



Email Practice Member Newsletter

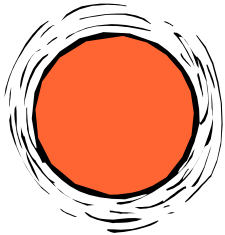
This newsletter is provided courtesy of Karl R.O.S. Johnson, D.C., L.C.P., (hon.)

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Healthy Living Chiropractic Newsletter



Happy Summer!!! Jump in, the water's fine.



Those who love deeply never grow old; they may die of old age, but they die young. – Sir Arthur Wing Pinero

Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile. – Mother Teresa

I saw an angel in the block of marble and I just chiseled 'til I set him free.
– Michelangelo

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Welcome to our chiropractic newsletter. You'll find a fascinating grab-bag of information that we hope you'll enjoy.

The Positive Side of Life

Living on Earth is expensive, but it does include a free trip around the sun every year.

How long a minute is depends on what side of the bathroom door you're on.

Happiness comes through doors that you didn't even know you had left open.

Ever notice that the people who are late are often much jollier than the people who have to wait for them?

Most of us go to our grave with our music still inside of us.

If Walmart is lowering prices every day, how come nothing is free yet?

You may be only one person in the world, but you may also be the world to one person.

Some mistakes are too much fun to make only once. Don't cry because it's over; smile because it happened.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird

names, and all are different colors....but they all exist very nicely in the same box.

Birthdays are good for you; the more you have, the longer you live.

A truly happy person is one who can enjoy the scenery on a detour.



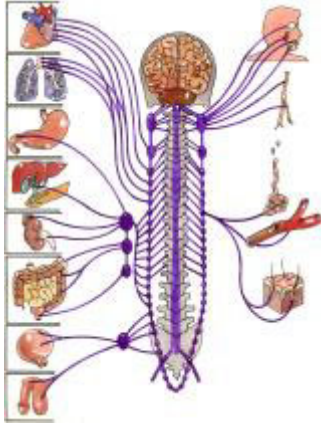
Chiropractic Questions and Answers



Q. What diseases and conditions should my family visit a chiropractor for?

A. *Any* disease and condition. Chiropractic helps your *whole body function better*. It's like good nutrition and elimination – no matter what disease or condition you have, you'll heal

better when your body is nourished and properly eliminating toxins. It's the same with chiropractic – if you or a family member has a fever, cold, menstrual cramps, menopausal symptoms, headaches, backaches, fibromyalgia, vision problems, low resistance - *any condition* – you always need a healthy spine, free of nerve pressure (subluxations). It may make the difference between a lingering illness or a quick recovery; even between life and death. Why is that? It's because.....



Your Nerves Go Everywhere! – and your nerves affect the health of all your organs, glands, muscles, bones and nerves – even the blood supply to your brain!

Your brain extends down your back as your spinal cord, a bundle of millions of nerves that connect to your internal organs, blood vessels and glands. Your spinal cord is surrounded by bone – your spinal column or “backbone.” The role of your spinal column is to protect your delicate spinal cord, but sometimes your spine becomes distorted and damages the nerves, affecting the energy and messages that travel over your nerves. Chiropractors call this a “vertebral subluxation” and spend years learning how



to locate and correct this condition in you. Do you have a subluxation? Only your chiropractor can tell.

Organic Food Is Really Healthier

More people are buying organic food because it really does taste better and is free of pesticides and other chemicals – but is it really healthier? A new study found organic corn, strawberry and marionberry had up to 50% more antioxidants – chemicals that fight illnesses such as cancer and heart disease. More and more we're finding that it's better to eat organic. (1)

National Do Not Call Registry

Tired of telemarketers invading your privacy? Register your phone numbers for free at the National Do Not Call Registry at www.donotcall.gov (Do you think they'll figure out another way to annoy us?)



Words of Wisdom

Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, and though they are with you yet they belong not to you. – Kahlil Gibran

Why Do Children Need Chiropractic Care?



Childhood (and infancy) is full of falls, spills, bumps and collisions with reality (and chairs and doors and floors). After the tears and crying it's wise to visit the chiropractor to make sure that the accident didn't cause a subluxation. Subluxations are often painless and yet they can affect the body and cause all kinds of problems. Don't wait for your child to get sick before you do something about their health. Correcting silent subluxations now can prevent a lot of noisy sickness later.

Childhood Vaccinations

The issue of vaccinations often surfaces at this time because of upcoming school requirements. Chiropractors have been opposed to vaccines for a number of reasons:

1. Vaccines have not gotten rid of a single childhood disease and the majority of children who get measles, mumps, whooping cough, chicken pox, etc. are fully vaccinated! Measles and whooping cough epidemics occur in 100% vaccinated populations!
2. Natural immunity is far superior to artificial immunity – and lasts a lifetime!
3. Vaccines inject disease microorganisms and toxins deep into the body where they gain access to the child's internal organs and cause brain damage, serious diseases, allergies, asthma, chronic illness and death.
4. Properly managed, childhood diseases permit the child's immune system to strengthen and mature, helping ensure good health in later years. Studies show non-vaccinated children are healthier than vaccinated children.
5. Vaccines include formaldehyde, aluminum, phenol, mercury and dozens of other toxic chemicals that may damage a child's brain.



Every state permits exemptions to vaccination. Find them at

www.vaclib.org/pdf/exemption.htm or

www.909shot.com/Issues/state%20exemptions.htm

For more information on vaccination visit the [Vaccination Information Service Web site:](http://www.vaccination.inoz.com)

<http://www.vaccination.inoz.com>

Prevnar Vaccine Increases Infections

Prevnar, a vaccine marketed to prevent pneumococcal infections in children, increases the number of other infections babies get. Researchers say that while Prevnar reduces some bacterial infections it allows other infections to take hold. Bacterial ear infections in Prevnar-vaccinated children have more than doubled. Prevnar itself is coming under fire: "Prevnar is already becoming somewhat less effective against infections of the middle ear. According to the CDC's Cynthia Whitney. 'It's a big headache for us... the numbers just aren't as good as one would like.'" (2)

Breast-feeding Good For Teeth



Researchers have concluded that breast-feeding a child for more than 40 days can actually help inhibit the formation of cavities. Using a bottle at night (not the breast) actually promoted tooth decay. (3)

Chiropractic and Spinal Research



Chiropractic Patients Have Lower Healthcare Costs. Save money, go to a chiropractor. In a study involving 395,641 patients with one or more of 493 neuromusculoskeletal (head, neck, back, leg, hip, nerve, muscle, etc.) conditions over a two year period, patients receiving chiropractic care had significantly lower healthcare costs than did patients under medical or osteopathic care. "Patients receiving chiropractic care experienced significantly lower healthcare costs... The wide gap in the overall cost experience between chiropractic and medical patients cannot easily be dismissed even by

skeptics of the chiropractic profession." (4)

Neck Disc Herniation. This is the case of a 39-year-old male who had a football injury 20 years earlier. He had an aching, deep pain running from the base of his neck to his right elbow and sharply down his arm. An MRI revealed a C5-C6 (neck) disc herniation. After 13 chiropractic visits all pain ceased and he was symptom free. A follow up MRI revealed a reduction in the herniation. (5)

Tourette Syndrome, Attention Deficit Hyperactivity Disorder (ADHD), depression, asthma, insomnia, and headaches. This is the case of a 9-year-old boy with Tourette Syndrome, attention deficit hyperactivity disorder, depression, asthma, insomnia and headaches. Those with Tourette Syndrome often curse, mumble or strike out in rage. This is a neurological condition that makes sufferers miserable and often condemned to live a lonely life. The boy had a forceps delivery and was on many different drugs. After six weeks of chiropractic care all of his symptoms from his six conditions completely resolved. Five months later he remains symptom-free. (6)

Migraine, etc. 48 out of 57 child migraine sufferers had excellent results after spinal care. Spinal problems in children may manifest themselves as sleep disorders, loss of appetite, psychic problems or dysmenorrhea with no spinal pain. Studies on healthy children revealed subluxations/fixations in 55.8% of all school children. After care the problems rarely recur. (7)

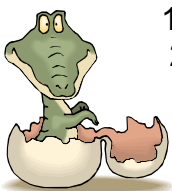
Humor

A woman went to the doctor's office, where she was seen by one of the new doctors. After a few minutes in the examination room, she burst out, screaming, running down the hall. An older doctor asked what the problem was, and she told him her story.

The older doctor marched down the hallway and demanded, "What's the matter with you? Mrs. Terry is 63 years old with 4 children and 7 grandchildren, and you told her she was pregnant?"

The new doctor continued to write on his clipboard and without looking up, "Does she still have the hiccups?"

Bizarre Facts



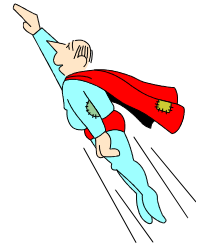
1. It is impossible to lick your elbow.
2. A crocodile can't stick its tongue out.
3. A shrimp's heart is in its head.

4. In a study of 200,000 ostriches over a period of 80 years, no one reported a single case where an ostrich buried its head in the sand (or attempted to do so).
5. It is physically impossible for pigs to look up into the sky.
6. A pregnant goldfish is called a twit.
7. More than 50% of the people in the world never made or received a telephone call.
8. Rats and horses can't vomit.
9. The "sixth sick sheik's sixth heep's sick" is said to be the toughest tongue twister in the English language.



10. People say "Bless you" when you sneeze because your heart stops for a milisecond.
11. If you sneeze too hard, you can fracture a rib.
12. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.
13. If you keep your eyes open by force when you sneeze, they can pop out.

14. In 18 months, two rats could have over a million descendants.
15. If the U.S. government has no knowledge of aliens, then why does Title 14, Section 1211 of the Code of Federal Regulations, implemented on July 16, 1969, make it illegal for U.S. citizens to have any contact with extraterrestrials or their vehicles?
16. In every episode of Seinfeld there is a Superman somewhere.
17. The cigarette lighter was invented before the match.
18. 35% of the people who use personal ads for dating are already married.
19. A duck's quack doesn't echo, and no one knows why.
20. 23% of all photocopier faults worldwide are caused by people sitting on them and photocopying their butts.
21. In the course of an average lifetime you will, while sleeping, eat 70 assorted insects and 10 spiders.
22. Most lipstick contains fish scales.
23. Cat's urine glows under a black-light.
24. Like fingerprints, everyone's tongue print is different.
25. Over 75% of people who read this will try to lick their elbow.



Imagine what you'd be like if you never had an adjustment. Think of that the next time you visit a sick friend.

Would you like us to send this newsletter to your friends or relatives? Let us know. Remember, friends don't let friends stay subluxated.

Please don't forget to stop by for a spinal adjustment so you can be at your best and enjoy summer to its fullest.

Bye, and thanks for reading this far down. Now

go out and have fun.

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NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH



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In The Interest of Safeguarding Your Health,

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

Resistant Lice

Researchers from the University of California report that head lice appear to be gaining resistance to the over-the-counter, pesticide-laced shampoos used by millions of children each year. The shampoos contain a compound related to DDT, and the lice are beginning to show genetic changes that make them less susceptible to the poison. Researchers predict they will become totally immune in 5 to 10 years.

The University of California is researching better ways to control the pests, but since they have difficulty getting volunteers to host the bugs, researchers have had to develop artificial scalps. The researchers say that while chemicals are convenient, the best way to deal with head lice is still to comb out and pick off the lice and their eggs.^{1,2}

1. *Associated Press, Oct. 27, 2002.*
2. www.headlice.org.

Alcohol Effects Last Years

A study from a Pittsburgh prenatal clinic reports that women who drink early in their pregnancy may cause developmental changes in their child that last through puberty. Researchers found that as little as one alcoholic drink a day corresponded to a 16-pound drop in body weight, on average, at age 14. The research team also noted small differences in memory and learning performance.³

3. *Alcoholism: Clinical and Experimental Research, October 2002.*

Power Toothbrush Performance

A nonprofit group that reviews data from formal health-care studies reports that powered toothbrushes of the "rotational oscillation" type are superior to other classes for removing plaque and stimulating the gums. Compared to manual or other powered brushes, this type removed 11 percent more plaque and reduced gum bleeding by 17 percent. As the user brushes, a rotational oscillator rotates first in one direction, then the other. The study examined data from 29 clinical trials involving more than 2,500 participants.⁴

4. *Reuters*, Jan. 11, 2003.

It's the Effort That Counts

A study of more than 7,000 men (average age: 66) suggests that they should be less concerned with standardized exercise programs than with simply whether or not they feel they're getting a good workout. Researchers calculated the amount of exercise in each man's typical workout and converted it to standardized federal exercise recommendations relating to multiples of the resting metabolic rate. They found this measure showed little correlation to the incidence of coronary artery disease.

However, among those men with similar calculated exercise indices, individuals who actually felt they were working out harder showed a marked decrease in cardiovascular disease.⁵ The research suggests that someone who struggles to get through a mild workout is probably getting more of a benefit than someone engaging in moderate workout that feels like a cakewalk. Physically demanding workouts were not examined in this study.

5. *Circulation*, February 2003.

Short Thighs and Diabetes

Research from Johns Hopkins University suggests the length of the thigh may indicate one's likelihood of developing diabetes.⁶ This work found that average length of a person's thigh is about 15.8 inches if he or she has normal glucose metabolism. In those who show insulin resistance, the length is about 15.4; for those with outright diabetes, it's 15.1. The researchers think the correlation is probably due to some factor that influences both diabetic development and leg growth. In other words, it probably wouldn't help to have the length of your thighs extended artificially.

6. Associated Press, reporting on the work of Dr. Keiko Asao, as reported at a meeting of the American Heart Association, March 8, 2003.

Breast Implants Linked to Suicide

European researchers report that women who have breast implants for cosmetic reasons appear to have a higher-than-average incidence of suicide. Among the more than 3,500 Swedish women studied who underwent the procedure, the suicide rate was three times the rate of similar women in the general population.⁷ The researchers

think the link is probably due to underlying psychological problems among the patients that makes them more likely to undergo the procedures, not an effect of the surgery or implant itself. Approximately 250,000 women in the United States underwent breast augmentation surgery in 2002.⁸

7. *British Medical Journal*, March 8, 2003.

8. *Reuters*, March 3, 2003.

Cholesterol-Lowering Diet

A study from the University of Toronto suggests a new diet can lower levels of LDL cholesterol by as much as 33 percent without affecting HDL levels. The "Portfolio Diet" is a vegetarian diet that emphasizes soy, plant sterols and soluble fiber. The diet includes oats; barley; legumes; eggplant; okra; soy; and almonds. Study participants found the foods very filling, and many stayed on the regimen after the study was complete.⁹

9. Associated Press, March 6, 2003, reporting on the work of Cyril Kendall.

A Good Breakfast to Stay Slim

A report from Children's Hospital in Boston concludes that people who eat breakfast every morning are less likely to be overweight or show signs of diabetes than those who skip breakfast. The researchers suspect that people who have a good breakfast are less likely to snack during the day, and may actually consume fewer calories overall.

The study examined 2,831 adult volunteers and broke the results down into male and female, white and black participants. White men and women were both only half as likely to be obese if they had breakfast every morning. Among blacks, breakfast-partaking men were 35 percent less likely to be obese, while breakfast did not appear to make a difference in black women.¹⁰

10. Associated Press, March 6, 2003, reporting on the work of Mark Pereira.

Pacifiers Thwart Breastfeeding

A study from the University of Rochester concludes that the early use of pacifiers contributes to breastfeeding problems. Among the 700 infants involved in the study, those given pacifiers a few days after birth were only half as likely to be breastfeeding exclusively one month later. Infants given supplemental feedings from a bottle also were likely to stop breastfeeding sooner. The study found that when supplemental feedings were required, using a cup instead of a bottle appeared to extend the length of time the baby would breastfeed.¹¹

11. *Pediatrics*, March 3, 2003.

Vitamins for Diabetics

A rather striking study from the University of North Carolina School of Medicine has found that daily multivitamin supplementation has a dramatic effect on the incidence of infections among diabetics. Researchers gave 130 patients daily doses of multivitamins or placebos for one year and tracked the number of respiratory, urinary tract, influenza and gastrointestinal infections during that time. Patients with adult-onset diabetes contracted one of the ailments at a rate of 17 percent if they received the vitamins, versus 93 percent with the placebo. None of the vitamin group missed any work, but 89 percent of the placebo group missed one or more days. The vitamins used were those typically found in most retail outlets.¹²

12. *Annals of Internal Medicine*, March 4, 2003.

Treadmill Diagnosis

A treadmill test is given to millions of Americans each year, but a 10-year study published in the *New England Journal of Medicine*¹³ suggests the standard method used to interpret the results should be modified.

Typically, the doctor only looks at the heart activity during the exercise test to make a judgment of the patient's condition. However, this study concludes that the recovery period after the workout is a better indicator of the risk of death over the next five years. The researchers predict that irregular heartbeats during recovery from exercise will soon become an accepted risk factor for heart disease.

13. *NEJM*, Feb. 27, 2003.

Arginine for Malaria

Research published in *The Lancet*¹⁴ reports that the level of arginine in a patient's blood is an accurate predictor of the severity of malaria attacks. The study, involving 75 African children, was conducted by researchers from the United States, Australia and Tanzania. Arginine is an amino acid present in most nuts and rice. It promotes higher levels of nitric oxide in the blood, which helps maintain flexibility of the vessels and can be poisonous to parasites.

14. *The Lancet*, Feb. 22, 2003.