



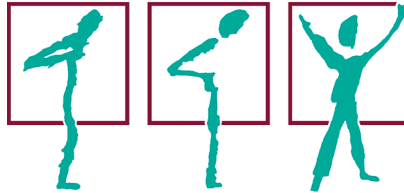
Healthline

Chiropractic & Nutrition Wellness Center

Effective immediately our clinic will now be known as the **Chiropractic & Nutrition Wellness Center**.

Over the years we have added many nutritional services for our practice members — Contact Reflex Analysis (CRA), Autonomic Response Testing (ART), Nambudripad's Testing Techniques (NTT), and Nambudripad's Allergy Elimination Techniques (NAET). The addition of these diagnostic tools and techniques enabled Dr. Johnson to better address the health issues and needs of his practice members.

We look forward to your next visit at the **Chiropractic & Nutrition Wellness Center**.



Chiropractic & Nutrition Wellness Center
Healthy Alternatives for Life

Chiropractic Reflections on the Blackout of 2003

By Dr. Karl Johnson

How many times were you asked, "Where were you when the lights went out?" after the blackout. As for myself, I was in a movie theater watching the beginning of the movie *Pirates of the Caribbean* with my sons and some friends. About 10 minutes into it, the whole place went dark. After waiting a short time, all the movie patrons were offered a cash refund for their tickets. It wasn't until I was driving home that I found out that the electricity was out in many states

and part of Canada. Driving home was interesting to say the least with all the traffic lights out. My main concerns when I arrived home were the safety of the food in the freezer and refrigerator, the sump pump operation and whether we had any water. I had to find a way to get some electrical power. I finally found a generator and gas up in Grand Blanc the day after the power went out.

I bet you also had some challenges and concerns because of the loss of power. After thinking about the blackout for a while, I came up with some observations relevant to what chiro-

practic is all about.

Some of you reading this probably already know what I am going to write about, but many more don't. If you

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Seminar Calendar

Utica Public Library

Monday, October 13:

"Preventing Spinal Decay & Osteoporosis through Chiropractic & Nutrition"

Monday, November 10:

"Correcting Digestive Problems through Nutrition"

7:30—9:00 PM

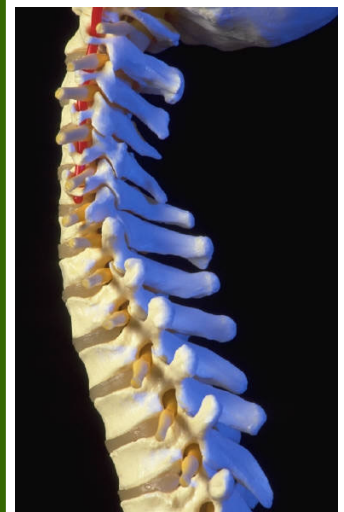
Fall Wellness Opportunity Weeks

October 18 through October 31

Each year Dr. Johnson offers practice members, their families and friends the opportunity to experience the benefits of chiropractic and/or nutrition care at a reduced rate. The monies collected are donated to the Children's Chiropractic Research Foundation. To take advantage of the following specials, please call the office for an appointment.

(586) 731-8840

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Success Stories



About a year ago, my knees began to ache and swell. Since I work in sales and am on my feet all day, this posed a real problem. I went to my medical doctor who put me on Celebrex and had me wear a knee brace. This took the swelling down but the pain remained. Soon all my muscles in my arms and legs ached, then I ached all over. It was really hard to go to work.

I've been coming to Dr. Johnson since 1995. On a recent visit, I asked him about my problem. He checked me out and put me on Vitamin B (six a day). Within three days the swelling was gone. It was like a miracle! Now I have no aches and I'm happy to go to work..

Dr. Johnson told me I had a Vitamin B deficiency. Once I got the vitamin in my system I was fine. Thanks, Dr. Johnson.

Rosemary Sandor, Avoca, MI



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

For months I suffered from an upset stomach. I know all the tales — I don't eat right, the older you get the harder it is, and many more.

I've been a practice member here at the clinic for several years, so I asked Dr. Johnson about my stomach problems. He suggested I take Collinsonia Root. I took some and within four hours my stomach was better. I've been taking it ever since and haven't had any more stomach problems. Several weeks ago I had hemorrhoid surgery and the medical doctor had told me that I would need another surgery to correct the problem. Since taking the Collinsonia Root, I have been so much better that I can cancel my upcoming surgery.

I also had some pain in my upper back area. Dr. J checked me out and suggested A-F Betafood. I've been feeling a lot better since I started taking it.



In addition to the supplements, Dr. Johnson recommended dietary changes. I've increased the amounts of fruits and vegetables I eat, stopped the carbonated beverages (especially pop), increased the amount of water I drink, and added iced tea to what I drink. I really am feeling so much better. I can't believe how fast the changes occurred. Thanks, Dr. Johnson.

Ron Maniaci, Shelby Township, MI

*It's a funny thing about life;
If you refuse to accept any-
thing but the best,
you very often get it!—
Somerset Maugham*

Recipes

Here are some healthy recipes from Lorrie Medford's books (See article below):

Easy Salmon Bake

1 4 oz. can of salmon
2 tablespoons olive oil
Sea Salt to taste
Dash of cayenne pepper
1/4 cup green onion, minced
2 tablespoons lemon juice



Mix ingredients together and put into a baking dish. Bake at 350 degrees for 15 minutes.

Chicken Cacciatore

4 boneless chicken breasts
1 tablespoon olive oil or spray
1 cup onions, chopped
1 cup mushrooms, chopped
1 cup green peppers, chopped
2 cups tomato puree (no sugar, low salt)
1/4 teaspoon white pepper
1 clove garlic
1 teaspoon each oregano and paprika



Sauté chicken breasts in oil until brown. Put aside. Sauté onion, mushrooms, green peppers and spices. Add tomato puree and bring to a boil and stir until thick. Add chicken and simmer together 5 minutes. Spoon sauce over chicken when you serve it.

Hot and Spicy Marinated Vegetables

1/2 cup broccoli flowerets
1/2 cup carrots, sliced on diagonal
1/2 cup cauliflower flowerets

1/4 cup red pepper, chopped

Dash of salt

Marinade:

Mix together : 1/4 cup olive oil

1/4 cup brown rice vinegar

1/4 teaspoon garlic powder

1/4 teaspoon chili powder

Dash of sea salt.

Lightly steam vegetables. Pour marinade over vegetables and toss gently. Cover and let sit for 15-30 minutes. Toss again and serve warm or cold.

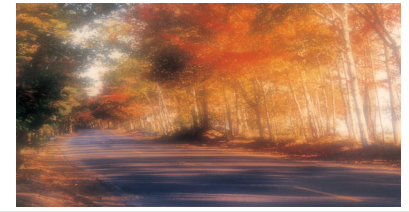


Apple Crisp

6 tart apples, peeled and chopped
1 teaspoon cinnamon
1/4 cup brown sugar
Topping:
1/2 cup 50/50 whole-wheat/unbleached white flour
1/4 brown sugar
3 tablespoons butter



Toss the apples, cinnamon and brown sugar together in an oiled 2-quart baking dish. Set aside. Preheat an oven to 350 degrees. Make the topping by combining the flour and sugar, and then cut the butter into the flour mixture until it's crumbly. Sprinkle topping over apples and bake for about 55-60 minutes, until slightly browned.



Back Pack Tips

Distribute the weight evenly: Putting the heavier items on the bottom will help to keep the weight off of your shoulders and maintain better posture.

Wear both shoulder straps unless your pack is an AirPacks, which is designed for use on one shoulder.

Lugging a heavy backpack using one strap can shift the weight to one side which can lead to neck and muscles spasms, low back pain and walking improperly.

Have padded or air-filled straps: Non-padded straps will dig into your shoulders and cause pain and injury.

Use a waistbelt unless you are wearing an AirPacks bag.

Lift it right. Bend your knees when you pick up your heavy backpack.

TAKE ONLY WHAT YOU NEED TO SCHOOL!



Why Can't I Lose Weight?

Many of Dr. Johnson's practice members have read and profited from the book *Why Can't I Lose Weight?* And *Why Can't I Lose Weight Cookbook* by Lorrie Medford, C.N.

In these books, Lorrie shares what she has found to be the physical causes of obesity and tells you how to deal with them.



The book covers :

eliminating poor digestion,
banishing constipation,
improving fat-burning ability,
energizing your body,
eliminating fatigue,
conquering food cravings, and
balancing your hormones.

The information provided is encourag-

ing and covers many topics that Dr. Johnson has covered in his seminars.

For more information or to order the book and/or its companion, contact Lorrie on her website

www.lifedesignnutrition.com or

Email:

lorrie@lifedesignnutrition.com

Or simply call at (918) 664-4483.

BITS & PIECES



Pro Chiropractic Study

In the April 26 issue of the *British Medical Journal*, a study was published that proved manual therapy is a cost-effective method for relieving neck pain.

The study found that: "Manual therapy is more effective and less costly than physiotherapy or care by a general practitioner for treating neck pain, Korthals de Bos and colleagues conducted an economic evaluation comparing the cost effectiveness of three different treatments for patients with neck pain. After 26 weeks, patients having manual therapy had higher recovery rates than those having physiotherapy or being cared for by a general practitioner, but these rates were similar after 52 weeks. Total costs in the manual therapy group were around a third of the costs in the other two groups."

Research Reveals Possible Link Between Infertility and Spinal Problems

New research reveals spinal health may influence fertility changes and encourages those considering parenthood to seek a thorough chiropractic spinal evaluation.



The online *Journal of Vertebral Subluxation Research* (jvsr.com) recently announced the publication of diverse case studies and commentaries documenting positive responses to chiropractic care among infertile women, regardless of factors including age, history and previous intervention.

These research articles demonstrate how undetected physical, mental, chemical and emotional stress over time can act as insults and contribute to vertebral subluxations, which cause nerve interference and may distort proper bodily function and well-being. The histories of the women in these studies included stress from motor

vehicle accidents, childhood falls, blocked fallopian tubes, scoliosis, and work stress that affects both mind and body.

Madeline Behrendt, associate editor of JVSr and content editor for this special issue, said: "There is such a strong need for this research. I asked 50 women in my community if they knew where in the spine the nerves to the reproductive organs are located. None of them had ever been told this basic information, but they all wanted to find out, they knew it had implications for their health. I urge all those struggling with the burdens of infertility to read this research."

The research will be published throughout summer 2003 and is available at jvsr.com, an online, peer-reviewed scientific journal.

NOTE: *Today's Chiropractic*, July/August 2003

Help for Diabetics

New research shows the dietary supplement conjugated linoleic acid (CLA) may help diabetics manage their disease and help prevent blindness, heart disease and stroke. The study, which appeared in the journal of *Nutrition*, showed that the supplement is effective in reducing fat, which also helps control diabetes.

CLA was also the topic of another study, this one done by the University of Vermont Medical College and *Nutrition 21* and presented at the American Diabetes Association Scientific sessions. The study found that a combination of chromium picolinate and CLA increased muscle glycogen levels—a measure of the body's ability to process stored glucose, which contributes to physical strength and endurance.

Dementia and Hormone Therapy

Older women taking combination hormone therapy had twice the rate of dementia, including Alzheimer's disease, compared with women who did not take the medication, according to new findings from a memory substudy of the Women's Health Initiative. The research was reported in the May 28, 2003 *Journal of the American Medical Association*.

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We're on the Web!
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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.

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.

(continued from page 1)

think of the United States and Canada as the human body and the electrical grid as the nerves of the body you will have a clue as to the meaning of the title and why I am writing this article and what it is about. So here it goes...

I couldn't help but think of how the blackout and the resultant difficulties it caused to those involved and indeed the whole country are homologous (the same as) to what happens in our bodies when we have a vertebral subluxation affecting our nerves.

Since only a portion of the nation's electrical grid was affected, only a portion of the United States was without power. When we have a subluxation, (abnormal spinal function affecting the ability of the involved nerves to send and receive messages accurately between the brain and the body) only a portion of our body is affected. Let's say the T7-8 level (middle of the mid back) of the spine is involved. The gallbladder and liver will not work as well because it is from between these vertebrae that half of the automatic nerves to these organs originate. As a result of the malfunction of these organs, our ability to digest and assimilate fats will be impaired. As a result of that, we will

have gas and bloating, often times back and neck pain, and we set ourselves up for all kinds of body problems if not corrected. Examples of other problems are hormonal imbalance, osteoporosis, altered blood fats (high cholesterol and/or triglycerides), heart disease, bowel problems and so on... just as a result of abnormal spinal function affecting the nerves to the gallbladder and/or liver.

If you think about it, the blackout that affected our area gave us some problems; water quality and availability issues, problems with the movement of traffic, problems with food storage, preparation and cooking, trouble with flushing wastes, difficulty with temperature regulation and so on. Not only were we affected locally, but also other parts of the country that are dependent on our products and/or communication between people in our area and theirs were also affected by the blackout.

After power was restored, it took a while for things to "get back to normal," even though the power was only out for about a day. This is similar to what actually happens once a subluxation is reduced or eliminated; once function is restored to the organs, glands or tissues by removing/reducing the nerve interference - it takes time for full

healing to occur.

So, remember to get adjusted regularly to maintain your "power system" so that all your many parts are able to work and coordinate properly with each other. Your overall health depends on your nervous system. Chiropractic is the only health care profession dedicated to finding and removing (or reducing if the damage is severe) vertebral subluxations for the purpose of expressing your full power through your nervous system.

One last thing. Remember that generator I found in Grand Blanc? By the time I arrived home the power was back on! Now I am going to get my house wired to allow me to use it more effectively the next time we are without power.

