

HEALTHLINE

News & Notes to Help Improve the Quality of Your Life



Volume 11, Issue 1

NEW FOR YOU!! AUTONOMIC RESPONSE TESTING

For the past several months, Dr. Johnson has been learning and working with *Autonomic Response Testing* (ART) — a new method of muscle testing that goes deeper than Contact Reflex Analysis™ (CRA).

ART is a structured form of *Autonomic Nervous System* (ANS) feedback testing, which uses muscle testing to diagnose ANS disturbances. Problems with ANS function will ultimately cause disease and/or breakdown of any organs and tissues. ART is a verifiable and reproducible discipline of muscle testing analysis. It is based on the currently known neurological anatomy and physiology of the ANS.

Through testing, Dr. Johnson is able to determine the priorities of ANS

problems, so they can be addressed for treatment.

Since the ANS is the functional nervous system affecting every organ, tissue and cell, the information derived from ART can be very helpful to understand the root cause of the health problems and pain.

ART testing functions as a diagnostic biofeedback assessment tool (finding where and what the problems are). ART can also predict treatment outcome. Through ART, the proposed remedies given to the body for its assistance in correcting the health problem can be evaluated for their potential effectiveness. This part of the Art test is

invaluable to help Dr. Johnson decide which treatment approach will be best for you at this time, which remedies could be predicted to have the **most** beneficial effect and even what dosage is most appropriate. This testing helps Dr. Johnson be more accurate and thus reduce possible reaction to the supplements. As you will witness during the ART test, your Autonomic Nervous System appears to talk to the tester through the yes and no answers of the muscle test.

This functional testing is the newest form of testing used by holistic and alternative practitioners, and slowly being incorporated into medical mainstream. Functional testing means testing how

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APPOINTMENT SCHEDULING: NEW AND IMPROVED

As many have noticed, our appointment scheduling has changed. With the new ART testing, nutrition follow up appointments now take longer. We've changed our scheduling to give Dr. Johnson the opportunity to spend the proper time to test you completely and answer all your questions. Nutrition follow up appointments are primarily on Tuesday afternoons. Special arrangements need to be made for any other time.

Our staff will be happy to schedule your appointments for you. Please remember that Dr. Johnson wants to spend quality time with you. We hope the changes in our nutrition appointment scheduling will be as helpful to you as it is to us. Please let us know your comments. Thank you for your cooperation.

**It's Beach Week
March 6—10!!
(See Article Inside)**



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Calendar

Thursday, Mar. 9:

"Beginning Back Power" Eisenhower High School, 7:00—9:00PM, \$15.00. Reservations necessary.

Monday, Mar. 13:

"Our Water in the New Millennium" Terry Wright and Dr. Johnson. Utica Public Library, 7:30—9:00 PM. No charge.

Monday, April 10:

Derek Webber of Standard Process Labs speaks on nutrition and supplementation. 7:30-9:00PM, Utica Public Library. No charge.

Thursday, April 13:

"Correcting Digestion Problems with Nutrition" \$15.00, Shelby Junior High. Reservations necessary.

Call for Information

& Reservations

(810) 731-8840

(810) 726-KIDS

SUCCESS STORY: Here's a really special story about a special family. We hope you enjoy it.



Please share these articles with friends and family and be proud to be at the leading edge in health care by being a chiropractic practice member and adopting a health supporting lifestyle for life.

—Dr. Johnson

Dear Dr. Johnson:

The first time I met you was at one of your seminars and you changed my family's life that day! Being a single mother of three small children is challenging enough, add some serious health problems and it becomes (or at least seems) hopeless. You gave my children and me hope, happiness and a chance for health!

My eldest child is five and my youngest is two and a half. Already, I have had to call 911 six times, had six ambulance rides and six (week long) hospital stays. Thanks to you and your wonderful advice, I no longer have to call 911!

When my daughter, Katelyn, was born, she was whisked off to the N.I.C.U. (Neo-natal Intensive Care Unit). Before she was even twelve hours old, she was put on antibiotics because she had aspirated. Her Apgar scores were only two and five (normal would be 10) and we later learned that she has a tiny hole in her heart.

Both of my sons spent their first days in the N.I.C.U. Because I only knew to trust my children's doctors, I did everything that they said would help my children. Sometimes it helped, or should I say seemed to help, and sometimes it didn't help. My poor babies have been through so much — spinal taps, antibiotics, prescription and over-the-counter medicines, test upon test, and surgery. I have seen my children have 30 seizures in a day, done breathing treatment four to six times a day and much, much more

If my dear friend, Jeff, hadn't continued to tell me about you and how much you had helped him, I'm sure I would have never attended that seminar. He knew that you could help and he wasn't going to stop encouraging me to go until I went! Thanks, Jeff!!! I'm certain my children's health would have continued to go down hill if I hadn't given in and gone to that seminar.

My daughter was just three days away from having her tonsils removed and Jeff begged me to talk with you before I did anything as serious as surgery. After that seminar, I felt like there was a light at the end of the tunnel! The next day I canceled Katelyn's surgery and started taking your nutritional advice. I also scheduled chiropractic visits for my whole family.

Katelyn had suffered with tonsillitis since she was about three months old; but since we have been coming to see you, she has not had **one** bout with it. And to think I almost had her tonsils removed! I can't believe how much my family's health has improved.

I know that there is still much more I can do for my children. I'm still learning, but I have to thank you for your time, patience and love. I shudder to think what might have happened if we had not met you!

You have also helped me tremendously! Before coming to see you, I suffered with migraines so bad that I was having "black outs," had blurred vision, and was nauseated most of the time. After starting my chiropractic care (and reducing my sugar intake), my headaches started to subside and now it has been over a year since I have had a migraine. Thanks!!

Funny, I swore I would never allow anyone to adjust my neck because it was so tender. Now I can't wait for you to adjust my neck.

You never cease to amaze me; and every time I see you and your wonderful staff, I leave a little more encouraged.

Please tell people my story. You have helped us so much that I'm certain you can help many more if they will listen and have faith. I look forward to many, many years of continued health with your help. Thanks, Dr. J.



Susan Boyd
Katelyn, Ryan, and Nathaniel Boyd

2000 MS 150 BIKE TOUR RIDES AGAIN

It's that time again!! For you: a special invitation from Dr. Johnson to join him and his team for the annual Multiple Sclerosis 150 Bike Tour on June 10 and 11 in Grand Rapids.

Those who register by March 3 will only pay a \$25 registration fee

(instead of the regular \$40 fee) and the opportunity to purchase the limited edition *In Training* tee shirt for only \$10.

This tour has been Dr. Johnson's special project for several years and he's extremely enthusiastic to once again gather a team

to ride the western Michigan hills through wind, rain, and sun (of course). It's a great cause and a great challenge.

Those desiring to enter the MS150 should contact the office staff for a registration form.

Call us at (810)731-8840 for more info.



AUTONOMIC RESPONSE TESTING (ART)...

(Continued from page 1)

the body functions. This is different from the traditional medical model which tests for pathologic breakdown. Functional changes occur long before disease breakdown, so functional testing therefore becomes an early warning test which is ideal for preventive oriented doctors and professionals concerned about finding the root cause of the patient's problem.

There are four parts to an ART exam:

1. **REGULATION testing** evaluates general autonomic dysfunction as a whole. Seven causes of general autonomic dysfunction can occur: psycho emotional stress (unresolved emotional stress from the past), heavy metal toxication, toxic chemicals, electrical interferences (from scars, dead teeth, and chronic infections in jaw bones or other tissues), TMJ disturbances, geopathic stress (noxious frequencies from the earth), and bioelectromagnetic stress (noxious energies from the man-made electrical sources or electro magnetic fields).
2. **ACUTE FOCUS or SWITCHING TEST** evaluates the next level of ANS disturbances.
3. **THERAPY LOCALIZING TEST** is finding organ and structure dysfunction in the extra cellular (outside the cell) spaces.
4. **DIRECT RESONANCE TESTING** is the evaluation of what's inside cells. By placing the exact substance of what is inside the body over the skin, a stress response will occur (the strong testing arm will go weak). Nasty problems, heavy metals, toxic chemicals inside the cells and chronic infections inside the cells are but a few of the applications of this test.

We hope this gives you an introduction of the new techniques Dr. Johnson is now incorporating into the practice. It takes longer than a regular CRA follow up, so we have altered our schedules slightly to give you and Dr. Johnson time for a thorough exam.

2000 FEES UPDATE

With the addition of ART testing and to reflect current increased costs, the Chiropractic Wellness Center of Macomb made the following adjustments to its fee schedule in January. Chiropractic adjustment appointments no longer include nutrition

counseling appointments. For a complete listing of fees, contact the office at (810) 731-8840.

Primary Nutrition Consultation	\$40.00
Nutrition Follow Up Appointment	25.00
Children < 16 (if parents are under care)	15.00
Chiropractic Adjustment	33.00
(paid at time of service)	

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**Beach Week
March 6—10**

It's BEACH WEEK!!!! Come in from the cold!

Tired of snow? Of cold weather? Ready for summer? It's here — at least for one week, March 6 through 10 at the Clinic. Join Dr. Johnson and the staff for a fun-filled week of heat, summer fun, and prizes for the best summer outfits you wear to the office. So get out your sunglasses, your

best summer shirt (loud & crazy), your shorts and sandals. We'll provide some heat, refreshing drinks, summer smiles and good old summer hospitality.

Call (810) 731-8840 and make your appointments now! Remember — fun and surprises await you March 6 – 10 at our Beach Party!

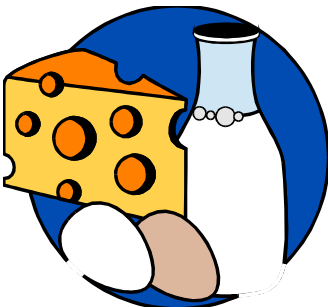


STEVITA

WORTH THE WAIT

Since 1984, **Stevita** has been extracting steviolosides from stevia leaves grown on its own farms. Did you know that according to their website, the FDA seized over eight shipments of stevia extracts from China because they were adulterated? Watch out for extracts with questionable additives. Has the stevia been bleached? Has it been chemically processed? **Stevita** produces Certified Organic Stevia, now without maltodextrin from corn. Ask for a sample at the office or call **Stevita** to order your own.

(888) 783-8482



Calcium & You — No Horses with Milk

The importance of calcium intake for optimum bone health has been imprinted in the brains of almost every American for several decades. Milk consumption, calcium supplements, calcium-rich or fortified foods, antacids and prescription medications are all embraced by conventional medicine as ways to ward off osteoporosis. Got Milk? ads saturate the media. We as a nation consume the most dairy products in the world. Since we're probably the only nation to consume milk meant to nourish another's young, **where do animals get their calcium to build strong bones?**

Calcium absorption depends upon several factors, two of which are the actual calcium content of the food we eat and how easily the body is able to use the calcium. A 3.5 ounce portion of milk contains 119 mg of calcium. A 3.5 ounce portion of kale, amaranth and wheat grass contain 134, 222 and 514 mg respectively. **The absorption of calcium from kale is 41% compared to only 3.2% from milk.** Yet, statistics show that about

70% of the average American dietary calcium intake comes from dairy products. Dairy foods are highly allergenic and an estimated 25% of Americans are lactose intolerant not to mention the hormones, antibiotics and steroids that they contain. Dairy proteins also contain dangerously high phosphorus-to-calcium ratios, leaching calcium from the bones while preventing its absorption. Dairy foods contain little magnesium and negligible amounts of other nutrients essential for proper calcium assimilation. Green foods, however, are the earth's most plentiful, concentrated sources of calcium and cofactors essential to absorb it.

Results of a recent study reported in the *American Journal of Clinical Nutrition* suggest that perhaps too much emphasis is placed on calcium intake alone for building and maintaining strong bones. The researchers found that intakes of nutrients found in abundance in fruits and vegetables (potassium, beta-carotene, vitamin C, magnesium) were posi-

tively associated with bone health. According to one source, calcium supplements are also poorly absorbed or have undesirable side effects when taken in dosages necessary to achieve the desired benefits.

Bone is constantly being built up and broken down by various influences. Exercise is an important stimulus for bone growth since weightlessness makes bone atrophy or waste away. Dr. Johnson agrees that bones are healthiest when the body gets its calcium from the most natural and balanced sources possible and when the body gets plenty of weight-bearing exercise. Most importantly, Dr. Johnson recommends regular chiropractic adjustments to allow the body to deal with the chemical stresses that less than adequate nutrition present, the physical stresses from improper movements or accidents, and the emotional stresses of daily living. He also recommends regular Nutrition Check-ups to determine the body's calcium requirements. Call for your appointments today.

To Err Is Human: Protecting Your Interests

In November 1999 the Institute of Medicine (IOM) addressed the issue of medical errors, acknowledging the findings of two studies which found that **medical errors in US hospitals kill somewhere between 44,000 and 98,000 people each year.** More people die from medical mistakes each year than from highway accidents, breast cancer or AIDS. The report recognized that you are more likely to die from a medication error than you are to die from injuries received in the workplace.

The report details several flaws in the current health care system and outlines ways to overcome these flaws to achieve a minimum goal of 50% reduction in errors by 2005. A mandatory public reporting system would be implemented to track which medical treatments lead to serious injury or death, periodic re-examination of licensed practitioners, and an automated drug ordering system.

180,000 die each year as a result of iatrogenic injury (drug-related), the equivalent of three jumbo

jet crashes every 2 days. Medical error is not new. The IOM's report is a positive one in that it is bringing this very real concern to the attention of the government and the general public.

However, there is potential for great harm if systems are in place to record every medical treatment you've ever had. Would employers and insurers have access to this information and deny employment or coverage based on their interpretation of your medical history? Will the government impose sanc-



tions (as they already have for Medicaid patients) or will universities deny admittance to those who refuse to vaccinate their children. Dr. Johnson wants you to be aware of what is going on in the health industry. He will keep you updated, but you too must protect your health interests. Any questions? Ask Dr. Johnson.

Recipes

From *Cook Right for Your Type*, it's juice time. Simply clean ingredients thoroughly and place in juicer. All drinks are suitable for all blood types. Juice and enjoy!

Carrot-Ginger Juice

4 washed carrots, ends removed; 1/ to 1 inch piece fresh ginger, or to taste. This can be a spicy drink, so add ginger in small amounts.

Carrot-Cucumber Juice

4 washed carrots, ends removed; 1 cucumber, peeled if not organic. A light and refreshing drink. The cucumber and carrot are a surprisingly delicate combination.

Carrot-Apple Juice

4 washed carrots, ends removed; 1 apple, peeled if not organic. This is a seductive combination of vegetable and fruit, both sweet and delicious.

Carrot-Celery Juice

4 washed carrots, ends removed; 2 washed stalks celery, leaves on. Carrot juice can be very sweet, so add more celery if you prefer a lighter juice. Celery contains a good amount of sodium, so it balances the sweetness of the carrots.

Apple-Grape Juice

3 apples, peeled if not organic; 1 cluster of washed grapes, stems removed.

The above drinks serve 1-2.



MAR/APR SPECIAL

PURE BODY
INSTITUTE'S

PURIFYING

PROGRAM

Regularly \$59.00

Mar/Apr \$53.10

Spring is housecleaning time and Mother Nature also does her house cleaning. We too need to houseclean our bodies. Now is the perfect time to do one of our many cleanses. Dr. Johnson encourages all practice members to do a body cleanse each year and

spring is the perfect time. The program is simple. Take the tablets in the AM one-half hour before breakfast and in the PM one-half hour before dinner. You control the amount. You'll feel good while you're doing the cleanse and GREAT when you're done!

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Our Passion is to share and celebrate in the healing journey of every family and individual who chooses to be lovingly served by us in a relaxed atmosphere.

Recognizing health is an inherent state of well being in mind, body and spirit. Our role is to remove any interference to its expression through optimum chiropractic and nutritional care supported by wellness education.

We envision a world of maximized health and optimum human potential. Our goal is to help create that world.

50258 Van Dyke, Suite E
Shelby Township
Michigan 48317

Phone: (810) 731-8840
Fax: (810) 731-9550

Email: chirokarl1@earthlink.net

Join us on the web
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(See HEALTHLINE in color)

Karl R.O.S. Johnson, D.C.
Director

Diane L. Radtke
Editor



problems, aggression, and delinquency. It causes behavioral problems in children and has been connected to depression of the enzyme system and an increased risk of asthma. Children especially are at risk and should be tested regularly.

Cadmium is found in cigarette smoke, fertilizers, jewelry, plating, automobiles, and industrial emissions. It has been connected to increased risk of death from chronic non-malignant diseases of the respiratory system and can produce high blood pressure, kidney and liver damage, anemia and a host of symptoms due to its inhibition of enzymes and nutrient utilization. Research has provided evidence that prenatal exposure to cadmium may induce psychomotor disturbances, learning, behavioral and sensory disorders.

This information is from *The Institute of Nutritional Science Journal*, Volume 1, Number 2 (August 1996). Dr. Johnson now has the ability to test for these toxic metals. If you suspect you or someone you know might have toxic metal poisoning, call for an appointment and experience the benefits of **ART**.

A HEALTH ALERT: TOXIC HEAVY METALS

A surprisingly large number of people suffer from heavy metal toxicity and don't even know it. They've been treated for many symptoms over the years and some have even been tested with Contact Reflex Analysis™ (CRA) without finding the true cause of their problems.

Now with the advent of Autonomic Response Testing (ART), those people and many others can find out the true cause of their problems. Heavy Metal Toxicity is common. How many teeth do you have with fillings? Most fillings contain mercury and other toxic substances, which leach out over the years, resulting in heavy metal toxicity. Do you have root canals? They can do the same. Do you use aluminum foil to cook or aluminum pots and pans? And what about your anti-

perspirant or baking powder? Do they contain aluminum?

Here's a quick look at some of the heavy metals that can cause toxicity.

Mercury is one of the most common toxic metals. It is found in amalgam fillings, seafood, home and garden sprays, drinking water, cosmetics, and is widely used in industry. This can cause brain damage, central nervous disorders and birth defects. Mercury can bind on cell membranes and cause inactivation of enzymes.

Aluminum is extremely common and is found in cookware, cans, foil, antiperspirant, antacids, water, and food additives. It is widely used on over-the-counter drugs and food additives such as leavening

agents, emulsifying agents, food dyes and colors. Infants between one to three months consuming soy-based formula have been found to take in up to 2.1 mg of aluminum daily. How about pop/soda? How much do you or your children consume? Aluminum binds DNA and has been linked to dementia, Parkinsonism, and increased parathyroid activity. It has been connected to several disease states in the elderly.

Lead is considered the worst pollutant element because it is so widespread in our environment. It is found in lead based paint (even after 1978's ban), auto exhaust, soil, drinking water, lead-glazed ceramics, toys, canned imported food, cosmetics (Kohl), jobs/hobbies, and imported vinyl mini-blinds. Lead has been associated with young boys' attention