.

May the year 2014 be a fulfilling year for you. We look forward to serving you in the practice. If you are not sure whether Chiropractic can help you or not, please do not hesitate to phone, email or ask us. We are here to help you in as many ways as we can.

