

# *Ron Sim*

## CHIROPRACTOR

### **2008 NEWSLETTER**

**Welcome to this newsletter** –. If this is the first newsletter you have read from me a special welcome to you. You may be new to chiropractic. Perhaps you have not thought much about your health until now. To those of you who have read my earlier newsletters before, I hope that this one will be as informative as previous ones. It is really a compilation of quite a few things – most important I hope that my sharing with you will help you to learn or get some handy hints on what is/are some of the most important areas of our lives – namely our health. **Good health is important indeed vital. We are bombarded daily about the many problems associated with poor health. Good health then is a state of wellness and fullness** – if you have good health you are much more able to enjoy life with all of its challenges. I have come from a family where chiropractic has played a major part. For those who do not know my late Father Douglas Sim was here in practice for 33 years from 1931. I have just completed 45 years in practice which is a milestone for me. For me working with people as a Chiropractor has been a great privilege. To offer in many ways a unique kind of service is and has always been enjoyable. We as a family have had an emphasis on good health habits and the use of natural products as much as possible. Chiropractic encourages the use of naturally based methods and places a great emphasis on normal spinal and joint function. The normalization of spinal function plays an important part in contributing to good health. The additional nutrient supports which are recommended will help you go further in the quest for good health. Good health comes from doing quite a number of things correctly or with due diligence. There is usually no single factor in achieving good health Sometimes you will find that changing a habit, or making a lifestyle change or making some dietary changes can bring a big improvement. You may have some kind of a crisis in your life which brings you to a crossroads. This may mean that you need to take or make a change of direction Some changes can require a great deal of determination – if you are prepared to then make some good positive changes you will be rewarded with a good improvement in health.

#### **Scouting**

Last year in July Fay and I had an opportunity to go with a Scout group on a trip. We flew to Hong Kong for two nights, and to UK for three weeks. We had gone with a group of scout supporters – some older than us from up and down NZ and also with a contingent of scouts take part centennial of the scouting movement. Scouting had begun in UK then 100 years ago with the first scout camp ever at Brownsea Island on the south coast of UK near Bournemouth. We enjoyed our visit to this island along with many other famous sites which the movement has been associated with. Gilwell Park is another important centre for the scouting heritage. Our travels took us as far north as Birmingham. Baden Powell or BP as he was affectionately known was a man who wanted to give young boys a good start in their lives and taught and applied many things that he had learnt while in his beloved South Africa. He had such a great vision for giving boys (and now girls are also included in the movement. The Scout training programme has been a great help to many over the years including myself. I had gone from Cubs right through to Queens Scout in my earlier years. It was great to see 40,000 scouts in camp at a campsite at Hyland Park near Chelmsford north of London. There were 400 buses used for transport of the scouts. The weather was kind and it was a treat to see so many young people enjoying and meeting others from 180 countries around the world. We did not stay at the Jamboree but did have two full days there mixing with scouts from so many countries. The energy of all of these young people was just great. After 8 nights in London we flew to Canada and had a week in Edmonton. Canada was for us a good wind down time after a hectic time in HK and UK. We enjoyed the time spent with Fay's son and daughter in law. Ian heads a team from NZ outfitting the Hercules Aeroplanes for the NZ Air Force. So we had a good break and some lovely memories of this time away. After this break it was back to Chiropractic and the practice.

**Chiropractic** is a large profession with over 60,000 chiropractors in the world. We have a newspaper which is sent out to all chiropractors around the world so it is a chance to keep up with what is happening around the world and to read articles written by various chiropractors. One of the areas that I have always enjoyed is to be able to attend seminars, conferences, courses and meet with other health professionals. It is always enjoyable to “shop talk” about areas relating to health and this year I have attended a number of seminars which are a challenge to learning and to then be able to apply this learning in the practice to help you the patient. The one that I really enjoyed in 2007 was with an old Chinese man from Beijing who is an acupuncturist and teacher. I learnt quite a lot of good points from

this man and while I have almost always stimulated acupuncture points as an adjunct to chiropractic I have found that the use of a laser is very complementary to chiropractic. I have also taken part in a number of seminars in Christchurch and Dunedin along with some telephone seminars which have all been helpful to me in helping to provide you the patient with as a good a level of care as I can. I took part in a video link seminar early December which had as its focus the nutrients that are vital for heart health. **Good heart health is absolutely vital** and having good nutrient support is extremely important. If you only rely on standard medical approaches to good heart health you are short changing yourself in a big way. The latest naturally based research has the ability to give you and your heart a much better chance of regaining and retaining good health than simply relying on the use of artificially formulated drugs which pose significant risks when used for any length of time. Chiropractic and the use of other naturally based systems will in the long run provide you with better results with less risk than using medications which so often create potentially serious side effects. Drug induced diseases known as iatrogenic diseases are a lot more common than is acknowledged in the public domain. If there were as many significant side effects and deaths from the use of natural remedies there would be a great hue and cry – yet society in some ways seems to be quietly not told what is happening. with the long term use of some heart medications We seem to ignore or have been slow to acknowledge that many drugs while appearing helpful will in the fullness of time either be withdrawn or avoided due to threats of lawsuits as people begin to realize that while symptoms may be suppressed many of the problems are simply not being solved.. Many of our hospital crises could be reduced greatly if natural remedies and lifestyle changes were given a much greater emphasis in seeking to improve everyones health. Convenience foods while just that, convenient are often lacking in good nutrients and their continued use can be leaving us much more likely to come down with some form of degeneration. Good nutrition is like laying a good foundation in a building – if you have the right building materials (nutrients) you will build a much stronger building – that makes good sense!!!!

### **Books on Health**

I find it particularly interesting to find that many Doctors who have medical degrees and often have specialized in other allied disciplines out of a sense of frustration will move away from the more traditional approaches to health into looking at causes and as to how to encourage people to use natural approaches to solving health problems. Many see that what they have been told or taught does not seem to solve or prevent many of the problems that their patients come to them for. They as in my own case like to think that there is/are better approaches to the treating people and they try to address this.

One of the books that I read while traveling was called **Extraordinary Healing** written by **Dr Art Brownstein MD** He often quotes chiropractic in a positive way and maintains that a great many disease conditions can be resolved much more effectively by the use of natural approaches to health such as chiropractic and the use of nutritional supplements and avoiding foods and beverages that do harm to the body. **He quotes Hippocrates 460-400 BC who said that the “Natural forces within us are the true healers of disease.” Chiropractic also quotes Hippocrates who said “Look well to the spine as the cause of disease.” Galen 129-199 AD stated that “The Physician is only natures assistant.”** Brownstein says that “if you are struggling with a disease or illness and you have been trying hard and still not getting better consider the physical, mental, emotional and spiritual obstacles that could be keeping you from achieving your goal.” **What are some of the obstacles? Poor diet, not enough water in your diet (we need less in a colder climate), poor hygiene, not enough exercise – (this latter one can be overdone and will lead to body system breakdowns eventually). Inadequate rest, poor breathing – deep breathing has a very calmativie effect on the body systems, not enough contact with nature, an absence of touch in a loving way – physical intimacy is good for the body systems. Lack of focus - we need someone to love, something to do and something to look forward to. Meditation, reflection, lack of gratitude- we should be thankful for what we have and not what we do not have. No sense of humour. Worrying about the past – and indeed the present –to live for one day at a time is good thinking. We need good support from others – e.g. a support system from family, friends, community – that is one of the main reasons why people go to church, join clubs and groups so that they can have companionship and mutually enjoy with others what they are doing.** The other book which I have just finished reading is/was written by a French Surgeon **The Keys to Longevity – Dr J P Willem** - a good read which looks at some of the historical attempts to prolong life and wellness and then focuses on what we need to do today to gain good health and keep good health. Like other writers he had studied many of the long living cultures and their people for clues as to why some have a much more healthy lifestyle and much better longevity than others. He talks about some of the modern myths and I found these interesting. He states that proteins – and we get these largely from meats, fish, eggs and nuts are very important to have in our diets. That meat is an important part of our diet and that we need protein as important building blocks for our bodies. He states that Cholesterol is a very important part of our diet and that it plays a vital part in the physical health and wellness – (there are some out there who seem to regard cholesterol as some kind of enemy) that has to be eliminated or vastly reduced – if this in fact is done you face other more significant health

risks including loss of memory, risks to your other body functions including hormone production. He states that the **elderly do need to exercise and that they do need to eat well so that their bodies can be replenished** – note that we should be aiming at food which is as nutritious as possible. The impoverishment of modern processed foods which often are far removed from their natural sources mean that the supplementation with vitamins, minerals, herbs is important for our bodies to have the right materials to not only survive but thrive – There is a quite strong tendency for the elderly to not eat good food and this brings its own levels of weakness as a result. Malnutrition amongst the elderly does happen. This has been named as Frailty Syndrome – or FS There are now some really good recommendations on how you can reduce the effects of this syndrome – I have this information on hand. This can sometimes be as a result of impaired digestive ability as well. e.g. a lack of hydrochloric acid in the stomach and a lack of enzymes in the digestive system Meat, fish and eggs are important. Meat that is minimally processed i.e. not adulterated with preservatives and additives is much better for you than meats that have all sorts of other additives added to it. Eggs that are free range, meat that is from free range sources and fish also that is “free range” is much better for you rather than from cage reared sources. Animals like humans have a health profile that is a reflection of the kind of environment that they are brought up in and what kind of nutrients that they have. – if the animal flesh or eggs are not coming from good soils or nutrient rich areas obviously you will not gain as good a range of nutrients from eating these kind of foods.

### Points to ponder

If you are over weight you greatly increase your body’s risk factors e.g. heart disease, diabetes, gall bladder disease, arthritis in its various forms – to name a few of our modern diseases.

If you smoke either cigarettes or any of the so called recreational drugs you automatically make your health worse. Understand that some of this comes about because of the way these products are processed. Toxins associated with these will ensure that you will pay the price – it is simply a sowing and reaping process.

If you consume a lot of sugar whether it be in canned or bottled drinks –or use it in your tea, coffee, or in the foods that you eat you will impair your body’s function and place a great deal of strain on your body’s sugar handling ability – the gland affected most and initially is the pancreas gland. When this gland becomes overloaded it breaks down and you are a good candidate for Diabetes – this is followed by a serious effect on the other systems within the body. Recent research states that sugar “crowds out vitamin C” We know that Vitamin C along with all of the vitamins play vital roles in having good body function.

If you consume more than one alcoholic drink per day you automatically place a much heavier stress on your body specifically the liver – remember that the liver is your body’s detoxifying organ and if you keep stressing this vital gland you will pay the price of liver disease – it is not at all smart to drink to excess. I have seen a great many people over the years who have abused alcohol and paid a very high price for such abuse. So go easy on alcohol it is a drug and should be treated as such.

If you “get a buzz “ out of engaging in high risk activities e.g. driving cars fast, take risks with wild animals or you like to “live on the edge” appreciate that your safety margins are much less and the chance of injury or death becomes much greater. (Steve Irwin, Peter Brock and Steve Fosset paid the ultimate price for their high risk styles of living. Many of our young people do the same.

If you live a high stress life eventually your body will succumb. It will go through at least three stages before it becomes serious- these are: **an alarm stage, a resistance stage and eventually exhaustion.** This latter stage is where body systems break down on account of too much stress. Research supports this.

If you expose yourself to sprays, toxins (such as chemicals without protection) you will eventually cause your body systems to breakdown or fail. If you work in a toxic job i.e. work with strong chemicals make sure that you have good protection by way of respirators, protective clothing and/or good extractor fans to keep you from breathing in toxic gases. Physical stress i.e. when you have been over doing exercise will also eventually result in an exhaustion stage where the body fails to cope and breaks down with some kind of illness.

If you are using prescribed drugs become aware of any possible benefits and perhaps more importantly what are the side effects? Be aware then of benefits and also be aware that these drugs may not be doing you any good at all and in fact doing you more harm than good. This kind of information is obtainable and you should know whether the risk is worth it. Iatrogenic diseases claim many lives. Make informed choices about what you are taking and always check to see if there are good natural alternatives that

could be much more helpful for you to use. Do not over use such items as aspirin or paracetamol as they do cause body system break downs and may give you serious long term problems due to the damage they cause in the body.

### **Processed foods**

**The more a food is cooked or the more that you eat packaged meats the more your body has to increase its leukocytosis – this also what happens with food poisoning i.e. the number of white cells increase. Dr Edward Howell MD makes this statement- Raw foods contain enzymes to aid in the digestion of everything eaten; cooking destroys those enzymes secreted in the body to do the work. Enzymes then are vital “little guys” that play a very important part in your body’s digestive processes and ultimately in your over all health. This is very important – I carry a good range of digestive enzymes to help your body in these processes. Enzymes then act as scavengers in the body. They will reduce dangerous waste to disposable forms and prevent other destructive changes taking place in our body e.g. arteries getting clogged up and joints getting clogged up – so they are vital for good health. So the food that you eat is absolutely vital if you want good health.**

### **Inflammation**

The more that I have read and observed from my time in practice the more I believe that a great many illnesses are as a result of inflammation. There are now a great many naturally based ways of combating and preventing inflammation with all of its consequences. Most illnesses/diseases which are an inflammation can be very effectively treated with the use of naturally based remedies. These natural remedies do not bring anything like the kind of risks that take place using artificially produced drugs which the body will usually regard as foreign to it and make every effort to either expel the drug or try to detoxify the drug. Suppression of inflammation or reducing the effects of inflammation can often be achieved by the use of specific herbs, vitamins, minerals or even a change of diet or stopping one of the activities that I have described above. You may also need to make some drastic change of lifestyle – if you do this and in the process stop or slow down the inflammation processes you will see and feel better and this will be of great benefit. Over the years I have prepared quite a few articles about various disease or ill health problems. There are good naturally based products available that will do you a great deal of good if you have the right advice – I can do that in most cases.

**I can give you good advice as to the kind of products that will help you to prevent diseases or illnesses or that you can use to help overcome illnesses. Eat then food that is: whole, alive, variable and non toxic. Use nutrients that are as naturally based as possible – we carry a good range of these which will help you either regain health, prevent other more serious diseases, or provide your body with the kind of support that it needs to effect good healing responses.**

**Receptionists - Jennifer Dorsey had been in the office for 3 years – she has moved on to another job in town. Wendy McLeod has helped during the changover time. Welcome to Lesley Rowland who is now our receptionist.**

### **Office information**

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*Hours by appointment.*

*Appointments are made by phoning the office.*

**Products for those who are out of town.**

**We are using a Courier Service for any folk that need products and are unable to call in.**

*Hours of availability on the appointment card/calendar.*

***I wish you good health and it is my hope that we here can help you attain that goal.***