

# Ron Sim

## CHIROPRACTOR

### 2009 NEWSLETTER

#### WELCOME TO THIS NEWSLETTER

If this is the first of my newsletters that you have read, welcome!!!!!! I hope it will be a good read and help you on your journey into wellness. There is so much that you can do to help yourself. There is no better investment than investing in your own health – it will reward you in so many ways.

This year as usual I will include some opinions which I hope you will find to be beneficial in helping you to improve your health. Take time then to read this newsletter. That way you will learn some interesting helps which are a compilation of many different areas that I have studied over many years. This newsletter gives you a particular emphasis on the latest information that is available... I have been attending a good number of seminars during this last year. I share some of the information gained in this newsletter.

#### HISTORY IN THE MAKING

1911 - this was the year that CHIROPRACTIC first began in New Zealand so we here in NZ have a long association with CHIROPRACTIC which began in 1895 in Ontario Canada.. The first Chiropractor to practice here in Oamaru began in 1918.

**The Chiropractic profession is an independent profession** which follows a paradigm or pattern which places a great amount of emphasis on the body's innate ability to heal itself. We result as **Chiropractors believe that it is wise to make good use of natural approaches.** I have found that no one has all of the answers but with careful reading/study one can learn a great deal about how to attain or improve your own health. Good health is attainable if you make use of the large amount of information that is now available. This newsletter seeks to give you some of this information. As a **CHIROPRACTOR** I can give you a lot of good advice. I use an eclectic approach which draws upon a variety of areas of knowledge which I have learned from many sources.

**Recommendations** to follow in your quest for good health. Good Spinal function and joint function is a vital part of attaining wellness. The wellness movement of which Chiropractic is a part of is really a movement amongst many Health Professionals who have a growing awareness of just how important it is to follow and use natural methods. The use of helps that are naturally sourced and not chemically formulated means that less damage occurs to the body. If you are using any drug that has been chemically formulated using unnatural materials you have to accept that the risks increase significantly. Short term use of a medication is usually not so bad – long term risks increase those dangers significantly. Illnesses are in most cases as a result of not following a lifestyle that makes use of what is available as sourced from nature.

What then are some of the factors that cause illnesses? What information is there that you can make good use of to overcome many of life's illnesses. **Chiropractic takes** a wide ranging look at what is/are good solutions to health related problems.

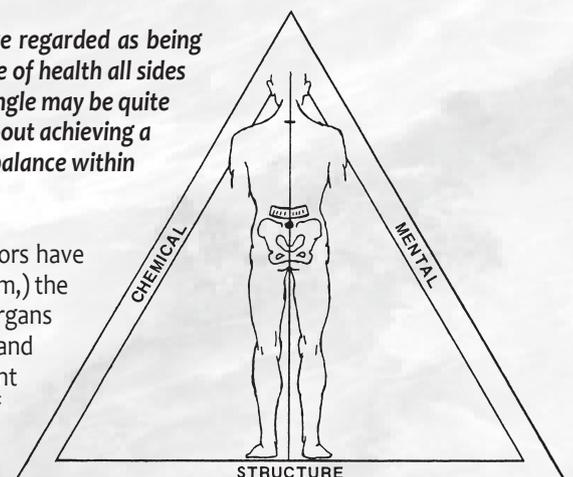
It looks at a great range of therapies and treatments. There is much that we can learn from the various health disciplines. There are then a number of complementary Health Professions that encourage the use of natural approaches to healing. Use of these approaches will give you a much better chance of overcoming illnesses than the use of suppressive drugs which while controlling and altering body function, may in the long run create some less than desirable side effects. You should be aware of just how the foods/drinks that you are using have been made up. This applies to the medications that you use also. It is important to then to know what effect each drug or vitamin may have on your body. Most conditions can be treated using natural remedies. This kind of information is now much more available than it has ever been before. There are many good books coming out on such options.

Even when you are recovering from a surgery you will find that the body will usually do any additional healing/repair process in a much more effective way if you assist this repair by using naturally formulated products.

#### THE TRIANGLE OF HEALTH (See the illustration)

**This is an illustration is a good way of explaining how we are made up. We are regarded as being made up of a structural side, a chemical side and a mental side. If we are in a state of health all sides should be in a state of balance. If this is not the case we have ill health and the triangle may be quite distorted. Many of the original concepts of health and wellness/disease talk a lot about achieving a state of balance e.g. the Chinese concept relating to acupuncture talks a lot about balance within the body systems. The three side of the triangle then are:**

**STRUCTURAL** - this physical side has always been an area that we as Chiropractors have had a particular interest in This includes all of the Bones of our body. (206 of them,) the Muscles which move the bones, the Ligaments that hold us together, then the Organs and perhaps the most important control area comes from our Brain, Spinal cord and Nerve system which is the control system. Also the many organs are an all important part along with that great transport system the blood which is the life provider. If your body is injured or is hurting for any of a number of reasons it is very often due to a failure in the structural side of your body. This will give you pain not



only in the joints but also in the muscles which may become tight or in some cases too loose. At times a body organ problem will also produce a spinal problem as well. We sometimes call this a reflex type of problem or some authorities have described it as a Type O problem. Such problems will respond to Chiropractic treatments. Pain may refer or come from some of the body organs. Chiropractic specializes in this area especially i.e. the Structural side.

**CHEMICAL** is the second side of the triangle. This is a vital part of how your body functions. e.g. the Hormones which are rather like chemical messengers play a vital part in how your body functions along with the other chemicals. Others are known as Neurotransmitters which work in your brain and nerves to ensure proper function is taking place. Each of the body's cells including the blood cells and all of the body cells contain many minerals all of which make up the chemistry of the body. Minerals such as sodium, potassium, calcium and then the trace minerals such as selenium, iodine and copper play a vital role in over all body health. If any of these minerals are missing or not present in optimal amounts we face a weakening effect which means that the body is not working as it should be. It means that every part of your body does not work as well it should be. Toxins/poisons which are so much a part of our environment today have a very large influence on how our bodies function and how you think. Chemicals have a very large influence on our thought processes. Many books have been written and many studies have been made on the effects of altered body chemistry and the effects that this has on how we think, act and also whether illnesses occur. This includes such things as depression and other behavioral problems some of which result in horrendous crimes. The energy you have available in your body is largely due to how your hormones handle sugar and whether this mechanism is working as well as it should be. If you are eating food that is highly processed it is very likely it does not give your body the kind of nutrients that it needs simply because it does not have the right vitamins, minerals and proteins (these are the building blocks) to ensure good body function. Optimal health/wellness is very dependent on your body's chemistry. Poor chemistry equals poor body health. This also can affect us with the kind of chemicals in our water supplies such as chlorine and fluoride. The relationship between food and mood is a fact that you need to appreciate. High sugar input equals great variations in mood and energy. E.g. it may be called dysinsulinism also sometimes known as Syndrome X which is a pre-diabetic state and will lead to Diabetes Type 2 if we do not take preventative measures. The body chemistry then is a vital area to be aware of as to how it can affect your overall health.

**MENTAL/SPIRITUAL** this is the side that is affected by the way that you think. The writer of Proverbs stated thousands of years ago that you are what you think about. Zig Ziglar an American writer talked a lot about avoiding "stinking thinking" and avoiding or not allowing a negative thinking pattern to be a part of your thinking pattern. "Think battle thoughts all day long and you will be battle weary by night." These three sides of the triangle have a large effect upon each other. This interdependence determines just how we will function. **STRESS** has a very big effect upon our body function. Stresses come in many different forms. E.g. Chemical, Heat or Cold, Emotional (often from relationship difficulties), financial stresses – this latter has become increasingly more common. Smoking an over dependency on alcohol, infections, influenzas, allergies, large intake of coffee, a lack of or too much exercise, drugs, chemicals in water, poisoning from sprays, toxic work places, lack of sleep. Stress then has a major effect on the Glands in our bodies as to how they cope with what we are exposed to in our lives. The next section of this newsletter addresses an area that you need to be aware of.

## **GLANDS**

### **Adrenal Glands**

Stress has a very large effect upon two little glands that sit immediately above each of our kidneys. These glands are responsible for secretion of over 50 hormones in the body. Three hormones which are well known are to many are Cortisol, estrogen and testosterone. These busy little glands produce the hormones that are necessary for life itself. These glands are very much affected by stress. Prolonged stress has a very damaging effect upon these glands. If stress is not dealt with it will eventually result in adrenal gland exhaustion which in turn results in illnesses such as diabetes, chronic illnesses e.g. fibromyalgia, chronic fatigue syndrome. Asthma is very much involved with adrenal gland function as well, to name only a few. Depletion of the Adrenal glands is often not recognized and as a result it is not treated as an entity. Many people live their lives with very low energy. When that happens there is a lack of ability to cope with the many stresses and challenges that life brings. For many people they keep the body alive or coping with the use of strong stimulants e.g. drugs, alcohol, coffee to excess, or the use of sugar. Sodas are sugar filled drinks which are frequently used today. These will in the long run deplete the adrenal glands. It will also exhaust other glands e.g. the Pancreas which the body's sugar handling gland. At this stage the body's ability to heal slows up. There is then a lack of efficiency within the body systems.. The body will come down with frequent colds and attacks of Flu. Every bug and virus will find your body an easy target. One's life becomes a drag to say the least. It is at these times the body can succumb to any additional kind of stress. This can become rather like the final straw that breaks the camel's back!!!!" Some authorities now state that adrenal fatigue affects up to 80% of people which is a high incidence. This in turn results in the body simply not functioning as it should. Adrenal fatigue then is a syndrome that contributes to many illnesses. A sudden stress e.g. accident, loss of a loved one, a marriage breakdown, an extreme sports period can literally result in a break down of the body systems which in turn means that the body simply is unable to function as well as it should. Symptoms of adrenal fatigue are light headedness (this can come from low blood pressure) a loss of interest in things that you would normally be interested in. You may literally "crash out." You may have a craving for salt or if a woman suffer from PMS. You may crave high fat foods – note if these are trans fats or artificially produced fats as in many foods – they will be the wrong kinds of fat i.e. trans fats which are "bad fats" as opposed to natural fats that are good for you – this is why 60% of our brains are fat!!!! Morning fatigue is another sign of adrenal fatigue. Tired but wired has been a good description which means that although you are tired, you do not seem to be able to relax and can result in you becoming a "night owl."

*I have just obtained some excellent books – now available on adrenal gland fatigue. I have extra copies of one such book which is available in the office. This book is well written and will give you some good clues as to how you can better understand why your body gives you certain symptom patterns, then how you can give your body additional support in this important and vital area. The book is entitled Adrenal Fatigue and is written by a colleague (chiropractor) who also has a number of other degrees. I have recently attended Dr James Wilson's seminar and have some good information on what you can do to support yourself and your body. I now have access to Adrenal gland supports i.e. nutritionals which can be of great assistance in helping you to improve your over all health. ( Dr Wilson was interviewed on Close up a few weeks ago.)*

*Much of what he has written about will provide you with answers to some of the issues relating to ill health that have not really been as*

well identified as Dr Wilson has done in his book.

## Thyroid Gland

This gland relates closely to the adrenal gland. As with the adrenal gland control comes from the Brain from an area known as the Hypothalamus. When the Thyroid Gland is more active than it should be you will not feel the cold. While everyone else is wearing more clothes you may not feel the need for warm clothing. The body seems to be over heated compared to others. If your Thyroid is under active –it will be the exact opposite. You will feel the cold, your body temperature will be lower than normal e.g. cold feet, hands even a cold nose. (Check your body temperature before you get up in the morning – if it is low you are very likely to be hypothyroid. Thyroid disease has been quite common in our western countries now for many years. Some times it has not been recognized. People can suffer from other conditions that have not been recognized as being due to the Thyroid Gland. Most of us have an insufficient intake of iodine. It is vitally important that your iodine intake is adequate to enable your Thyroid Gland to function at its optimum level. Iodine deficiency and selenium deficiencies are very common here in NZ. This is being increasingly recognized. I now have a great deal of information now available on this.

**Treatments that can be used for various illnesses/ ailments.** Over the years I am often asked for advice as to what can be done to treat various conditions using natural approaches. What I have done in this area is to have prepared recommendations as to what you can use/try. You will be pleasantly surprised as to how you can be helped using natural products. The office carries a range of nutritional products e.g. vitamins, minerals, herbs and omega 3 oils that have been sourced from the best possible sources. They may be in some cases more expensive than other similar products e.g. in a Super Market Cheapness is not always a guarantee of goodness or purity so do not sacrifice a better product for an inferior product. The more natural the formulation is the better your body will be able to handle it.

**Advice - as a result of spending many years of study on the subject of health and disease I have a good knowledge of how you can help yourself to obtain good health in a safe way that in the long run will be like investing in good health habits rather than in bad health habits.**

## Some questions and answers on important health matters

**Is taking a daily multivitamin necessary?** A Canadian study clearly demonstrated that taking a multivitamin supplement may be the only way that the average person can achieve the daily recommended intake of vitamins.

**Will vitamin supplementation help prevent many of the common diseases?** The answer is yes. Even after you have been diagnosed with some form of disease, the use of supplements will go a long way in helping you to lessen the effects of a disease. In many cases it will often be the only way that you can gain a good level of healing and renewed energy. Non supplement users in studies did not improve their health in the same way as supplement users did. A good example is the use of Vitamin D which is the sunshine vitamin which can also be obtained with the use of Vitamin D Supplements. Vitamin D deficiency is now quite common. Avoiding the sun can lead to Vitamin D deficiency so do not become paranoid about keeping out of the sun as some authorities would have you do. If you are fair skinned you do need to be more careful and do not allow yourself to get sunburnt.

**Is it better to take a number of supplements?** Yes the nutrient requirements of our bodies will be much better met if we use a range of vitamins, minerals, amino acids (this latter are the building blocks that make up the proteins.) This way you will meet your body's needs in a much more effective way. Years ago I listened to a Dental researcher who praised the importance of Vitamin C. As he spoke he kept saying "Man shall not live by C alone" As the Gospel Account says "Man shall not live by Bread alone." So we are much better off to use a range of supplements. There is usually no "magic bullet" in our quest for health. It is attending to a range of areas that will give us the best possible results. If someone tells you about one particular product as being "like magic" you may find that it helps but rest assured "magic bullets" will leave you short of what your body really needs in most cases.

**Should Children take supplements?** Modern diets simply do not give our little ones what their bodies need. Their needs can often be greater than others as they are growing so rapidly. They are also susceptible to all sorts of illnesses simply because their bodies do not have the necessary materials to build and maintain good health. Children who are nutritionally well supplemented do better than those who do not. They will perform better in school as well. They will also be more healthy when they grow up. Remember that their little bodies are still building up immunities and this is best done using natural approaches to improving their health – that way they will often avoid some of the diseases that have been steadily increasing e.g. Memory related problems, infections that are difficult to treat and the increasing numbers of brain related illnesses. ADHD is usually due to poor nutrient intake and is usually due to eating foods/drinks that are full of sugar, preservatives and trans fats from baked foods, potato chips and other overly processed foods.

**Do taking medications affect or reduce the nutrient levels in the body?** Yes they do. You should be aware of that and if you are not aware you should find out. (A pharmacist will often be able to tell you more on this.)

**Should pregnant women or women who hope to conceive take supplements?** Yes they should so that the baby's vital organs and parts all form as they should. We now know that many birth defects are due to improper nutrient intake. That has been clearly identified in the case of Folic Acid sometimes referred to as B9. The ability to conceive is often dependent on the health of the parent. We know this from stock on farms. If it is good enough for a Farmer to give his stock extra minerals and supplements it should be also part of your lifestyle as well – that is if you want to be healthy and resist many of life's illnesses.

**Should the elderly take supplements?** Yes If they do not do so the risks associated with aging increase due to the necessary nutrients either not being eaten or simply not being absorbed into the body system. This can also relate to an impaired digestive function. As we age our stomach produces less hydrochloric acid – this is an essential to good digestion. A University of Iowa study showed that with 75% of retirement age people did not get enough of the B Vitamins, 83% did not get enough Vitamin D and 63% did not get enough calcium. Another study showed that getting the right blend of vitamins and mineral can dramatically boost your immune system.

**Should athletes take additional nutrients?** Yes they should. Their needs are greater than those of less active people. This also applies to those who work hard physically as their nutrient requirements increase due to oxidation. It is rather like running an engine at full speed all the time or for long periods of time. Obviously such an engine is going to show more wear, use more fuel and not last as well as it would if it was functioning on a lower level of activity. Strenuous exercise then greatly increases the body's nutritional requirements e.g. the B Vitamins, the anti-oxidants such as vitamins A, C and E are all important for good muscle function. If using anti-oxidants which are good for you they should be used as a group e.g. Selenium Vitamins A C E. Another anti-oxidant such as alpha-lipoic acid ALA is also best in a combination. (Note - it can adversely affect the Thyroid function.)

**Chronic disease and convalescence.** The major illnesses e.g. heart disease cancer, stroke and diabetes which account for two thirds of all deaths have their roots in dietary problems. It is now being increasingly accepted that chronic illnesses such as these have as their very roots in inadequate nutrient intake along with intake of foods that have been chemically altered, added to and often processed with trans fats which are artificially produced fats. A Swedish study indicated that the use of multi-vitamin supplements may aid in the prevention of heart infarction. Other factors which should be considered is the fact that most illnesses are as a result of inflammation. This is rather like having a fire in your system – this has to be contained and is best contained in the long run by the use of nutrients. Also abuse of the body should be recognized e.g. stopping smoking, avoiding heavy sugar intakes, avoiding drinks that contain a lot of sugar. Most of the “fizzy drinks” do contain a lot of sugar. Also not eating a lot of sweets. They should not be used as a reward for children as they really do not help them to be healthy. Reward them in other ways!!!!!! We do not help them by giving them a lot of lollies or drinks filled with sugar and other additives.

**Immunity – this is the body's ability to withstand infections. This is very dependent upon whether there is a deficiency or not. Nutrients such as zinc, iron, selenium, iodine plus vitamins A the B and C These and other Vitamins are all involved in the body's immune function and ability to withstand those nasties that are out there.**

## Poisons

The use of mercury in many different items e.g. flu shots and fillings has over the years become more and more suspect. Norway's Ministry of Environment has recently announced a ban on the use of mercury in dental fillings, measuring instruments and other mercury containing products. Why? Mercury is a Neurotoxin which can have an adverse effect on the brains of infants and toddlers. Its first claim to fame was in the 19th century with reference to the “Mad Hatter” when mercury was used in hat making. Even then it was not regarded as being good for you.

Aluminium is also a toxin and should be avoided e.g. cook ware, foils and drink containers. Plastics in drink bottles do not have a good effect upon your body. Use glass – this is a much better option.

Growth Hormones in meat e.g. in Chicken has been brought to a halt in the State Of Oklahoma USA which along with other heavy metals was being discharged into the Illinois River.

Melamine has been in the public gaze this past year. We simply cannot trust many of the manufacturers. Be aware then as to what is in the various products that are around us. Learn to read the labels so that you know what the risks are when working with sprays and chemicals.

Chronic intake of chemicals or exposure to chemicals, sprays and living in polluted environments is a recipe for illness in the long term if not in the short term. There is always a law of cause and effect or of sowing a reaping which cannot be avoided if we expose ourselves to many toxins/poisons in our environment. If you are working in an occupation which means working with chemicals always take good protective measures such as wearing gloves, masks/respirators and being aware as to what the long term effects that exposures can have on your body systems. It pays then to take good protective measures in working with the various chemicals that you may be using so that you do not finish up with some serious illness.

**Finally eat foods that are: whole, alive, variable and non toxic. Nuts to eat. The “ABCs” Almonds, Brazils and Cashews!!! They are good for you!!!**

## OFFICE INFORMATION

**RON SIM CHIROPATOR** | 23 Eden Street, Oamaru 9400 | Box 161, Oamaru 9444  
Telephone: 03-434 8784 or 088-766 244 | Email: [ronsim@callsouth.net.nz](mailto:ronsim@callsouth.net.nz)

**Receptionist is Lesley Rowland who is here to help you!**  
**HOURS BY APPOINTMENT**

**Products** - We have a good range of health products available and deal with a good range of companies who are our suppliers.

**Courier service** - We are able to courier products to you if you are unable to come into our office.

**Taxis** - We have Oamaru's only Taxi Service Whitestone Taxis at the same address at the rear of the building so we are well served if you need a taxi.

**May 2009 be a good year in spite of some gloom and doom. Do enjoy the basic things of life and may you gain good health this year so that you can make the most of what life has to offer with all of its challenges!**