



## UNIQUE, Effective Methods Help You Regain and Maintain Your Health

### Gain Power over Your Health Problem

The **Chiropractic & Nutrition Wellness Center** offers one of the **best overall combinations of treatment methods and patient education opportunities**. Over the years, **Karl R.O. S. Johnson, D.C.** has taken a holistic approach to health — offering not only gentle, specific, effective chiropractic adjustments but also nutrition counseling, sports injury treatment, rehabilitative spinal exercise programs, massage therapy, Contact Reflex Analysis (CRA), Nutritional Response Testing (NRT), and Nambudripad's Allergy Elimination Techniques (NAET) — all designed to help you be the best you can be.

In our practice, you'll discover a complete array of services for your entire family. Through a great number of continuing education courses, Dr. Johnson has mastered the newest and most effective techniques in chiropractic rehabilitative and wellness care as well as nutritional therapy and allergy elimination techniques. **The procedures used in our practice are well suited for all ages from infancy to the elderly.** Chiropractic and nutrition are quickly advancing fields; and we believe it takes dedication, diligence, and just plain hard work to keep up. But we feel this is essential for the good of our practice members.

At the **Chiropractic & Nutrition Wellness Center**, we use a comprehensive 3-step approach to correct abnormal physical body function. Our statistics reveal that 90% of our practice members achieve the results they desire. ***Our approach stems from the desire to enable our patients to become self-reliant and to be in control of their health challenges by being better informed.***

### UNIQUE 3-Step Approach

**STEP 1:** We improve the mobility of your spinal joints and related tissues through chiropractic adjustments. **Ideally, the end results of a series of chiropractic adjustments are maximum nerve integrity and optimal healing potential.** (Chiropractors call this reducing the Vertebral Subluxation Complex).

**STEP 2:** We show you how to stretch tight spinal ligaments to their normal length. (Ligaments hold your bones together and prevent excessive movement). Ligaments

which are too tight will contribute to abnormal joint mechanics and early degeneration of joints. This is critically important in the spine as degenerated spinal joints (Subluxation Degeneration) lead to spinal nerve damage which in turn has devastating effects on human health.

**STEP 3:** For lasting results, we'll show you how to strengthen weak or imbalanced supportive muscles of the spine and muscles which aid in creating balance in the spine.

In the clinic, our staff will teach you how to do these exercises. We then prescribe the exercises as therapeutic homework. Periodically, during a regular office visit, your exercise program is monitored to be certain you are progressing.

### Our Personal Promise

**If during your initial visit, Dr. Johnson or you do not feel you would benefit from our services, we will waive our fee for that visit.**

**Our fee during any subsequent visit will apply only if you are completely satisfied with the attention we give you at Chiropractic & Nutrition Wellness Center**

### Support From The Ground Up

If your foot arches are collapsing (a condition known as excessive pronation), we prescribe foot orthotics for correction and support. Good posture starts from the ground up. In other words, problems in the feet and ankles (even though the feet may not be painful) can cause imbalances in the spine and nervous system. For lasting results (and maximum improvement of your problem), your doctor must be concerned about the foundation of your body.

### Level of Correction — Your Choice

At the **Chiropractic & Nutrition Wellness Center**, we also offer choices in the type and direction of care you receive. After you understand your health problem, you are asked to choose between Relief Care and Corrective Care. If you want Relief Care, we adjust only the joints to improve abnormal movement patterns, the first step of the 3-step corrective process. If you want Corrective Care, we provide our full comprehensive approach. All procedures are carefully explained as to their purpose and therapeutic goal, using informative audio-visual and printed material.

### Protection From Excess X-Ray

"To see is to know, not to see is to guess." We won't guess with your health. So when x-rays are needed, we use modern radiation safety equipment in order to protect you

from excessive x-ray irradiation. We use rare earth film and screens and The Wedge™ filtration system.

## More Comprehensive Care

By integrating chiropractic care with rehabilitative exercise, nutrition and a wellness oriented approach, patients enjoy their treatment experience at the **Chiropractic & Nutrition Wellness Center**. Our highly personalized, comprehensive treatment plans are designed and supervised by Dr. Johnson and his highly trained assistants. "I treat all patients as though they were my close family," states Dr. Johnson. We use "High-Tech", Low-Cost diagnostic equipment to get to the root of your problem. One example is **Surface Electrode Electro-Myography (SEMG)**. This helpful tool produces a graph of the electrical activity of your muscles. The SEMG does not use any needles or electric shocks and is a pleasant experience. Since abnormal muscle function frequently accompanies spinal problems, the information from the SEMG will help Dr. Johnson determine the type of care that is best for your case. In addition, follow up tests may be performed to determine how well you are responding to your care.



## Specific Nutrition/Supplementation Programs

Many of today's illnesses can be prevented and/or corrected using specific nutritional body chemistry balancing. At the **Chiropractic & Nutrition Wellness Center**, Dr. Johnson uses the highly acclaimed and effective **Contact Reflex Analysis (CRA)** and **Nutritional Response Testing (NRT)**. *Using CRA and NRT, Dr. Johnson can determine nutritional imbalances which often lead to such problems as heart disease, digestive problems, migraines, skin conditions, allergies, lack of energy, weight problems, and many others.* Once the nutritional disturbance is identified by **CRA** and/or **NRT**, a nutritional and/or supplementation program is recommended for your problem. **EVEN IF NO OTHER DOCTOR HAS BEEN ABLE TO HELP WITH YOUR CONDITION, YOU SHOULD CHECK OUT CRA and NRT!** Results with these nutritional programs are often incredible and many chronic problems can be corrected or greatly relieved.

As an added benefit, Dr. Johnson has been certified in **Nambudripad's Allergy Elimination Techniques (NAET)**. Allergies of all kinds plague millions of people. Through a simple allergy elimination program, Dr. Johnson has been able to eliminate many allergies from foods to chemicals to many environmental allergens. Let us help you become the best you can be!

Enjoying time with family and friends is possible for you when you are expressing your true health potential. You may be able to overcome your health problems with a personalized clinical nutrition program (in combination with chiropractic methods or with nutrition alone). Dr. Johnson continuously receives extensive training in **CRA, NRT, NAET** and other clinical nutrition therapies. As a result, Dr. Johnson is well equipped to work with you in regaining and maintaining your most prized possession...YOUR HEALTH.

## State-of-the-Art Procedures

In summary, adjustments alone aren't the total solution to a patient's health problems. A comprehensive personalized exercise program emphasizing both flexibility and strength is vital to long-term results. Your posture from the ground up is as important as a well-delivered adjustment. Without a stable foot foundation, adjustments won't "hold" and soft tissues can't be balanced. Secondary factors associated with chronic spinal subluxations — such as trigger points and fibrotic changes (scar tissue) in the muscles tendons and ligaments — need to be addressed with special treatment procedures. Both of these soft tissue lesions create pain and cause recurrent spinal subluxation complexes.

To sum up our structural approach at the **Chiropractic & Nutrition Wellness Center**, we first establish joint play mobility through various adjustment procedures, then establish flexibility of the ligaments through the Spinal Ligament Fulcrum Program, and finally strengthen and **BALANCE** the supportive muscles of the spine and related areas which affect the spine using the Back Power Plus™ program. **The aim of this comprehensive approach is to improve the communication connection between your brain and your body....so as to optimize the inborn healing power you began life with!**

*"When you are in pain or ill health and not sure what's wrong, I'm here to help you understand what is wrong and work with you to relieve your pain," said Dr. Johnson. "I have been able to profoundly help over 90% of my patients reduce or alleviate their health problem and resume a normal, happy productive life. I can help you add years to your life -- and life to your years."*

*"How can I do that? I've completed over 4,500 hours of classroom instruction and passed a rigid chiropractic board exam to earn my license. Additionally, I complete several continuing education courses yearly to renew my license. Even beyond that, I've taken a holistic approach to health, offering not only gentle, specific, effective chiropractic adjustments but also nutrition counseling, sports injury treatment, rehabilitative spinal exercise programs, and our many nutrition programs—all designed to help you be the best you can be. Come in and see how affordable real health care is. Our office is happy to offer special payment plans. Enjoy optimized health!"*

**Take advantage of our special methods of care.  
Give us a call at: (586) 731-8840**

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