



## Happy Holidays!

### Check Under Your Hood

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

Maintaining your spine could be one of the most significant health investments you could make. **The American Institute for Preventative Medicine states that 60-80 million Americans or 8 out of 10 people will at some point suffer from back pain or neck pain.** This 22 billion dollar industry could be greatly reduced and our future greatly secured if people would learn the importance of spinal maintenance. Maintaining anything provides longer life and better function with minimal problems. Most importantly, maintenance is more cost effective than correcting problems.

**Fundamentally, if you neglect anything that requires maintenance, it will develop a problem. Problems develop silently**

**until enough damage occurs to trigger a symptom or crisis. Unfortunately the crisis or symptom may not occur until significant or even permanent damage has occurred.**

Take your car as an example. If you never opened the hood of your car to maintain the engine, what would happen? A problem would develop, of course. It would continue to develop until a crisis and symptoms occurred. In cars, we have warning lights that tell us when we have problems so we can correct them before a crisis and symptoms occur. If brakes are wearing thin, a sensor light goes on to warn us so we can fix the problem before the brakes go into crisis and ruin the metal drum resulting in a grinding, squeaking symp-

tom. In the human body, there is no warning light. Problems develop silently until enough damage accumulates to fire off a symptom. The symptom is the effect of the problem that accumulated over time.

Heart disease is another good example. Eating poor quality, high fat/high sugar foods and white flour containing foods over time is known to clog arteries. This problem is called

*(Continued on page 3)*



Dr. Karl Johnson, Vicky Palmer, Sandy Johnson with Dr. J's signed apron.



### Calendar

**January 19—February 14:** New Patient Special (see Page 4)

**February 2—27:** Doctors with a Heart Hearts \$1.00 each to be donated to Oklahaven Children's Chiropractic Center.

**Monday, February 9:** Nutrition Seminar. Utica Public library, 7:30—9:00 pm.

**March 8 to 12:** Beach Week. Come in your favorite beach costume and win prizes.

### Inside this issue:

Success Stories	2
New Patient Special	4
Colds, Flu & You	4
Bits & Pieces	5
February Nutrition Seminar	5
January/February Special	5
Chiropractic & You	6



**Greetings for a Merry Christmas and a Healthy, Prosperous 2004!**

**From all of us at the Chiropractic and Nutrition Wellness Center:  
Sandy, Diane, Terri, Jackie, Lee Ann, Sara, and Dr. Karl!**





Skate your way to health with regular adjustments and nutrition.

# Success Stories

For five to six years I had suffered with low back pain and for two years with neck pain. It became so bad that I couldn't do the things I love – working around the house, gardening, archery, and canoeing. I was really at my wits end.

My wife has been coming to Dr. Johnson for some time. She strongly suggested that it would be a good idea for me to see Dr. Johnson and find out if he could help me. Well, I did and he could. That was four months ago. The progress has been slow but steady. After two months of adjustments I really noticed a difference. Now I can do all the things that I love without experiencing a lot of pain.

The staff has been great. They bend over backwards to make appointments and to reschedule them when necessary. Everyone is so friendly, it's a great place to come. I've recommended Dr. Johnson to my co-workers and I recommend him to you too. Thanks, Dr. Johnson.

Paul Perzyk, Sterling Heights, MI

For years I suffered from neck pain. When I was in school, my neck would always hurt so much that I would wish that it would go away. I was also having trouble with my knees hurting. I'm in marching band, playing the flute and piccolo, and I always had sore knees from marching.

My mom comes to Dr. Johnson and brought me to see him for my knees. I started getting adjustments and soon I realized that my neck pain wasn't as bad. Now it's almost completely gone. And, I'm doing better with my knees in marching band.

Two years ago I marched in the Thanksgiving Day Parade and I was really sore. This year I'm in the parade again and I'm looking forward to my knees not hurting.

Thanks, Dr. Johnson, for making my life at school easier and teaching me that my neck pain was not normal.



Becky Perzyk,  
Sterling Hgts., MI

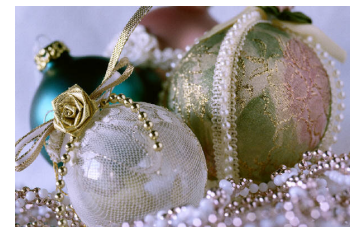
For over five years I've suffered from severe migraine headaches. I went to all kinds of doctors, even neurologists. I'd have four to seven migraines each week and found it difficult to do most anything during a headache. I took all kinds of drugs hoping for relief, but I only felt worse, sometimes fuzzy, and the pain never totally went away.

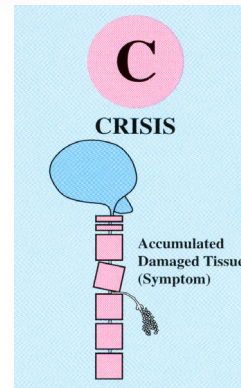
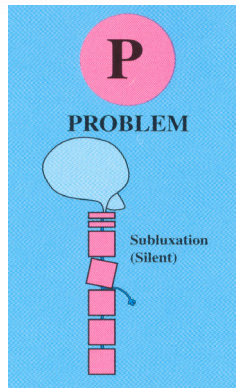
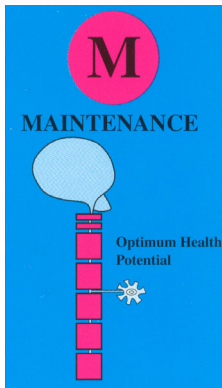
For years my friends who are Dr. Johnson's patients tried to get me to come to him. Finally, I said, "What have I got to lose?" and made my appointment.

I started getting adjusted and within 10 days I noticed a difference. I've only been coming for 3 weeks now, but I haven't had a severe headache in one and a half weeks – a record for me.

I'm really pleased with my care here and I look forward to feeling better and better. Thanks, Dr. Johnson.

Dianne McEwen, Macomb Twp., MI





The spine should be ***maintained*** from birth for maximum nerve integrity and optimum health potential.

If the spine is not maintained it will develop a ***problem (subluxation)***. Problems develop silently without symptoms.

Over time, when enough ***damaged tissue*** accumulates you will develop a symptom and possibly permanent damage.

(Continued from page 1)

heart disease. You do not feel heart disease. You feel the heart attack when enough disease has accumulated. The heart attack is the symptom or the effect of heart disease in the crisis stage.

The spine requires maintenance from birth for maximum nerve integrity and optimum health potential.

When neglected, spinal misalignment or subluxation occurs and causes nerve interference which results in tissue and organ dysfunction. The subluxation is a silent problem. Over time, when enough tissue damage or dysfunction occurs, crisis and symptoms result.

Many people go to a chiropractor to correct their back problem (subluxation), yet some do not maintain the corrected spine. That is like never opening the hood of your car again after you had to rebuild the engine because you did not maintain it to begin with! Or going back to poor quality high fat/high sugar foods and white flour containing foods and no exercise after getting a heart attack and a coronary bypass!

Before you can maintain your spine you have to make sure that your spinal subluxations have been corrected. The confirmation of your correction is seen by the before and after tests (x-ray and Insight Millennium examinations, postural patterns, etc.). Symptoms are not the gauge for subluxation correction. If subluxations are not corrected, you will be merely managing a problem rather than maintaining the correction. Maintaining your spine is not only smart for your health but also it is cost effective.



Maintaining your spine requires four things;

1. **Fluids.** Drink plenty of fluids, preferably water, to lubricate the joints. Studies show this lessens arthritis.
2. **Proper Ergonomics.** Be sure that you use your spine in ways that are not injurious or stressful to it. Some points to keep in mind are — lifting with your legs not your back, avoid the combination of bending-lifting-twisting as this is a sure way to damage your spine, and always hold your load close to your body lifting with your legs bent.

3. **Movement.** Exercise and stretching on a **stable** structure will enhance flexibility and mobility. Exercise on an unstable structure could be harmful over time.



4. **Adjustments.** Chiropractic adjustments are essential to provide proper alignment for stability, mobility and flexibility. **You cannot achieve optimum spinal maintenance without chiropractic adjustments.**

**Start spinal maintenance with your children and maintain your spine throughout your life, so you can insure more optimum function and health potential. Your future will be spent doing things you love rather than battling damage and degeneration.**

Thanks for the opportunity to work with you and your family during the years. I appreciate this honor and I pledge to you that I will remain current with my training and education to provide the best care I possibly can. Yours for better health,

*Dr. Karl Johnson*



## Special Opportunity for New Patients January 19 through February 14, 2004

\$35.00 donation to Oklahaven Children's Chiropractic Center

### NEW CHIROPRACTIC PRACTICE MEMBERS RECEIVE:

- \*A preliminary consultation and health history.
- \*A Chiropractic physical examination including motion palpation (to determine how structure may be irritating delicate spinal nerves).
- \*X-rays — 2 views (additional views at normal fees, most insurances accepted for additional views). Adjustment not included.



### NEW NUTRITION/ALLERGY ELIMINATION PRACTICE MEMBERS RECEIVE:

A health history, consultation and exam, a computerized Symptom Survey, a designed clinical nutrition program (supplements not included), and a Heart Rate Variability Test.

Call the clinic for information and flyer — 586-731-8840

### Need Supplements?

Did You Know...

We Ship!!

Give us a call & tell us what you need — or request a mail order form.

Visa & MasterCard Accepted

(586) 731-8840

(586) 726-KIDS



## Colds, Flu and You

It's a nasty flu season this year, or so the media would have us believe. The new strain of flu is already considered to be extremely severe. That being said, how can you strengthen your immune system so you can avoid or easily handle any flu you might run into this year?

Dr. Johnson does not recommend flu shots. He recommends prevention as a first line of defense. Basically, what you need is a strong immune system, good nutrition, and plenty of rest.

Diet is a big factor in maintaining good health and avoiding the flu. Diets high in refined foods and/or processed foods, dairy products and gluten containing grains will reduce liver function, resulting in lowered immunity and increased susceptibility to colds and flu. The etiology is simple — refined /processed foods do not contain the cell determinants, trace minerals, enzymes,



vitamins, complex carbohydrates, fats and proteins needed to promote cell growth and repair. Dairy products and gluten containing grains promote the formation of mucus. Further, liver/biliary insufficiency results in an inability to handle the toxic metabolites of the virus with the subsequent progression from a cold to the flu.

So, what to do? Begin with a proper diet including plenty of fresh fruits and vegetables. In addition, omega-3 fatty acids — flax oil and fish — enhance your immune system. Adding these to your diet can leave you stronger and in a better position to either prevent or easily recover from colds and flu.

Next, add pure water to your diet. Approximately 20 to 30% of stomach and gastrointestinal (GI) flu symptoms can be attributed to drinking contaminated water. Reverse osmosis purified water is the best. For more information on R/O systems, contact the clinic. When

purchasing bottled water, look for the R/O process on the label. Other major players in a strong immune system include vitamins A and C, bioflavonoids, and calcium.

You've followed all the guidelines and still feel like you're coming down with something? Take action, don't wait for it to hit you. You can often nip the flu in the bud if you start therapy early enough. Things to have on hand include Immuplex (which can be taken regularly as a preventative — see special for Jan. and Feb.), Congaplex (to support hormone-dependent normal tissue functions), and Echinacea-C (enhances the ability of various types of white blood cells to address environmental challenges).

There are many other supplements that will help. If you suspect the flu or just feel that you're fighting something, call for an appointment and let Dr. Johnson guide you to the right supplements for your body. A quick nutritional check up and regular spinal adjustments are the surest way to keeping the flu at bay and you at full speed.



# Bits & Pieces

## From Experience Life: Saying No to Soda



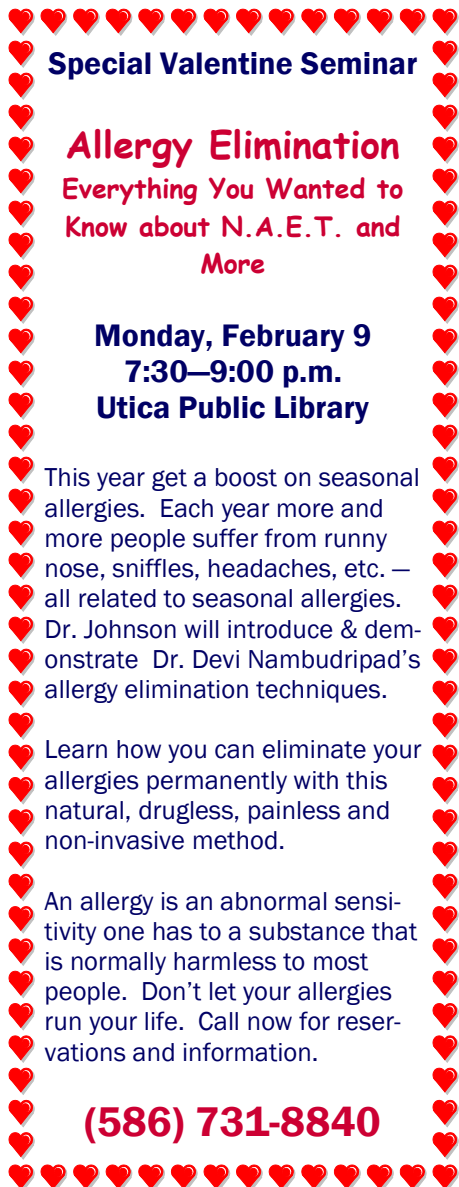
In the past ten years, soda (pop) consumption has nearly doubled. The high-fructose corn syrup sweeteners found in sodas actually prompt hunger to recur more quickly. As blood sugar spikes, the pancreas

sends out insulin so fast that blood sugars go below normal, telling the drinker that he's hungry again. Kids then tend to turn to processed snacks, another culprit prompting insulin overload. Naturally, the high-glycemic snacks aren't that satisfying, and the kid wants to eat more. It's a nasty habit.

Like all habits, however, this one can be broken. Begin now by gradually limiting sodas to an occasional exception. For a soda-like alternative, blend 100% fruit juice with bubbly water. Don't overdo the undiluted fruit juice, which kids love for the sweet taste and parents love because they consider it a sneaky way to get fruit inside a kid. The American Academy of Pediatrics, concerned that record fruit-juice consumption was displacing other nutritious foods as well as causing diarrhea, stomach upset, and tooth decay, now recommends that children under 6 drink less than 6 ounces of juice a day, 12 ounces for those over 6. Don't forget that water is always a sure-bet thirst quencher and a healthy alternative to any sugary beverage. It's critical that parents model a positive preference for the best drink alternatives, and keep the offending drink options a rarity in the family fridge.



Dr. Johnson recommends reverse osmosis treated water for the more pure water available. It can be found in most grocery stores and R/O purifying units are available in many stores. Locally, Dr. J. recommends Wright Way Systems. Owner Terry Wright, Sr. has been in the water purification business for over twenty years and his systems are found in hospitals and internationally. For more information, contact Terry direct at (800) 234-6399 or on the internet at [www.purewaterpureair.com](http://www.purewaterpureair.com).



## Special Valentine Seminar

**Allergy Elimination**  
Everything You Wanted to  
Know about N.A.E.T. and  
More

**Monday, February 9**  
**7:30–9:00 p.m.**  
**Utica Public Library**

This year get a boost on seasonal allergies. Each year more and more people suffer from runny nose, sniffles, headaches, etc. — all related to seasonal allergies. Dr. Johnson will introduce & demonstrate Dr. Devi Nambudripad's allergy elimination techniques.

Learn how you can eliminate your allergies permanently with this natural, drugless, painless and non-invasive method.

An allergy is an abnormal sensitivity one has to a substance that is normally harmless to most people. Don't let your allergies run your life. Call now for reservations and information.

**(586) 731-8840**

## 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.**



**January/February**  
**Special**  
**Save 10%**  
**IMMUPLEX**

**Small (40) caps—\$9.90**  
**Large (150) caps—\$35.10**

Immuplex supports the entire immune system by nourishing each of the organs and tissues that comprise the body's immune alliance. Immuplex contains thymus PMG extract and zinc for thymus support and white blood cell production; selenium, required for function of important antioxidant enzymes; vitamin B6, an essential component of two key immune system substances; and vitamin C for normal immune maintenance.

**Protect your immune system from seasonal changes. Take Immuplex every day.**



**Karl R.O.S. Johnson, D.C.,  
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[www.wellnesschiro.com](http://www.wellnesschiro.com)

## Chiropractic & You

### Where Does Healing Come From?

Chiropractic recognizes that all living things have an inborn or innate wisdom constantly working to maintain us in health and heal us if we are injured or diseased.

### Spinal Nerve Stress (Vertebral Subluxation)

There is a physical condition which interferes with the expression of our inner wisdom, preventing us from expressing our utmost healing potential. It is called the vertebral subluxation complex or spinal nerve stress.

This condition irritates our nervous system, distorts our physical posture, drains our energy, weakens us, blocks up our natural healing energies or vitality, lowers our resistance to disease and our ability to adapt to physical, emotional, and spiritual



stress.

### The Chiropractic Adjustment

Chiropractors spend years of specialized training learning to locate subluxations and correct or relieve them with a procedure called a spinal adjustment. This begins a process that unlocks your energies, balances your body and awakens your "inner healer." It doesn't matter what disease or condition you have, when your subluxations are corrected your inner healer is given a boost and your body (and mind) can better experience health and healing and wholeness.

Everyone needs a chiropractic spinal checkup. It may make the difference between natural healing and drug use, between a life of ease and a life of disease (disharmony).

## 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.



### 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.



### Notice to Families:

Please notify the clinic whenever one or more members of your family will be unable to keep their regularly scheduled appointments. In this way, we can accommodate others waiting for appointments.