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2 0 1 1 N E W S L E T T E R

Natural Healthcare

Telephone number - due to some mix up in the new phone directory my name and number is not under SIM but had been placed under the D i.e Dr Ron Sim Chiropractor Phone number is 434-8784 please note my number – also the number is in the accompanying calendar Card.

WELCOME TO THIS NEWSLETTER THE UNEXPECTED

The 2010 year for many was not a nice year especially for those in the South Island. Starting off in Timaru, with South Canterbury Finance, and then the Christchurch areas earthquakes. Finally the Pike Coal mine tragedy. The earthquake did prove the point that many so called experts on earthquakes did not appear to have had any idea that this was an area of risk. It also proved the importance of having good strong buildings which are able to move and shake without too much damage, and the importance of having good foundation. In the case of the Coal Mine tragedy it showed that there is much we do not know about, even for those who claim to be the experts. For us too then we need to be aware that risks to our health can come from unexpected areas. I am sure that the vast majority of people out there do not have a clue as to why illnesses are so common in our societies. I was at a Chiropractic Seminar in Sydney a few years ago. The Chiropractic speaker made a comment which has rung in my mind ever since. It was "WHERE IT IS IT AIN'T" What he was really saying was we may think that we know where a problem is coming from when in reality this can be more of an illusion. It is not always obvious as to just where a problem may be coming from. Chiropractors know this. To



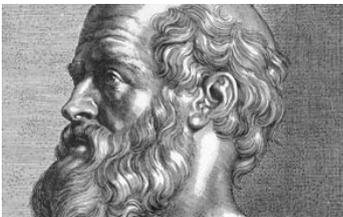
have the idea that all or many of the so called wonder drugs are able to do or perform some kind of a miracle is often an illusion. E.g. A new drug is announced with a great amount of publicity as being able to do all sorts of amazing things/cures. But what will then often happen, after the passage of time and use by hopeful users, people start getting many unexpected side effects which will often prove that such drugs are simply not able to deliver. Why? The body has an inherent ability to be able to decide whether a substance is a friend or foe. Laboratory findings/experiments can often be quite different to a live situation. Healthy volunteers

can cope with some substances in a much better way than those who are less than healthy. Many new drugs are touted as being a wonder drug, BUT after a period of time the wonder goes out of the drug as the reality sets in and the drug is quietly withdrawn. My late Father, who was also a Chiropractor, used to say the disease was cured but the patient died!!!!. Often a new drug is heralded as being some kind of wonder drug. This is often used to promote a high usage of a new drug. People who are dying will grasp at straws and often make emotional demands on Governments to provide such a drug even if it costs a mint. Then after the fanfare, little is heard of the drug and people are disappointed again.

FOUNDATIONS

Chiropractic as a speciality focuses on the body's innate ability to heal itself providing it is given the kind of care that it really needs. We need to know what makes for the foundations of good health. We recognize that the spine and nerve system play a key role in health. A well built building which has good structure and good foundation material will hold together and last much better when it has a good well constructed frame work put together with materials which last well and withstand many different kinds of stresses. If those materials are good and kept well maintained we will have a good strong building which will last for a long time. If we are not looking after our bodies we will pay the price. Pain may be only one powerful symptom that is really letting us know that something is not right. With so many illnesses that can beset us we may not be able to enjoy the many positive things that life has to offer. Even the Bible says that we should build our house on a rock and not upon the sand. This became a reality then for many in those areas of Christchurch which have been built on developments in areas that do not have good foundation material i.e. on gravels which are sand in the making. We need then a firm foundation to base our lives upon as well. During my practice life, I have read and studied extensively and intensively to uncover what a good health habits and what are not. I do not know all of the answers but know some of them. The foundations of good health come from being aware of what your body needs for on going wellness. Some of these answers then are shared in this newsletter.

THE FATHER OF HEALING WAS HIPPOCRATES



(He acknowledged the importance of the spine.)

Many wise sayings have been attributed to him.

He is quoted as having said "LOOK WELL TO THE SPINE AS A CAUSE OF DISEASE." He no doubt knew as we all should know that there are many causes of disease. The word that I use is *multifactorial* i.e. there are many factors that contribute to illnesses. As an example one factor

that one of my Professors at the Chiropractic College I attended made this comment when talking about diseases and health problems he said that "we need to choose the right parents." What the Lecturer was really saying was that some causes of illness can go back then to genetic weaknesses. Some good research has been done on this. The ability to improve our genetic make up or to at least have some influence on this is now known with some good books on this area. The importance of learning what are good nutritional habits and good living habits will have a significant effect upon the unborn child and in the young child especially during development. It is now known that we can do a lot to help ourselves by learning and applying what are good health habits and what are not good health habits. If we have good living habits not only are going to be able to help ourselves, we are also going to be able to help and influence those around us by sharing the good news and good advice as to how we can benefit positively by applying good principles to our lives and to those around us. This way we can help avoid the many pitfalls that are around us. Good nutrition then is important. As an example there is now a much better awareness about the importance of making sure that what we are taking into our bodies is fulfilling what the body needs to remain healthy and prevent disease. In the case of vitamins more recent examples which are now accepted is that of Folic acid or B9 as it is sometimes known, is now known to have a good preventative effect upon what happens in early embryonic development. All of the B Vitamins play a vital function in our nerve system. Much earlier awareness came with Vitamin C – the fact that the British were known as Limeys was a commonly used nickname when the Americans were talking about the British. More and more testing is being done on Vitamin D levels and it is well known that Vitamin D3 plays a vital role in our bone health and the health of other body functions. This vitamin is the sunshine vitamin and is important for our bodies – not taken to excess but getting a healthy tan.



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WHAT CAN WE DO WITH WHAT WE HAVE OR WE MAY NEED TO ASK OURSELVES WHAT CAN WE DO WITH WHAT WE HAVE LEFT?

Good health or coping with illnesses is something that most of us have to face up to. This can be a challenge. The need to find out what may be affecting or causing an illness may need some careful study. Causes of what is happening can sometimes be due to a number of factors including genetics. Fortunately there is now a much wider spread of knowledge than there had been in the past. This thanks to the internet, to a much better level of literacy and more people thinking outside the square in so far as knowledge is concerned. We are able to look at other societies and see how they live, what they eat, how they cope with stress and what gives them an edge or a better health profile than we do. Here in New Zealand we have some great opportunities to have a really good lifestyle. Making use of websites and using Google assists you to know about virtually anything and is/can be a good place to start. As a Chiropractor I have accumulated a good amount of information on health and what we can do to help ourselves. NZ is rated #3 in order of quality of life so we must be doing some things right. **IN THE AREA OF HEALTH WE DO NOT DO SO WELL.** But we can do a great deal more in this area. We here in NZ should

not have to spend such large amounts on drugs and procedures which are at best trying to close the door after the horse has in some cases been long gone. The sickness industry will always be just that unless we learn and apply these lessons to having good habits and only take into our systems those things that are health giving. The failure to have followed good health habits is very much a sowing and reaping process. We should be able to avoid many of the illnesses in western societies by having better knowledge and taking more control over what we either eat or expose ourselves to. The advice that I can give you will help a lot in this area so do not hesitate to ask me.



CHIROPRACTIC STANDS ON THREE LEGS

THE FIRST LEG - SCIENCE this comes from the root word which comes from Latin Scio to know (I learnt this in my Latin class at Waitaki Boys High School. From the late KC McDonald a rather special North Otago Historian and Teacher.

Science then is a systemization of knowledge. Chiropractic is a science based upon knowledge which is evolving all the time. So much more is now known about the human body and yet we still seem to want to abuse it. A Chiropractic researcher and speaker Dr Geoge Goodheart described the body as being “intricately simple and simply intricate” The Bible says that we are Fearfully and wonderfully made. Science then is really discovering more and more knowledge about how we function. This is a journey.

THE SECOND LEG - ART This really means the art of applying what we know as Chiropractors as we seek to help you improve your over all health and the health of your spine with all of its ramifications.

THE THIRD LEG - PHILOSOPHY This means that the body has an inherent ability to heal itself providing it is given the right kind of help. We believe that the use of naturally based methods and nutrients which are known to be good for us should be embraced. The creating of clean environments and not abusing the soil, striving for clean air, and having good clean habits will go a long way in helping apply this philosophy in our own lives. The early discoverers and developers of CHIROPRACTIC spent a lot of time looking at how other societies were living and then applied this to Chiropractic and its development. The Chiropractic Profession is not driven by large multi-national companies which exploit people's weaknesses and lack of knowledge rather it focuses on prevention and learning what are good health giving habits.



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BODY PLASTICITY

The degree or amount of flexibility which we have in our bodies is known as PLASTICITY. This ability to move normally applies to our whole bodies including the back (which includes the joints, ligaments and muscles) is very dependent on maintaining good joint health and movement. Normal movement within the joints of our bodies acts as a nutrient i.e. the exchange of body fluids within the joints and around the joints is very dependent upon having a good range of movement, which includes bending, extending, performing rotation and being able to absorb the stresses and strains which we have in life. We see a great amount of plasticity in young people which is partly due to joints still developing but is also due to ligaments and muscles having good flexibility/and or plasticity. We need to keep this flexibility going as much as possible. Movement then is a nutrient and the less that we do, the less inclination we will have to get up and move around. Sometimes pain and degeneration of the joints will give us good reason not to move, this then becomes a rather vicious circle. We need then to provide our bodies with the right kind of nutrients that can repair, sustain and give our bodies the ability to live well, to age slowly and retain vitality into a really good age. CHIROPRACTIC ADJUSTMENTS IMPROVE THE BODY'S PLASTICITY especially the action of the joints, the muscles that move the joints and the ligaments that hold the bones together. We all need to be able to have good movement in our bodies and to be pliable to be healthy.

AGING

I rather like the saying that Woody Allen made at Cannes in 2010. *"My relationship with death remains the same. I am strongly against it.... There's no advantage in getting older. I'm 74 now. You don't get any wiser, you don't get more mellow... Nothing good happens. Your back hurts more. You get indigestion. Your eyesight isn't as good. You need a hearing aid. It's a bad business getting older and I would advise you not to do it."*

Well one could take notice of what he is saying. BUT WE CAN NOW DO SOMETHING ABOUT AGING. I now believe that there is still much that we can do to delay and prevent many of the illnesses that beset us. If this is going to happen you may have to apply the advice "IF IT IS GOING TO BE IT IS UP TO ME."

SOME GOALS If we aim at nothing we are sure to hit it. If we have an object in sight we are then able to at least give ourselves something to aim at. All good hunters know this only too well. We may need to ask ourselves the question what can I do with what I have left. If you have had a loss in your life and we all do at some stage, we do well to ask ourselves. What can we do with what we have left? How can we adapt to events that have affected us in some way.

I came across this at a seminar recently. A Key Goal of healthy aging should be to compress morbidity and frailty. If we can maintain a healthy lifestyle by eating good foods, or foods that are whole, alive, variable and non toxic, avoid exposure to known toxins such as chemicals which are known to be harmful and accumulative and knowing as much as possible in this area you will be well on the way to making improvements in your health. I have a good amount of information on good nutritional support i.e vitamins, minerals, herbs which have the ability to give your body a good capacity to repair damaged and inflamed tissues. A seminar that I attended recently gave some encouraging figures on the use of nutrient support. There has been an increasing percentage of the population who are now using nutritional supports in the form of vitamins, herbs, minerals. Such nutrient support will give your body the kind of help in a way that you may not have thought possible. Good studies have been made on how to slow up the aging processes considerably. Always remember that there is usually no one single nutrient or supplement that will do everything for you. It has to be a range of nutrients and also a lifestyle that is helpful to you in every way. Stock health is very dependent on the quality of the nutrients that the stock are being given. Race horses perform optimally when they have good intake of quality nutrients. Top Athletes perform much better when they are being given a full range of nutrients which includes vitamins, minerals, amino acids (the structure of proteins) herbs which have a powerful influence on our health. Horses and Athletes and those who are working hard all have a much greater nutrient requirement to enable the body to repair, replace cells that are being lost and to keep the body in an optimal state of health and performance. One important part of achieving good health is calorie restriction i.e. being disciplined about what you eat and saying no to convenience and packaged foods which will leave us weaker and prone to a multitude of illnesses.



WHAT THEN ARE SOME OF THESE NUTRIENTS?

Vitamins – These range from vitamins A through to Vitamin K. All are vitally important for the body's life processes of keeping illnesses at bay and keeping the body's life force strong. Others that are vitally important are:

Reservatrol – this is a nutrient which has had a great amount of research done on it. A recent publication stated that 3500 research papers had been made on this important nutrient. This nutrient has a great protective effect on virtually all of the body's systems. Reservatrol is contained in one of our new products along with other important herbs that will assist the body to improve its overall health. A product that is new in the office is Phytoregenex which contains Reservatrol, Gingko (see below), Pine Bark and Ginseng

Pine bark is good for osteoarthritis, asthma, antiaging, blood fats, male infertility, endometriosis and dysmenorrhea, ADHD and thought processing - also for vein problems diabetes, blood pressure and eye health.

Co-Enzyme Q10 some times known as ubiquinone. This nutrient is very much involved in the energizing of our body's cells. It acts rather like a spark plug. The Japanese have done a lot of research on this Very good for the heart and for all of the body's cells.

Ginseng comes in different forms usually either Korean or Chinese Ginseng and plays a vital

role in our body's ability to be energized and bring good health to our body cells of which there are billions.

Omega 3s - fish oil is increasingly recognized as playing a vital role in health. This includes Child health. The Perth Telethon Institute has found that ADHD problems are directly related to our western pattern of foods. Omega 3 fatty acids are now being found to have good boosting abilities for brain development and maintenance of good function. Omega 3s make up 60% of the brain tissue. It makes sense to use them to overcome deficiencies in this vital area.

Gingko- Biloba This is a very important brain nutrient and there have been over 1000 research studies in support of its use. This plays an important part in maintaining memory, mental clarity, energy and mood.

Other important nutrients that you should have are: selenium, iodine, magnesium and a range of minerals in a multi nutritional supplement.



ARTHRITIS AND OTHER COMMON DISEASES

It is now known that arthritis is more of a whole body system inflammation with quite a lot of similarities to Heart Disease, Cancer, Diabetes and Alzheimers Disease. These diseases cover the largest number of diseases that we have in western countries today. There are now herbs and other nutrients known to be able to counter the damaging effects which come with these illnesses. I have information on these. The ability then to slow down and in many cases to reverse the damaging effects of such illnesses is now becoming much more known which is GOOD NEWS. I carry our own range of anti-arthritis products which are

not drugs and are much kinder on your body's systems. The use of NSAID drugs always poses risks. Short term usually okay, but long term the risk of cellular destruction and side effects increases significantly. Most people are becoming aware of this and seek alternatives which are safer and in the long term much more effective. Joint replacements are fine and give a lot of people good mobility again, but remember the rest of the body needs the right kind of nutrients if it is going to work well. This is important before other joints fail and the cycle of pain begins again.



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PLASTICS AND PARABENS

There are significant risks associated with the use of plastics due to the make up of them. A component that has been identified are **PTHALATES**. Pthalates are used in plastics to make them more flexible and number approximately 25 types. These are now being implicated in male reproduction sterility problems along with adverse problems in human health. They are used in many situations e.g. cosmetics, shampoos, plastic bags, garden hoses, children's toys food packaging, cleaning material disposable medical gloves. Unfortunately they release into the environment easily. Conditions that pthalates have been associated with are: infertility, testicular dysgenesis, obesity, asthma, allergies, and breast cancer. They have been implicated in children with behavioural disorders. If you see a triangle on the label with #7 in the triangle get rid of it.

PARABENS – these are used in pharmaceuticals, gels, antimicrobials. These are known to inhibit or slow the function of the mitochondria in the cells of the body. Mitochondria are vital parts of every cell in our bodies and there are trillions of cells in our bodies. They are rather like spark plugs in our body cells.

WHAT THEN CAN YOU DO? Look at labels to see what is in whatever product you are using. Use glass

instead of plastic bottles especially if you are carrying water bottles about to keep your hydration up. Be aware then of the dangers of many of the commonly used items that we take for granted as being okay when they are not. Let then the buyer beware.

FOODS TO AVOID All refined sugars, white bread, white rice, processed meats, pasteurized dairy milk, juices in bottle and cans. Hydrogenated foods (trans fats – which are artificially processed fats) and French fries usually processed in trans fats which are not natural fats.) Avoidance of foods that come in a box, TV dinners and convenience foods that usually have a host of additives which are or often described with the use of numbers.

HEALTHY FOODS Fruits, raisins, dates, stevia (this is a sweetener) xylitol. Herbs, organically sourced foods, brown rice, millet, barley rye. Free range meats, chicken, ocean fish (preferably do not use farm raised fish due to what they are being fed.) Goat cheese, feta, blue cheese. Juices which are freshly squeezed. Water which is filtered if possible. Salads and as much as possible locally sourced foods which are in season the best. Why not grow your own in these tougher times.

COMPLEMENTARY AND ALTERNATIVE MEDICINE

A recent Pub Med publication put out by MEDLINE (a well known publication) is said that 41% of the US population used other methods of treatment including Chiropractic and the use of Herbs and vitamins and other natural methods to assist their bodies either recover from illnesses or more important to prevent many of the common western illnesses that many seem to accept as being unavoidable. These figures will be very similar in NZ. There is much better knowledge about causes of illnesses than there ever has been before. We now know more than ever before that what we eat and take in to our bodies plays a key role in how we are. Most of the answers to health problems are already known. It behoves us to find out by reading and looking about us so that we can be informed and simply not adhere to the traditional model of disease which focuses on finding drugs what will at best make drug companies rich and not really address causes. If we look in the wrong place it is obvious that we can waste a lot of time on what is a wild goose chase.

JAMIE OLIVER

I wonder how many of you watch or have watched this young man and his cooking programmes. He is doing a great job especially with young people and has recognized that in our western societies we must address our dietary habits if we want to live healthy lives and not finish up with obesity and all of the problems which come with this.

He has waded into an issue that most would shy away from. We can learn a lot from Jamie's good work in an area that really needs to be addressed if we are to stop spending horrendous amounts of money on treating symptoms and not addressing causes. An ounce of prevention is always worth so much more than a pound of cure. For some it may well be too late and any efforts to contain a disease may only be a stall for time measure.



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ELECTRONIC POLLUTION

CELL PHONES There is increasing evidence that cell phones are causing/creating serious and significant problems with some people. This is especially so with young people who have thinner skulls, developing brains and appear to be getting what are regarded as being significant illnesses. Children absorb twice the amount of radiation i.e under the age of 8 compared to the brain of an adult. There is a higher incidence of gliomas (tumour) on the side of the brain that the cell phone is being used on. This is due to the radiation that is emitted by cell phones. The frequency range is 450-2700 mHZ The other area of interference comes from cordless phones, compact fluorescent lights and microwave ovens. Electric Hybrid cars is a newer area that may need to be watched for those who are regular, long time users.

ELECTRO-SENSITIVITY/ELECTRONIC SMOG

This comes from wireless computer networks. Working in close proximity to electro-magnetic fields can have a quite severe effect upon individuals who are sensitive to this kind of exposure. We know that long term exposure to x-rays can also have what appears to be an accumulative effect which causes cell damage which can be serious.

Electrosensitivity is now an area that is the subject of some very good research. It is not known at this stage why some individuals are much more prone or sensitive to this problem than others. I am of the opinion that it reflects in the health of the person themselves i.e. if a person's over all health is not good that person is going to be more susceptible to not only this kind of irritation but also to other illnesses as well. The body then does have a resistance factor that may well be much less than for others.

I have a file on this significant danger in our modern societies which is now an area that we should be aware of. Cell phones then should be used sparingly, given the risks that come with their frequent use. I am sure that we have all grown used to having them and using them. Their availability in possible times of emergency does prove their worth. Texting may well be the

better option. Electrosensitivity appears to be a factor in the creation of brain fog, eye problems depression, tinnitus and would appear to upset the body's own electrical fields which within each one of us enables our bodies to function. The group that are most at risk are our young folks. Do not allow your children or grandchildren to sleep with their cell phone being left on under their pillows or with them all the time. It is simply not worth the risk for them to do this. Health is more important than communication which while important at times, can be an exercise in mindless repetition.

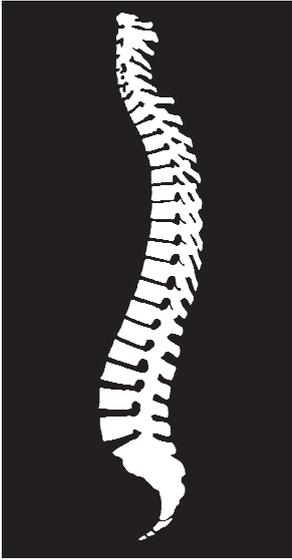
Some terms used are: ELF extremely low frequency fields. RF Radiofrequency fields. EMFs Electromagnetic Fields. EHS Electro hypersensitivity syndrome.

The effect of electrical fields on those who work in close proximity to such outside fields are now believed to be quite significant. This can be in engine rooms, and areas of high communication. Suggestions that have merit are no mobiles for children under 12, or for pregnant women, no relay antennas close to schools, crèches, clinics or hospitals and a reduction of radiation in public places.



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Lesley Rowland RECEPTIONIST
Here to help you!

- HOURS BY APPOINTMENT -

Products We carry a number of practitioner only products that are 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 2011 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.