



# Dr Ron Sim



*Chiropractor for Natural Healthcare*

Telephone 03-434 8784 or 0800-766 244

[www.ronsimchiropractic.co.nz](http://www.ronsimchiropractic.co.nz)

## 2020 NEWSLETTER

### COVID-19 PANDEMIC

I do not think that anyone would have expected just how things have changed since March and the sudden impact of Covid 19. How dependent we have become on an economy with all systems being go and now it is different. Will it go back to what it was? At this stage it does not seem that it will. The world seems to have become a much more controlled environment. There are those who want everyone to be conforming which can be quite concerning especially if it leads to a dictatorship. This is the greatest risk in any society. This has happened in many countries over the years. We need to watch out for this here in NZ as well.

Contagion has always been an issue and this was worse in other centuries when the lack of hygiene or good disposal of waste lead to spreading of disease and loss of life. The worst example of this was with surgeries where the simple issue of hand washing was not followed. Also the disposal of human waste was not practiced in a good way. We have come a long way in that respect and many of us can recall just how lacking we seemed to be in that area. It is not too long ago that the "long drop" toilets were used almost everywhere. I recall this on the home farm where my late Father had been brought up. We no doubt have run across areas where people have not disposed of or covered their droppings and we have seen this with some of the tourists in some of the more remote areas. While on a Stewart Island walk a few years ago I came across a badly contaminated toilet which was so bad you could not use it. I complained to DOC as they obviously had not serviced these toilets for quite some time. Also at Waikouaiti I found that one of

the auto toilets had become very badly polluted due to a lack of regular checking and servicing. It was really not usable.

What can we do then as individuals? Good health habits of cleanliness are important. Clean water and if in doubt to boil. To have good food that is as natural or holistic as possible. To avoid foods that have been highly processed. If you are unsure about vaccinations be aware that some of the contents of vaccines are very suspect. Those who are opposed to vaccinations have in many cases been actively persecuted even when they have done their research and given very good reasons why the side effects have led to other more serious issues. What concerns me with the present measures as having been promoted by Government is that there has been no recommendations relating to how we can build up our own body's immunity. Tony Abbot the former Australian PM was eating and using raw onions as a preventative which is quite a good idea. Garlic is in the same family. Vitamin C is a very important start and you can have literally grams of this vitamin. Plenty of Vitamin D which is the sunshine vitamin. Herbs such as garlic, onions, Echinacea. Zinc, iodine (this latter mineral) is usually still lacking in any great amount. It is not silly to take extra iodine. One of the evidences of this lack is the many folks out there who have thyroid problems and this is

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Sign in - Acknowledge hazards, health declaration and tracking



Ensure 2m social distancing at all times in any horizontal or vertical position.



Wash your hands with soap and water often (for at least 20 seconds). Then dry.



Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



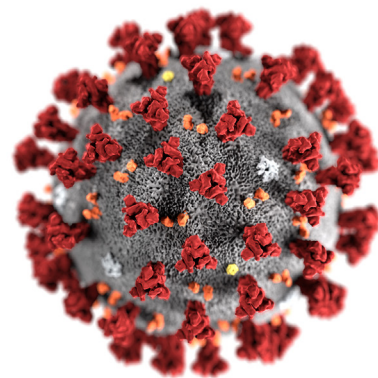
Stay home if you feel unwell.

up to 40% of the population so it is important to have some extra iodine. Cross contamination from others has been a concern and one of the reasons for the closure of airlines. Cruise ships as one Cardiac Specialist said at one of the seminars I was at some time ago said that Cruise Ships were Crucibles for infection. That appears to be the case.

Still on the Covert 19 virus issue it is interesting that USA has been having a high level of contagion. Yet it is the most medicated country in the world and is number 37 in level of healthfulness. This in my opinion is that US has been using foods that often have lost their good nutritional value and coming from soils that have been contaminated with the use of sprays that are proving dangerous. This is very evident from those who either use or have had frequent use of doubtful sprays that have been shown to poison many people. You cannot be too careful with sprays and their use. Many contain poisons so use them as little as possible as the accumulation of such in the human body can be leading to breakdown of body functions such as heart disease and cancer and other chronic illnesses. The rise of autism in our young people appears to be associated with the heavy use of vaccinations in spite of official denial that this is the case. The numbers of neurodegenerative diseases that have become much more common in our lifetimes in my opinion are as a result of poor nutrition, and often medications that have serious and significant side effects. You cannot be too careful with sprays and other chemicals that while able to kill "things" can also in the long run kill you too.

Just some comments about what we are exposed to. Bacteria as we know are part of our environment as are Viruses. They have at times been the source of other serious illnesses such as the Sars virus and others associated

with mosquitos tor be blamed for creating what appear to be plagues, massive infections and literally killed many people. This is happening as we know. When people have a level of health that is not very good due to all sorts of health issues the chances of becoming infected becomes increasingly high. If you have a healthy lifestyle, do not have any known disease or illness you will be able to resist infections with perhaps a minor cold or flu but you will in most cases come out stronger in your own immune system. Because of the fact that bacteria and viruses are part of life in most cases they do no harm. There are however some viruses and this appears to be the case with the Covid-19 that are most likely as a result of mutations or changes become very virulent and "attacking the body of those whose health is not good." Is this part of the survival of the fit while taking out those whose time has come. It takes something like this to literally bring their life to an end. Whether we know it or not there is always going to be some illness or event that will bring our earthly life to an end. My own belief is that there is life beyond death and the Bible says that quite clearly.



**Unite  
against  
COVID-19**