



Email Practice Member Newsletter

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

50258 Van Dyke Avenue, Suite E
Shelby Township, MI 48317-1374
586.731.8840 or 586.726.KIDS



info@wellnesschiro.com
www.wellnesschiro.com

Halloween Edition

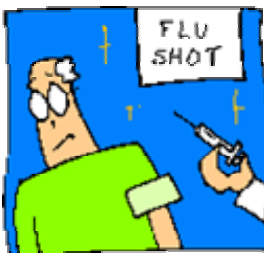


Do one thing every day that scares you. - Anonymous

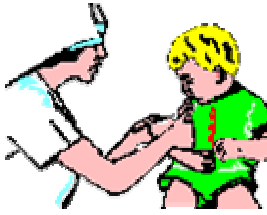
Welcome to our office's Halloween Issue. We'd like to entertain you, inform you, inspire you, (and maybe scare you). We'd love to hear from you; feel free to write.

"Success is to be measured not so much by the position that one has reached in life as by the obstacles that one has overcome while trying to succeed." Booker T. Washington

Flu Shot Season



And now for something really scary: the flu shot. Since it's "flu shot season" we think this information is quite timely. According to Hugh Fudenberg, MD, the world's leading immuno-geneticist and 13th most quoted biologist of our times (nearly 850 papers in peer review journals), if an individual has had five consecutive flu shots his/her chances of getting Alzheimer's Disease is ten times higher than if they had one, two or no shots. What's the connection between Alzheimer's and flu shots? Dr. Fudenberg



explained that the mercury and aluminum that is in every flu vaccine (and some childhood vaccines) is toxic to the brain. Eventually the mercury and aluminum buildup in the brain causes cognitive dysfunction.

(Is this the reason why Alzheimer's is expected to quadruple?)

Note: Dr. Fudenberg presented his research at the National Vaccine Information Center's (NVIC) International Vaccine Conference, Arlington, VA September, 1997. Quoted with permission. Alzheimer's to quadruple statement is from John's Hopkins Newsletter Nov 1998.

Dr. Fudenberg's web address is www.nitr.org. Interesting info there on treating autism and

Alzheimer's.

Fluzone is the **new flu vaccine for babies** (recommended 6 months to 23 months) and contains **25 µg mercury/0.5 mL dose**. It also contains chicken embryos, formaldehyde, sucrose, sodium phosphate, sodium chloride, mercury, gelatin, polyethylene glycol p-Isooctylphenyl ether and hemagglutinin. Package insert at https://www.vaccineshoppe.com/US_PDF/Fluzone_P-free_2002.2003_4675.4681.pdf Info from the drug company is at: <http://www.vaccinationnews.com/dailynews/september2002/fdaapproves12.htm>



Lower Your Fever and Stay Sick

Researchers at the University of Maryland have publicly stated what chiropractors and other drug-free, vitalistic healers have been saying for a long time: taking aspirin or Tylenol for the flu actually could prolong your illness by up to 3½ days. Fever is the body's natural way of fighting an infection and taking aspirin or acetaminophen (Tylenol™) interferes with your body's natural healing process.

"You're messing with Mother Nature," says Dr. Leland Rickman, an associate clinical professor of medicine at the University of California, San Diego. An elevated temperature "may actually help the body fight the infection quicker or better than if you don't have a fever." The Maryland researchers found that influenza A sufferers who were treated with aspirin or acetaminophen extended their illness from five days to about 8½ days. Aspirin and acetaminophen may prolong influenza A and possibly other viral infections according to researchers. *Pharmacotherapy*, December 2000; 20: 1417-1422

<http://www.healthscout.com/cgi-bin/WebObjects/Af.woa/2/wo/7q4000u91009M600Qv1/13.2.7.21.13.72.3.3.7.7.3.1>



Chiropractic for Colds and Flu

Chiropractic for colds and flu? But isn't chiropractic just for back pain? Not at all. Many people who initially visit chiropractors for aches and pains discover to their surprise an improvement in their general health, including no or fewer (and less severe) colds, flu and other respiratory problems.

The Chiropractic Approach

Chiropractic doesn't "treat" cold or flu; chiropractic promotes improved body function which creates high natural resistance. Natural resistance is the only reason why your cold "goes away" rather than lasting for weeks, months or your entire lifetime!

How do chiropractors help raise your natural resistance to disease? By removing a serious interference to your proper body function: vertebral subluxations.

What Are Vertebral Subluxations?

Vertebral subluxations (VS) are misaligned vertebrae in your spine that interfere with your nerves and the flow of information and energy between your brain and the rest of your body. VS lowers your natural resistance to disease by unbalancing your nervous system. You may have a subluxation and never know it.

Chiropractors Adjust Subluxations

Chiropractors perform spinal examinations to detect and locate vertebral subluxations in your body, then correct them by giving chiropractic spinal adjustments. This reduces or relieves your spinal nerve stress and helps restore optimal body functioning for higher resistance to disease, which, we cannot overstate, is the best defense against the common cold.

Words of Wisdom



"There are no secrets to success: Don't waste time looking for them. Success is the result of perfection, hard work, learning from failure, loyalty to those for whom you work, and persistence." - General Colin Powell

"If you are patient in one moment of anger, you will escape a hundred days of sorrow." - Chinese Proverb

"A candle loses nothing by lighting another candle." - Father James Keller

"Nobody is born a virtuoso. Nothing comes easily." Yiddish proverb.

Humor



We want you with us a long time so as a public service we're offering you some **Commonsense Halloween Safety Tips**.

1. When it appears that you have killed the monster, NEVER EVER check to see if it's really dead.
2. Never read a book of demon summoning aloud, even as a joke.
3. Do NOT check the basement, especially if the power has gone out.
4. If your children speak to you in Latin or any other dead language have them arrested immediately. This also applies to kids who speak

with somebody else's voice.

5. As a general rule, don't solve puzzles that open portals to Hell.

6. When you have the benefit of numbers, NEVER pair off alone.

7. Do not take ANYTHING from the dead.

8. If you're running from the monster, expect to trip or fall down at least twice.

9. If you find that your house is built upon a cemetery, now is the time to move in with the in-laws.

10. Once you have done away with something that was trying to attack you, it is best to separate it into many different parts. Trust me, the extra time taken for this can save you much future

grief.

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.

See You Next Month (we hope)

Karl R.O.S. Johnson, D.C., L.C.P., (Hon.) and staff - (do you think we've been dieting too long?)

