



Dr Ron Sim CHIROPRACTOR

for Natural Healthcare

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

Natural Healthcare

WELCOME TO THIS NEWSLETTER

Over the last few years I have prepared a newsletter. It is a compilation of information which you can read to help you improve your health. My mission as a **CHIROPRACTOR** is to help you in as many ways as I can. This newsletter is in addition to the many pamphlets that are available in the office in addition to other articles that I have available on health issues.

Good health or solutions to health problems require discipline, and being open to alternative methods that are often better than other methods. Then being prepared to make changes in your living habits if that is what is recommended. All of life is a sowing and reaping process and this applies to how we look after ourselves.

Sometimes an unexpected event may change our lives drastically. We are then challenged as to how we can adapt to such changes. Aging also brings its particular changes and challenges. Chiropractic is a profession which seeks to help you to adapt to life's changes and challenges.

Chiropractic is an independent profession which has grown in response to needs in the communities that it seeks to serve. This has occurred around the world in a great many countries. The Chiropractic profession believes that the body has an innate ability to heal itself providing it is given the means to do so.

CHIROPRACTIC IN THE SIM FAMILY

My late Father Douglas Sim who was a **Chiropractor** was in many ways one of the pioneers in Chiropractic in NZ. To go to USA 80 years ago in 1929 was a bold step. Especially from a farm in West Otago. So our family dates its association with **Chiropractic for a span of 80 years**. Many of those early times in the profession became a part of us as a family and in a sense we walked with my Father closely during those early days. The Chiropractic adjustment (or treatment) was something that we grew up with. The importance of using natural approaches to health has always been a part of my life and that of our family. During the 80 years then we have been able to successfully treat many 1000s of patients. It is

always nice to welcome new and former patients to the practice. One patient who came in some years ago told me that the last time that he had been in for treatment was 50 years earlier, so we had a few laughs about that. He knew to come back eh. Over the years then literally 1000s of people/patients will come back as they feel the need for treatment. Chiropractic can then be very much a part of our lifestyles. Embracing holistic or natural approaches to health as chiropractic does then is a worthy objective to have. Other professions in the health area may be better geared to serve you in some areas while **Chiropractic** has as its primary focus the nerve system and its associated functions.

THE NERVE SYSTEM

This wonderful system is your controlling system and works in an amazing way. This control centre is the brain, spinal cord and the amazing system of nerves that monitor our movements and enable us to adapt to changes that are occurring around us all the time. During this last year I have been doing some Chiropractic courses along with fellow Chiropractors. The importance of a healthy brain and nerve system is absolutely vital for us to have a healthy body. Two important parts of this are our eyes which form part of a system known as the Oculomotor system. This system works in conjunction with a 2nd system known as the Vestibular system. This latter system is our balancing system and both the eyes and our balancing system help

ensure that we move in a co-ordinated way. This system is our own personal Global positioning System or GPS and relies on a multitude of sensors in our bodies. These sensors pick up a variety of information to help our brains and body adapt to our environment. We as chiropractors work with many of these sensors with the examination of the spine, the extremities, shoulders, hands/wrists, knees/feet. The tone or otherwise of our muscles is a reflection of how we are operating as well. The examination of how our systems are working or not working forms an important part of diagnosis as to what is happening in your body.

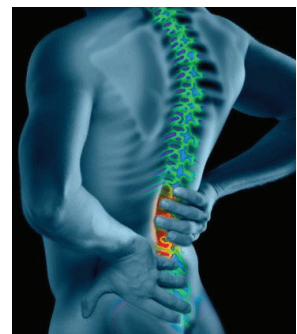
CHANGES IN YOUR BODY

The Chiropractic treatment that you receive is done using a term known as **adjustments**. Not only are spinal and joint corrections being made by these **adjustments**, there is also a stimulation of the body's sensors or receptors that is taking place. These sensors in every part of the body are the receptors which enable the body to make corrections to function. These changes take time as joints are mobilized, ligaments are stimulated and muscles are stimulated through these receptors. Some are known as muscle spindles and golgi tendon receptors. Chiropractic treatment will help you gain a more healthy lifestyle by ensuring that your spine and associated structures are working as well as possible. Normal mobility is a large part of wellness. Changes then take time. The longer

we have had a problem the longer it will take to gain an improvement. Quite often changes will take place in a step by step manner. Sometimes you will go through a healing crisis during which you will actually feel worse because your body is making important changes in response to the adjustments that we give. This along then with the dietary changes that you may make and then with the use of herbs, vitamins, minerals and enzymes all can be a part of moving into wellness. A period of crisis in response to the treatment that you are having may take place and you should not be discouraged if this takes place. Your own body makes its own adjustments and to understand that this is what is taking place is important.

PAIN

This is one of the most common reasons why people will come in for help. Pain is then a motivation for us to do something about solving this problem. Suppression of pain with the use of analgesics or pain relief tablets may give you temporary relief. If the cause has not been addressed the pain will keep coming back. As **Chiropractors** it is our job to find out where the pain is coming from and then to provide you with the best solution to over



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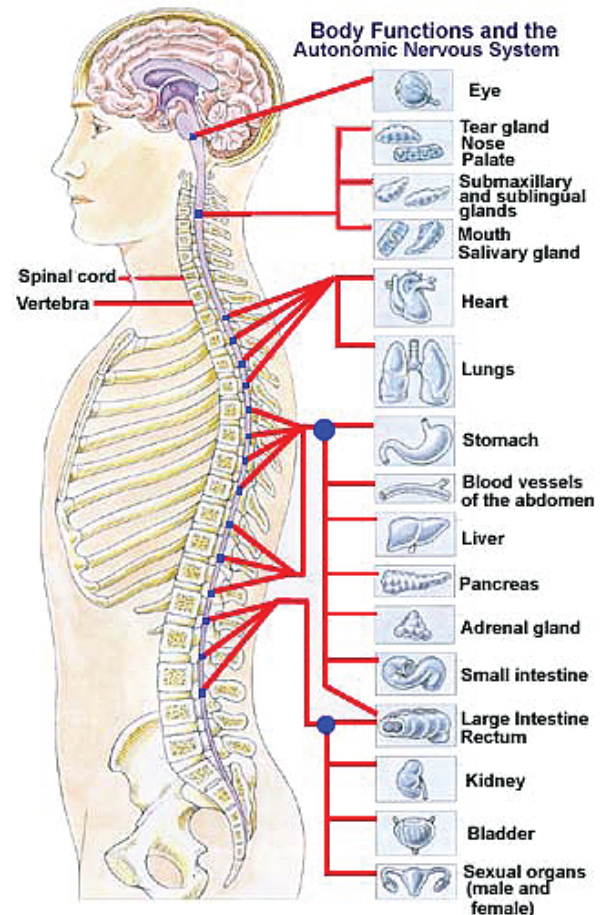


coming the problem. Sometimes this is rather like a puzzle. Many books have been written on pain and one such that I read some time ago talks about the puzzle of pain. Pain can be a real puzzle and the relief of pain and if at all possible its complete removal is what I seek to do when you come in for chiropractic treatment. Sometimes like other systems it may really be a

matter of giving you as much relief as possible to make life more comfortable for you. Maintaining or the restoration of normal function then is a vital part of having good health. Changes in function can take quite some time depending on the amount of damage, your age, the severity of an injury and whether there are any other factors affecting your problem.

DAMAGE TO NERVES

Nerves can be pinched especially in the neck in the lower part of the neck and also in the lower back. These two areas are areas of common involvement. I deal with a lot of these types of problems in practice. Sometimes nerves can lose some of their structure in an area of the nerve known as the myelin sheath. This damage can result in a failure of the nerves to function as they should. This nerve damage may result in an inability for the body to function as it should. This may apply in particular to the driving of your muscles. An example of this is Multiple Sclerosis. I have noticed over the last 20 years that there seems to be an increase in the numbers of people who have central nerve system failures where the nerves in the brain, the spinal cord and out into the rest of the body have failed to work due to damage to the nerve system or nerves. This nerve damage can result in an inability to move in the way that you would like to be able to do. This may result in falls, a lack of co-ordination, perhaps a shakiness and in the case of Parkinsons Disease an alteration in walk pattern, a stiffness and a change in ability to even smile properly. Another condition that seems to be now more common and is due to damage to nerves is Motor Neuron disease. This can result in a loss of co-ordination and a gradual loss of ability to move muscles as the signaling system goes awry. Another recent one mentioned at one seminar I attended was where the covering of the nerves again the myelin sheath becomes damaged apparently by a chemical change and the patient experiences what seems to be a very difficult pain problem that only seems to be able to be relieved with strong pain relief measures i.e. from medication.



Another illness affecting the brain as you may know is Alzheimer's Disease which involves the nerve cells known as neurons where the brain cells develop what is known as tangles and plaques. Research states that this disease is on the increase and affecting a greater percentage of the population. The need for a careful input into our systems becomes very important. **Can we do anything to help avoid some of these serious illnesses?** One way is to avoid foods and drinks that are highly processed and to avoid chemicals in our environment that are known toxins. This is very important. Theories can vary as to causes. It is my opinion based



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upon a lot of reading that toxins such as aluminium, mercury, various sprays, fumigants, even the use of chlorine and fluoride in the water (halogens) can all and individually have an accumulative effect on our nerve system and neurons. These two latter chemicals can have a significant effect upon our Thyroid Gland function. Other contaminants come from the long term use of various drugs which while

controlling some body function will often adversely effect many of your body functions. This includes the body's immune system abilities. Do read and find out about what you are using in the drug area, know about any side effects and if there are other natural alternatives. It may pay you to go for them as a safer alternative.

NERVE RECEPTORS

Different parts of our bodies e.g the spine and our feet/ankles have a greater number of receptors than other parts of the body. This is why chiropractic can quite often help patients while other therapies have been unable to help.. I often see patients who have been to other practitioners for help and then find that chiropractic gives them much more relief than other forms of treatment because of the different methods that we use. Some chronic problems

respond very well to chiropractic adjustments this includes spinal mobility problems and joint mobility problems. I am sure that this is because we are trained to recognize and analyze where a problem is coming from with a special emphasis on the nerve function of the body. Then using a variety of approaches or forms of treatment we are able to help the body become stable again.

LIGAMENTS

Some of you may have sprained an ankle at some time. This can be very painful with swelling and a loss of mobility. This can result in tearing and weakening of the ligaments. We now know that ligaments can be the cause of some rather nasty pain. Ligaments whose job is to hold us together and keep the bones from

dislocating play an important role in our bodies. A sprain can occur almost anywhere in our bodies due to injuries and jars. In the pelvic area a common area can be in the sacroiliac joints and adjacent area which if involved can be in an area that can be quite painful. This needs to be addressed during treatment.

METHODS AND EQUIPMENT

For those of you who have been coming in for treatment over the years you will have noticed that the methods that I use have been changing. This has been as a result of the accumulation of **knowledge and experience**. Knowledge is always changing and as one of the speakers said at a recent seminar in Auckland the experience of many years has a powerful influence on how we work. **I now use a greater range of equipment than ever before**. This use enables more accuracy of treatment and also gives me

the ability to stimulate areas in a better way. I use lasers to stimulate acupuncture points, activators to more accurately mobilize areas and now quite recently a new machine known as an arthro-stim which enables the nerve receptors to be stimulated in a rapid manner. This is also gentle on the patient as well. It makes spinal adjustments better and safer and provides an up to date form of treatment which is now more specific. This means that I have more of a range of methods to use than ever



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before which is a real advantage to you the patient.

Exercises I do not use a one size suits all approach with exercises as there are many exercises that are simply not suited to some patients. **We are all different and our needs are all different.** Just as with treatment no one

single exercise or treatment suits everyone. I do not usually give out exercises when a patient first come in for treatment. It is better to first normalize the movement in the joints and then to follow up with an exercise that suits you. If you are able to do some walking on a regular basis do so as it is still a good way to help your body health.

ARTHRITIS

This is one of the common problems that we as humans have. Joint inflammation is something that I see every day in practice. This is usually a form of arthritis. This again has to be analyzed. X-rays will often help me to determine the health of your joint. Chiropractic adjustments/mobilization helps in most cases and this is also why you may be told to keep moving. Chiropractic plays an important part in this with mobilization of joints. I may sometimes make a recommendation to replace an old bad

hip. Often after having had a new hip or hips it is advisable to continue to have adjustments to ensure that the other joints are moving as normally as is possible. A joint that is moving normally will be a much healthier joint. Stiffness in the body means that the body needs to be mobilized or freed up. I may advise you to use nutrient support. A word that I heard at a recent seminar talks about body plasticity. This means how the body is able to change with the various helps I may recommend or use.

SUPPLEMENTS

I will often recommend that you use joint support supplements as well as other nutrient support. The nutrients that the joints and indeed the muscles need are important just as every part of our body will work much better if you use supplements to provide your body with the necessary building materials to ensure that you are functioning as well as is possible.

The use of supplements will enable you to go further in your quest for improvements in your over all health. I now have a good knowledge of how you can improve your body's function as a result of attending seminars on a regular basis.

WHAT NUTRIENTS ARE IMPORTANT FOR OUR BODIES?

Undoubtedly Selenium in micro-dose form is important. No more that 200-300 micrograms per day. It should be used in conjunction with vitamins A C and E. Iodine is another trace element/mineral that we should have supplementation with to provide our thyroid glands with what is a vital nutrient for a healthy thyroid. Selenium and Iodine are well established mineral deficiencies in NZ and indeed in most societies. Another mineral that we should

supplement with is Magnesium which is your heart's most important mineral and plays a vital part in your body's functions. Because virtually all diseases are due to inflammation we need to combat this process. There is a clear advantage for you to use Omega 3's or fish oil to help quieten an inflammation processes in our bodies. To improve eye health the nutrients bilberry and lutein play an important part in our eyes. For joint health improvements our own



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formulation Chondroitin Sulphate, Glucosamine Sulphate, MSM and Boswellia. This is known as Flexijoint.

Over the years I have accumulated a good amount of knowledge and information as to how you can use a variety of nutrients to help you improve your body functions. I have written a series of papers/articles on specific conditions with advice as to how you can help yourself to overcome problems of ill health. Firms that I trade with also provide us with a good range of information which we may give you as a hand out.

Digestion I was told at Chiropractic College that food is what we eat, Nutrition is what the cell gets. There can be quite a gap between the two. Our digestive systems are playing a vitally

important role in how our body's millions of cells work or do not work. Digestive enzymes play an important role in breaking down food into absorbable nutrients. If they are not there or are deficient we face a real struggle to get the best out of the food that we eat. If the food that we eat does not contain essential nutrients then we may be quite undernourished. This can make us or our behaviour become bad or aberrant. I am sure that many of our crimes are a direct result of altered body chemistry which in turn throws **our nerve system out of balance**. The use of drugs from alcohol to smoking and then the many other mind and body altering chemicals result in a body that can be on an accelerated path to its destruction and quite often that of others around us. Not good!!!!

HANDY HINTS

Cancer causing agents are known as **carcinogens**. Two good examples of these are smoking which is toxic to the body and alcohol when taken to excess. If you are a heavy drinker and hit the hard stuff you are going to damage your body. Do not fool yourself on this one. Cancers love sugar so why feed this illness? Many chemicals have carcinogen effects. I wonder why Cancer is then either number 1 or number 2 cause of morbidity – think about that!!!! If you socialize a lot be aware that alcohol may very well be a rock that you will perish on for any of a number of reasons with one of these being accidents on the road and accidents while under the influence of either alcohol or drugs. **Chocolate** This has been an issue in the news of late. **Dark Chocolate** has a good nutritional value. Dark chocolate is a good source of antioxidants. It will help to lower your blood pressure naturally. It contains phytochemicals that come from plants and will help block diseases. Cocoa contains phenols in it that will help lower your cholesterol and blood pressure. Cocoa has Stearic and Oleic Acids that lower your cholesterol as well. Societies that consume a lot of cocoa have much better heart health. Dark Chocolate also has good levels of magnesium, copper, iron, potassium and manganese. So avoid chocolate that is white and filled with sugar and go for dark chocolate. Do not have too much as it may give you a headache. Do not have it too late in the day as it may over stimulate your brain.

OBESITY

This is one of the most alarming problems in our western societies today. If we do not do something about it, it will lead us into the most common illnesses which fill our hospitals and cost the country large amounts of money (which we all pay for). Diabetes, heart disease, gall bladder disease, arthritis all have their roots in obesity. I have recently taken a seminar on obesity which gives some good clues on how to combat this scourge in our societies. It really means that our bodies have a range of imbalances that need to be corrected. The controls within our body system have either been lost or distorted so that the body's signalling system is faulty. We can however do something about this and the sooner that we do the better will be our chances of losing weight, gaining an improved self image, becoming more active and being able to enjoy so much that life has to offer. I have prepared an article on this large subject!!! There are now nutrient supplements available which will help you address some of these imbalances. A part of the solution is to become active and avoid being a couch potato and eating potato chips and other processed temptations such as lollies.



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SLEEP PROBLEMS

This can be due to a number of issues. I have prepared an article on this which you can ask for. One hint from Dr James Wilson Chiropractor and author on Adrenal Fatigue says to have a small snack e.g. a water biscuit with peanut butter on it just before going to bed. Chamomile tea is a good tea as is green tea to which can

help you in the sleep area. Green Tea has a great many benefits which are well established in research. The amino acid Theanine will assist in sleep patterns as will Adenosine – an Aussie researcher Henry Oseicki who has written a number of health books calls this latter nutrient a “sleep molecule.”

CoQ10 - Coenzyme Q10 is one of the heart's most important nutrients. Hawthorn plays an important part in heart health as does Magnesium and Omega 3's.

Curcumin which comes from Tumeric plays an important and vital role in health and combating inflammation. Bromelain from Pineapple is a good anti-inflammatory.

Carbonated soft drinks are very high in sugar and often caffeine as well, which do you no good at all.

Chronic Stress leads to a reorganization of the brain which means that we can resort to habits that are addictive.

Chronic pain can lead to brain shrinkage according to research. This is a new finding.

Cinnamon - this herb will assist your body with sugar metabolism. Sprinkle it on your coffee.

Children will benefit from chiropractic care in many ways.

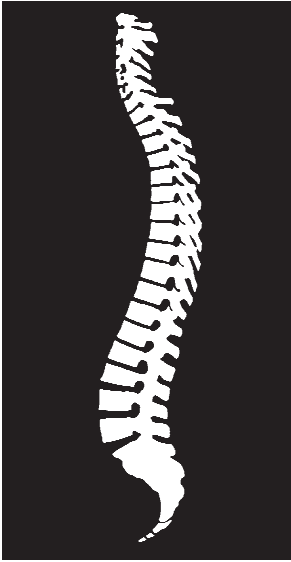
10 REASONS WHY PARENTS TAKE THEIR CHILDREN TO SEE A CHIROPRACTOR

1. To improve their child's ability to concentrate.
2. To assist with behavioural disorders and offer greater emotional wellbeing.
3. To strengthen immunity and reduce the incidence of colds, earaches and general illness.
4. To enhance their child's overall wellbeing.
5. To help alleviate bed wetting and digestive problems.
6. To improve spinal posture.
7. To maximise and increase their child's plasticity (brain and nerve development).
8. To help with asthma, breathing difficulties and allergies.
9. To assist with sleep issues.
10. To help with colic/irritable baby syndrome.



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Lesley Rowland RECEPTIONIST

- 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 2010 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, please do not hesitate to phone, email or ask us. We are here to help you in as many ways as we can.