

Chiropractic Wellness Center of Macomb

HEALTHLINE

CALENDAR



Monday, Oct. 14:

“Hidden Factors that Impair Weight Loss and Cause Tiredness and Irritability” Utica Public Library, 7:30–9:00 p.m. No charge.

Nov. 4–15:

Wellness Opportunity Weeks benefiting the International Chiropractic Pediatric Association’s Children’s Research Fund. See article on page 3.

Monday, Nov. 11:

“Natural Methods to Improve Hormone Imbalance” Utica Public Library, 7:30 – 9:00 p.m. No charge.

Staying Healthy by Thinking Outside the “Box”

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

We all grew up with the medical system where we went to the doctor when we were sick (had symptoms) and we stayed away when we were well (had no symptoms). This is the “box” I refer to in the title of this article. Until I went to Palmer Chiropractic College, I did not know there was another way to think about health and healing. I would like to share with you some of that knowledge in an effort to help you save money, time and needless suffering.

As Doctor Fred Barge states in his book, *One Cause, One Cure*¹, “Medicine recognizes either sickness or health and makes an erroneous assumption that when one is symptom free, one is healthy.

Nothing could be further from the truth. The body is in a constant state of flux, endeavoring to comprehend its own functions and the adversities of its environment. It is in a continual battle to sustain the normal equilibrium that we call health. When the tensions and strains of daily living, environmental toxins, vertebral subluxations, and trauma teeter this delicate balance of the body’s equilibrium toward the *low* side, then the body exhibits problems. The opportunistic vectors of disease, germs, viruses, carcinogens, allergens, toxins, etc. find a fertile field for development and symptoms result. Such *lows* in the body’s state of equilibrium

should be predictable and detectable and remedied before the “wheel squeaks”, so to speak. **As when the “wheel squeaks” the bearings sustain damage, when symptoms arise pathology is eminent.** [emphasis mine] It is the job of the doctor to consult with the patient, correct impairments such as subluxations and detect weakness caused by body excesses such as abusive physical activity, faulty diet, lack of rest, improper hygiene. The doctor is the counselor, the teacher. *“He who is one day my teacher, is my father for life”* (proverb), speaks of that which the doctor becomes to a person or family that de-

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Nutrition Seminars Coming —

Factors that Impair Weight Loss and Cause Tiredness and Irritability

Natural Methods to Improve Hormone Imbalance

See Page 4

Something Special For October — See Page 3

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Office Schedule



Adjustments:

Mon., Fri.	8:45 am to 1:00 pm
Wed.	8:45 to 9:00 am & 3:00 pm to 7:00 pm
Alternating Sat.	8:00 to 11:00 am

Nutrition & Allergy Elimination:

Tuesday	3:00 to 6:00 pm
Wed.	9:15 a.m. to 12:30 pm & 3:00 to 6:00 pm
Alternating Sat.	8:15 to 10:00 am

Sept./Oct . Special

DRENAMIN

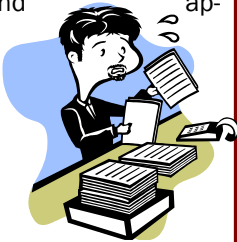
90 Tabs—\$8.10

330 Tabs—\$28.80

Save 10%

Drenamin is the “anti-stress” supplement. Designed to support the adrenal glands, Drenamin also maintains cellular health. The adrenal glands are involved in pulmonary function, blood sugar metabolism, carbohydrate metabolism, central nervous system processes, cardiovascular function, and more.

The adrenal glands play an important role in helping the body respond appropriately to changes caused by stress and different emotions.



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

Success Stories

Last November I was moving some x-ray films at work and hurt my back, neck and shoulder. The pain was so bad that I couldn't do anything — cook, clean, do laundry, or even carry my 2-year-old daughter. I also had blinding headaches and my hand went numb.

Since I work at a hospital, I was told to do what their doctors told me. So I took lots of drugs, had an EMG, and went to physical therapy twice a week for several weeks from December, 2001 to March, 2002. When the doctors told me I needed to take anti-depressants to combat the side effects of the drugs and the depression from not getting better, I said that was enough.

My fiancé is Dr. Johnson's patient and he told me to have Dr. Johnson check me out. Since I didn't know where to turn, I came here.

What a difference! I couldn't believe it, but after my first adjustment, there was a big difference. I could easily turn my head (so driving became much easier), do laundry and cook again. Since beginning chiropractic care, my headaches have disappeared and I feel better than I did before my injury. I started coming three times a week and am now down to once a week. Dr. Johnson gave me exercises to do, and they have helped tremendously.

I've recommended Dr. Johnson to my whole family and my friends.

Lisa Brandenburg, Shelby Township, MI

For a long time I had problems every time I was in my car and on other occasions too. I would get itchy all over and I'd start to sweat. I didn't know what was going on.

I mentioned it to Dr. Johnson and he checked me for allergies. Sure enough I was allergic to leather - the leather car seats in my car and any other leather I came in contact with. Dr. J treated me with NAET allergy elimination and now I'm fine. I have more pep too. Thanks, Dr. Johnson.

Leonard Lukomski, Romeo, MI

Recently, I was feeling very weak from what started as a summer cold and sore throat. While on vacation, I had been exposed to some indirect cigarette smoke and at the same time some very cold air conditioning, which made me weaker. I had to go slow returning home and was concerned that I would once again have to take antibiotics to recover.

I saw Dr. Johnson. He checked me over and said I had a strep reflex. I've benefited from CRA since 1974, but didn't realize that Dr. Karl had extended the benefits of CRA and his expertise to areas traditionally reserved for “antibiotics”. Of course, to be fair, physicians in general are shying away from them due to their long-term side effects.

Right away, Dr. Johnson put me on Bactrex plus other supplements that reflect the relationship between the adrenal glands and respiratory illness. Although it took a few extra days, for the first time, I was able to recover without the use of antibiotics. Thanks, Dr. Johnson. I'm grateful for the full recovery and more importantly, for instructing me on a much better approach to healing respiratory illnesses.

Mr. Blair Moores, Clinton Township, MI

RECIPES



Pumpkin Bread:

- 1 1/2 cups bean flour
- 1 1/2 cups rice flour
- 1 tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. nutmeg
- 2 tsp. baking soda
- 3 tsp. Xanthan gum
- 2 cups pureed cooked or canned pumpkin

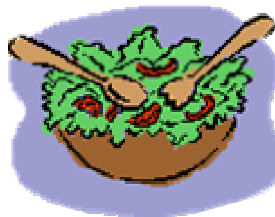
1 cup honey
 1 cup corn oil
 1/2 cup water
 4 eggs
 Grease and flour 2 loaf pans. Stir together in a large bowl, flour, honey, baking soda, salt, and spices. Stir together pumpkin, corn oil and water. Add eggs one at a time beating well. Make a well in the center of the flour mixture. Add pumpkin mixture and stir. Pour into prepared pans. Bake at 325° for one hour.

Carrot Salad

- 2 cups grated carrots
- 1 cup shredded red cabbage

2 ears of corn, kernelled (do not cook the corn)
 4 Brussels sprouts, sliced thin
 1 cup of clover sprouts
 Romaine or Butter lettuce for two
 Your favorite dressing

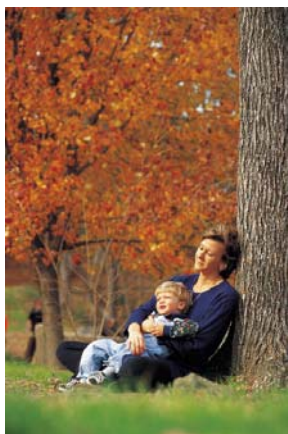
Prepare a bed of lettuce. Combine the first five ingredients and scoop onto the lettuce. Pour your favorite dressing over the top. Serves two.



W.O.W. Returns to Help Children's Research

Here's your opportunity to help yourself, your family and your friends experience the benefits of chiropractic or nutrition at a reduced cost during our Wellness Opportunity Weeks (WOW).

WOW runs from **November 4 through November 15..**



Twice a year Dr. Johnson offers to help you if you'll

help others. This fall the "others" is the Children's Chiropractic Research Foundation of the International Chiropractic Pediatric Association (ICPA). This group is actively searching for ways to help children improve their lives through chiropractic care.

Here's how it works:
Current practice members receive an office visit, an adjustment or a nutrition visit plus the Heart Rate Variability Test for a donation of \$35.00 to ICPA, Inc.

Practice members not seen in over 4 months receive an update exam and an adjustment.

New chiropractic practice members receive a preliminary consultation and health history, a chiropractic physical exam including motion palpation (to determine how structure may be

irritation delicate spinal nerves), and 2 x-ray views (additional views are at normal fees, most insurances accepted for additional views). The adjustment fee is NOT included.

New nutrition practice members receive a preliminary consultation and health history, an exam, and a computerized symptom survey.

Any one of these are yours for a donation of \$35.00 to **I.C.P.A., Inc.**

The Children's Research Foundation is dedicated to finding natural cures so our children won't have to rely on drugs. The research team searches for ways to help children be the best they can be. Their work includes ear infections, attention deficit disorder, auto-immune diseases and learning disabilities.

**Learn to Pause —
 Or nothing
 worthwhile can
 catch up with you.
 D. Ballard**

MESSAGE THERAPIST NOW AVAILABLE IN OFFICE

Jenny Passalacqua is available for massages in our clinic on Thursdays and Saturdays — by appointment only.

Jenny offers several types of massage: deep tissue, Reiki (involves energy work), myofascial release, and Swedish massage.

The many benefits of massage therapy include the following:

- enhances the effects of a chiropractic adjustment
- relaxes tense muscles and increases flexibility
- normalizes blocked energy flow
- Relieves mental and physical fatigue

**Jenny's rates are —
 \$55.00 — 1 hour
 \$70.00 — 1 1/2 hours
 \$90.00 — 2 hours**

**Please call the office for
 your appointment.
 (586) 731-8840**



You Just Can't Get It Anywhere Else!



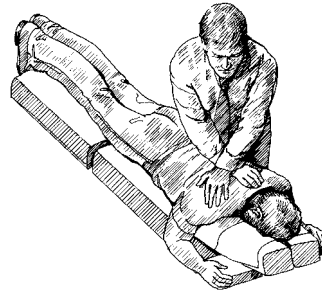
What we chiropractors provide you with in this offer is a unique service that no other health profession offers – **subluxation correction**. Subluxations sabotage your health, lower your resistance to disease, cause pain and dis-ease (body malfunction), affect your brain function, stress you out and prematurely age you.

What is a subluxation? A subluxation is a distortion in your spine and body structure that stresses your nervous system causing nerve interference.

Since nerves regulate and coordinate the function of all your organs and systems any interference to them can have far-reaching effects on your physical and mental health. Subluxations are

very common and often painless! Many people are carrying them around in their spines and don't know it!

We chiropractors spend thousands of hours studying how to locate where your subluxations are and correct (adjust) them. Since no other profession offers this service **you can leave a hospital or medical office with as many health-damaging subluxations as you had when you entered.**



**Correction does
Much, BUT
Encouragement
Does more!**

2002 Nutrition Seminars, October & November

Hidden Factors that Impair Weight Loss and Cause Tiredness & Irritability



Monday,
October 14
7:30 to 9:00 p.m.
Utica Public Library
7350 Auburn Road

If you've tried many diets unsuccessfully, then this special seminar is just for you.

Dr. Johnson will discuss some of the reasons for an inability to lose weight and keep it off. Those include:

- Metabolism
- Blood Type
- Adrenal Fatigue
- Thyroid Problems
- Mineral Imbalances
- Sugar Intolerance/Syndrome X
- Digestive Problems

For Reservations or Information

Natural Methods to Improve Hormone Imbalance

Monday, November 11
7:30 to 9:00 p.m.
Utica Public Library
7350 Auburn Road

Now, through saliva testing and hair analysis, Dr. Johnson is able to determine hormone imbalances. Then he can recommend the proper supplements to help improve your condition.

We carry natural supplements to help with these imbalances. If you know or suspect you suffer from a system that is not as healthy as it could be, join Dr. Johnson for this fascinating seminar.

For Reservations or Information,
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(Continued from page 1)

pend upon her or him”.

The cost of medical care has risen to become 13% of the Gross National Product. That is a staggering number, especially when you consider that most of the money spent is for “damaged bearings”, disease treatment.

Lest you think that chiropractors are the only ones who are the only staunch advocates of preventative care, I will share several quotes with you. What do various medical doctors and others say about this wisdom of favoring disease treatment/management versus true prevention? Here are a few quotes:

“...the maintenance of health should take precedence over the treatment of disease.”²

Robert A. Aldrich, M.D.

“It must be remembered that physicians today are trained to treat the sick, and they must learn how to examine so-called well persons to prevent them from getting sick.”³

Charles H. Mayo, M.D.

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame and in the cause and prevention of disease.”

Thomas Edison

“In the near future, Chiropractic will be as much valued for its preventative qualities as it now is for adjusting and relieving the cause of ailments.”⁴

D.D. Palmer, D.C., PH.C.

We as a society must embrace the wisdom of prevention. Education is the key to understanding and understanding drives our behaviors. Doctors should be counselors in health maintenance, the term *doctor* means teacher. Doctors need to resume this teacher role, rather than just being the high tech technicians that they are today.

“The object of all health education is to change the conduct of individual men, women and children by teaching them to care for their bodies well, and this instruction should be given throughout the entire period of their educational life.”⁵

Charles H. Mayo, M.D.

“No man is safe so long as he follows health laws to keep from dying, for as soon as he feels safe he will go back to his old habits; but when he is conscious that his health and well being, both mental and physical depend

upon the proper care of himself and that the best rewards are for the one with the best health, he will educate himself in health laws, and then it can be said he has a conscience.”⁶

J.H. Tilden, M.D.

“All diseases are one when traced to an ultimate analysis; hence a good general education will enable everyone to take care of his health and avoid dangerous sickness.”⁷

J.H. Tilden, M.D.

Again quoting from Doctor Fred Barge in his book, *One Cause, One Cure*⁸, “When people understand the healing forces that lie within, they most certainly will lead healthier lives as they will realize the part diet, moderate exercise, rest and mental relaxation play in respect to the health of their bodies. But that still doesn’t completely solve the problem. Like causes create like results. If so, all who behaved well would be well! Let me go back to a quote from Dr. B.J. Palmer:

“Living under the same environmental conditions, one member of a family has heart trouble, another bronchial, a third liver, and a fourth stomach trouble; while a fifth may suffer from nervousness, a sixth from sciatica, etc..

“Like causes produce like results. If this be true, if this be natural, how can one who affirms that the cause of disease lies in the environment reconcile the facts to that theory?”

“It is self-evident there is some factor which is not environmental, that accounts for different results.

“Chiropractic teaches this unknown factor is found within and that the resistance, or the susceptibility, of the individual must be measured in terms of centrifugal force, i.e., vitality or mental impulse.

“While other professions are concerned with changing environment to suit the weakened body, Chiropractic is concerned with strengthening the body to “suit” the environment.”⁹

Chiropractors seek to find and reduce or eliminate vertebral subluxations which are a major interference to the body’s internal self healing wisdom (innate intelligence). Vertebral subluxations impair the ability for the brain and the body to talk to each other by altering the communication messages carried along the nerves, thus setting the stage for poor adaptation to the environment. When our body does not adapt to the environment we become susceptible to all manner of illness, depending upon what part of the body is weakened the most (based on what nerve(s) are involved with the vertebral subluxation).

To sum up this article here are a few more quotes:

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Karl R.O.S. Johnson, D.C., L.C.P (hon)

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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.



Join us on the web—
www.wellnesschiro.com
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and much more!

To contact Dr. Johnson —

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

Email: info@wellnesschiro.com

great force that is working within him.”¹²

Dr. Richard C. Cabot of Harvard

The main point I am trying to make is that your body is self-healing and self-regulating. All you need to do is ensure that you get rid of all sources of interference to your body’s adaptive mechanisms. The most important interference is autosuggestion or your own thoughts and beliefs about you, followed by vertebral subluxations. Continue the process of the chiropractic wellness lifestyle (think outside the “box”). The mainstay of this lifestyle is receiving 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.

Please share this article 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.

¹ One Cause One Cure; The Health & Life Philosophy of Chiropractic, Vol. VI, F.H. Barge, 1990, La Crosse, WI., Palmer Publications, Inc.

² Healing From Within, Dennis T. Haffe, Ph.D., 1986, Simon & Schuster, Inc., New York, New York, p. 15-17, 21,28, XVII, 63, 25, XVI, 27, 56

³ Aphorisms of Dr. Charles Horace Mayo and Dr. William James Mayo, 1951, Charles C. Thomas Publisher, Springfield, Illinois

⁴ The Science, Art and Philosophy of Chiropractic, The Chiropractors Adjuster, 1910, D.D. Palmer, D.C., Ph.C., Portland Printing House, The Palmer College of Chiropractic, Davenport, Iowa

⁵ Aphorisms of Dr. Charles Horace Mayo and Dr. William James Mayo, 1951, Charles C. Thomas Publisher, Springfield, Illinois

⁶ Health Epigrams, Dr. J.H. Tilden, 1939 reprinted by Health Research, Mokelumne Hill, California

⁷ Health Epigrams, Dr. J.H. Tilden, 1939 reprinted by Health Research, Mokelumne Hill, California

⁸ One Cause One Cure; The Health & Life Philosophy of Chiropractic, Vol. VI, F.H. Barge, 1990, La Crosse, WI., Palmer Publications, Inc.

⁹ The Bigness of The Fellow Within, Vol. XXII, B.J. Palmer, D.C., Ph.C., 1949, Palmer College of Chiropractic, Davenport, Iowa.

¹⁰ Healing From Within, Dennis T. Haffe, Ph.D., 1986, Simon & Schuster, Inc., New York, New York, p. 15-17, 21,28, XVII, 63, 25, XVI, 27, 56

¹¹ Impaired Health, J.H. Tilden, M.D., 1921, 1960.

¹² From the Philosophy of Osteopathy, Dr. A.T. Still, 1899.

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“The patient must be guided toward discovering the healing powers that lie within him. Faith in pills and external treatments can be replaced by faith in oneself. The billions of dollars spent for impotent over-the-counter remedies, for painkillers and tranquilizers, and for solace from physicians can be saved by a medical system which restores faith and hope not in drugs and physicians, but in each individual and his body.”¹⁰



“The really good physician prevents disease;...he cannot cure anything. Because of a lack of this knowledge, sickness has become more natural, or more to be expected, than health. Sickness is looked upon by the people, the state, the nation, as inevitable; and precautions, immunizations, and preventions are in keeping with these false ideas. The reverse is true. If we live for health, and seek health instead of disease, we find it. Post-mortems, vivisections, and laboratory investigations are all in the line of looking for disease—and we have found disease galore. IF we look for health, it can be found.”¹¹

J.H. Tilden, M.D.

“God and the wisdom of the body constitute ninety percent of hope of patients to recover.—The body simply has a super wisdom which is biased in favor of life rather than death.—These are the powers on which all of us depend for life.—I earnestly recommend to the medical profession to let the patient know of this