



## Healthy Living Chiropractic Email Newsletter

*This newsletter is provided courtesy of Karl R.O.S. Johnson, D.C., F.I.C.P.A., 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).**



*It all depends on how we look at things, and not on how things are in themselves. The least of things with a meaning is worth more in life than the greatest of things without it.*

– Carl Gustav Jung

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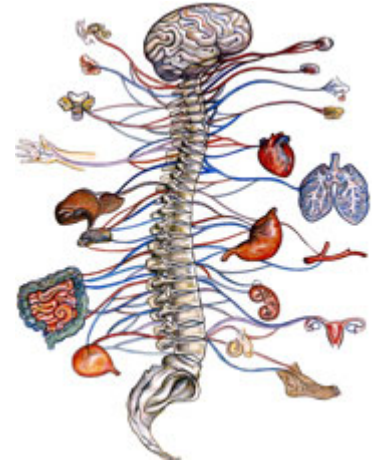
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## What Does Chiropractic Do For You?



Chiropractic releases a deep stress from your body called a vertebral subluxation.

Subluxations can be caused by a difficult birth, a fall as a child, sports accidents – just about any trauma has the potential to



distort your body structure and stress your nerve system. Since nerves from your spine go to all your organs and affect your entire body function, a subluxation can cause dis-ease, overall body function, lowering of resistance and excessive wear and tear to your system (premature aging). You can have a subluxation for years before you notice any problems and by that time you may have serious health problems.

Chiropractors are the only primary healthcare providers that are able to analyze the body for subluxations and, using the power of the chiropractic adjustment, correct the subluxation, releasing the stress, balancing your structure and improving the function of your body and mind.



## Chiropractic Questions and Answers



**Question:** Can I see an MD or another healer while I'm seeing a chiropractor? Can I see a chiropractor if I'm under medical care?

**Answer:** Keeping your spine healthy is a pre-requisite for health no matter what other healthcare you are using. There is no conflict. Chiropractic is always a good thing to do. Think of chiropractic as you would good nutrition – a necessary part of taking care of oneself but especially needed if you have symptoms or are ill.

### Words of Wisdom

*If you are dealing with fears and insecurities from old head programs, have compassion for yourself. Just love your insecurities,*

*fears and resentments. Release and forgive them as they come up. Judging, beating or repressing insecurities just gives them power. Then you have a pattern that never gets resolved. Recognize that your real security is built from your relationship with your own heart. – Sara Paddison*



*Most people search high and wide for the keys to success. If they only knew, the key to their dreams lies within.* – George Washington Carver

## Cancer, alternatives and no care

Increasing numbers of cancer patients are exploring alternative or natural ways of healing. Many medical critics claim that chemotherapy, radiation and surgery actually damage the immune system, with cancer victims less likely to heal.

Hardin Jones, Ph.D., a professor of medical physics and physiology, writes: “For a typical type of cancer, people who refused treatment live an average of 12 ½ years. Those who accepted surgery and other kinds of treatment lived an average of only 3 years. I attribute this to the traumatic effect of surgery on the body’s natural defense mechanism. The body has a natural kind of defense against every type of cancer.” (1)

At a San Diego hearing Dr. Jones testified that a woman with breast cancer who had no treatment lived up to four times longer than one who was treated by conventional methods. (2)

## Chiropractic and Spinal Research



Chiropractic is not for diseases but for people. By that we mean that no matter what disease or symptoms your body may be expressing, you always need to have a healthy spine. In fact, everyone with *any* health problem needs a spine free from subluxations. It might make all the difference. Feel free to forward these studies to others.

**Ear infections and chiropractic.** 20%-30% of children suffer from middle ear infections (acute otitis media). In many cases antibiotic therapy leads to repeated episodes of the condition. In this study 21 children (9 months to 9

years) with acute otitis media were placed under chiropractic care. After adjustments the red and bulging eardrums returned to normal in 95% (with a drop in temperature). (3)

**Chiropractic and Infertility, Migraines.** A 28-year-old woman visited a chiropractor because of severe migraine headaches since she was a teenager, irregular menstrual cycles and inability to conceive. After two months care she reported no headaches during the preceding month. A regular menstrual cycle began 7 weeks into care and within 6 months she became pregnant. (4)

**Reduction of a confirmed C5-C6 disc herniation.** A 39-year-old male cable technician complained of right neck and arm pain. He had a football injury 20 years prior with similar pain at that time. He now had an aching, deep pain running from the base of his neck to the right elbow and sharply down his arm. Magnetic resonance imaging (MRI), thermography and muscle testing apparatus revealed a C5-C6 (neck) disc herniation. Under chiropractic care he became symptom free; a later MRI revealed a reduction in the herniation. (5)

## Most People Are Immune to the Flu

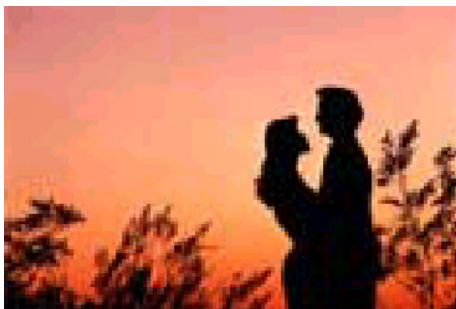
Natural immunity is *always* best. Take care of yourself and the flu will be mild or non-existent. Artificial immunity, if it works, is never as good. In fact deaths associated with the flu continue to rise parallel with increased flu vaccine usage. No large population studies prove the flu vaccine even works. Every year, 80-90% of the population is naturally immune from all forms of influenza like illnesses (ILI's). In fact, only 10-15% of those with ILI's actually have the flu! Natural immunity protects 96 to 98 people out of every hundred from contracting the flu. The flu vaccine can cause flu-like symptoms, joint and muscle pain (sometimes lasting for years), severe allergic reactions and even death.

Promote natural immunity to all diseases with a lifestyle that includes whole foods, elimination of toxins, chiropractic care, rest and satisfying relationships. (6)



## Satisfying Relationships

Speaking of satisfying relationships, an active sex life may protect a man's health. In a study 918 men in Wales, ages 45-59, were followed for 10 years and a statistical analysis of the men who died versus those who did not revealed something quite interesting. The men with the highest frequency of orgasm had half the death rate compared to the men with the lowest frequency. The men in the high frequency group had sex at least twice a week while those in the lowest frequency had sex less than once a month. (7) Research reveals that women are different in this regard. Whereas with men the quantity of sex was important to longevity, with women it was the quality. Women who had more satisfying sex lives lived longer. (8)



*After making love I said to my girl, "Was it good for you, too?" And she said, "I don't think this was good for anybody." - Garry Shandling*

## Measure Twice, Cut Once – or Not at All?



650,000 hysterectomies are performed each year in the U.S. According to researchers most should never be done. Gynecologist Michael Broder, M.D., reviewed 500 operations and found that 70% of the surgeries had been done without first conducting adequate diagnostic tests to ensure the surgery was appropriate in the first place! About 14% of the women shouldn't have gotten a hysterectomy under any circumstances and 21% of the 340 patients with fibroids had surgery without first trying chiropractic, acupuncture, nutrition, herbs or drugs that might have

corrected their problems. (9)

## Humor

### ***So you think you know everything? Did you know...?***



- A cat has 32 muscles in each ear.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A "jiffy" is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years.
- Al Capone's business card said he was a used furniture dealer.
- Almonds are a member of the peach family.
- An ostrich's eye is bigger than its brain.
- Babies are born without kneecaps. They don't appear until the child reaches 2 - 6 years of age.
- Butterflies taste with their feet.
- Cats have over one hundred vocal sounds. Dogs only have about 10.
- "Dreamt" is the only English word that ends in the letters "mt".
- February 1865 is the only month in recorded history, not to have a full moon.
- In the last 4,000 years, no new animals have been domesticated.
- If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.
- It's impossible to sneeze with your eyes open.
- Leonardo DaVinci invented the scissors.
- Maine is the only state whose name is just one syllable.
- No word in the English language rhymes with month, orange, silver, or purple.
- On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- Peanuts are one of the ingredients of dynamite.
- Rubber bands last longer when refrigerated.
- "Stewardesses" is the longest word, typed with only the left hand and "lollipop" with your right.
- The average person's left hand does 56% of the typing.
- The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.
- The microwave was invented after a researcher walked by a radar tube & a chocolate bar melted in his pocket.
- The sentence, "The quick brown fox jumps over the lazy white dog" uses every letter of the alphabet.
- The winter of 1932 was so cold, that Niagara Falls froze completely solid.
- The words 'racecar,' 'kayak' & 'level' are the same left to right or right to left (palindromes).
- There are more chickens than people in the world.
- Only 4 words in the English language end in "dous": tremendous, horrendous, stupendous, & hazardous.
- There are 2 words in the English language that have all five vowels in order: "abstemious" & "facetious."
- There's no Betty Rubble in Flintstones Chewables Vitamins.
- Tigers have striped skin, not just striped fur.
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- Winston Churchill was born in a ladies' room during a dance.
- Women blink nearly twice as much as men.
- Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.



***Now you know everything!***

See you next month!

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.

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## NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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In The Interest of Safeguarding Your Health,

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### **Fat Futures**

The World Heart Federation, a Geneva-based group, recently issued a warning that children are becoming more at risk for cardiovascular disease. Children are gaining more weight than ever and are developing unhealthy lifestyle habits that will shorten their lives. The group says that a child who is overweight is three to five times more likely to have a stroke or heart attack by age 65. The excess weight is blamed on outdoor activities being replaced by computers and video games, readily available high-calorie foods, poor nutritional planning in school lunches, and a decrease in physical education classes in high school.<sup>1</sup>

1. Reuters, Sept. 20, 2004.
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### **Circulatory Chocolate**

A small study from Athens Medical School in Greece reports that dark chocolate appears to exert a rapid, beneficial effect on blood vessels. Using ultrasound exams soon after subjects consumed a 3.5 oz. dark chocolate bar, researchers found an increased activity of arterial endothelial cells. The study was placebo-controlled, and the chocolate and placebo groups were switched on different days to rule out individual variations. The effects of the chocolate lasted for three or more hours.<sup>2</sup>

2. Associated Press, Aug. 29, 2004.
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## **Cold Hearts**

It has long been known that cold weather tends to increase the incidence of heart attacks, but a new study suggests that this effect occurs mostly in people with high blood pressure. The study, involving 748 heart attack victims, found that the incidence doubled when the temperature dropped below 4 degrees Celsius (39.2 degrees F) in hypertensives. But researchers also found that a simple 9 degree drop in temperature, even on a mild day, precipitated more attacks. The researchers theorize that a temperature drop causes vasoconstriction which raises blood pressure even more, especially in hypertensive patient whose arterioles may be more sensitive to begin with, adding an extra strain on the heart. They suggest that such individuals dress warmly in cold weather.<sup>3</sup>

3. Associated Press, reporting on research from the University of Burgundy in France (presented to the European Society of Cardiology), Aug. 30, 2004.
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## **Laziness May Be Worse Than Excess Weight**

A report from the University of Florida concludes that you are better off being overweight than underexercised. The study looked at 906 women over four years, examining both weight and exercise habits. The mean age was 58. Analysis of health problems and cardiovascular incidents revealed a decrease in problems in those who were at least moderately active, no matter what weight category they were in.<sup>4</sup> However, another study published in the same journal concludes that for adult-onset diabetes, weight is a bigger factor. I recommend both: staying trim and exercising regularly.

4. *Journal of the American Medical Association*, Sept. 8, 2004.
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## **Curry for Leukemia**

Studies from Loyola University Medical Center in Chicago<sup>5</sup> suggest that the spice turmeric might be responsible for the lower incidence of leukemia in Asia than in the West. Laboratory studies show an inhibitory effect on leukemia cell replication, as well as protection against damage caused by cigarette smoke and certain processed foods.

5. Reuters, Sept. 9, 2004, reporting on a presentation to the British charity Children with Leukemia, by professor Moolky Nagabhushan.
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## **Omega-3 Brain Food**

Mouse research from the University of California, Los Angeles, adds support to the theory that omega-3 fatty acids may help combat the deterioration of brain cells caused by disorders such as Alzheimer's disease.<sup>6</sup> The researchers noted an unexpected, dramatic reduction in lesions normally found in the mice bred to be susceptible to Alzheimer's disease. The researchers were trying to produce mice with the disease for other experimentation, but were getting specimens that were more normal than

diseased. Further investigation revealed that the mice had been raised on a diet of soy and fish. After adjusting for other factors and eliminating the high omega-3 diet, the researchers concluded that docosahexaenoic acid (DHA, an omega-3 fatty acid) was responsible for basically ruining their experiment.

6. *Neuron*, September 2004.

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### **Cold Paralysis**

We were taught in chiropractic college that the earliest symptoms of polio are indistinguishable from those of the common cold. Now, researchers from Duke University report that a common cold virus can actually produce a case of polio, under certain circumstances.<sup>7</sup> The poliovirus must be inhaled or ingested to cause the disease, but the Duke University group accidentally discovered that the common cold coxsackievirus could also cause the disease (at least in mice) by merely injecting the virus. Injection bypassed normal defense mechanisms that would deal with the virus before it could access nerve and muscle tissue, say the researchers, allowing the virus to produce polio. Some are expressing concern that if a few mutations occur, a new type of polio outbreak could take place.

7. Proceedings of the National Academy of Sciences, September 2004.

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### **Polluted Lungs**

A new study from the University of Southern California reports a link between lung capacity and exposure to air pollution as a child. Researchers performed annual lung capacity tests on 1,759 children in Southern California, from age 10 to 18. At the same time, data were collected on air pollutants in the same communities studied. At the end of the study, the researchers found that 8 percent of the children who grew up in the most polluted areas had lung capacities 80 percent of normal, compared to 1.5 percent from the cleaner areas.<sup>8</sup> Nitrogen dioxide, nitric acid vapors, and carbon appeared to have a stronger effect, while ozone concentrations did not correlate with diminished capacities.

8. *The New England Journal of Medicine*, Sept. 9, 2004.

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### **Antibiotic Interactions**

A report from the Vanderbilt University School of Medicine in Nashville warns that the antibiotic erythromycin is linked to heart-related fatalities, especially if combined with a number of other common drugs. Taken alone, sudden-death incidents doubled, but interactions raised the risk by a factor of five in this study of 1,476 unexpected deaths. The researchers think that interactions can slow the breakdown of erythromycin, giving the drug more time to disrupt normal heart rhythms. Some of the drugs suspected of interacting are diltiazem (Cardizem, Tiazac, Dilacor), verapamil (Calan,

Isoptin), and antifungals containing nitromidazole (fluconazole, ketoconazole and itraconazole). Grapefruit juice also produces a similar effect.<sup>9</sup>

9. *The New England Journal of Medicine*, Sept. 9, 2004.

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### **Postsurgical Acupuncture**

A study of postsurgical patients reports that acupuncture works better than drugs for the nausea often experienced by patients after a surgery involving anesthesia. The study involved 75 patients and found that two hours after surgery, 77 percent of the acupuncture patients had no nausea, compared to 64 percent of the drug group and 42 percent who received no preventive treatment. The researchers used an electroacupuncture form of treatment instead of needles.<sup>10</sup>

10. *Anesthesia and Analgesia*, September 2004.

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### **Expensive Students**

Former Surgeon General David Satcher has released a report which contends that U.S. schools are losing millions of dollars each year in funding because of obesity. The study suggests that obese students miss six times as many days compared to their trimmer peers, which can add up to big bucks when funding is based on attendance. For example, researchers calculate that Los Angeles schools are losing about \$15 million annually.<sup>11</sup> Also, it appears that test scores are significantly lower in children who do not exercise or have poor diets. By contrast, students who participate in daily physical education classes tend to have a more positive attitude toward school and earn better grades.

11. Reuters, Sept. 23, 2004, reporting on research by a group called "Action for Healthy Kids."

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### **Drink to Your Memory**

An ongoing study from the University of Texas suggests that one or two alcoholic beverages each day may improve memory performance, at least in elderly women. The participants, whose average age is 75 years, are asked to remember stories, arbitrary numbers and letters, locations of hidden objects, and to perform other similar tasks. So far, the researchers have found that women who drank in moderation did better than the nondrinkers on the memory tests, and also reported experiencing less depression and feeling better about their health overall.<sup>12</sup>

12. Reuters, reporting on the work of Dr. Graham McDougall, associate professor of nursing.