



Healthy Living Chiropractic Email Newsletter

*This newsletter is provided courtesy of
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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

“There is no use trying,” said Alice; “one can’t believe impossible things.”

“I dare say you haven’t had much practice,” said the Queen.

“When I was your age, I always did it for half an hour a day. Why, sometimes I’ve believed as many as six impossible things before breakfast.”

– Lewis Carroll



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Who is the most powerful?

To every man is given the key to the gates of heaven; the same key opens the gates of hell. – Richard P. Feynman

The desire and search for health, harmony and happiness of body, mind and spirit is universal.

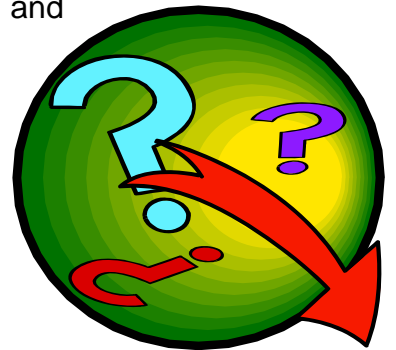
People may journey thousands of miles and spend a fortune searching for the right doctor, teacher, clinic or spa.

In your searching please don't forget who has the real power.

It is you.

You have the power to create disease or health, happiness or misery, hope or despair, knowledge or ignorance. You have the power to say "no" to the world's most talented healers, to refuse the most heartfelt entreaties.

Where you are now, how sick or healthy, happy or sad, relaxed or stressed is your creation, borne out of your prior thoughts, deeds, nutrition, attitudes, activities (or inactivity), beliefs, dreams, loves and hates, hopes and fears. You did it all.



You can still do it! In this moment (in every moment) the power to continue as you have been or the power to alter your course is yours. No one can heal you if you refuse to help yourself.

Within you are many strengths, weaknesses and habits you've received from your parents, family, friends, teachers, culture and general environment. But you always have the ability to cast off that which may no longer be useful or necessary and embrace that which serves you better.

An old Yiddish proverb states, "Ten enemies can't do to you what you can do to yourself."

But the converse is also true, “Ten healers, helpers and doctors can’t help you as much as you can help yourself.”

Your past is prologue; you need not be weighed down by it if it doesn’t serve you.

What still, small voice is whispering in the quiet moments between your thoughts? Heed the direction your conscience is leading, reclaim your power; you are the architect of your destiny. Your fate is in your hands.

Words of Wisdom



When Goya was eighty he drew an ancient man propped on two sticks, with a great mass of white hair and beard all over his face, and the inscription “I am still learning.” – Simone de Beauvoir

A Roman teacher began to study Greek when he was in his 70s. He was asked why he didn’t start when he was younger. He replied, “This is the youngest age I am.”

Chiropractic Patients Spend Less on Healthcare

From the journal *Archives of Internal Medicine* comes a study showing that individuals with “Chiropractic insurance coverage, compared with those without coverage, had lower annual total health care expenditures....”

The study concluded the reasons for the lowered cost included:

- Substitution of chiropractic for traditional medical care, particularly for spine conditions
- More conservative, less invasive treatment
- Lower health service costs (1)

Did you know?

Your body is mostly water.



You need to be properly hydrated to live and be healthy. Sadly, a large proportion of the population is dehydrated – and they are suffering for it.

Research shows that dehydration makes you age faster, weakens your joints, contributes to disc and spinal problems and can cause depression (our brain is mostly water).

Other conditions linked to dehydration are high blood pressure (your blood is thicker so your heart has to work harder to pump it), constipation, asthma, allergies and obesity. These (and many

other) problems have cleared up by rehydration. It usually takes about two weeks to rehydrate yourself.



How do you become dehydrated? It's easy if you drink coffee, tea, soda and juices instead of water when you are thirsty. Those drinks may quench your thirst, but they do not rehydrate you.

It's best to drink water at room temperature or warmer. (Avoid distilled and ice water.)

Chiropractic and Spinal Research



Remember, all people can benefit from chiropractic care no matter what condition they may have. If you have any specific questions please feel free to contact us.

Neck Pain. Patients were evaluated at least three months after stopping care at which time disability and pain intensity was measured. Seventeen patients (49%) reported their improvement as "excellent" and another 14 (40%) did so as "good." The mean patient-rated improvement was 88.2%. (2)

Vision. This paper describes 17 consecutive patients from 9-52 years of age who had concentric narrowing of the visual fields. Some of their symptoms included headaches, dizziness, blurred vision, photophobia and fatigue. Complete recovery of the visual fields and many accompanying symptoms occurred in 11 patients who completed the course of chiropractic treatments.

Example: A 21-year-old male suffered from severe headaches, blurred vision, memory disturbance and postural hypotension for 7 months shortly after being knocked unconscious by a blow to the head. A narrowing of the visual fields was found and the patient received spinal care. After the first visit the headaches stopped, memory improved and dizziness decreased. Visual fields returned to normal by the second visit. (3)

Headache, depression & poor appetite. 13-year-old male. Upon presentation, patient was in considerable pain, wearing dark glasses and earplugs to compensate for increased sensitivity to sound and light. One week beforehand he had been injured in a football game collision. Medical doctors had given the child painkillers and he was hospitalized in traction for two weeks with no improvement. Following his initial adjustment the patient could ride home without wearing his sunglasses and for the first time in two weeks expressed an interest in food. He reported feeling "the best I've felt in six weeks." (4)

Unnecessary Surgery is Rampant

Three hundred thousand (300,000) ear tube operations/year (\$2,000-\$4,000 each) and no proof they work

Jack L. Paradise, MD, U. of Pittsburgh School of Medicine, did a study of 6,000 babies. By age three, 429 had persistent fluid in their ears. Half got ear tubes, the other half didn't – and there was no difference in outcomes between the two groups. Paradise's advice for parents of such kids: "Don't just do something. Sit there." (5)

Our comment: They should all try chiropractic adjustments.



Bypass that bypass

Each year doctors perform 400,000 bypass surgeries and 1 million angioplasties (mesh tubes are placed in diseased arteries to hold them open). Most people believe that such surgery is life saving but the data says otherwise.... "Cardiologists like to open up arteries," says David D. Waters, MD, Chief of Cardiology at SF General Hospital, "but there is no evidence that opening up chronically narrowed arteries reduces the risk of heart attack." (6)

Our comment: Natural approaches are a lot safer, cheaper and effective.

Autism and MMR

Protect your children from autism – avoid vaccinations. New research has shown that the incidence of autism has increased 10-fold in the past 10 years. Although autism has been noticed to occur as a result of many different shots, the MMR seems to elicit the most reports of autism. Dr. Vijendra Singh found that nine out of 10 autistic children had experienced a reaction to the MMR vaccine. Richard Holverson, a London doctor said, "This research gives further weight to a number of different studies that show a link between MMR and autism." Reactions to MMR also include convulsions, arthritis and a host of other problems.

Fluoride Linked to Bone Cancer (again)

Newly available research out of Harvard University links fluoride in tap water, at levels most Americans drink, to osteosarcoma, a rare form of bone cancer. (7)

The environmental working group EWG, a highly regarded Washington, DC- based organization, urges that fluoride in tap water be declared a known or probable cancer cause, based on this and previous animal and human studies. (8)

Our comment: If you live in an area where the water is fluoridated, use a filter for drinking and cooking water that'll remove the fluoride and chlorine (which is also dangerous to your health). Many people now have filters over or under the sink in their kitchen.

Humor

Here are classic Henny Youngman jokes. He was known as the "King of the One-Liners."

I once wanted to become an atheist, but I gave up - they have no holidays.

"Doctor, I have a ringing in my ears." "Don't answer!"

Nurse: "Doctor, the man you just gave a clean bill of health to dropped dead right as he was leaving the office".

Doctor: "Turn him around, make it look like he was walking in."

I know a guy who had his doctor say "take some weight off, go to a health club." This man lost 20 pounds in one week! The machine tore his leg off!

Getting on a plane, I told the ticket lady, "Send one of my bags to New York, send one to Los Angeles, and send one to Miami." She said, "We can't do that!" I told her, "You did it last week!"

The food on the plane was fit for a king. "Here, King!"

A doctor gave a man six months to live. The man couldn't pay his bill, so he gave him another six months.

My doctor grabbed me by the wallet and said "Cough!"

The Doctor called Mrs. Cohen saying "Mrs. Cohen, your check came back." Mrs. Cohen answered "So did my arthritis!"

The Doctor says "You'll live to be 60!" "I AM 60!" "See, what did I tell you?"

A doctor says to a man "You want to improve your love life? You need to get some exercise. Run ten miles a day."

Two weeks later, the man called the doctor. The doctor says "How is your love life since you have been running?" "I don't know, I'm 140 miles away!"

The patient says "Doctor, it hurts when I do this." "Then don't do that!"

The doctor says to the patient, "Take your clothes off and stick your tongue out the window". "What will that do?" asks the patient. The doctor says "I'm mad at my neighbor!"

I asked my wife, "Where do you want to go for our anniversary?" She said, "Somewhere I have never been!" I told her, "How about the kitchen?"

My Grandmother is over eighty and still doesn't need glasses. Drinks right out of the bottle.

I've been in love with the same woman for 49 years. If my wife ever finds out, she'll kill me!

My wife and I have the secret to making a marriage last. Two times a week, we go to a nice restaurant, a little wine, good food. She goes Tuesdays, I go Fridays.

Someone stole all my credit cards, but I won't be reporting it. The thief spends less than my wife did.

We always hold hands. If I let go, she shops.

My wife and I went back to the hotel where we spent our wedding night. Only this time, I stayed in the bathroom and cried.

She was at the beauty shop for two hours. That was only for the estimate.

A doctor has a stethoscope up to a man's chest. The man asks, "Doc, how do I stand?"

The doctor says, "That's what puzzles me!"

The other day I broke 70. That's a lot of clubs.

There was a girl knocking on my hotel room door all night! Finally, I let her out.

I have a lovely room and bath in a hotel. It's a little inconvenient; they're in two separate buildings!

My hotel room is so small, the mice are hunchbacked.

She's been married so many times she has rice marks on her face.

I just got back from a pleasure trip. I took my mother-in-law to the airport.

I wish my brother would learn a trade, so I would know what kind of work he's out of.



See you next month. Want hard copies of this newsletter to give to your friends, co-workers and relatives? Perhaps you'd like us to include other e-mail addresses. Call us or stop by the office. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.



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