



## Email Practice Member Newsletter

*This newsletter is provided courtesy of Karl R.O.S. Johnson, D.C., L.C.P., (hon.)*

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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. We'd love to hear from you, feel free to write to us with any questions or comments.



*The thousand mysteries around us would not trouble but interest us, if only we had cheerful, healthy hearts. - Friedrich Wilhelm Nietzsche*

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## A Unique Place



Chiropractic occupies a unique place in modern health care. It draws upon modern scientific knowledge of anatomy and physiology and uses modern tools such as X-rays, MRI, infrared and electronic scanners. Yet chiropractic respects the ancient concepts of self-healing, life energy, and a wholistic approach to health. Your chiropractor's goal is to turn on your "inner healer" to awaken your natural healing ability.

So if you're tired of being sick and tired, being told "you've just got to learn to live with it," and are looking for a natural method of regaining health and wholeness without polluting your body with chemicals and worrying about side effects, why not join the millions who have discovered the wonders of this amazing health care system?

Why live with health problems when you can live without them? Discover chiropractic - discover how natural healing can be.

## Don't Be Shy About Referring Others



The chances are that you found out about our office from a friend, relative or co-worker so please return the favor and tell others. There are millions of people - adults, the elderly, infants and children with the vertebral subluxation complex in their bodies - living with pain, disease, and all kinds of physical and emotional stresses and conditions that may arise when subluxations are present. **Please tell others they often have an option to drugs and surgery.** They'll thank you. In fact....

Patient satisfaction surveys show that **people are very happy with their experience at their chiropractor's office**; 83.3% rated their chiropractic experience as excellent. As many as 92.5% stated they would definitely recommend their chiropractor to others. (1)

## Chiropractic and Spinal Research



Did you know there are thousands of papers on the wonders of chiropractic? Please tell others about the power of chiropractic care - health without drugs or surgery. Any disease or condition you'd like to know about? Ask us.

**Developmental Communication Disorder:** A 2-year-old child had a medical diagnosis of 'developmental communication disorder.' He was non-responsive to any external stimuli, even to receiving an injection...did not respond to sound or touch... Chiropractic analysis revealed an axis subluxation. By the sixth adjustment, he started to follow certain commands and stopped making repeated hand motions. He started to talk after the 12th office visit. At present, he has an extensive vocabulary and is slightly hyperactive (probably making up for lost time). (2)

**Back Pain, Headaches, Asthma....**A 21-year-old female with a main complaint of back pain was referred for care. She also had constant headaches, tinnitus, hemorrhoids, constipation, asthma and was generally just not feeling good. She was contemplating breast reduction as it was felt that the extra weight was causing her back pain. Within 2 weeks of specific chiropractic care, all of her symptoms disappeared including her asthma. She is a new person with a positive outlook on life and her health. (3)

**Neck Pain After Neck Surgeries** A 35-year-old female was suffering from chronic neck pain for over 5 years after two separate surgeries on her cervical spine (a discectomy at C3/4 and a fusion at

C5/6) to resolve her neck pain. Her surgeon suggested a third surgery but she decided on chiropractic care. Within 30 days of chiropractic care all her chronic pain and muscle spasms resolved. A follow-up two years later revealed no recurrences of her previous chronic problem. (4)

### Words of Wisdom

If you want to make a friend, let someone do you a favor.  
When you jump for joy make sure you have both feet on the ground.  
Beware of young doctors and old lawyers.  
Never go to a doctor whose office plants have died.  
Never assume anything except a 5% mortgage.  
Ask your child what he wants for dinner only if he's buying.  
Trust your instincts. There's much more than you know.

### Hormone Replacement Therapy



The recent news about hormone replacement therapy (HRT) that millions of women are on has "shocked the medical system" according to the NY Times. The drugs had never been studied properly and when finally investigated in a large placebo controlled trial it was revealed that women on HRT had increases in breast cancer, heart attacks, strokes and blood clots. But how were so many women convinced HRT was good for them? Here is....**the rest of the story:**

"The tale of estrogen therapy began in 1966, when an enthusiastic doctor, Robert Wilson, wrote a best-selling book. He called it "Feminine Forever" and flew around the country promoting it, telling women and doctors alike that estrogen, the feminine hormone, could keep women young, healthy and attractive. It was just so natural - women would be replacing a hormone they had lost at menopause just as diabetics replace the insulin their pancreas fails to make: 'Breasts and genital organs will not shrivel. Such women will be much more pleasant to live with and will not become dull and unattractive.' Dr. Wilson wrote in 1972 in The Journal of the American Geriatric Society.

"Dr. Wilson died in 1981, but his son, Ronald Wilson, said yesterday that Wyeth-Ayerst had paid all the expenses of writing "Feminine Forever" and financed his father's organization, the Wilson Research Foundation, which had offices on Park Avenue in Manhattan. Mr. Wilson said the company had also paid his parents to lecture to women's groups on the book. Wyeth said it could not confirm the account because it was so long ago.

"By 1975, Wyeth's product, Premarin, had become the fifth leading prescription drug in the United States."

(Note: Wyeth's stock fell 24% after the July 9th report came out.) (5)

### Antibiotics for Ear Infections?

Although there is no evidence that antibiotics help young children with ear infections (acute otitis media), this treatment is very popular with MDs. In yet another study showing that research doesn't support antibiotic treatment, 240 children with acute otitis media (age six months to two years) were randomly administered either amoxicillin (3 doses) or a placebo. There was almost no difference in the time it took for the otitis media to resolve in both groups. (6)

Note: Every child suffering from ear infections needs chiropractic care.

### Humor

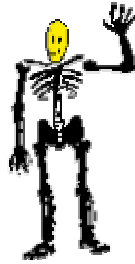
#### How To Avoid A Heart Attack

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans. On the other hand, the French eat a lot of fat and also suffer fewer heart attacks than the British or

Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans. The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

Conclusion: Eat & drink what you like. It's speaking English that kills you.



**Want copies of this newsletter for your friends? Stop by the office and we'll give you some hard copies or write to us and we'll add them to our mailing list. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.**

### **References**

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# NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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Brought To You By:

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In The Interest of Safeguarding Your Health,

*Karl R.C.S. Johnson, D.C., L.C.P. (Hon.)*

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## Weighty Health Problems

A report from the RAND Corp. concludes that obesity is an expensive condition in terms of health care costs. This analysis of two national health surveys finds that obese people spend 36 percent more for health services, and 77 percent more for medications than the average American.<sup>1</sup> This is roughly twice as much as the costs incurred by smoking. The author says that differences between the health costs and condition of an average obese individual and a person of optimum weight could be compared to the average 50-year-old versus a 30-year-old.

1. *Health Affairs*, March 12, 2002.

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## Blood Pressure Diagnosis

For many years, the upper blood pressure number (systolic) was considered the more important component of a patient's reading. Then, the diastolic measurement was deemed more significant, and has been for many years. A new study of 4,700 men suggests that maybe we were right the first time. This study found a doubled risk of cardiovascular death when systolic readings were 160 or higher. However, in those with elevated diastolic readings, but not significantly high systolic pressures, there was no such correlation. The findings apply particularly to elderly persons, whose high systolic pressures are often ignored if the diastolic readings are within normal limits.<sup>2</sup>

2. *Archives of Internal Medicine*, March 11, 2002.

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## **Insulin Not Preventive**

The theory that small injections of insulin might help prevent the development of type-1 (juvenile onset) diabetes was bolstered by a couple of small pilot studies in the recent past. In fact, many doctors, believing in this treatment, have been prescribing these injections to patients considered at high risk. Unfortunately, a new, more scientifically sound study reveals that these injections may be useless. The research, sponsored by the National Institutes of Health, evaluated 339 children identified as high-risk for type-1 diabetes. Two groups were formed: one that received the insulin injections, and one that was simply monitored. There was no significant difference in outcome between the two groups; both developed diabetes at similar rates.<sup>3</sup>

3. *NEJM*, May 30, 2002.

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## **Painkillers Slow Healing**

New research reinforces what many of us were taught in college decades ago: deadening pain resulting from an injury appears to interfere with healing. Research at the University of Medicine and Dentistry of New Jersey found that NSAIDs appeared to slow or modify bone healing after a fracture. Researchers administered Celebrex or Vioxx to rats with broken legs, and noted that most fractures had not fully healed after two months. When new bone formation did occur, it was often weak and superficial. The significant component appears to be the cox-2 enzyme (associated with inflammation and pain) blocked by these drugs. Researchers are starting to realize that the enzyme (and maybe the inflammation itself) plays an important role in healing.<sup>4</sup>

4. *Journal of Bone and Mineral Research*, May 2002.

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## **Salt for Premies**

Because premature infants lose more sodium through their urine than full-term babies, many physicians prescribe salt supplements during the first two weeks after birth. A new study by London physicians concludes that this is probably a good practice. The researchers monitored the mental and physical development of prematurely born children for up to 13 years, and found significant improvements in mental abilities of those given the supplements. IQ tests were 10 percent better, with memory and language skills also showing higher scores.<sup>5</sup>

5. *Archives of Disease in Childhood, Fetal and Neonatal Edition*, March 2002.

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## **Beer to Fight Cancer**

Japanese researchers report that they have a novel preventive measure for persons concerned about colon cancer: drink more beer. Laboratory rats were given a potent carcinogen, then fed a diet that included water, beer, or beer-related products such as malt. About 90 percent of the water-drinking rats developed tumors, but only two-thirds as many of the beer-consumers did so. The researchers believe that nonalcoholic ingredients, such as vitamins and amino acids, were responsible for the results. The researchers also note that they had no trouble convincing the rats to drink their beer.<sup>6</sup>

6. *OTC*, April 7, 2002, reporting on the annual meeting of the American Association for Cancer Research in San Francisco.

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## **Smoking Babies**

Hong Kong researchers report that babies who live in households with two or more smokers are 30 percent more likely to be hospitalized than those from smoke-free homes. The study looked at 8,300 babies born in 1997, for the first 18 months of their lives. The hospitalizations were typically for respiratory problems. The authors of the study estimate that health costs due to smoking during the first year amount to about 10 percent of all health care costs for this age group.<sup>7</sup> For households with only one smoker, the hospitalization rate was about seven percent higher than normal.

7. Reuters, March 7, 2002.

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## **Therapy Better than Drugs**

A study<sup>8</sup> from Vanderbilt University in Nashville suggests that cognitive therapy treatment may be a better way to manage depression than pharmaceuticals. The costs and effectiveness for both types of treatment were about the same over a four-month period, but the cognitive therapy appears to have a more permanent effect, with relapses occurring much less often. In the long term, cognitive therapy (which is somewhat slower to show results initially) appears to be much more effective, both clinically and economically. The conclusions of this study are expected to come as a big surprise to many psychiatric professionals who have strong faith in the drugs they prescribe.

8. Reuters, May 24, 2002.

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## **Breastfeeding against SIDS**

Swedish researchers studying Sudden Infant Death Syndrome report that breastfeeding appears to offer some protection from the problem. Babies breastfed for less than eight weeks, they say, were three-to-five times more likely to die of SIDS than those nursed for four months or longer.<sup>9</sup> The researchers do not have a solid explanation for the results, but suggest that it may be related to the more frequent feedings or closeness of the parent-child relationship.

9. *Archives of Disease in Childhood*, May 2002.

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## **Breastfeeding to Stay Slim**

Scottish researchers report in *The Lancet*<sup>10</sup> that breastfed babies tend to put on less excess weight in their first few years, which may have implications adulthood. A study involving 32,000 children, found up to a 30 percent lower incidence of obesity in those who had been nursed as infants, as measured by their body mass index. The researchers feel that these results may carry over into adulthood, as there have been a number of associations between childhood obesity and subsequent excess weight as an adult.

10. *The Lancet*, June 8, 2002.

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## **Vitamin D and Colon Cancer**

Research from the University of Texas-Southwestern in Dallas is shedding some light on how vitamin D is involved in protection against colon cancer. The vitamin, it appears, is instrumental in detoxifying lithocholic acid, one of the more powerful toxins created by the body as a by-product of digestion. Lithocholic acid, a bile acid used in the digestion of fats, has been shown to induce DNA changes, even cancers, when introduced directly into the intestines of laboratory animals. These cancers don't develop when vitamin D is present at the same time, according to this report.<sup>11</sup> Lithocholic acid toxicity may also explain why many studies suggest a link between dietary fat and colorectal cancer.

11. Reuters, May 16, 2002.

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## **Kissing Allergies**

A report in the *New England Journal of Medicine*<sup>12</sup> warns that persons with allergies to nuts should be wary of one more source of exposure: kisses. Researchers noticed a large number of their nut-allergy patients reporting reactions after being kissed by someone who had eaten nuts as many as six hours beforehand. One trip to the emergency room was triggered by a kiss on the cheek. The



reactions detailed by the authors ranged from mild itching and swelling at the area of contact within a minute or so, to reactions severe enough to cause wheezing. About one third of the reactions were experienced by teenagers and young adults while dating.

12. *NEJM*, June 6, 2002.

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