



## 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).**

*I have 10 experiences a day that touch my heart. That is my secret for longevity. – Ms. Kazue Kato, the first woman member of the National Diet of Japan, on her 100th birthday*

*The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing. – Larry Dossey, MD*

*I think you might dispense with half your doctors if you would only consult Dr. Sun more. – Henry Ward Beecher*



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### If your spine is subluxated....



Last month we discussed your neck (cervical) vertebrae, where the cervical nerves go and what subluxations of the various vertebrae may cause. Subluxations stress your spine, discs, ligaments, muscles and they affect the nerves that help your organs, glands, muscles and other body parts function. What about the vertebra below your neck, in your mid-back (thoracic or dorsal) spine? What is their story? When your chiropractor gives you an adjustment, what can be affected?



There are twelve thoracic vertebrae. Your ribs connect to them in the back and to your sternum (breastbone) in the front. When you have a subluxation of your thoracic vertebrae, certain nerves and areas are affected. Below are some of the more common findings.



**Thoracic T1.** Nerves from T1 go to your arms, hands, wrists, fingers, esophagus, trachea, heart, blood pressure centers and lungs. Arm, hand, wrist and finger pain; nerve sensations; weakness; asthma; dry cough; shortness of breath and other conditions are noted in T1 subluxations.

**T2.** Nerves from T2 go to your heart (including valves and pericardium), lungs and bronchial tubes. Heart conditions, chest pains, irregular heartbeat, asthma, breathing problems and other conditions are noted in T2 subluxations.

**T3.** Nerves from T3 go to your lungs, bronchial tubes, pleura, chest, breast and heart. Bronchitis, pleurisy, pneumonia, congestion, breast-feeding difficulties, breathing problems and other conditions are noted in T3 subluxations.

**T4.** Nerves from T4 go to your gall bladder, common bile duct, lungs and bronchial tubes. Gall bladder conditions, jaundice, shingles and other conditions are noted in T4 subluxations.

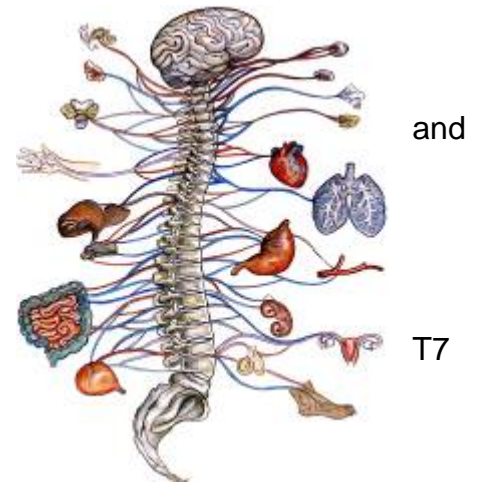
**T5.** Nerves from T5 go to your liver, solar plexus, heart, esophagus and stomach. Liver, solar plexus, heart and stomach problems; poor digestion; poor circulation and other conditions are noted in T5 subluxations.

**T6.** Nerves from T6 go to your stomach, esophagus, peritoneum, liver and duodenum. Indigestion (digestive problems), heartburn, ulcers, lack of energy, sluggishness other conditions are noted in T6 subluxations.

**T7.** Nerves from T7 go to your pancreas, duodenum, stomach, liver, spleen, gallbladder and peritoneum. Diabetes, gastritis, pancreatitis, low immunity, poor digestion, sluggishness and other conditions are noted in subluxations.

**T8.** Nerves from T8 go to your spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine and pyloric valve. Spleen and stomach problems, stress symptoms (including low sex drive, low immunity and exhaustion), leukemia, indigestion and other conditions are noted in T8 subluxations.

**T9.** Nerves from T9 go to your adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus and small intestine. Stress symptoms (see above), allergies, hives and other conditions are noted in T9 subluxations.



**T10.** Nerves from T10 go to your kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas and large intestine. Kidney troubles, kidney stones, lack of energy, nephritis, stress symptoms (see T8), testicular dysfunction, uterine problems, appendicitis, constipation and other conditions are noted in T10 subluxations.

**T11.** Nerves from T11 go to your kidneys, ureters, large intestine, urinary bladder, uterus, kidneys, and ileocecal valve. Uterine conditions, ovary conditions, bladder problems, elimination problems and other conditions are noted in T11 subluxations.

**T12.** Nerves from T12 go to your small intestine, large intestine, urinary bladder, uterus, kidneys and ileocecal valve and also affect lymph circulation. Rheumatism, gas pains, lymph circulation disruption, small intestine problems and other conditions are noted in T12 subluxations.

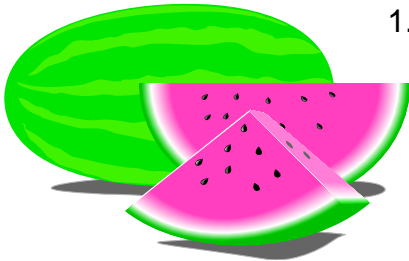
**Make sure your thoracic vertebra are not subluxated. See your chiropractor today.**

## Rodeo cowboys use chiropractic



The May 8th, 2006 *Ventura County Star* has an article on rodeo cowboys and chiropractic. Getting tossed around on the back of an angry 1,800-pound bull and leaping off a galloping horse into the spiky horns of a charging steer can cause a lot of damaging subluxations. At the Conejo Valley Days rodeo, the cowboys would duck into a tent where they would get adjusted by a local chiropractor.

## Some simple things to avoid and to do to keep healthy



1. Avoid all artificial sweeteners, especially aspartame (NutraSweet™) and Splenda™. They are bad for your brain, eyes, hearing and overall health.
2. Never get a flu shot unless you'd like to get Alzheimer's.
3. Consider most fevers beneficial and do not suppress them. Same with cold and flu symptoms.
4. Avoid childhood vaccinations: they are untested and dangerous.
5. Get lots of sunlight – it's good for you; it prevents cancer of internal organs and many other diseases. Just don't burn.
6. Avoid sodas and drink lots of water instead.
7. Avoid fluffy food (rice, bread, pasta). Fluffy food makes you fluffy.
8. Avoid high fructose corn syrup – it's linked to obesity and heart disease.
9. Avoid statin drugs – they cause heart damage, increase cancer risk and don't work as well as a healthy lifestyle.
10. Don't worry about cholesterol – it's not the cause of heart disease.

## School science experiment on microwaves

Does microwaving damage food? Does it make it less healthy and less alive? Take a look at this fascinating experiment that was part of a child's science fair experiment and ask, "If a kid could do it – why isn't the FDA requiring this kind of research?"

<http://www.rense.com/general70/microwaved.htm>

## Words of Wisdom



*Complacency breeds anxiety. To be healthy, a person needs to be affecting his surroundings, uplifting those about him and bringing in more light.* – Lubavitcher Rebbe

## Non-vaccinated kids don't have autism

"Thousands of children cared for by Homefirst Health Services in metropolitan Chicago have at least two things in common with thousands of Amish children in rural Lancaster: They have never been vaccinated and they don't have autism. 'We have a fairly large practice. We have about 30,000 or 35,000 children that we've taken care of over the years, and I don't think we have a single case of autism in children delivered by us who never received vaccines,' said Dr. Mayer Eisenstein, Homefirst's medical director who founded the practice in 1973." (1)



## Chiropractic and Spinal Research



**Did you know there are thousands of papers on the wonders of chiropractic and spinal care in health and disease? Anyone with any health problem needs chiropractic care.**

### Neck, Back, Radiating Pain

A 34-year-old man was suffering from severe neck, lower back and radicular pain. An MRI showed a disc herniation in his neck. For one year he saw multiple medical specialists with little or no results. His MDs were discussing neck surgery. He began chiropractic care and within one month nearly all his pain had disappeared and his disc herniation had almost

completely resolved. The surgery was no longer considered necessary. (2)

### Fertility and Chiropractic

For over a century chiropractic has had great success with helping previously infertile couples get pregnant and with helping women carry to term. In this case report, a 40-year-old woman who had a miscarriage at 16 weeks first visited her chiropractor because of mid-back pain. Postural studies, however, revealed that her neck and low back had subluxations. She and her husband began receiving chiropractic care. She became pregnant shortly thereafter, carried to term and delivered a healthy baby girl. (3)

### Headaches and Chiropractic

In this case study, a 13-year-old girl was suffering from severe headache and neck pain for five days. Her headache and neck pain completely resolved after chiropractic spinal care. (4)

### HIV, AIDS and Chiropractic

This is the study, of a group of patients dying of AIDS. All were under medical care but half of them were placed under chiropractic care while the others were not. After 6 months of care, the medicine-only group experienced a continued decrease in CD4 white blood cells (-7.96%) with two deaths. The people receiving chiropractic, however, showed a 48% increase in CD4 cell counts and no deaths. This study was originally intended to go on for one year, but after two patients in the control group died of AIDS the study was ended and all the surviving controls were placed under chiropractic care. (5)

## Humor

This is what a computer should do first thing in the morning! Click on the link below and then type in your first name...

<http://www.cse.unsw.edu.au/~geoffo/humour/flattery.html>

### **A Minneapolis couple decided to go to Florida to thaw out one icy winter.**

They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. It was difficult to coordinate their travel because of hectic schedules. So, the husband flew to Florida on a Thursday. His wife was to travel to Florida the next day.

The husband checked into the hotel. There was a computer in his room, so he sent an email to his wife. However, he accidentally left out one letter in her address when he sent the email.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack. The widow decided to check her email, expecting messages from relatives and friends.

After reading the first message, she screamed and fainted. Her son rushed into the room, found his mother on the floor, and saw on the computer screen:

To: My loving wife  
Subject: I've arrived  
Date: December 16, 2005

I know you're surprised to hear from me. They have computers here now, and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then. Hope your journey is as uneventful as mine was.

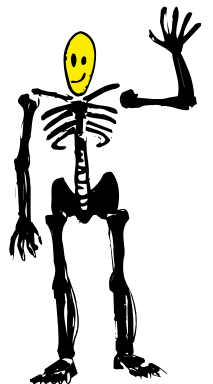
P.S. Sure is hot down here!



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.

## References

1. <http://www.washingtontimes.com/upi/20051204-060313-6829r.htm>
2. Eriksen K. Management of cervical disc herniation with upper cervical chiropractic care: a case study. *JMPT*. 1998;21(1):51-56.
3. Anderson C. Chiropractic applications for infertility. *ICA Review*. September/October 2000.
4. Hewitt EG. Chiropractic care of a 13-year-old with headache and neck pain: a case report. *JCCA*. 1994;38(3):160-162.
5. Selano JL, Hightower BC, Pflieger B et al. The effects of specific upper cervical adjustments on the CD4 counts of HIV positive patients. *Chiropractic Research Journal*. 1994;3(1):32-39.



## NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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In The Interest of Safeguarding Your Health

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### **Long-Term Effects of Carbon Monoxide**

A study from the Minneapolis Heart Institute Foundation<sup>1</sup> concludes that one episode of moderate to severe carbon monoxide poisoning can have lingering effects. Researchers found that more than a third of such individuals incurred damage to their heart muscle. Of those sustaining heart damage, one in four died within seven years. The study looked at 230 patients who had a toxic exposure to CO.

1. *JAMA*, Jan. 25, 2006.
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### **Cooler Heads Prevail**

A group of researchers made up of scientists from the United States, England and New Zealand attempting to find a way to mitigate the effects of oxygen deprivation that sometimes will happen during birth have discovered something that appears helpful. They found that a cap filled with cool water (to lower the cranial temperature a few degrees) placed on the infant's head for 72 hours decreased the risk of cerebral palsy, epilepsy, blindness and other problems.<sup>2</sup> The study is available online at [www.thelancet.com](http://www.thelancet.com). The technique was tested on 234 full-term infants.

2. Reuters, Jan. 28, 2006.
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### **Sleep or Gain Weight**

A long-term study of middle-aged women reports that too little sleep can lead to putting on a few extra pounds. Researchers found that women who slept only five hours or less each night were 32 percent

more likely to gain at least 33 pounds during the 16 years of the study, compared to those who averaged at least seven hours of shuteye.<sup>3</sup> The study could not correlate the weight gain to diet or exercise habits; theories involve a modification of the basal metabolic rate, or the possibility of fewer calories burned during the day because the subject was too tired to "fidget."

3. Reuters, May 24, 2006, reporting on the work of Dr. Sanjay Patel of Case Western Reserve University.

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## Cocoa for the Skin

A study published in the June issue of *Nutrition*<sup>4</sup> suggests that the high level of flavanols present in a good cup of hot cocoa may lead to healthier and more resilient skin. Researchers randomly prescribed women a daily cup of cocoa containing either a high or low level of flavanols. After three months, imaging tests suggested that those women drinking the flavanol-rich cocoa had improved their skin texture, thickness and hydration. They also appeared more resistant to ultraviolet radiation.

4. <http://jn.nutrition.org/cgi/content/abstract/136/6/1565>.

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## Prenatal Alcohol

A study<sup>5</sup> from the University of Pittsburgh School of Medicine reports that only a couple of alcoholic drinks per week is enough to stunt an unborn child's intelligence later on. Researchers found a significant effect on IQ testing scores among certain children whose mothers had consumed between two and six drinks per week during their pregnancy, particularly during the second trimester. However, the correlation was only seen in African-American children, not in Caucasians. The researchers were not able to reconcile this disparity except to suggest a possible genetic influence.<sup>6</sup>

5. *Alcoholism: Clinical and Experimental Research*, June 2006.
6. Reuters, May 26, 2006, reporting on the work of Dr. Jennifer Willford and colleagues.

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## Prenatal Blood Pressure

While many physicians become alarmed when they detect an elevation of blood pressure in a soon-to-be mother, a group of Canadian researchers have determined that there may be a beneficial component.<sup>7</sup> This study finds that among babies born prematurely, infant mortality is significantly lower if the blood pressure of the mother is a bit higher. This did not hold true for babies born full-term, but for preemies it appears that something about the higher blood pressure seems to help the little guy out, especially if the baby is smaller than normal or is born to a first-time mother. The study examined statistics for more than 17 million births from 1995 through 2000.

7. *British Journal of Obstetrics and Gynaecology*, May 2006.



## **Heavy Heartburn**

Women who put on a few pounds, even if they still are not considered overweight, tend to have more problems with heartburn according to a study from Boston.<sup>8</sup> The researchers found that as little as 10 pounds of extra weight could trigger episodes of reflux. Many women who subsequently lost the gained weight reported that their symptoms improved. Data was taken from the ongoing Nurse's Health Study, and tracked more than 10,000 women and their health.

8. *New England Journal of Medicine*, June 1, 2006.

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## **Antioxidants for Migraines**

Research from the Kaiser Permanente Medical Center in Anaheim, Calif.<sup>9</sup> suggests that antioxidants may help migraine headache sufferers. This small study used the MIDAS test (a measure of migraine severity) before and after three months of antioxidant therapy, and involved patients that were not responding well to drug therapies. On average, the test scores were cut in half at the end of the study. Headache episodes went from an average of 15 per month to about nine; severity decreased as well. A small percentage of the volunteers showed no improvement. The supplements given contained pine bark extract and vitamins C and E.

9. Reuters, June 1, 2006, reporting on the work of Dr. Sirichai Chayasirisobhon.

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## **Dark Soya Antioxidants**

If you really want a high-potency antioxidant supplement, Singapore researchers report that dark soya sauce (made from fermented soybeans) is one of the best. They say that the antioxidant activity is 10 times that of red wine, and more than 150 times that of vitamin C. Testers also report a dramatic increase in circulation for a few hours following consumption.<sup>10</sup>

10. Reuters, June 3, 2006, reporting on a study from the National University of Singapore.

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## **Breathing Instead of Inhaling**

Researchers from the University of Sydney say that persons who frequently use short-acting inhalers to treat their asthma may want to try some breathing exercises. They report that patients who were taught certain breathing techniques were able to reduce their dependency on inhaler medications. Another alternative, they say, is performing a number of nonspecific upper-body exercises. In their testing, researchers demonstrated an 86 percent decrease in the need for beta-2 agonist inhalers and a 50 percent drop for corticosteroid inhalers.<sup>11</sup>

11. <http://thorax.bmjournals.com>, June 5 edition.

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## Too Much Fluoride

A study from the University of Iowa's College of Dentistry<sup>12</sup> finds that many children are getting a bit more fluoride than they should. Examination of the teeth of 408 Iowa children revealed signs of fluorosis in one in three. White streaks on the teeth are one of the telltale signs of the condition. Later effects include loss of enamel, pitting, and bone weakness. Researchers blame infant formula and large quantities of 100 percent fruit juice at a young age, supplements, and other dietary intakes for the findings. In some communities where the amount of fluoride in the water approaches the maximum federal limit, the rate of serious dental fluorosis can approach 10 percent in young people.<sup>13</sup>

12. Reuters, March 13, 2006, reporting on the work of Dr. Teresa Marshall.

13. Reuters, March 22, 2006, citing a report from the National Academy of Sciences.

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## Exercise for Gestational Diabetes

A study of more than 21,000 women from the Harvard School of Public Health in Boston<sup>14</sup> concludes that a woman who habitually exercises prior to pregnancy is less likely to experience pregnancy-induced diabetes. The researchers also correlated the amount of time spent watching television (and therefore not exercising) to a significantly increased likelihood of gestational diabetes. This type of diabetes has been linked to eventual development of type II diabetes as women get older; there is also some evidence that it may affect the baby years later.

14. *Archives of Internal Medicine*, March 13, 2006.

Research reviews written by Brian Sutton, DC of Colorado Springs, Colorado as seen in *Dynamic Chiropractic*; July 16, 2006, Volume 24, Issue 15