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Director

Diane L. Radtke  
Editor

# Happy Anniversary!!

## The First 20 Years by Dr. Karl Johnson

The Wayne State University psychology professor was talking about making up one's mind to make changes in one's life. As a 19-year-old student, I remember deciding right then and there to aspire to better myself and find a way to help improve the world. I wanted to be part of the solution to the challenges I saw in the people I cared about in my life.

The decision to better myself wound up taking me to Palmer College of Chiropractic in Davenport, Iowa. While there, I witnessed many miracles and grew in spiritual, physical and psychological dimensions. The many wonderful people I met (including my awesome wife, Sandy) have propelled me forward in life more than I never could ever imagine. Learning about and living chiropractic principles for the past 20 years have been a blessing to me and scores of others. Given a choice, if I could choose to start my career over again, I would follow the same path!

In 1983, I graduated with enthusiasm for chiropractic and my new practice. Begging, pleading and crying, I managed to talk my step-father into lending me \$5000 at 12% interest to get my practice started. I rented space

in another chiropractor's office three days per week. Because I was



used to new adjusting equipment at the Palmer Public Clinic, I leased a new Zenith 220 table (this is the table in adjusting room one). Having this new table helped me with my confidence and I surmised would impress those who came to me. I expected that once I put an announcement in the local paper that the phone would start ringing with potential patients. I envisioned those prospects already knew the wonderful things chiropractic could do when a chiropractor removed/reduced their vertebral subluxations.

Some folks did call – those curious about the new chiropractor in town and who already had been indoctrinated to chiropractic by a local chiropractor who had recently died (back then). One fellow came in and said to me, “I

have a pain in my back and I just want to get cracked – I don't want any exam or x-rays!” I remember saying to him, “I know you probably know what is wrong with you, but I need to know too. So if you want me to help, I will need to do a thorough examination otherwise you'll need to see someone else.” This person still comes to see me today.

There were those who already understood the fundamentals of chiropractic:

- The body is self-healing and self-regenerating.
- The nervous system controls and coordinates the functions of the body.
- Vertebral Subluxations (subluxations) interfere with the nervous system's ability to send and receive messages that control body functions.
- Chiropractors correct subluxations, which then allow the nervous system to fully express true two-way communications between the brain and the body again.
- As a result of correcting subluxations, the body's self-healing properties are again free to fully function and a person is more able to express their full healing potential.

*(Continued on page 3)*

# Success Story

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My daughter, Renee, had been having severe headaches, so much so that she could not concentrate in school. She was going through the gamut of medical tests to discover the reason when a friend suggested seeing her chiropractor, Dr. J., who had helped her with her son's earaches. Having never been to a chiropractor, I figured it was worth a try.

Shortly thereafter I had developed pain in the lower abdomen and back area. Another barrage of medical tests with two doctors and a surgeon left me baffled and without a diagnosis.

One day, while giving my daughter her adjustment, Dr. J. asked how I was. After hearing my symptoms, he told me he could help. Two adjustments and an hour later, the pain had subsided; and continued adjustments over the next month had me pain free!

Thanks, Dr. J!! Your insight and caring has been a blessing to me and my family.

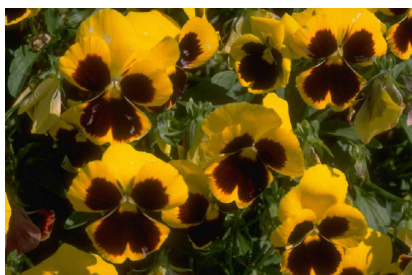
Darlene Bernier, Warren, MI

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For years I considered myself to be lactose intolerant. I simply couldn't eat dairy foods without getting sick.



I told Dr. Johnson about the problem and he treated me with NAET (Nambudripad's Allergy Elimination Technique). Later I went to a dinner party where I ate the ice cream served for dessert. I was fine, my stomach didn't get upset at all.

I'm a believer now. I hope others with allergies will try this technique. It works.

Margaret Rotha, Clinton Twp., MI

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A couple of months ago I was driving my van and got rear-ended at 40 miles per hour. I was really in a lot of pain. I couldn't think straight, everything seemed fuzzy. I felt like my head was on crooked – and it was.

I was in severe pain and called Dr. Johnson immediately. He met me at the office and did a thorough exam. He said I had no pulse in my left arm due to the severe subluxation in my neck. He then worked on me for over 40 minutes. I was amazed that I felt better so fast. I could even think clearly. I admit I was sore for days, but who wouldn't be after an accident like that.

The result of receiving chiropractic care so soon after my accident was that I have no long-term effects from the whiplash.

I don't know what people do who don't see a chiropractor – especially in this type of situation. I don't know what I would have done without Dr. Johnson's help.

Terri Colegrove, Shelby Township, MI



(Continued from page 1)

Then there were those who were painfully unaware or didn't want to believe the above listed tenets were true. These are the same folks who felt that the only "real doctors" give medicine and perform surgery. Their tenacious grip on their beliefs led to many interesting conversations (or lack thereof) in the early days of my practice. Although I still run into people with such beliefs, they are thankfully fewer and fewer these days.

For many years chiropractic delivered its promise to unlock the healing potential in those who sought care from me. I was, however, frustrated by those who did not respond to chiropractic as others did. I began a search and this search led me to investigate the role malnutrition played in those who weren't responding. Because of my quest, Contact Reflex Analysis, Autonomic Response Testing and Nambudripad's Allergy Elimination Techniques came into my life and WOW, did this bring the magic of healing to hundreds of patients who were referred to my office. As a result of discovering the wonderful relationship of these healing methods, the Chiropractic Wellness Center of Macomb's mission statement was developed to guide our actions here at the office:

"Our passion is to share and cele-

brate in the healing journey of every family and individual who chooses to be lovingly served by us in a relaxed atmosphere.

We recognize health is an inherent state of well-being in mind, body and spirit. Our role is to remove any interference to health expression through optimal chiropractic and nutritional care, supported by wellness education. Our goal is to help create a world of maximized health and optimum human potential".

Upon looking back on my 20 years in practice, it's amazing to me that so many people have been guided to me not only for their own healing but also for the purpose of teaching me many things, providing guidance for my life's journey and for pointing me in the direction of finding healing methods to help with some of my personal health challenges. For example, one practice member mentioned that she was out visiting her mom in California and while she was out there she went to a practitioner who did some method of muscle testing and acupuncture and many of her allergies were eliminated. I thought it was a bit odd at the time, but I have encountered many "very different" experiences of healing throughout my chiropractic college years and beyond. Two years later, I attended my first Nambudripad's Allergy Elimination Techniques (NAET) training ses-

sion.

As I write this, I'm flying to California for my 2<sup>nd</sup> advanced training in NAET. Dozens of our practice members have had their allergies eliminated using this method now. What an exciting thing! Since I learned about this method, my mysterious life-long, periodic, sudden onset of extreme fatigue is now virtually gone. Imagine driving down a highway fully cognizant of everything and the next thing you know suddenly (miraculously waking up - I call it God tapping me on the shoulder) you are just yards from slamming into a bridge support. That's scary!! Well, it turns out that I had a severe wheat allergy and this profound tiredness was the main symptom. With NAET, this problem has been eliminated. Thanks to God for bringing someone into my life who cracked open a door of curiosity that I just couldn't help but go through. Now many others have benefited too.



In closing, I promise you that I will continue to work on honing my healing and analytical skills to find ways to help the occasional patient who isn't responding to care. Thank you for being a part of our wellness team. 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.

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### Policy Regarding Missed Appointments

If you are unable to keep your appointment, please let us know within 24 hours of your scheduled time. A \$36.00 Missed Appointment Fee will be charged to those who miss appointments without notifying the Clinic.

### Massage Therapy

Jenny Passalacqua, certified massage therapist, is available on Thursdays and Saturdays to handle all your massage requests. For an appointment, call the office at (586) 731-8840.



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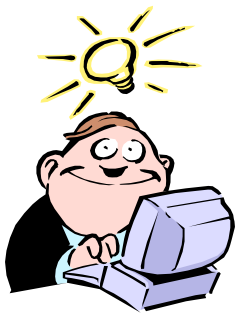
***Healthy Alternatives for Life***

## Mission Statement

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

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



Join us on the web—  
[www.wellnesschiro.com](http://www.wellnesschiro.com)  
See Healthline in color  
and much more!

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Fax: (586) 731-9550

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### 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; 1/2 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

delicious combination.

#### 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. cate 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.

### April Is Backpack Safety Month!

Backpack-related injuries are up 256% since 1996, especially in children ages 5 to 14. Here are some safety tips:

- A backpack should not exceed 15% of a child's weight.
- Pack the heaviest items close to the back, and pack evenly so items don't shift around.
- Buy a backpack with wide padded shoulder straps and a waist or hip strap that helps keep it closer to your back.
- Lift the backpack by bending at the knees and lifting with both legs.
- Never carry the backpack over one shoulder. Always use both straps and the waist strap.
- Carry the smallest load possible. Try to make frequent trips to a locker rather than carrying all books at once.

