

Chiropractic Wellness Center of Macomb

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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Karl R.O.S. Johnson, D.C., L.C.P.(hon.)
50258 Van Dyke Avenue, Suite E
Shelby Township, MI 48317-1374
810.731.8840 or 810.726.KIDS



chirokarl1@earthlink.net

www.wellnesschiro.com

**GOD BLESS AMERICA
AND HER PEOPLE**

Chiropractic... A Source of Strength In Trying Times

Last month we all experienced one of the most horrifying days of our lifetime and for that matter probably the most horrifying in American history. Our staff would like to express our deepest sympathy and condolences for those that lost loved ones and for all of us, as we have had to somehow emotionally process this information and go on with our lives.

How different people will react to such a tragedy is impossible to predict. However, there are emotions that we all will cycle through as time goes on. No matter how well we feel that we are coping with the repercussions of these sometimes overwhelming feelings, the mind to body component cannot be overlooked.

Our bodies and minds are inseparable when it comes to dealing with stress. Emotional stress can lead to physical illness just as a physical illness or injury can lead to emotional stress. The back of this month's newsletter is dedicated to these issues and how to help take care of yourself and those that you love during these times. We hope that reading it will help you to understand and manage the silent effects of stress on your body. Although there is no "quick fix" to what we must deal with, your chiropractor is here to help you to manage and minimize the long-term effects that tragedy can have on your health.

Patient Question of the Month... Can chiropractors help with the blues?

Absolutely! Chiropractors are not psychologists but they are doctors that deal with the body as a whole. Chiropractors understand the relationship of the mind and the body as well as any healthcare provider. Chiropractors commonly treat individuals that are affected by long-term pain or physical illness. These conditions undoubtedly have a psychological side. Chiropractic adjustments can help to relieve or reduce the physical side of illness thus allowing the mind the freedom to heal. Many times people that are feeling down or depressed find great relief after being adjusted by a chiropractor.

The body, a two way street when it comes to stress.

The body and the mind are inseparable components of the masterpiece of life that we call the human being. Our minds and bodies work in harmony to maintain and orchestrate the complex systems to which we rarely give thought. However, when illness occurs or tragedy strikes there is no time when we can understand this better than through our own personal experiences. People commonly feel physically ill when an event or issue in their life mentally stresses them. The same can be said about physical illness having an affect on the mind. A relatively simple illness such as a common cold can make people feel like some of their vital mental energy has been sapped.

The body, even with all of its infinite innate wisdom (your body's inborn intelligence that makes it work) can become overwhelmed when there is simply too much for it to do. Here is an example of how this works. Imagine your body and mind are like a washing machine and dryer. The dirty laundry comes in, it's cleaned, dried and it's on to the next load. But imagine if the loads just kept coming – one load after another with no way to keep up. Eventually, the dirty laundry would pile up and after a while it would seem as if nothing was getting done. Your body can fall victim to the same overload if proper care is not taken to help it keep up.

The additional toll from the stress that we have all recently experienced can have this same dramatic effect.

At first, it may seem like we are all okay. But contrary to what we think, our bodies and minds are dealing with an increased demand – even though it is subconscious. Eventually this demand will have an unwanted effect on how we feel. Some of the first signs can be tiredness, a feeling of lost emotion or simply just not feeling like yourself for some unexplained reason.

What can chiropractic do?

Chiropractic adjustments are a great way to help your body to take care of that so-called “dirty laundry” that stress puts on it. By keeping your body physically tuned for optimal health, you allow your mind to keep up with the subconscious chore of processing all of the emotional input that comes with dealing with the events like the ones we experienced as a people and nation last month.

Chiropractic philosophy is rooted in the belief that the correction of “subluxations”, known as misaligned vertebra,

will help to reduce stress through optimizing nerve transmission or flow through the entire body. This in itself allows the entire person (mind and body) to deal and cope with stress while helping to minimize the potential long-term side effects of the killer that stress can be. Now is a great time to see your chiropractor and get adjusted. Chiropractic was born in America and its words and message are from Americans. Let chiropractic help you to maintain optimal health even in these trying times.

Chiropractic Fact of the Month

Many chiropractors joined ranks with other healthcare providers in the wake of the World Trade Center disaster.

Chiropractic services have been provided to help the rescuers cope with the physical and mental stress of their unselfish acts of bravery.

**To make your appointment with Dr. Johnson call
810.731.8840 or 810.726-KIDS**

NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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www.wellnesschiro.com

chirokarl1@earthlink.com

In The Interest of Safeguarding Your Health,

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

What Is Your Spinal Column?

Your spinal column is made up of 24-vertebrae (spinal bones). Keeping all of those bones connected are 137-joints covered with ligaments, muscles and cartilage. Doctors of Chiropractic spend many years learning how to locate areas of nerve and joint pressure that can cause your entire body to:

- ☞ Malfunction
- ☞ Distort your posture
- ☞ Distort your balance
- ☞ Lower your resistance to disease
- ☞ Set the stage for all kinds of health problems.

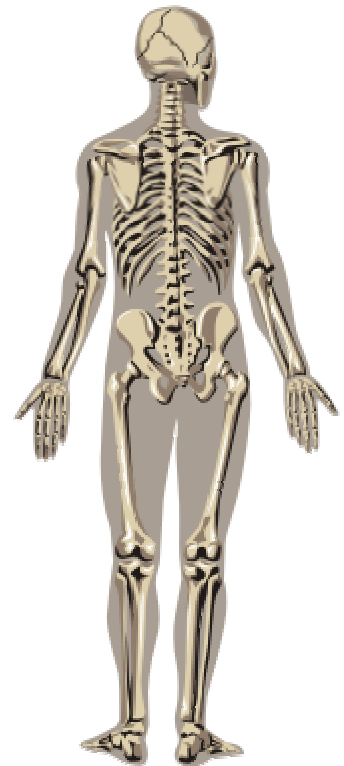
Chiropractors call this spinal condition, a "vertebral subluxation." Doctors of chiropractic spend years studying how to free your spine from subluxations to keep you healthy, flexible, youthful and free of nerve pressure.

Words of Wisdom

Experience is simply the name we give our mistakes. - **Oscar Wilde**

Seven days without an adjustment makes one weak. - **B.J. Palmer, D.C., Ph.C.**

(Give us a call to have your spine checked today!)



Going on a Vacation?

Enjoy yourself. We've got good news, vacations are good for you. Over 12,000 men enrolled in a heart health study were followed for over nine years. Those men who took vacations in most years were 20% less likely to die from any cause, than those who did not take regular vacations. Those who vacationed regularly were also 30% less likely to die from heart disease. The benefits of vacations affected people from all classes, irrespective of income, education, and health. So don't feel guilty about taking time off for yourself. (1)

Chiropractic and Spinal Research

There are thousands of papers extolling the wonderful health and healing benefits of chiropractic and spinal care. Here are a few from our archives.



Neck, Back, Radiating Pain and Chiropractic

A 34-year-old man was suffering from severe neck, lower back and radicular (radiating/shooting) 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 with him. He began chiropractic care and within one month nearly all his pain had disappeared and his disc herniation had almost completely resolved. The surgery his MDs had discussed was no longer considered necessary.(2)

Fertility and Chiropractic

For over a century, chiropractic has had great success with getting previously infertile couples pregnant and in 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. However, postural studies revealed her neck and low back had vertebral subluxations. Both she and her husband began to receive chiropractic care, and shortly thereafter, she conceived and carried to term a healthy baby girl, without any complications. (3)

Headaches and Chiropractic

More people go to doctors for headaches than any other condition. 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 a very interesting study of a group of patients dying from AIDS. All patients were under medical care, but half of them were placed under chiropractic care while the others were not. After 6-months, the medicine only group experienced a continued decrease in CD4 white blood cells (-7.96%) with two deaths. Those people receiving chiropractic 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. The effects of specific upper cervical adjustments on the CD4 counts of HIV positive patients is absolutely astounding. By removing vertebral subluxation, the patient's immune systems were able to work more efficiently without the use of dangerous drugs or irreversible surgery. (5) *How efficiently is you and your families immune systems working?*

Let Kids Get Sick?

It appears that permitting children to run a fever, (rather than run to artificially lower the fever with drugs) helps strengthen their immune system. Make sure your child has a healthy, unsubluxated spine so they may regulate their fevers properly. In a recent study in the British Medical Journal 1,314 children were followed until age 7. Those children who had recurrent viral infections early in life were less likely to be diagnosed with asthma than those with fewer viral episodes. (6) Another way to say this is...the more a child gets to use and exercise their immune system early on, the lower the chances of asthma; asthma is the result of an over-active immune system (hypersensitivity).

Courts: "Vaccine Caused Multiple Sclerosis"

A French court has upheld a lower court ruling that found a link between the hepatitis B vaccine and multiple sclerosis (MS). The case involved two women who contracted MS after receiving the vaccine. The ruling is important, because it rejected arguments that a direct and irrefutable link between the vaccine and MS is needed. "Serious, precise, and similar evidence was enough proof," said the plaintiff's attorney. Agence France Presse (www.afp.com) (05/03/01)

To learn more about childhood vaccinations please contact the **NATIONAL VACCINE INFORMATION CENTER** Vienna, Virginia <http://www.909shot.com> and take a look at the links I have listed on [my site](#).

Note: An increasing number of papers relating vaccinations to multiple sclerosis and other autoimmune diseases are appearing in a number of medical journals. MS, formerly rare, is increasingly common as the number of vaccines increase. (7)

Your Amazing Body

Nerves

Nerves send messages at speeds up to 224-miles per hour! Nerves are the longest cells in your body, some growing up to 4-feet long! Nerves carry messages to keep your hormones, digestion, breathing and other body systems functioning at their best so you may have high resistance to disease. Spinal subluxations can stress or irritate your nerves, discs, muscles, joints and weaken your body. Chiropractors are specially trained to locate and remove subluxations.

Blood

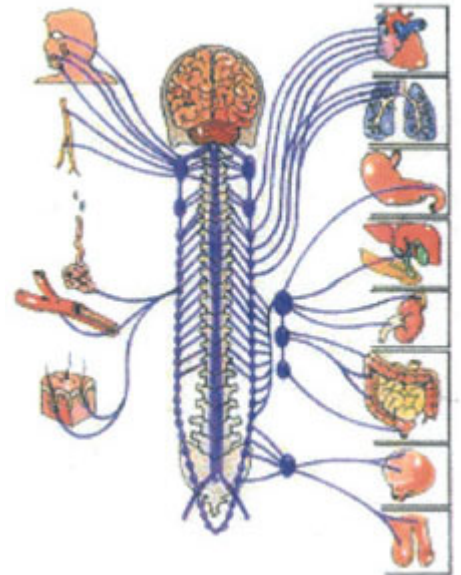
Your body contains 9-pints of blood that travel along 62,000-miles of blood vessels (they could wrap around the equator 2.5-times). The nerves from your spine control the size of many of the blood vessels that go to your internal organs and other body tissues.

Muscles

Your body has 650-muscles. Subluxations may cause muscle spasm, contraction and pain. Remember, it takes 17-muscles to smile, 42-to frown and only three to extend your arm and smack the person on the head who was bothering you.

Water

Your body is mostly water. We often become dehydrated as we age because we drink coffee, tea, soda etc. instead of water. Dehydration makes us age faster and weakens our joints and discs. Conditions such as high blood pressure, back and disc pain, constipation, asthma, depression, overweight and many other problems have cleared up by drinking more water. It has been suggested that drinking half your body weight in ounces per day will re-hydrate you in about two weeks. For example, if you weigh 150-pounds, you would need to drink 75-ounces of water per day.



HRT - is it safe?

Women who use hormone or estrogen replacement therapy (HRT) at just 0.625 mg/day have 1.35 the risk of stroke of non-users. Those taking 1.25 mg/day or more have more than one and a half times the risk of non-users; .3 mg/day did not appear to increase risk. While the study did not find any increased risk of heart disease, the researchers warn that it is still too early to recommend HRT to prevent heart disease and that larger trials are needed to confirm the effectiveness and safety of HRT in this area. (8)

Preemies Reap Benefits of Breast Milk

Babies born prematurely are at greater risk of heart disease later in life. Feeding a premature infant breast milk, rather than formula, can substantially cut this risk. In a recently published study, 926-

children (ages 13-16) who were born prematurely were evaluated. Those who were breastfed had a lower mean blood pressure by more than 4 mmHg compared to those who were fed formula. (9)

TOP 10 SIGNS YOU'VE JOINED A CHEAP HMO

10. Annual breast exam conducted at Hooters.
9. Directions to your doctor's office include, "take a left when you enter the trailer park."
8. Tongue depressors taste faintly of Fudgesicle.
7. Only proctologist in the plan is "Gus" from Roto-Rooter.
6. Only item listed under Preventive Care feature of coverage is "an apple a day".
5. Your "primary care physician" is wearing the pants you gave to Goodwill last month.
4. "Patient responsible for 200% of out-of-network charges" is not a typo.
3. The only expense covered 100% is embalming.
2. With your last HMO, your medication didn't come in different colors with little "M"'s on them. And the Number 1 Sign You've Joined a Cheap HMO...
1. You ask for Viagra. You get a popsicle stick and duct tape.

NATURAL HEALTH CARE WITHOUT DRUGS AND SURGERY

Chiropractic is the most popular drug-free form of health care in the world. Millions of people - children, adults and seniors visit their neighborhood Doctor of Chiropractic for improved energy, quicker healing, release of stress and to turn on their natural healing ability without drugs and surgery.

**Tried everything?
Not unless you've tried Chiropractic!**

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