

Dr Ron Sim CHIROPRACTOR

for Natural Healthcare

Telephone 03-434 8784 or 0800-766 244



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

Natural Healthcare



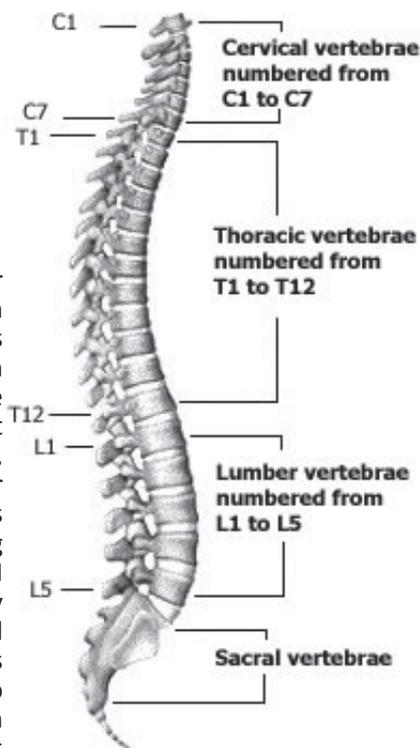
Dr Ron Sim - Chiropractor

*Providing you with some more information
that will help you make more informed choices.*

**Celebrating 80 years of Chiropractic practice
in the SIM FAMILY HERE IN OAMARU**

Health

As a Chiropractor I have a particular interest in spinal health and function of the whole body as no part of us operates in isolation. Spinal health is dependent upon the health of the rest of the body. There is so much that we can do ourselves to avoid illnesses, to reduce the effect of illness or disability and to avoid complications from treatments that may in the long run not be the best path to follow. I have always had an inbuilt curiosity about health and disease. I like to find out what the real causes of illnesses are. Then to encourage patients to adopt lifestyle changes so that we can at least reduce or minimize the effects of illnesses. This curiosity has resulted in looking at the many articles and books that are now available. My use of the Internet and Google searches, and looking at many websites has been a great help. We can look at all sorts of items from the comfort of our own home. What a great resource this can be. I hope that at least some of you are doing this. As part of my own curiosity I subscribe to many newsletters that look at many different aspects of health. A rather large book that I have recently bought is entitled **Nutritional Medicine by Dr Alan R Gaby**. This book containing 1358 pages. It is a good asset to have along with the many fine books that I have in my office which can be a great guide. In looking at this book on Nutritional Medicine a Dr William Manahah MD states "I recommend that this book Nutritional



Medicine be on the desk of every healthcare professional. Dr Jonathan V Wright MD says "A landmark a milestone in the history of 21st century medicine." This book contains over 15,000 references so draws on a great number of studies. Such books are great references on a large number of health related subjects. I use this book as a really good back up providing information that is based upon natural approaches that many physicians are now using. For those of you who have been coming in for recent care, you will have noticed that many of the newsletters I subscribe to have been written by other health professionals. These often give insights in to areas of health that can be very helpful for you the patient. Usually these newsletters take a natural stance on many areas that can be much better treated by the use of natural

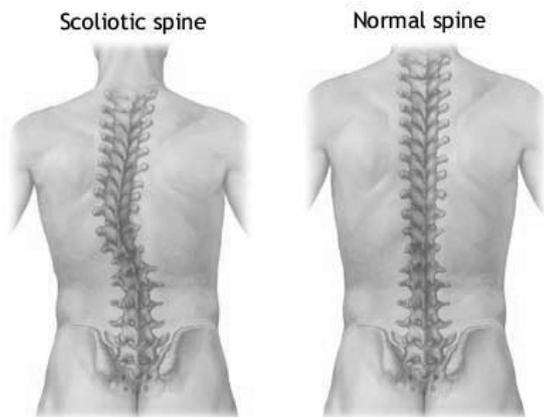
methods and the use of supplements that will provide your body with building block type of support in natural ways.

There are then many fine health care professionals whose writings are really providing us with great insights into health and disease conditions that provide new hope for many who have gone down paths that do not solve health problems. The use of appropriate nutritionals such as vitamins, herbs, minerals and amino acids (these latter are the building blocks of our bodies) can enable us to improve our physical and even mental health and thus enable our bodies to function more normally. **Prevention is always worth a pound of cure.**

Chiropractic as a profession has always encouraged people to adopt and follow a natural lifestyle with a large emphasis on encouraging people to live close to the land which in Maori thinking and the thinking of others is "Our Mother." The more we deviate from good health and nutritional habits the more we will suffer sooner or later. The earth and all that it has should be respected and treated in such a way that it is preserved well for all those who follow.

Spinal and joint health is always a good place to start on a journey to wellness and becoming aware of what we can do as individuals to improve our own health.

Some words to know about when it comes to knowing more about the body

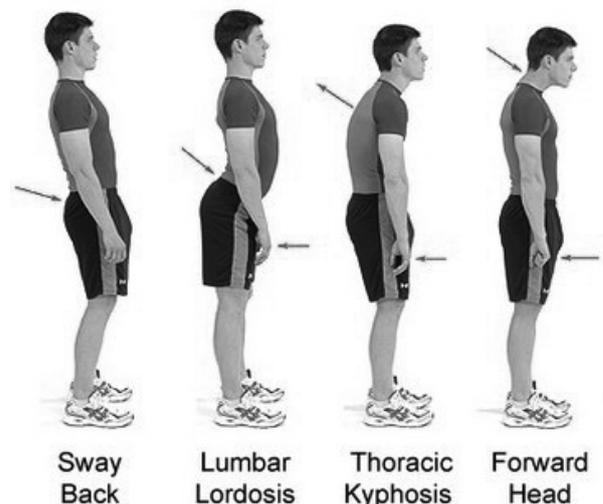


Scoliosis This term refers to a curvature of the spine. Ideally if you look at a person from front to back. The body and spine should be straight. A curvature may result in curves either to the right or left. Some curvatures or scolioses are "S" shaped, others are like a "C". A curvature may mean that your head is slightly to one side, a shoulder may be lower on one side. As we look from the side we have curves and they should be normal. But if they are either increased or decreased there will be an imbalance within the spine. This creates extra stresses on the spine with some groups of muscles tighter than they should be while others are slacker than they should be. This leads to extra stress placed on discs, ligaments and joints. In the case of ligaments they will become stretched and stressed then the joints will become jammed or subluxated with a loss of normal function. This in turn results in degeneration of the actual joints, the discs also become altered. (they are really like cushions). The disc that is stressed on account of abnormal posture will eventually either degenerate or break down in some way. The bones which act as anchors for the discs and ligaments will if stressed grow out growths which are called spurs. These spurs may form bridges between joints and discs and result in a loss of normal movement. When this happens other areas nearby have to alter their function to compensate. This in turn will mean a greater likelihood of problems. The resulting pain is the red light on the dash as in our cars. To suppress a pain by the use of drugs does not solve

an underlying problem. It is much better in the long run to have the source of pain located, then assessed and then treated. Often the use of NSAID drugs will contribute to further breakdown of structures. This includes aspirin which can cause such side effects as gastrointestinal upsets, ulcers and clinical studies now stating that these drugs can disrupt cartilage synthesis and speed up the destruction of cartilage and joints.

Causes of scoliosis (spinal curvature)

Some curvatures would appear to come from the genes. Family characteristics such as scoliosis can carry on in Families depending on the genes or inherited characteristics from a particular parent. A spinal Curvature may be due to shortness in one leg. This is quite common although most leg shortness will be less than 12 mm or half an inch. The body usually adapts to such shortness without too much difficulty. It is however my opinion that a leg shortness does mean that the body is more likely to have spinal function problems. A leg fracture will often result in shortness and in turn mean that the spine becomes affected due to the imbalance created. If you do have a curvature the chances of your spine losing some of its function becomes much greater. As a Chiropractor I can help people locate the areas that are not working as well as they should be. I am able to adjust the spine and restore normal function. I will often recommend a particular exercise that you can use to help overcome a weakness that has resulted. I may also recommend nutrient support that you can use which will provide the body with a much better ability to repair tissues that have lost their normal strength and function.



Posture

Bad posture is very common in our societies. One only has to watch and look at people from the side on to see that many are far from upright. In most cases this will mean that the head is too far forward. This means that the neck has a lot of extra stress placed on it. This in turn affects the joints, the discs and the muscles. So it really becomes a vicious circle. I am noticing a lot of our young people have quite bad posture. A good way to counter this is to try walking with a book balanced



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on the head. I now have a good postural exercise that I am giving patients to help them with posture. Stand tall, sit tall and think tall. Chin in, chest out, stomach in.

Causes of pain

Chiropractors are trained to address causes of pain and will with the use of adjustments which are mobilizations designed to restore normal function and are done in a very specific way. This will usually include trigger point treatment in the muscles. We may call this myofascial treatment. In this practice I am using a range of methods based upon what I found by my own research to be the most effective. I will often recommend specific exercises, joint support supplements that have been found to assist the body's reparatory processes and provide a better result. Muscle imbalances in the body also play quite a large role as to cause of spinal pain and altered function. This is an area that I have been looking at quite a lot in recent times as to how better improve or correct such imbalances. This will usually enable some home treatment so that you too can play your part in the pursuit of good spinal and overall health.

Illnesses that affect the spine

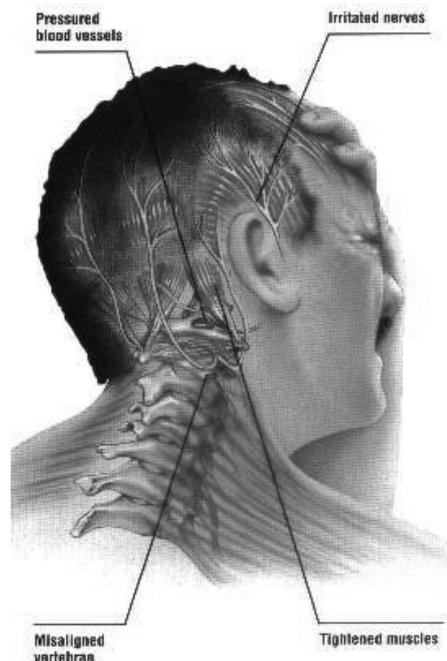
For some reason many illnesses have an effect upon the spine. Bones do not usually become affected in the first instance, but at times (and this is fairly rare) a serious illness can affect the bones of the spine as part of the illness and there may be a breakdown of bone structure. Two examples are cancer and tuberculosis. In some cases an illness is too far advanced to be curable. Early diagnosis is always a big help but even then some illnesses are very difficult to overcome after a certain stage. To trace the original causes of an illness often requires a lot of research. Often a disease process will have been going on for quite a long time before it shows up. In some cases then it is simply too late to be able to be cured. **Stress** is quite a big causative factor. Financial losses are having a considerable affect upon the health of many in these days of credit squeezes and financial loss from lenders who have deceived people when unable to deliver on promises. Another factor can be from chronic dental health problems. Root canals in some cases are now found to create a chronic irritation on account of low grade infections. This can be a causative factor in some serious illnesses. I am seeing some cases of people who have serious illnesses e.g. cancer who have with a change of lifestyle, change of diet and in some cases not having the same degree of stress have been able to make some good positive improvements. This in some cases has surprised even those who claim some degree of expertise. This is great to see. Some chest pains come from the spine rather than from the heart or lungs. Such pain can be difficult to isolate and may be due to a spinal subluxation where the vertebrae have lost their normal function. Rib related pain is something that I see quite often in the practice.

Organic problems can in some instances come from the spine. Years ago the Commission of Inquiry into

Chiropractic here in NZ acknowledged that up to 10% of our work as Chiropractors was/is having some positive effects upon organ related problems. They used the words Type O whereas the musculoskeletal problem that we treat is/are Type M. 90% then of patient problems that I/we treat are the latter.

Headaches

Some years ago I attended a Chiropractic Seminar in Sydney. Dr Amaro who was from a town/city called Carefree in Arizona USA is a Chiropractor who also specializes in acupuncture along with Chiropractic. He made the statement that most patients who come into our offices with a headache should be able to be relieved within the time of their visit.



I have found that this has been my experience as well. Quite often I will stimulate areas in your body (acupuncture points), and make spinal adjustments to an area of the spine that is causing the headache problem. In some cases this may be quite distant from the areas where your pain is coming from. For some reason feet and hands can be quite important areas for stimulation. I do not use needles but find lasers play as a good a role as needles and most people are more comfortable with the use of lasers. One laser I use was made in Israel and has been a good adjunct in my practice.

Bladder Control

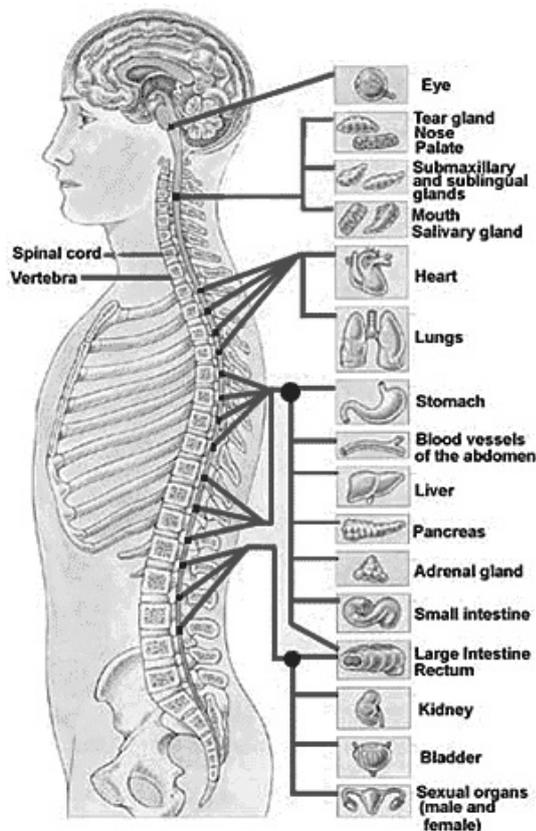
There are exercises to assist this. For example, to draw the floor or base of your pelvis up and to hold will often assist in gaining a better tone in the lower pelvic muscles. I often find that the lumbar spine plays an important part in helping restore and gain good control in this area as well. Sometimes an upper lumbar spine subluxation will have a significant effect upon the bladder control and function. We know that there are many other factors e.g. for men the Prostate



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gland and its health or lack of health has a large effect. In the case of women a weak pelvic floor has a significant effect as well. A regime of exercises for this can be helpful. For the men we have good prostate support supplements now available in the office which will provide the prostate with nutrients that can help improve the health of this important organ.



Other complaints

Over the years I have accumulated a lengthy file relating to conditions that people are affected with. I have researched the causes of a multitude of complaints and then written up a summary. Causes of illnesses are many and varied. Fortunately most are able to be treated/relieved with the use of natural remedies. Many of these have stood the test of time. The use of naturally based solutions will in most cases be the best way to go. As a means of doing this I will often recommend a range of nutrient supports based upon good knowledge and as a result of extensive study of what other health professionals have found are able to be used. I too have found many such remedies to be helpful with patients over the years. It is reassuring to know then that many of the older long-standing remedies are now being confirmed as providing excellent solutions to problems that defy modern pharmaceutical approaches which are often based upon short term studies and do not provide the security of longer term usage. The safety of natural remedies then should be a factor to consider. An important part of working with all manner of complaints is to make sure that the spine is working as well as possible so that there is no nerve interference and nerves are not being squeezed, stretched, and interfered with.

Eye Health

Not only are the eyes the window of the soul, they as we all know are a vital part of our bodies. There are now good supplement support available which we have in stock. Some of our patients are using them all the time as they find good improvements in eye health. To target areas of illnesses with specific nutrients is a good way to be able to effect changes that otherwise has been deemed to be non-responsive. From time to time a patient will make the comment that since they having been having treatment their eyes and eye health has also improved. In such cases the nerves to the eyes may not be getting as good a nerve supply as they should have been getting. An improvement in overall health then is going to also improve eye health.

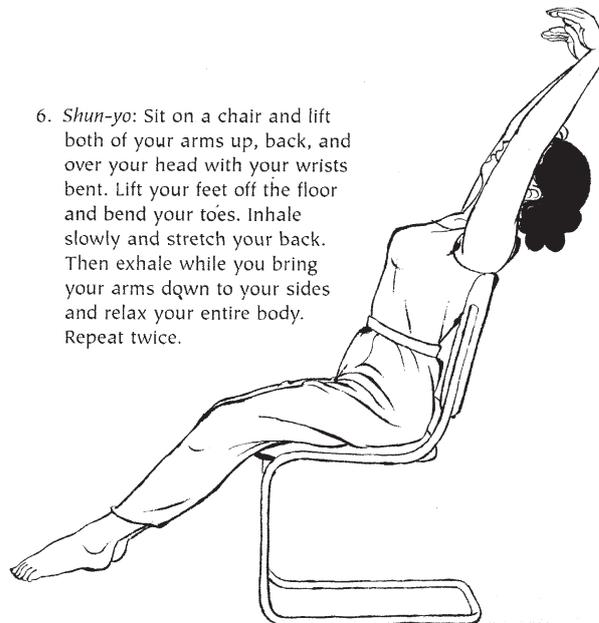
Handy hints for back pain

In the early stages of a back injury use ice but no more than 20 minutes at a time, rest for up to two days. Then the use of heat for 20 minutes after ice will often provide you will relief. Lying on your back and gently bringing your knees up to your chest. Avoiding sitting for long periods of time in the early stages of a sore back is important. Keep moving to gain relief of back pain. A stretch like cats and dogs is not silly at all as this will stimulate and assist the removal and shifting lymph fluid which tends to build up in the muscles.

Breathing techniques

Deep breathing is a good calmativie for back problems. It also means that you are oxygenating your body in a more fuller manner. Various books have been written on this. Breathing in to a count and then out again to a count is quite good. You can do this while out walking

6. *Shun-yo*: Sit on a chair and lift both of your arms up, back, and over your head with your wrists bent. Lift your feet off the floor and bend your toes. Inhale slowly and stretch your back. Then exhale while you bring your arms down to your sides and relax your entire body. Repeat twice.



as well. Not so easy climbing hills. Oxygenation of all of the body tissues is important and this is especially for



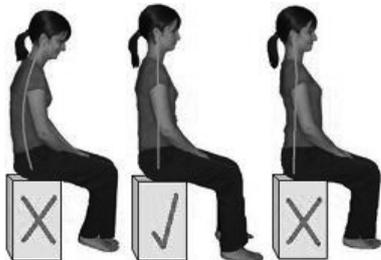
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Asthmatics. Much can be done to improve breathing and lung function with the use of naturally based herbs and vitamins and nutrients.

Seating

Research states that there is more stress and pressure on your discs when you are sitting than in any other posture. As stated above the curves in your back should be supported when sitting. This especially applies to



the lower back. A small back support (cushion) should be placed to support the forward curve in your lumbar spine. Do not sit for too long a time in any chair. If you are driving make sure that your back is well supported in the lower back in particular. i.e. the small of your back. Do not drive with your legs straight out as this tensions your leg muscles and in turn will place more stress on your lower back and even in the upper spine. Make sure that the base of the seat you are using is even and does not tilt your back to one side or the other. If you are looking at changing a vehicle make sure that the seating positions are suitable for your back. This is something that I always look at carefully. Do this even if you are buying a new vehicle as being comfortable and having seating that does suit you is very important.

Don't sit on your wallet or leave it in your back pocket if you are travelling. I found that leather seats in a vehicle may not be as good as a velour covering.

Lounge seating

Make sure that your seating then has good lumbar support, that it does not allow your back to be flat especially in the lower back. A longer upright back support is better than a short back support. Make sure that there is not too much pressure on the backs of your thighs as this can impede or slow up circulation. The main part of your pelvis that needs support is known as the ischium. These are two bones at the base of the spine on each side. They carry the weight of your lower back.

Equipment

Each year in recent times I have had a policy of upgrading the equipment that I use. Sometimes this has been as a result of need, other times to be able to improve my own ability to be able to help you the patient. With research as to what is available and sometimes to look at what some of my colleagues are using can be a good reason to upgrade items of equipment. Those of you are coming in for treatment

over the years will have seen this happening. All done to improve, or have a better way of helping you with your problems. I now use more mechanical helps in the practice which are all designed to help you get a better result.

Eclectic approach to wellness and healing

I have always believed that each of us is very individual as individual as our finger prints. For this reason our treatment and care can require quite different methods of approach. For this reason I use a variety of treatments, exercises and recommendations as to how to treat you and as to what you can do yourself. I believe that solutions to problems in some cases require very different approaches. If you have not been in for treatment recently you may find that I have changed the way I examine and treat you.



Local foods for local people

We are fortunate in this area to have good soils, a moderate climate, access to good water supplies, short distances to travel and good facilities. With the closeness to the sea it is not too difficult to obtain fresh fish. I do this on a fairly regular basis with my own boat the Delwyn moored in the Oamaru Harbour. It is nice to be able to have some fresh blue cod and other varieties of fish that are common to this area. We have always grown most of our own vegetables and grow a lot of our own fruit. My wife Fay is a great gardener. She had taken over from some of the gardening that I used to do. There are many things that we can do even with a small garden. Our local restaurants often are sourcing their food from local gardens and so we can have what is really the best of foods at reasonable prices. In our own area we have Riverstone Restaurant with Bevan and Monique Smith doing a great job having achieved much with the use of local foods and an emphasis on freshness and simplicity. They have shown just how much can be achieved with hard work, and being able to pick up a wave of interest in natural approaches to cooking and at the same time having a high standard that has achieved national recognition. Great work. Local suppliers then are energy efficient. We can be sure that what we are getting is fresh, in many cases organic and they are supporting our local economy. The Farmers Market on Sunday mornings is/are doing a great job. Other local producers are supplying to Dunedin and exports from here go to many places overseas.



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Drug industry promotion

This industry is really heavy into promotion of product. In 2005 this industry spent \$29.9 Billion on promotion so it is a very big earner. Many of these promoters



would really like us all to be on all manner of drugs so that they can further their industry. Even advertising here in NZ is extensive as we watch TV. We need to be aware of this.

Cooking oils

If you are seriously into cooking, use Olive oil. Do not use oils that have been artificially formulated as they contain trans fats which are foreign to the body and should not be used. There is good support for following this advice so that you are not creating inflammatory processes with the body's systems.

Coconut Oil also has a good effect on the body's health.

Meats

We are fortunate in NZ that we have access to free range sources of meats i.e. grass fed. Actually the more free range the better as an animal will naturally go for what is good for them. This applies to free range eggs as well. Stall fed animals and birds do not have a choice as to what they can eat. This means that they are really a factory fed animal. They too need to have access to as wide a range of nutrients as possible. Meats that have been altered or chemically preserved in the long run should be avoided as we get much better nutrition from fresh which is best.

Seven Pillars of Health

1. A nutritious diet food that is whole, alive variable and non-toxic
2. Exercise Moderate amounts are vital
3. Stress Management see next section
4. Detoxification a cleansing diet can often help remove body toxins
5. Supplementation Good nutrient support e.g. selenium, vitamins, Omega 3s, Herbs e.g. ginkgo
6. Maintaining good spinal function make sure your spine and joints are moving normally
7. A strong Faith. In the Bible the writer in the book of Hebrews Chapter 11 talks about the many whose Faith enabled them to do much. Verse 6 is a good verse declaring the importance of Faith.

Stress

We are all faced with some form of stress in our lives. The body has a good innate ability to handle stress. Some seem able to handle stress better than others. There are some good natural supplements that can help us cope with stress. Some stress seems to enable us to cope better with what life is offering us.

Here are some stress coping strategies

If you are going somewhere it is a good idea to get up earlier than originally planned. Say even 15 minutes or earlier then often enables us not to rush, not to miss things and to plan what we are doing in a better way. Preparation for any activity is always good advice. How? Some ideas/answers.

1. Prepare for the morning the evening before.
2. Do not rely on your memory. Write down appointment times. Do a daily action planner, i.e. write down what you plan to do and then tick it off after it has been done or prioritize what you are doing so that the most important things are done first. (Sometimes the worst first can be a good idea.)
3. Allow extra time to get to appointments. E.g. 14 minutes or if catching a plane a distance away allow plenty of extra time in case of road hold ups or something unexpected takes place.
4. Practice preventative maintenance with appliances, your car, home or farm so that things do not have to breakdown at the worst of times. Occasionally this will happen. Do you have a plan B?
5. Have extra Keys and know where they are. Outside so that you do not lock yourself out.
6. Plan ahead. Better to have the fuel tank topped up rather than half empty. Keep a supply of what you may need on hand. Earthquakes have proved the merits of this one.
7. Attend to annoyances that bother you. A door that squeaks should be oiled rather than left. Taps that drip too. We now live in a day where a replacement for faulty appliances is much easier than even getting something repaired. This can be hard to accept but this is now how things have gone.
8. Doing what needs to be done "now" is a good way to get things done rather than putting it off. Earlier in the day is often a good time to get something done while the body is fresh and not tired.
9. Being prepared to say no to requests can be a good policy if you are feeling under pressure. Everyone needs their own space and time to rest rather than trying to do too much. Sometimes singleness of purpose is better than trying to spread yourself too far.
10. Turn needs into preferences. Our own basic needs are food, water and keeping warm. Others are really preferences.



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Here are ways in which some key body systems react.

1 NERVOUS SYSTEM

When stressed — physically or psychologically — the body suddenly shifts its energy resources to fighting off the perceived threat. In what is known as the “fight or flight” response, the sympathetic nervous system signals the adrenal glands to release adrenaline and cortisol. These hormones make the heart beat faster, raise blood pressure, change the digestive process and boost glucose levels in the bloodstream. Once the crisis passes, body systems usually return to normal.

2 MUSCULOSKELETAL SYSTEM

Under stress, muscles tense up. The contraction of muscles for extended periods can trigger tension headaches, migraines and various musculoskeletal conditions.

3 RESPIRATORY SYSTEM

Stress can make you breathe harder and cause rapid breathing — or hyperventilation — which can bring on panic attacks in some people.

4 CARDIOVASCULAR SYSTEM

Acute stress — stress that is momentary, such as being stuck in traffic — causes an increase in heart rate and stronger contractions of the heart muscle. Blood vessels that direct blood to the large muscles and to the heart dilate, increasing the amount of blood pumped to these parts of the body. Repeated episodes of acute stress can cause inflammation in the coronary arteries, thought to lead to heart attack.

5 ENDOCRINE SYSTEM

Adrenal glands

When the body is stressed, the brain sends signals from the hypothalamus, causing the adrenal cortex to produce cortisol and the adrenal medulla to produce epinephrine — sometimes called the “stress hormones.”

Liver

When cortisol and epinephrine are released, the liver produces more glucose, a blood sugar that would give you the energy for “fight or flight” in an emergency.

6 GASTROINTESTINAL SYSTEM

Esophagus

Stress may prompt you to eat much more or much less than you usually do. If you eat more or different foods or increase your use of tobacco or alcohol, you may experience heartburn, or acid reflux.

Stomach

Your stomach can react with “butterflies” or even nausea or pain. You may vomit if the stress is severe enough.

Bowels

Stress can affect digestion and which nutrients your intestines absorb. It can also affect how quickly food moves through your body. You may find that you have either diarrhea or constipation.

7 REPRODUCTIVE SYSTEM

In men, excess amounts of cortisol, produced under stress, can affect the normal functioning of the reproductive system. Chronic stress can impair testosterone and sperm production and cause impotence.

In women, stress can cause absent or irregular menstrual cycles or more-painful periods. It can also reduce sexual desire.



Alzheimer's Disease

We are hearing/learning more about this form of Dementia now than ever before. US figures state that it affects 10% of people over 65. And 40% of people over 80. This is a real cause for concern. Statistically, people on average live 7-10 years after being diagnosed with Alzheimer's disease.

The ability of such people to remember is especially notable in the short term loss of memory. This loss can be very profound. Their recall or as a writer said their “save button” is not working. Support for those who have Alzheimer's can be in the form of kindness, a kind word, a gentle touch, smiling and sharing with them.

We do know that the brain tends to slow up as we age i.e. the quickness of thinking and reaction. But the ability to reason and solve problems is still pretty good. This could be knowledge and experience coming into play.

Six ways to sharpen your mind

1. Never retire.
2. Open your mind - expose yourself to new ideas Listen to people who may have a different view to yours.
3. Spice up your life - Spices and Herbs are good anti-oxidants and nutrients for your brain as well as being good anti-inflammatories Cinnamon (good for diabetics and blood sugar problems, Ginger, Oregano, Parsley, Sage and Turmeric.
4. Get physical - the body responds positively to exercise – if you do not use it you lose it!!! Studies state that there is a boost to thinking power with exercise. This even applies to walking so you do not have to overdo it!!!
5. Do not multitask - if you try to do too much it can lead to brain fatigue. It is better to have a “to do list” and do things that way. Another writer said

that singleness of purpose is often better. Makes sense.

6. Teaching has a good effect upon the brain - showing/sharing with someone else seems to make one think more. The various games are fine as well Cards, bridge crossword puzzles. Pick up a new skill this is good for the brain as well. Make yourself do something that you have perhaps not been doing due to a lack of confidence or a recent illness.

Cancer Shields

SELENIUM - no more than 200mcgs a day. Can also come from: brazil nuts, garlic, broccoli, wheat germ.

FOLATE - Vitamin B9 is vital for improving bowel health.

RHUBARB - "Da Huang" - The Chinese put a big emphasis on this for good bowel health, lowers blood pressure, fights bacteria, virus and toxins, it also promotes circulation and improves immunity.

Electro sensitivity

This is an area that has now been recognised as having an effect upon the body functions of quite a group of people in society. The vibratory effect appears to have an effect upon the body and may have a significant effect upon children in particular and some adults whose bodies seem to be reactive to the nearness of emitting devices such as cell phones, smart meters, Wi-Fi devices such as wireless technology e.g computers. This has now been linked to autism as one of the possible causes. There is now an increasing area of concern about this kind of interference in body functions and as a causative factor in a range of illnesses. When this is suggested and an authority does not know about it, they will usually try and debunk the idea. This has happened with many differing findings as to causes of ill health and the typical response was/is that it is all in the mind!!! There are some good websites on this issue and some good local people have knowledge in this area.

Thanks you to those who have given me a good lot of such information.



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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 2012 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.