

HEALTHLINE

Karl R.O.S. Johnson, D.C., L.C.P. (hon.),
Chiropractic Wellness Center of Macomb

Volume 12, Number 6

10 TIPS TO KEEP YOU & YOUR CHILD HEALTHY THIS WINTER

Winter colds and flu are a fact of life for many children but do not have to be. Why is it that most children under 6

have an average of 7 colds a year while older children tend to have only 4 or 5? A better question is why do some kids

have fewer if any colds? The answer has to do with the child's immune system response to the environment rather than what we've all been led to believe...the nasty flu bug.

So here are 10 tips to help normalize and bolster your child's immune system:

1. Zinc lozenges help



2. Ginseng boosts the immune system.
3. Echinacea is a natural antibiotic.
4. Beta-carotene helps heal mucous membranes.
5. Vitamin C is an anti-inflammatory.
6. Garlic helps detoxify the body.
7. Ginger tea increases perspiration.
8. Sage tea breaks up congestion.
9. Fluids help prevent dehydration.
10. Regular chiropractic care has a proven record of boosting the immune system.

When in doubt, call Dr. Johnson. We're here to help you and your children reach your optimum health potential.

VIP CARDS



VIP cards are issued to practice members who not only refer others to the clinic but also

to those Dr. Johnson feels have contributed to the success of the clinic.

Beginning January 1, 2002 all VIP members must show their cards when purchasing supplements, supports, and exercise equipment to receive their discount.



Calendar

Monday, January 14:

"Wellness Lifestyles: Simple Changes for a Healthier You in 2002!" 7:30 PM, Utica Public Library. No charge.

February, 2002:

HAVE-A-HEART Campaign:

Buy a heart for \$1.00 and help the kids at Oklahaven.



Thursday, February 7:

"Beating the Sick-ness/Antibiotic Cycle" 7:00 PM, Shelby Junior High School, \$18.00 plus \$5.00 materials fee. (See Page 6)

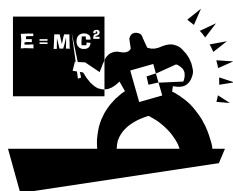
Thursday, March 21:

"Correcting Nutrition Problems through Nutrition" 7:00 PM, Shelby Junior High School, \$18.00 plus \$5.00 materials fee.

Winter Calendar

This winter Dr. Johnson is offering the opportunity for everyone to explore the workings of the human body through three nutrition seminars — one at the Utica Public Library and two at Shelby Junior High School.

Beginning in January, Dr. Johnson will present a special seminar on **wellness lifestyles**. He will teach how simple changes in various lifestyles can bring improved and increased health to anyone who tries.



Then in February, Dr. Johnson will move to Shelby Junior High School for two seminars (February 7 and March 21). These seminars involve in-depth studies of the effect of antibiotics and digestive problems. Both these topics are predominant in today's society. The semi-

nars are two hours in length and provide a wide variety of information to the participants.

The seminars at Shelby Junior High School are in conjunction with the Continuing Education program of the Utica Community Schools. There is a charge for these seminars.

Call (586) 731-8840 for more information or to register. Flyers are available in the office with more details. A minimum of 10 students is required for the Shelby



Inside this issue:

Success Stories	2
Oh No! Not Another...	3
The Meltdown	4
Cold & Flu Syndrome	5
Recipes	5
January/February Special	5
From the Desk of Dr. J...	6



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these arti-
cles
with
friends
and family and be
proud to be at the
leading edge in
health care by be-
ing a chiropractic
practice member
and adopting a
health supporting
lifestyle for life.
—Dr. Johnson**



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Success Stories

I've been receiving NAET treatments for several months now. The success of these treatments can be either subtle or impressive. Many of my successes have been of the subtle variety.

Recently I've had to increase my work load at work, in the classes I teach, and in the organizations I belong to. This necessitated my being out every night for several weeks. That along with keeping a home really taxed me. A year ago I would have gotten sick and ended up in bed. But now I'm still going strong. I can only thank NAET for that.

Speaking of being sick — formerly I would have my annual fall allergy cold/flu attack. Ten years ago it would put me to bed for three weeks and then take another six to recover. After chiropractic and Contact Reflex Analysis (CRA), I was able to get my "illness" down to two to three weeks total. Now since NAET this year's fall allergy attack lasted three days and I had very little recovery time. In fact, in less than a week I was back to full health and activity. For me this is like having a new life. Maybe by Spring I won't even get my annual Spring allergy attack.

Some of the interesting things I've found with NAET have been...

- I'm sensitive to vitamins and minerals. When your body doesn't process these properly, it's hard to be healthy.
- There are many foods my body doesn't like as well as chemicals and environmental things (like mold). Some of these are emotional sensitivities and some physical and some nutritional...and many are all.
- It's important to follow Dr. Johnson's instructions to the letter and ask if you're not certain about any part of your care.

Ten years ago I was told by a medical doctor that I had no immune system and would probably be dead within a year if I didn't change my life. I changed! Now I have a strong immune system and feel great. I also have a lot of energy, more than I ever had before. And I know I owe that to Dr. Johnson and his care.

Diane Radtke, Shelby Twp., MI



I can't believe the effectiveness of the NAET treatments. Two days ago Dr. Johnson cleared me for sugar. Today I came in for my recheck and I was fine.

THEN I had to stop at my favorite bakery to pick up a birthday cake I had ordered. Now please understand that I couldn't go near that place without buying a ton of goodies. However, today — well, today I passed it all up. I didn't want any of it. I can't believe it! I actually did not want any sugar, which I dearly love and had always wanted.

This is a great new treatment. I look for nothing but exceptional results and super health! Thanks, Dr. J.

Linda Ziembo, Sterling Hgts., MI



Oh No! Not Another Birthday Party...

By Trina Kopacka Morrison

(Editor's Note: This article illustrates the dangers of the consumption of sugar by our children and ourselves. Dr. Johnson encourages everyone to follow Trina's advice and improve their own health as well as that of their children.)



Let me share a story about the latest birthday party that my six-year old daughter, Sami attended. This time of year she has many birthday parties to attend, including her own! The traditional food served usually is cake with gobs of frosting, ice cream, sugary drinks, and cheese snack foods.

It was a pool party, at a public pool, which began at 5:00 in the evening, which is dinnertime for many families. What was served? Little cheese (dairy) and pepperoni pizzas from the snack bar, with 7-up fruit punch. And then, when it was time to do the song, presents and cake, she brought out a store bought cake with tons of frosting and served ice cream with it. I just sighed and crossed my fingers hoping for the best. Why?

Approximately 10 minutes later, my daughter had a complete break down. She started crying uncontrollably. Everyone thought she had been physically hurt. When my husband got over to her, she was crying because she couldn't see her friend opening the presents. And later, I watched her become more stubborn than usual. She wouldn't walk - she insisted on crawling away from the pool. When her best friend wanted to say goodbye, Sami just sat there pouting, and wouldn't acknowledge her friend at all. This is unusual behavior for Sami, unless her body has been overwhelmed with certain types of foods - dairy or sugar and especially the two together.

Not only did my daughter change, but I also watched the other little girls get a little more hyper and less cooperative.

Does this remind you of children you know? Can food really have that-kind of impact? Well, my experience says yes! I've read many studies that agree with my findings. My favorite book is Doris Lapp's *Is This Your Child?* She lists many allergic reactions to food and describes ways to decide if your child is allergic to a certain food.

My friends have experienced similar situations with

their children. Some of my friend's children have been experiencing asthma-like episodes. Once dairy is taken out of their diets they have discovered, the asthma-like symptoms significantly reduce or go away altogether. The same is true for behavior problems take away the sugar, or dairy, or both, and often the child is no longer labeled ADD or ADHD.

I've always tried to feed my daughter wholesome foods. My definition of wholesome foods has been changing since her birth. This year instead of purchasing a cake from the bakery or making a cake from a recipe with white flour and regular table sugar, I made a cake with wholesome foods.



You may be wondering why I "torture" my child with these "awful tasting" foods - even on her birthday. It is because I have seen the positive difference in her behavior with the dietary changes.

In the past six months we have been receiving chiropractic care. This care has not only supported but encouraged better food choices. We've watched Sami's infant sister, Lily who cried incessantly before coming to the Center, improve with chiropractic care. So there is hope, that with regular treatments Sami might be able to consume a wider variety of foods, and not have a negative reaction. With continued chiropractic treatments my wish is that some day my daughter can consume some of these foods, in small amounts, occasionally.

And as for the "awful tasting" wholesome cake, one of Sami's friends said, "I love this cake! I really love this cake!" That could have been enough reward for me, but the "icing on the cake" was to watch a room full of five and six year olds enjoying themselves after eating. There were no meltdowns, no hyper activity, just pure enjoyment. And isn't that what birthdays are supposed to be all about?

Make your holiday and everyday a better, healthier experience for you and your family. If you have any questions or concerns regarding this article, please contact Dr. Johnson at the office.



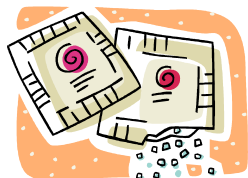


Meltdown

Why not sugar?

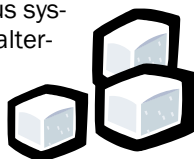
- White sugar is a processed food, stripped of the vital nutrients that all food must have to sustain us.

The body cannot absorb white sugar properly. It clogs the bowel creating toxicity, which weakens the immune system reducing the body's abilities over time.



What about artificial sweeteners?

Artificial sweeteners are chemicals that produce profound toxic effects on the central nervous system. They are not a good alternative to sugar.



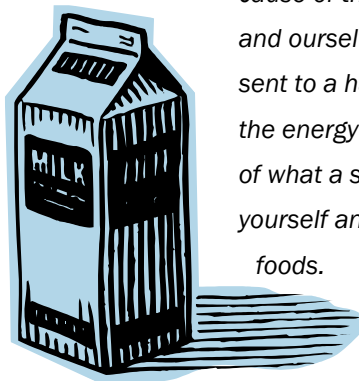
The human body's reactions to sugar

1. Constipation, hard stools, runny stools, ear infections
2. Cavities
3. Sets up the body's environment for hypoglycemia or diabetes
4. Irritable, crabby, mood swings, sluggish behavior in the morning
5. Loss of control - hyperactivity reacts to everything without thought or process
6. Emotional control frustration, aggression, falls apart, crying, little things send them crumbling, low self-esteem
7. Lack of social integration - disassociated, zombie like behavior

What's wrong with milk?

- All mammals feed their young breast milk at infancy and then "wean" them to the appropriate food, for that species, after infancy. Baby cows drink cow's milk, baby cats drink cat's milk, and ...baby humans drink cow's milk? Humans are the only species that do not feed their infants species specific milk.

- Milk IS NOT a good source of calcium for humans. Here are just a few of the foods that are good sources of calcium: apricots, almonds, broccoli, sesame seeds, green leafy vegetables, and peanuts. The advantage of



getting calcium from these sources is that the body can absorb and use it much more efficiently.

For more facts: Robert Cohen's website

<http://www.notmilk.com/> and the book Don't Drink Your Milk! By Dr. Frank A. Oslo

The human body's reactions to dairy

1. Upper respiratory congestion, chronic infections of the ear, sinus, throat, and lungs
2. Dark circles under eyes, puffy or wrinkled eyes
3. Uncooperative
4. Hyperactivity
5. Tantrums, out of control behavior
6. Digestive disorders - Abdominal pain, gas, bad breath
7. Diaper rash, rashes, eczema,
8. Excessive perspiration and drooling
9. Sleep problems
10. Craving the food to which they are sensitive

Do any of these symptoms sound familiar? What is happening? Call it allergy, sensitivity, or reaction — the fact that our bodies cannot process certain foods is the cause of the "meltdown" we are seeing in our children and ourselves. It is your choice. Addiction is our consent to a habit. As we choose an action, we empower the energy of that habit to continue. Change your idea of what a snack should be. You have the power to give yourself and your children healthy, full of life, whole foods.

HEALTH IS A RESPONSIBILITY!

Take back your power.

Source: Oklahaven's In-Line newsletter Fall 2001 edition

<http://www.chiropractic4kids.com/>

The Cold and Flu Syndrome

Cold weather is here and with it we can expect to see an increase in cases of flu, colds and other respiratory problems. With this in mind, please consider the following both prevention and adjunctive support.

Certain factors are consistent when dealing with flus and colds. Primarily, people who eat a diet high in refined or processed foods, dairy products and/or gluten containing grains are much more likely to have a longer recovery period. In addition, those with reduced liver or biliary function are more likely to progress from a simple cold to the flu with the accompanying joint pain, diarrhea, fever, vomiting, cramps, etc.

Dr. Johnson recommends the following for those considering a holistic approach to preventing and surviving this winter season.

PREVENTION:

Immuplex — 2 per day

Livaplex — 3 per day

ONSET OF SYMPTOMS:

Virox (VIVI) — 1 capsule 3 times per day between meals (Do not use with pregnant or lactating women.)

Thymex — 2 tabs 3 times per day

Livaplex — 2 caps 3 times per day

ACUTE PHASE:

Antronex — 9 tabs per day

Virox (VIVI) — 1 capsule 3 times per day between meals (Do not use with pregnant or lactating women.)

Pro-Flora — 6 per day between meals



These programs are designed for adults. All levels will need to be reduced for children. Contact Dr. Johnson for correct amounts for your child.

Recipes

Blueberry-Almond Smoothie

1 cup frozen blueberries

A frozen banana

1/4 cup tofu (optional)

1/4 cup raw almonds

2 Tbs. Barlean's organic flax oil

2 Tbs. Pure maple syrup

1 cup water or rice milk

In a blender, combine ingredients in order listed and puree to a smooth consistency



Spinach & Mushroom Frittata

1 10-ounce pkg frozen chopped spinach, thawed and squeezed thoroughly to remove liquid

4 eggs

1 cup part-skim ricotta cheese

3/4 cup freshly grated Parmesan cheese

3/4 cup chopped Portobello mushrooms



1/2 cup finely chopped scallions with some green tops (about 4 large)

1/4 tsp. Dried Italian seasonings

Salt and pepper to taste.

Preheat oven to 375 degrees. In a large bowl, whisk together all ingredients until well mixed. Spray a 9-inch pie plate with cooking spray and fill with the spinach mixture. Bake for 30 minutes, or until browned and set. Let cool for 20 minutes, cut in wedges and serve. Serves 6

Sugar-Free Hot Cocoa

Per cup:

1 cup milk

1Tbs. Pure Cocoa or Instant Carob Powder

Pinch Stevia Extract Powder

1 tsp. Malted Milk (Optional)

Slowly heat milk on stove. (Do not boil!) After hot, mix in powders and stir until smooth. Add a very small amount of stevia until desired sweetness is attained. A small amount of Sucanat can be added, as desired, for a more sugary taste. Try with Rice Dream and/or soy milk.



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Chiropractic Wellness Center
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From the desk of Dr. J....

The mentality most of us were raised with in this society was borne out of the concept that microorganisms are bad and are out to get us. As a result of this belief our public health system has **errantly focused on solely trying to adapt our environment to us.** This is the reason why antibiotics and vaccines are promoted so heavily. Unfortunately the scientists forgot (or didn't even think of the idea) that microorganisms also possess an inner wisdom just like we do which continually adapts them to the environment they are exposed to.

The result? Superbugs! Thanks to the **overuse of these antibiotics** (which were designed for life-threatening illness) medical science has advanced the genetic adaptation of microorganisms approximately 400 years. As the article "10 Tips to Keep You and Your Child Healthy This Winter states, **"It's not the stress but how resistant we are to it and how we react to**



it. All stress is felt first by the nervous system and, as a result of the damage it does there; affects the function of every organ of the body. Chiropractic builds resistance to stress!"

If you want to end the sickness-antibiotic-sickness cycle you need to put a large focus on **improving your ability to adapt to the environment.** The article on Page 1 lists 10 helpful ways to give your immune system a boost. Here are a few more. Take 2 Immuplex per day throughout the late fall and winter. Be sure to cut back on food and non-food items which create lots of microorganism-loving mucous, such as milk and milk products, sugar and products containing sugar and white flour and products containing white flour. Choose health promoting vegetables, fruits, whole grains and antibiotic and hormone-free meats and poultry or non-animal organic non-genetically engineered proteins such as soy and legumes.

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!

Our sincerest wishes to you

And yours this holiday season!

*Our wishes too for a
Healthy, Joyful, Peaceful*

2002!

Perhaps you and your family will discover as I did 20 years ago that you will only need antibiotics for life threatening situations – the only true good use for antibiotics!

Continue the process of the chiropractic wellness lifestyle. The mainstay of this lifestyle is getting regular chiropractic adjustments to reduce the devastating effects of spinal nerve injury on your body's ability to adapt to your environment. Other aspects include adopting regular exercise, eating lots of fresh fruits and vegetables, drinking pure water and putting positive, uplifting thoughts into your mind daily. Remember to take time out for yourself to do something you enjoy. This is also part of the chiropractic wellness lifestyle.

Join Dr. Johnson on February 7 at Shelby Junior High School for an in-depth look at the sickness/antibiotic cycle. Call the office for more info.