

HEALTHLINE

News & Notes to Help Improve the Quality of Your Life



Volume 11, Issue 5

Your Healing Journey and Chiropractic

By Dr. Karl R.O.S. Johnson, D.C., L.C.P. (Hon.)

The principle of vitalism is based on the holistic concept that the human body is greater than the sum of its parts. Its basic assumption is that there is an intelligent force that creates and sustains all living organisms. This inherent vital principle is distinct from all internal physical and chemical forces.

Vitalism assumes that life is self-determining and self-evolving. That there is an inherent or in-born intelligence within the body that animates, motivates, heals, coordinates and inspires living beings is a basic principle of vitalism. This Wisdom Within guides and directs the life of each individual on his or her path of healing.

Healing is a process of personal evolution, growth, self-development and self-discovery. As a person heals, it brings about a closer connection among mind/body, heart and spirit. Healing gives the individual the opportunity to see himself or herself more clearly, and get more in touch with themselves physically, mentally, emotionally and spiritually. True healing is a process of feeling more by an increasing awareness of what one is feeling in the moment.

Sometimes when one feels more, the experience is joyful and blissful, and sometimes one faces a very challenging healing experience representing a great opportunity for personal growth. However, in both cases as one fully experiences that awareness, they become more in touch with themselves and consequently more vibrant and alive. It is through the willingness to experience all of our feelings that we create the environment for expressing more of who we really are, our true identity as mind/body and spirit.

Symptoms, in the vitalistic healing model, are viewed as agents of change and a communication from the Inner Wisdom. The symptom, whether physical, mental-emotional or spiritual is an awareness that change is needed at some level or levels in our life experience. Judging the symptom as good or bad is a subjective interpretation rather than an objective fact. The fact of the matter is that symptoms are neither "good nor bad", as they are simply an awareness of a need for change.

(Continued on page 5)

Chiropractic Opportunity Weeks October 16 through October 27

If you know someone who needs chiropractic care or nutritional counseling, now is the time to have them come in. If you haven't been in for over four months and you're not feeling up to par, now is the time to come in. During Chiropractic Opportunity Weeks, Dr. Johnson discounts his fees and gives all the donations of \$25 or more to Care House in Mt. Clemens and Oklahaven in Oklahoma. These children's facilities help children who have little or no hope. They help children feel safe so they can grow and prosper.

Look for the COWs throughout this newsletter and learn more about what we have to offer you when you offer to help the children.

For appointments, please call...
(810) 731-8840 or (810) 726-KIDS

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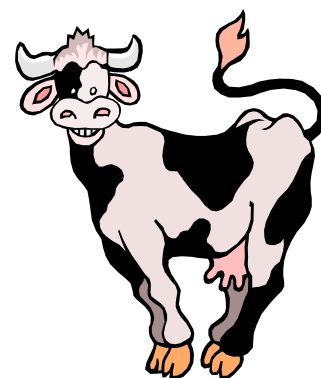
Calendar

Oct. 16—Oct. 27:
COW days at the Clinic. See article.

Coming in 2001:
Special seminars through Utica Community Schools:

**Osteoporosis
Allergies
Improving your Diet
Children's Health**

Look for registration information soon!



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DECEMBER
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COWS

New Chiropractic Practice Members receive:

**Health History,
Consultation,
Exam,**

2 x-ray views (most insurances cover additional views if needed.)

(Adjustment not included)

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Your Appointment!**

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SUCCESS STORIES:

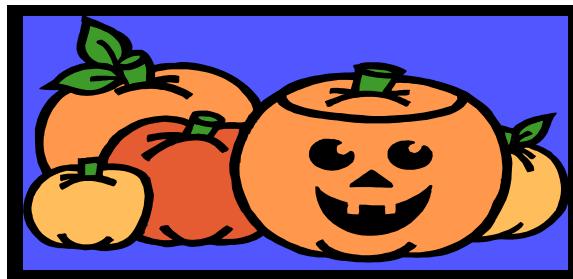
"Health, wellness, vitality, enthusiasm, enjoyment of life — these all are words I embrace and use frequently. Despite twenty plus years of neck and back injuries, chiropractic care has significantly improved my comfort and function. I have until 1999 enjoyed many long distance bicycle tours with my family.

"Then came 1999. Fatigue, lack of motivation, dull skin and hair, insomnia, hair loss, weight gain — these symptoms were dragging me down. Realizing this was all abnormal and not just "middle age," I sought assistance from Dr. Karl.

"A thorough nutritional and symptom assessment together with Contact Reflex Analysis® revealed both thyroid and blood dysfunction. On the second day after starting a personalized schedule of nutritional supplements (Thyrophin, Cataplex B), I felt a wondrous surge of energy. Now on the third day, I can report two 8-hour nights of sleep and a bounce in my step. I was even singing at 6:15 a.m. while cooking breakfast for our older son Matthew.

"Stay tuned for further improvements! Thank you very much, merci beaucoup, vielen danke, muchas gracias."

Mary Weber, Oakland, MI



"Although I'd been coming to Dr. Johnson for chiropractic care for several years, I'd not had any nutrition counseling. I suffer from allergies and food sensitivities so severe that my medical doctor kept giving me allergy drugs and steroids to reduce the hives and to prevent my throat from swelling closed. I developed hives after eating out to the extent that I was taking both drugs and steroids constantly. I gained 60 pounds during all this and got to the point where I couldn't eat out in restaurants at all because of the hives.

"I talked to Dr. Johnson about my problem and he checked me with Autonomic Response Testing and Contact Reflex Analysis. He recommended a series of supplements, which proved to be successful.

"After the second week I was hive free! It was wonderful. As time went on my supplements changed and my health continued to improve. I was still afraid to eat in restaurants, but I was constantly improving. However, I did have a couple of setbacks when I would try to eat out. But they cleared quickly.

"Finally, after four months, I can say I am hive-free. I went away with my family for two days and ate in restaurants the whole time. No hives. No food reactions of any kind. My supplement regimen continues to change and I continue to improve. I'm losing the weight I gained and am down from 8-10 drugs to one. Thanks, Dr. J."

Deborah Lampar, Sterling Heights, MI

BITS & PIECES

Too Much Soda May Rob Bone Minerals

Drinking lots of non-diet sodas coupled with eating few leafy greens, nuts and whole grains may compromise bone building and maintenance. Drinking 57 ounces —

close to 5 cans — of sugary sodas each day for weeks at a stretch upset the calcium and phosphorus balances to the 11 young men in a USDA study. And the effect on these bone minerals was greatest while the experimental diets were low in magnesium.

Leafy greens, nuts and whole grains are rich in magnesium. But 38 % of U. S. males over age 19 — and 39% of male teens — get less than 75% of recommended magnesium intake through foods, according to recent USDA consumption data. Statistics for females are worse: 46% over age 19 and 60% of teens.

Males drink more regular soft drinks, however, averaging close to one 12-ounce can daily. Males average about 20 ounces a day. And some regularly consume as much as the study volunteers. All that soda put the volunteers "in the red" for phosphorus — they excreted more than they absorbed. Phosphorus is central to cells' energy production system. The volunteers' calcium balance remained positive but dropped, especially during the low magnesium period. — USDA

A June 2000 article in *Archives of Pediatrics & Ado-*

lescent Medicine said that a Harvard study of teenage girls suggests that carbonated beverages, especially colas, may weaken bone structure. Among 460 ninth and tenth grade girls, broken bones occurred three times as often if they drank any kind of soda pop routinely, but cola drinkers broke bones five times as often. The researchers speculated that the phosphoric acid in the popular drinks may weaken bones, or perhaps the sodas displaced drinks that might offer more nutrition.

If you're looking for a safe replacement for soft drinks, check out Stevita's Energy Drinks in Spring (grape), Bright (orange), Tropical (cherry), and Fresh (lemon). Ask at the office for more information and a sample.

Cranberry helps UTIs

Had a urinary tract infection (URI) lately? Americans experience as many as 50 million cases every year. The good news is that there's an effective, natural treatment for preventing and healing these infections.

Numerous studies suggest that cranberry may prevent and heal these infections.

Current cranberry research is focused on cystitis and pyelonephritis, both of which are caused by the bacteria *E. coli*. *E. coli* serve a positive purpose in the large intestine, but are also responsible for about 85% of UTIs. Cystitis is an infection of the bladder; pyelonephritis is a kidney infection that results when the bacteria in the bladder migrate to the kidneys.

Cranberries contain a substance similar in activity to the glycoprotein which attaches

itself to the *E. coli* bacteria and inhibits it from attaching to the bladder wall. Without enough glycoprotein, people are more prone to UTIs. Other tests have shown that regular consumption of cranberry juice can decrease the incidence of UTIs.

Cranberry is a welcome option to taking an antibiotic regularly; antibiotic use can trigger allergic reactions and develop antibiotic-resistant strains of bacteria. And, as you know, Dr. Johnson never recommends taking an antibiotics unless a life-threatening situation warrants it.

In addition, drinking cranberry juice regularly will prevent the onslaught of those nasty infections. If you have any questions, please give us a call.



The Best Article on Microwave Yet Price-Pottenger Nutrition

Foundation's *Health and Healing Wisdom* has published a new article based on current research on the effects of microwave cooking of the food we eat.

As an example, due to chemical alterations within food substances, malfunctions occur in the lymphatic system, causing a degeneration of the body's ability to protect itself against certain forms of neoplastics (cancerous growths).

For a copy of this article or any of the articles quoted here, please call Diane at the office (810) 731-8840.



COWs



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Health History
Computerized Symptom Survey
Consultation & Exam
Designed Clinical Nutrition Program (supplements not included)

Heart Rate Variability Test

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HOW DOES YOUR GARDEN GROW?

Plant 3 rows of peas:
Peas of mind
Peas of heart
Peas of soul

Plant 4 rows of squash:
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant 4 rows of lettuce:
Lettuce be faithful
Lettuce be kind
Lettuce be patient
Lettuce really love one another

No garden with turnips:
Turnip for meetings
Turnip for Church
Turnip to help one another



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



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Members not seen in the last four months receive:

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Cleaning & Storing Produce

From Jay Kordich, author of *The Juiceman's Power of Juicing*, comes these hints for assuring yourself of clean produce for your families:

Formula for removing toxic surface sprays from your non-organic produce:

1. Fill your kitchen sink with cold water.
2. Add four tablespoons of salt and juice of 1/2 fresh lemon. This makes a diluted form of hydrochloric acid.

3. Soak fruits and vegetables 5 to 10 minutes.
4. Soak leafy greens 2 to 3 minutes.
5. Soak berries 1 to 2 minutes.
6. Rinse after soaking.

NOTE: Never wash or hull strawberries until just before use. They lose their freshness quite rapidly after washing.

Leafy greens store better if spun dry after washing. Store greens in Zip-Lock® bags.

Celery stores best in the long plastic produce bags with a little water added to the bottom of the bag. For greater freshness, leave the stalks attached until ready to use. Juicing tip: do not juice celery leaves. They add a bitter taste to the drink.



RECIPIES

From the Whole Foods Market (1404 Walton blvd., Rochester Hills) comes these interesting recipes:

Warm Spinach Salad with Grilled Figs and Walnuts

- 2lbs fresh spinach, stemmed and washed (or pick up pre-washed packages)
- 1 cup walnut pieces
- Small red onion, thinly sliced
- 1 Bartlett or Bosc pear, sliced
- 1 lb. Fresh figs

- 1/4 cup red or rice wine vinegar
- 1/2 cup Extra virgin olive oil
- 1 Tbs. Fresh-squeezed lemon juice
- 6 oz. Gorgonzola blue cheese, crumbled
- Fresh-ground black pepper to taste

Grill figs by washing, slicing in half and laying on the grill, cut side down, one to two minutes each side or until soft. If you prefer to use your oven, lay halved figs on foil and broil on lowest position, checking often so as not to burn them.

Place spinach, walnuts, pear and onion in a large salad

bowl. In a small saucepan, heat vinegar to just simmering. Whisk in the olive oil in a steady stream, add lemon juice, then remove from heat and whisk until smooth. Cool for about 5 minutes, then, just before serving, toss with the spinach mixture and the crumbled cheese.

Roasted Vegetable Ratatouille

- 1 lb. Eggplant, 1/2 inch dice
- 3/8 tea. Salt
- 1 lb. Zucchini, 1-inch dice
- 1 lb. Yellow squash, 1-inch dice
- 1/2 lb. Yellow onion, 1-inch dice
- 1/2 lb. Red bell pepper, 1-inch dice
- 1/4 cup extra virgin olive oil
- 1 lb. Roma tomatoes, 1-inch dice
- 2 Tbs. Minced fresh garlic
- 3 Tbs. Minced fresh oregano
- 1/4 tsp. Fresh-ground black pepper
- 1 3 oz. Bottle baby capers, drained

Preheat oven to 400 degrees. Dice eggplant first.

Combine with salt and set aside in colander. Continue preparing remaining ingredients. Combine eggplant, squash, onion, and bell pepper with olive oil and place in roasting pan. Bake 45 minutes, stirring once during cooking. Stir in tomato mixture. Bake 2 more minutes. Stir in capers and serve.



The Whole Foods Market is high on Dr. Johnson's Healthy Foods Shopping List. This is a great place to shop for organic produce (easily recognized by color coding), healthy foods such as cereals, mixes, fresh deli foods, meats, fish and much, much more. They also offer free classes in cooking and have specials throughout the month. For more information, call the Whole Foods Market in Rochester at (248) 652-2100.



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Change is inherent to and an integral part of the healing process, as in order to heal, the individual must be open to change. This willingness to change enables one to become free of past behaviors, attitudes and belief systems, which impede personal growth and development. To become a more emotionally mature and mentally clear (sane) individual there must be a willingness to let go of immature behavior and unclear (insane) thinking. "Insanity" could be defined as repeating the same unworkable behavior patterns over and over again and expecting different results. For if we do what we've always done, we will be what we have always been, and get what we have always gotten.

Resisting or refusing to change means we will continue to be who we are not, which keeps us from the freedom inherent in becoming who we truly are, which is pure, unconditional love. Therefore, true healing involves the willingness to transform one's life physically, emotionally and spiritually. This process of healing and transformation is guided by one's Inner Wisdom, which communicates to the educated mind via the body's energy systems. When this communication from the Innate Intelligence is unimpeded, the individual can choose to listen, and thereby transform their life. And, in order for this healing transformation to take place, the body's energy systems must be clear of impedance so that the Inner Wisdom can fully express itself.

Symptoms, whether physical, mental or emotional agents of change, indicate there is an impedance to energy flow. Severe imped-

ance to energy flow result, in an imbalance in the individual's energy systems. This imbalance may express itself in the form of a condition or an illness (physical, mental or emotional). When the educated mind listens to the Innate communication and chooses to undergo a process of change, it brings about healing; a closer connection of body/mind and spirit. When unheeded, the awareness in the form of a symptom or condition is a wake up call, communicating to us the need to initiate the change needed in the healing process.

To attempt to symptomatically intervene in the awareness part of the healing process may interfere and delay the course of healing. Therefore, attempting to stimulate or inhibit the body to achieve a specific symptomatic change could interfere with the process of healing, by altering the body-mind, in an attempt to change feelings of awareness.

Healing is greatly facilitated when there is clear communication from the Inner Wisdom that expresses over the body's energy systems. Therefore, healing arts that address freeing up impedance to the free flow of energy can facilitate the healing process. However, it is always important to acknowledge that the healing art is not the healing, but the vehicle for the healing. All anyone can do is arrange the conditions so God can do the healing, which is the spiritual link whereby the healing facilitator loses his/her ego, and takes no credit for the healing. Healing is an inside job, as it comes from the healing

energy within the individual. The healing facilitator creates the climate for healing by "encouraging" the recipient to affirm and claim his or her own inner power in the healing process.

Although the individual may have previously had his/her condition diagnosed and named, a healing facilitator will always empower the recipient to take responsibility for his/her life experience. Naming the condition could take away the person's responsibility for their experience, if they choose to see themselves as a condition with a person, rather than a person with a condition. Naming the condition also gives more attention to the condition, as can dwelling on the symptom or condition. This mind-set may amplify, aggravate and or exacerbate the symptom or condition, for where the attention goes the mental activity flows, and anything one gives more attention to may expand.

The naming of a condition may also empower the condition and shift the person's reliance away from his or her own innate capacity to heal. Healing is empowering, and involves claiming responsibility for us, which then empowers one to accept responsibility for all their life experiences. Naming the condition in situations of acute or chronic severe symptoms, or where crisis intervention or life saving emergency procedures is involved, may help the person recognize where they are in that moment in time. This can give the person an insight about that life experience so that they can then move ahead and initiate healing. For the recognition of whom, and

where we are in the healing process in that moment in time, can then help us to choose to make whatever changes are necessary to heal.

Trust and love are the foundations of vitalism and the healing process. Trust is in the Innate Intelligence of the body as the vehicle of the emotions, mind and spirit. The Wisdom Within communicates by way of energy systems in the body, guiding and directing the growth and development of the individual physically, emotionally and spiritually. Therefore, trust is inherent to the individual's own inner potential for growth and development in the healing process. To trust the body's Resident Intelligence involves the assurance and acknowledgement that the Wisdom Within will express itself for the highest good of that individual. Trust involves awareness that all the healing power and force of the universe in dwells the Innate Intelligence of the body. Trust is intrinsic to the knowing that the power that made the body heals the body.

Trust is in knowing that at our deepest level, we are pure expressions of Divine love. At the essence of our being we live by Divine love, which animates the physical body. It is the experience of Divine love, which connects us to all other beings and all of life. For when we experience pure love we realize our oneness, our wholeness and feel complete in and of ourselves. It is pure love which gives rise to the resonant bond between the healing facilitator and the healing recipient. It is the real sensation of pure love between agent and percipient that creates the environment for true healing.

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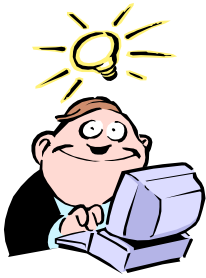


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Mission Statement

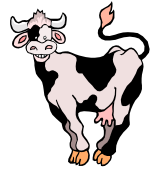
Our Passion is to share and celebrate in the healing journey of every family and individual who chooses to be lovingly served by us in a relaxed atmosphere.

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.

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*Chiropractic Opportunity Weeks
October 16 through October 27
Make your appointments and refer your
friends and family at this time. For a dona-
tion of \$25.00 or more, one can receive services
valued up to \$125.00!*



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The healing environment is further created through the compassion of the healing facilitator, and their ability to empathize with the healing recipient. Empathy is the ability to identify with the personal needs and life challenges of another individual on the healing path. It is through this caring and sharing in the healing process that true healing

takes place. The healing facilitator then feels for the healing recipient without feeling sorry for them in their healing challenge. Feeling sorry for someone makes him or her a victim of sympathetic pity, not empathetic rapport. And growth and change in the healing process can only take place when one takes responsibility for their life and health.

In order for the healing facilitator to empower the healing recipient to grow and change, they must come from a place of empathy, not sympathy. Ultimately sympathy, feeling sorry for someone, is rooted in fear, fear that the healing challenge of another may become our life experience in the future. It is through empathy then that the healing facilitator can act as a guide, who walks through the healing process with the recipient, sharing with them the potential paths to wholeness. The healing

initiator also encourages the individual to follow their own trail, directed by their own inner resources in the healing experience.

Everything one experiences in their life defines their current perceptions, responses and reactions to the healing process. Therefore, the healing facilitator initiates a process whereby the recipient's Innate Intelligence evaluates their needs and facilitates growth and development. As the vitalistic practitioner encourages the individual to listen to their own Inner Wisdom, a process of self-healing and self-

discovery is brought about. This encouragement facilitates the recipient to trust their Innate Intelligence, which further inspires their growth and development.

Healing then becomes a life long journey of self-discovery, self-empowerment and transformation for both the healing facilitator and the recipient.

For in a true healing relationship, both heal and both are healed, as no one can facilitate healing without being healed, for when we give, we receive.



COWs

Current Practice
Members Receive:
Office Visit & Ad-
justment OR
Heart Rate
Variability Test

