

Ron Sim

CHIROPRACTOR

2007 NEWSLETTER

My late Father Douglas Sim who ran the practice before I took over from him used to have a plaque on the wall which said that he had two objectives 1. His reputation. 2. The Health of his patients. That was a worthy goal and I agree with that. It is my hope that you receive the kind of help and advice that you need to help you overcome the problems that you come into see me for. At the same time I may identify other areas that you can be helped with as well. It has always been my goal to provide you the patient with as much help in your quest for health and wellness as is possible. To achieve this goal I take part in telephone seminars run by various lecturers in health disciplines. I do a lot of reading and studying so that with a combination of knowledge, experience and attending of courses and by reading the latest in health books, emails, and various health newsletters I am able to provide you with a good level of expertise. I use what we in our profession is called an eclectic approach to help you with the solving of disease/ill health problems. This means that I am able to use a variety of treatments and make many different recommendations as to how you can improve your health. Some times it may mean that you have to also change your eating habits and your lifestyle if you are really serious about making changes. A good goal to have in your life is to not only look after your body but to become aware of just how that you can do that. There is a great range of information out there now and with access to the many books and if you are into computers looking at a range of web sites on various aspects of health you can become well informed on this important and vital issue in your life.

Chiropractic is an independent health profession which believes that your body structure i.e. your bones, muscles, ligaments, blood chemistry and body organs are controlled by one important part -**your brain** – this **latter along with the spinal cord and nerve system is your master control system.** We believe that a holistic approach to improving and maintaining good health is very much dependent on having a healthy lifestyle – good thinking habits, good eating habits – of not eating foods and having drinks that have little or no nutritional value. To become aware of those foods that are good for you and those that are not. This newsletter will help you in your quest for better health.

Crisis care treatment When there is a fire we call the fire brigade – we all know to do that. Then after the fire we try to find out what was the cause of the fire and if at all possible to prevent the same thing happening again – this means that we look at prevention and taking active steps to make sure that the fire does not happen again. In another way when we have a health crisis we seek the help of the Medical profession who are well geared up for “crisis care treatment”- rather like the fire brigade so that whether it is a heart attack, a stroke a serious accident or some other emergency – we know to seek that kind of care - they have the procedures in place and every use is made of the “golden hour” for getting you into a specialist care situation. – that is why helicopters are great to get you in for such care e.g. into to a hospital that has all of the emergency gear available to bring you/ or who is affected through that crisis. A very good objective for you to have as a patient is to avoid a crisis in your health. The old saying “an ounce of prevention is worth a pound of cure” is wise At times a patient will come to me who has not looked after his/her body - quite often the body has suffered a lot of abuse and when that has happened the road back to recovery or good health can be a difficult one and can take a long time to make the necessary changes. For some it is too late. I have had patients like that as well. What then is important is to **find out what is the cause of your illness – not to suppress it by the use of drugs with all of their side affects which you do not need.**

Crisis care and then getting you on the right path to recovery or control of your problems

In the case of an acute back problem it is our role to get your spine working normally again by the use of spinal adjustments and other pain relief techniques. We do this without using drugs I may however recommend using good naturally sourced and based supplements which are now known to be helpful.

My goal then is to get you and your back to as normal a function as possible and as efficiently as possible using a range of procedures which the profession trains us to use. A back that is prone to recurring injuries has usually some other factors involved that are contributing to these problems. For this reason I need at times to take x-rays then to give you advice as to how you can improve your overall health as well as the health of the back. If you have a lot of spinal degeneration I may recommend that you use Flexijoint and some other supplements which are designed to improve the health of your bones, joints, ligaments and muscles. There is then an excellent range of products available (many of which we are able to supply) that are very complementary to chiropractic care. This way we can take you further in improving your health.

Some indirect causes

Good health is dependent on what you have been putting into your body. One of the recent books that I have been reading is entitled **Lick the Sugar Habit by Nancy Appleton PhD** She rightly says we are eating far too much sugar in the west. In USA 149 lbs per person per year. – this refined product is creating chaos in our bodies – with resulting imbalances and ill health aplenty as a result. Many of the diseases that are rampant in our societies today are a direct result of the over consumption of sugar. This writer who wrote from her own personal experiences had faced serious health problems. She realized that she was essentially addicted to sugar. Her story is

how she overcame this addiction as she moved away from a heavy intake of sugar. Her health improved greatly and in the process of getting better she had done a lot of research in the literature which confirmed for her and for so many others that sugar is the root cause of many of our serious diseases in society today. She lists in her book 3 pages of diseases that are caused largely by sugar damage – this includes diseases such as Immune system diseases, children’s hyperactivity problems, gall stones, eyesight problems, colon cancer, weakened body defence systems and many others. In support of this we know that **Diabetes is a sugar handling disease** which occurs because we have weakened our body’s Pancreas. This is done by over stressing the Pancreas with sugar till eventually it either gives up or is so weakened that people have to have insulin artificially taken in to replace or augment the functions of a diseased or worn out body organ. We now know that there are quite a number of good natural nutrition products that can help you with sugar handling problems such as Diabetes. Another pre-diabetic problem is what is known as Syndrome X and is quite common. I do not believe that we do ourselves or our families a favour by giving them sweets and sugar filled soft drinks/cokes. It is interesting to know that Coke has been banned in 18 states in India out of concern about what is in the formulae and the large amount of sugar contained in each coke. It has even been used as a pesticide in India which is interesting. Encourage your family not to use cokes or sugar laden drinks and you will be doing them a great favour. Encourage them to drink good clean water – after all it is much cheaper than canned drinks and much better for them. Incidentally drinks in aluminium cans also expose us to aluminium toxicity so this is a good reason not to drink juices out of aluminium cans.

Another book which I have studied and read this year was written by a famous dental researcher and is called: **Nutrition and Physical Degeneration –by Weston A Price – this is an excellent book to read on health.** This book written in USA is written by a Dental Authority a Doctor of Dental Surgery D.D.S. who had undertaken what would appear to be one of the most extensive studies of 14 different tribal groups around the world – this included Maori and Aboriginal peoples. He found out that when the various native peoples began to eat western foods their health steadily declined. He documented his studies with a lot of photos which are in this book of how their teeth and even jaw shapes and general health deteriorated quickly and significantly as they ate our western foods. Earlier skull shapes and dentition i.e. teeth were excellent prior to our western foods being eaten – so we know that we here in the so called developed societies did not really help many of these peoples with their health. Many behavioural problems which we face here in our societies today are a direct result of our use of foods that are nutritionally impoverished and foods which have been made up from a lot of sugar, and white flour which is a nutritionally impoverished product. The overuse of alcohol and what is so often happening today the use so called recreational drugs – many of which are doing major damage to the brains and bodies of many people – this affects us all as we struggle with the mindless activities of many people today. The fragile nature of our brains and bodies is something that we all need to be aware of. The use of pesticides and herbicides without taking good protective measures is high risk. The use of sprays using propellants and toxins contained in many sprays will eventually lead to serious degenerative diseases. There are now many along diseases that are common in our societies that were almost unknown not many years ago e.g. Heart Disease, Cancer, Arthritis, Brain and spinal cord and nerve system diseases – these latter appear to be as a result of a toxic load in our systems which eventually lead to serious nerve function illnesses. Another Dental researcher Cheraskin did a great job in researching the importance of Vitamin C – so those Dentists knew that all of those rotten teeth were due to what we have been doing with our foods and that simply boring and filling, crowning and extracting teeth was/are the direct result of our failure to address the problem of what “fuels that we put into our tanks”. Another excellent book that I have been reading recently is entitled **Power Ageing – this book written by Gary Null PhD** is a very good book on programs that now exist that are designed to control the symptoms associated with the ageing processes which take place in our bodies. He states that many chemicals are neurotoxins which means that they are poisonous to our nerve systems –this unfortunately includes sugar substitutes such as aspartame which one medical writer states should be banned from use altogether. Gary Null says that “the more processed a food is the worse it is for our health. Gary Null states that sugar should not be consumed at all!!!! He then outlines some excellent recommendations as to the kind of foods that we should be using. These should be where possible foods that are either organic or as near to natural growth conditions as possible. He covers all of the main disease conditions and then lists good nutrient support that can be used to counteract the ravages of disease processes.

Eating good food is all that one needs to do to have good health This is certainly a worthy goal. Unfortunately many of the foods that we eat are grown in soils that are not as good as they should be. This is as a result of using only certain fertilizers and not getting a full balance of minerals in the soil. Research in many areas of the South Island on soils showed that many soils are short of quite a few nutrients with selenium and sulfur being quite common deficiencies. Magnesium is used frequently in dairy herds and from a human standpoint magnesium and sulfur and selenium are commonly used to help improve human as well as animal health. What then are some of the important nutrients that we should consider using if you are not already doing so? Trace elements are certain important. i.e. minerals vitamins. Many of the significant discoveries have related to such shortages in nutrients. A good example is Folate sometimes known as B9 which plays a vital role in baby development in preventing cleft palate and spina Bifida.

Vitamin C 500-1500 per day, Vitamin E 100-400 International Units, Beta Carotene (this is associated with Vitamin A.)

Selenium 100-200mcgs per day – note that this should not be in excess of 300mcgs per day. Magnesium 200 to 400mg per day (there are 300 enzyme functions that take place in the body with Magnesium, Gingko Biloba 100 mg 2 times a day. (this latter not when you take Aspirin) Incidentally Aspirin taken long term causes major problems so be aware of that – this is important to know!!!

Phosphatydal serine. Co-Enzyme Q10 or Ubiquinone. Iron deficiency is quite common. I learned many years ago that if you increase your intake of Vitamin C you will increase your body’s ability to absorb iron. If you have a good intake of the B Vitamins you will also increase your body’s ability to not only handle any sugar that you may take into your body, you will also improve your body’s red cell numbers which will help to prevent anemia. In the case of diabetes and other diseases there are usually a number of specific nutrients that can be used and these will greatly assist the body in the recovery processes. Then we need to take active steps to steer away from

those foods that are nutritionally poor or altered chemically with additives and preservatives, emulsifiers and loaded with numbers which you will see on the of packages – read the labels and if they contain a lot of extra additives avoid them. Longer shelf life is good for the retailer but not good for you. Eat foods that go bad before they go bad. Where possible use organic foods as they are much less likely to have been chemically grown and chemically modified – they are usually more expensive but what is the price that you pay for good health verses ill health. I would rather pay more for good food than buy cheaper food that is not good food i.e. does not have good nutrients going to damage or destroy your health- that makes sense!!!

The Story of the Cats – A Book which is very interesting is **Pottengers Cats a Study in Nutrition by Francis M Pottenger Jr MD**. This is a fascinating study done with about 900 cats that were experimented with over a 10 year period. 600 of these cats had recorded case histories and these were recorded by the Price Pottenger Foundation in USA. The cats were classified on three classifications. **1. Normal cats, 2 Deficient cats. 3. Regenerating cats. Within the Deficient cats there were 1st, 2nd and 3rd generation cats. The regenerating cats were cats that were placed back on an optimum diet.** There were never more than three generations of deficient cats because by the time the cats reached the 3rd generation they had an inability to produce healthy viable kittens. The cats that were fed on 2/3 raw meat and 1/3 raw milk and cod liver oil were cats that maintained good facial features and other body features that were consistently good. They were healthy and showed good bone development which was consistent as was their fur. They proved resistant to infections with good teeth even gum health was good even for those that had lost a tooth/teeth in a fight with other Toms. The 2nd group that were fed on 2/3 cooked meat, 1/3 raw milk and cod liver oil produced a great deal more variation in their offspring kittens with a great deal of variation in size, bone structure including variation in their facial features and teeth structure. Their hind legs were longer than in the first group i.e. their long bones. Their bones had less calcium and by the 3rd generation they were having faulty bone development, heart problems, thyroid problems, infections of the liver, kidney reproductive systems and bladders. They also had inflammation of the joints and nerve system illnesses along with meningitis. The third generation were quite unhealthy showed more and more disease problems and they were dangerous to handle and some were given names such as cobra, rattlesnake on account of their anger and violence – they were hard to handle especially the females. They had become the aggressors as their bodies altered and they had lost their normal features while the males became passive and lost their aggressiveness. They had a great increase in fleas and parasites as well. Their teeth decayed and had more and more problems as well. So folks we should take some good lessons from the experiments with the cats. **Are we any different? In my opinion the studies show us that the further we get away from the holistic/natural concepts i.e. of eating foods that are not whole, alive, variable and non toxic so the more we are likely to succumb to all manner of diseases – we all need to learn this one!!! This also follows in succeeding generations for those are still having family!!!**

Helping you to improve your health

NOW FOR SOME HANDY HINTS

Feingold Diet - The developer of this diet was a Medical Doctor

He had some good dos and don't. No artificial colourings, flavourings, preservatives or sweeteners (such as aspartame). He emphasized the use essential fatty acids –i.e. fish liver oil. This was especially important for children who had ADHD – rather than the taking of Ritalin. He recommended herbs such as Ginkgo and Bacopa plus ginseng all help with stabilization.

Digestive problems – these are common – I recommend the use of Betaine Hydrochloride and Digestive Enzymes rather than using Losec – I have more information on this in my office.

Sleep difficulties –there are good natural products that you can use for this – I have a special page prepared on this.

Antidepressants St John's Wort – this is a good natural anti-depressant – it also has an anti-inflammatory effect so that can be a bonus for the system.

Laughing – this is good for you – a friend used to write to me and put in the letter LOL Lots of laughs or was it lots of love!!

Goals in your life -aim at nothing and you are sure to hit it.

We all need goals in our lives. Physical, Spiritual/mental, savings goals, relationship goals, house/property goals, travel etc. Fail to plan- plan to fail.

Healthy Tans I read recently –“if the sun is out get outside” that is good advice. Many people are Vitamin D deficient on account of the propaganda against getting sunshine – The sun plays an important part in your body's bone metabolism and many other functions so within reason get a good amount of sun – not to be burnt like a fried egg however. Have plenty of anti-oxidants Vitamin ACE and Selenium - these will help you prevent Skin Cancer and also by avoiding the foods that I warn you about in this newsletter.

Prostate problems - there are many good natural helps for this. an important one is Saw Palmetto also Urtica Dioca & Cretava.

Zinc deficiency problems – these are quite common. Zinc is an important healing agent a good common zinc deficiency indicator is while spots on the finger nails.—this mineral is important for growth and nail formation. Alopecia is a loss of hair in specific areas – this is usually do to Zinc deficiency. Also recurrent infections.and skin problems. Taste and smell impairment is usually a zinc deficiency problem. Also unusual cravings.

Brittle Fingernails not only zinc but may also be related to iron and calcium malnutrition problems- sometimes an overactive Thyroid.

Zinc good sources are meat and sea food so eat your meat and fish – I would have to say that when I have a fishing boat eh!! I am not allowed to sell fish though but do take patients out for some nice fresh fish!!!!

Some useful information - I have over the years prepared quite a few articles on specific health problems - these are usually available from the office.

Supplements We carry a range of products from various suppliers which are what I consider are complementary to **chiropractic treat-**

ment and care.

Spinal Check ups - it is a good idea to have your spine checked and any adjustments made from time to time to keep you from having those crises that I have referred to.

X-rays I have full x-ray facilities with automatic processing so am able to take x-rays and process them within a very short period of time.

ACC - I have full certification rights for ACC if you have an accident – Chiropractic has done and plays an important part in the rehabilitation of accident related injuries.

Office information

Receptionist is: Jennifer Hewett-Dorsey

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Appointments are made by phoning the office

Products for those who are out of town:

We are able to send you products by Courier Service and many folks do this when they need supplements etc.

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