

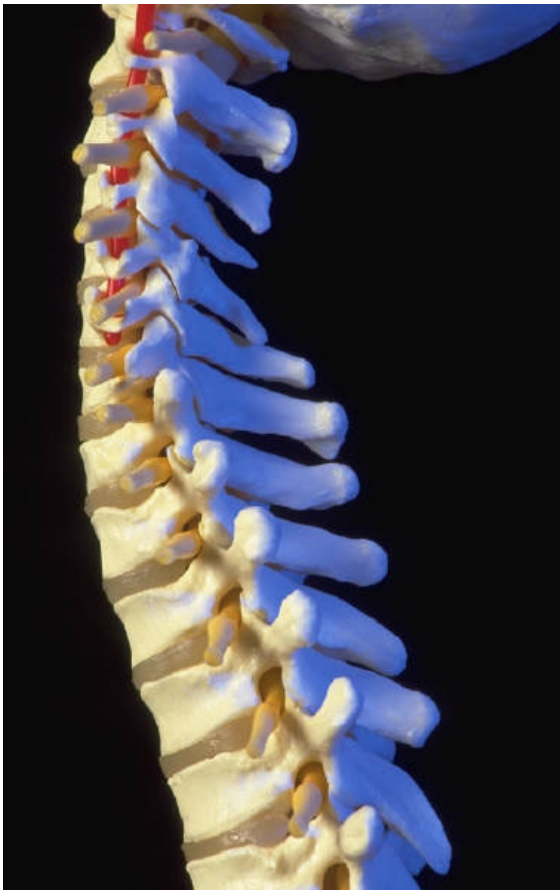


Dr. Karl Johnson

Director of the

Chiropractic & Nutrition Wellness Center

Presents



***Preventing Spinal
Decay &
Osteoporosis
through
Chiropractic &
Nutrition***

Monday, October 13, 2003

7:30 p.m. to 9:00 p.m.

Utica Public Library

(7350 Auburn Road)

Reservations Recommended

For Reservations and/or Information—

(586) 731-8840 or (586) 726-KIDS

Learn the 6-point plan to Restore Balance in Bones:

Healthy Connective Tissue

The Right Minerals & Their Helper Vitamins

Essential Fatty Acids

Hormones

Proper Absorption

A Clean Environment

Dr. Johnson will discuss control and prevention of osteoporosis, the 84 warning signs of osteoporosis, the current medical options, the dangers of taking synthetic nutritional supplements, and the 6-point plan to restore balance in bones.

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If your blood tests indicate that everything is okay, but you don't feel that way, let us help you. We have at our command many diagnostic tests that can give more information than a blood test. Those include Contact Reflex Analysis (CRA), Autonomic Reflex Testing (ART), Nambudripad's Allergy Elimination Technique (NAET), saliva testing, and hair analysis.

From Dr. Johnson...

"I approach health from the position that the body is a self-healing marvel that can take care of itself when it is given the right ingredients to work with. Join me as I share my nutritional expertise, clinical experience and wisdom. I will explain how your body can handle your

favorite culinary goodies as long as you provide your body with enough of the components it needs to function at its best.”



WHAT IS CRA?

Contact Reflex Analysis®, or CRA, is a safe, simple, natural method of analyzing the body’s structural, physical and nutritional needs. It is not a method of diagnosis. It is a means by which a doctor uses the body’s reflexes to accurately determine the root cause of a health problem.

A doctor trained in CRA is able to test each area of the body by testing the strength of a specific muscle. This muscle acts like a circuit breaker in the body. If there is no interruption in the nerve energy, the muscle will remain strong. However, if any one area of the body becomes unhealthy, it begins to draw excessive electricity in order to continue functioning. This causes the body’s electrical system to “blow a breaker.” Then the testing arm will become weak and drop when the affected area is tested.

There are reflex points on your body. Each reflex point or acupuncture point represents a specific function, organ, or tissue. These points indicate the energy or lack thereof and the effect the energy has on your body. By testing these points, the doctor has an extremely accurate system of monitoring your body at each visit. This helps him to identify exactly what your body needs.

Success Stories

In 1998 my medical doctor did a bone density test. He told me my bone density was very low, near abnormal. I spoke to Dr. Johnson about it and he told me to take calcium lactate powder. I did and recently had another bone density test. The results were fantastic. I was higher than average for people my age. My medical doctor told me to keep doing whatever I was doing, that I was doing great!

I’ve taken supplements recommended by Dr. Johnson for several years, and he’s never let me down. Thanks, Dr. J.

Merrilyn Parker, Grand Blanc, MI

My medical doctor told me that I was borderline to having osteoporosis. He wanted to do several bone density tests during the coming months. I was panic stricken and rushed to Dr. Johnson, who has been my chiropractor since 1994. I told him what the doctor had said and he added Osteo B Plus to my supplement regimen.

I'm happy to report that my 6-month test was improved. In fact, I don't have to go back for a year now. I also haven't lost any height. I showed my M.D. the Osteo B Plus and he said I didn't need it. He said, "I'm the doctor and I know! You don't need that!" Well, I guess he doesn't know it all. Dr. Johnson has done more for me through chiropractic and nutrition than any M.D. ever did. Thanks, Dr. J.

Dolores Kaza, Shelby Township, MI

COMING EVENTS

October 18 through October 31, Wellness Opportunity Weeks benefiting the Children's Research Foundation of the International Chiropractic Pediatric Association (I.C.P.A.).

This is a great opportunity to introduce your family and friends to chiropractic and/or nutritional counseling. See flyer.

**Monday, November 10:
Correcting Digestive Problems through Nutrition
7:30-9:00 pm, Utica Public Library**



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