



Healthline

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Did You Know...

If you eat meat and drink milk at the same meal, your body can't absorb the milk's calcium.

Your liver performs over 500 different functions.

Americans eat about 18 acres of pizza every day.

Hair and bone marrow are the two fastest growing tissues in your body.

You can't kill yourself by holding your breath.

You breathe in about 7 quarts of air every minute.

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HEALTH FROM WITHIN

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

You were born with and have a natural healing ability or "inner healer" that is always working to make you 100% whole, healthy and happy. It's always there. The following stories will make you think about this:

An Experiment What would happen if you cut your hand? You'd bleed, of course, but almost immediately afterwards the blood around the cut would begin to clot, sealing off the wound and preventing further blood loss and infection. The act of clotting is made up of at least fifteen different chemical reactions! Your blood, however, will clot even if you haven't studied biology. Further, any dirt or bacteria and other germs that got in the cut would be hunted down,

attacked and gobbled up by a vast, natural, *antibiotic army* made up of white blood cells, neutrophils, eosinophils, leukocytes, mast cells, killer cells, antibodies, and others that constantly patrol and protect your nooks and crannies. But you don't have to know their names, what they look like, or even know they exist for them to work. They work anyway.

A Cancer Patient? If you cut the hand of a cancer patient, they would heal. If they can heal their cut, why can't they heal their cancer? They can! Medical journals contain many stories of recoveries from "incurable" diseases. Something woke up their natural "inner healer" and the cancer began to dissolve. This has been docu-

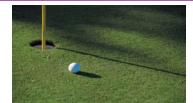
mented with nearly every disease known and is referred to as "spontaneous remission." ⁽⁴⁾ But must we wait to get a serious disease before we awaken our "inner healer"?

Where Does Healing Come From? Chiropractic recognizes that all living things have an inborn or innate wisdom constantly working to maintain our health and heal us if we are injured or diseased.

Spinal Nerve Stress (Vertebral Subluxation). There is a physical condition that 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*

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With the Arrival of Summer...



With the arrival of summer and nice weather you may find yourself increasing your time outdoors. It's the time for exercise and physical activities such as hiking, running, golfing, biking, swimming, etc.



that may result from exercise. These injuries can range from minor to serious or result in lifelong physical and medical problems.

Many of the fractures, sprains, and strains resulting from a physical fitness activity can be prevented by warming up and stretching before any activity, wearing quality and

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Success Stories



For several years I've suffered from migraines, which included loss of balance, and arthritis. The migraines were severe and would make me sick for at least four days. I saw several medical doctors. I've been in the emergency room at least three times. The neurologist put me on drugs which helped the migraines, but I still felt horrible. So I switched meds a year ago.

When the doctors wanted me to see a psychiatrist, I finally said STOP. My water aerobics teacher recommended Dr. Johnson to me. I thought, "What have I got to lose?"

Since I found Dr. Johnson, I've had tremendous improvements in many areas. My stamina is increased and I've had no sinus infections. I'm allergic to a lot of things including wheat, dairy, and mold. Dr. Johnson is treating me with NAET for these and other allergies. He also checks me using CRA to make sure I'm on the right supplements.

Dr. Johnson has been a real life saver for me. I'm also bringing my son in for care. I plan to start chiropractic adjustments soon too. Thanks, Dr. Johnson for all your help.

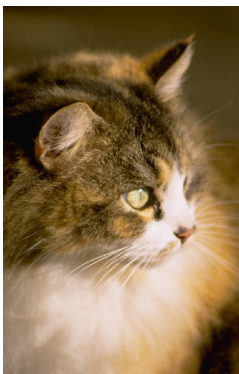
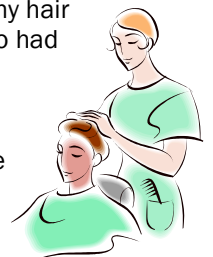
Mary Ellen Van Slembrouck, Sterling Heights, MI

Last Labor Day I hurt my neck and shoulder. I was in a lot of pain. In fact, the only pain I had ever experienced that was as intense was labor and childbirth. The pain was really bad! I went to my medical doctor who prescribed muscle relaxants and pain pills. These affected me so that I couldn't function — couldn't go to work or drive. My husband's friend was seeing a chiropractor in Grosse Pointe Woods and he recommended that I see Dr. Johnson here in Shelby.

Since coming to Dr. Johnson, I have seen slow, steady improvement. I am continually getting better. Dr. Johnson checked me out and told me I had more problems than just my neck and shoulder. I was surprised to hear that, but am doing much better overall. I consider myself at 95%. I still have some minor neck pain. The worst of it is when I get my hair washed in the salon. I hate bending my neck backwards for a shampoo. But it keeps getting better. I also had high blood pressure and that has now normalized.

I've enjoyed coming to Dr. Johnson. The staff has been great. They greet me by name and make it worth coming as often as I've had to. I was always skeptical about chiropractic; however, my husband talked me into coming here after I was injured. Now I'm glad he did.

Jeri Burger, Shelby Township, MI



For years I've been allergic to "everything." A while back, my daughter had a cat she was getting rid of. She wanted me to take Sophie and make a home for her. I really liked her and wanted to take her.

I had Dr. Johnson check me to see if I was allergic to cats. He said I was and treated me for cats. Then I brought in some of Sophie's fur and he treated me for that. It took more than one NAET treatment, but finally I was clear and Sophie came to live with my husband and me.

I love her dearly. I hug her and kiss her and hold her. She's funny and smart. She's so much enjoyment that I'm now thinking about getting another one. I've had my sister's cat with me while she's on vacation; and although the cats don't like each other and have to be kept separated, I've been fine, no symptoms at all. Thanks, Dr. Johnson, for your care and concern.

Sara Perron, Sterling Heights, MI

Recipes



Salmon Salad

1 cup flaked poached salmon
 1/4 cup Homemade Mayo
 1/4 cup minced parsley
 1-2 Tbls. Honey-sweetened pickle relish
 2 tsp. Lemon juice
 Lettuce leaves or spinach
 In a large bowl, mix the salmon, mayo, parsley, onions, relish and lemon juice. Serve on lettuce leaves or spinach.



Spicy Black Bean Taco Salad

1 large tomato, chopped
 1 small red/green bell pepper
 3 green onions, chopped
 1- 4 1/2 oz. can olives
 1/2 c. cooked brown rice
 3 c. cooked, drained black beans
 1/2 c. alfalfa sprouts
 1 head shredded romaine lettuce
 1 c. grated cheese (opt.)
 Corn chips or flour tortillas
 Mix salad ingredients and place over corn chips. Or wrap in heated flour tortillas or spoon into pita pockets. Top with Taco Sauce or Spicy Hot Ranch Dressing.

NOTE: These recipes from *Country Beans* by Rita Bingham (\$14.95 from Natural Meals Publishing, (888) 232-6706 or www.naturalmeals.com.

Homemade Mayo

2-3 egg yolks
 2 Tbls. Lemon juice
 1 Tbls. Vinegar
 1 teas. Dijon-style mustard
 2 cups oil
 Place the egg yolks, lemon juice, vinegar and mustard in a blender or food processor. Process about 30 seconds. With the machine running, add the oil in a very slow thin stream until the mayonnaise starts to thicken. Then pour the remaining oil in gradually. Transfer to a glass jar and store in the refrigerator.

tor. Keeps for 3 weeks. Makes about 2 cups. (NOTE: all ingredients should be at room temperature. If making mayonnaise is new to you, use three egg yolks to insure success.)

These recipes are from *The Allergy Self-Help Cookbook*, Marjorie Hurt Jones, Rodale Press, 1984. Available at health food stores.

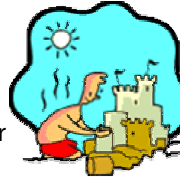
ter, it may be four to five times more concentrated than the simple sun screens you are used to. Thus, applied properly, you may expect to get as much or more protection from one tube of **Beaver 43** than you would from eight to ten ounces of a more common product.

And it's safe for children. Pediatric dermatologists recommend caring parents should always test a new topical for their children by applying a very small amount to a quarter-size area on the child's forearm, then wait twenty minutes to see if there is any negative reaction. For children under two years old, check with your physician before using any new product. Parents have discovered that a **Beaver 43** application for their children every morning is the best skin insurance they can provide because of its broad base protection and all-day durability.

As far as we know, the only way to get **Beaver 43** at this time is to send a business-size SASE (self-addressed, stamped envelope) to ...Whetstone Labs, P.O. Box 2267, Crested Butte, CO 81224 or get more information online at

www.beaver43.com

Beaver 43 for Sunburn



Have you tried **Beaver 43**? It's Dr. Johnson's choice for summer protection. **Beaver 43** WILL ...

- give you full UV-A and UV-B protection;
- stay on all day, even in salt water;
- provide SPF of 30+;
- and be easily removed with soap and water.

eyes or taste bad on your lips; leave a greasy film on skin or equipment; clog pores, and it's PABA free.

Beaver 43 is designed to be applied as a micro-thin layer; that makes it compatible with many different approaches to skin care. **Beaver 43** is quite concentrated. Most topical and-cream looking products that you typically find on your drug store or super market shelves are 60-80% water. Because **Beaver 43** contains no wa-

Beaver 43 WON'T — sweat off; sting your

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

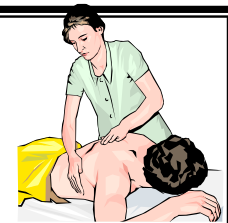


Their can be no happiness if the things we believe in are different from the things we do.

F.M. Stark (1893-1993)
 Travel Writer

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.



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.

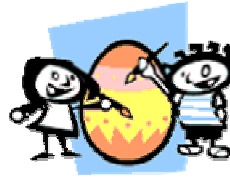


Office News

Easter Egg Decorating Contest:

And the winners are...

Ages 2-4, **Isabella Lester**
Ages 5-7, **Phillip Warda**
Ages 8-10, **Hannah Becker**
Ages 11-13, **Kelsey Galang**
Ages 14+, **Rachelle Galang**



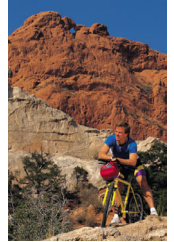
Congratulations to all! Each winner gets \$5.00 and his/her picture taken with the winning egg.

Annual MS Bike Tour

Once again Dr. Johnson will take to the open road to give both support and donations to Multiple Sclerosis. This year's Bike Tour takes place on

June 12 and 13 on the western side of Michigan. The tour begins and ends in Grand Rapids and covers the beautiful hilly countryside of lower western Michigan.

To donate in support of Dr. Johnson on his 150 mile ride, call the office or send a check payable to the National MS Society. Any donations are appreciated as we try to help find a cure for this crippling disease.



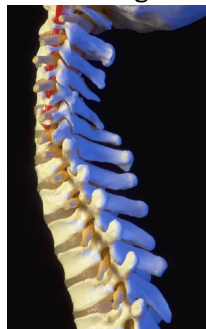
Please welcome back Dr. Nick Hartop. Dr. Nick was in a serious accident a year ago and is now back on his feet. Dr. Hartop is available for adjustments on Wednesday afternoons.

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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. When you are out in the yard doing your spring cleanup or out and about participating in your favorite sports activities, you will be putting extra stresses on your spine. Often, all this extra activity will cause a vertebral subluxation. 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 dis-ease. Be sure to maintain your spine during this time of the year...take the time for a time out and get your spinal checkup.

References

1. O'Regan and Hirshberg. *Spontaneous Remission: An Annotated Bibliography.* Sausalito, CA: Institute of Noetic Sciences. 1993.

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arms, legs and thighs carry the load: bend and straighten at the knees instead of the back and hips. Lift the load close to the body's torso and center of gravity, and handle smaller, more manageable loads at a time.

6. Use long-handled tools to give you leverage and help you avoid having to stoop while raking, digging, pushing or mowing.
7. Switch hands frequently when doing prolonged raking, hoeing or digging actions. Repetitive motion on one side can bring on progressively serious joint imbalances and may produce postural misalignments and pain, including muscle spasms in the neck, shoulder and lower back.

8. Don't work too long in one position, especially one that is awkward or unusual. This can reduce circulation, restrict mobility, and promote strain injuries.
9. Carry objects close to your body. Keeping the load close to your center of gravity reduces the risk of straining your neck and back.
10. Don't overexpose yourself to long periods in the sun. Utilize protective measures for your head and skin, drink plenty of fluids, and take frequent breaks.

"By utilizing these suggestions," said Dr. Johnson, "you can enjoy your gardening adventures this summer to the fullest."



Bits & Pieces

Showering with and drinking chlorinated water

increases exposure to carcinogens. Cancer-causing compounds called *trihalomethanes* (THMs) form when chlorine reacts with naturally occurring organic matter in water. When you take a shower, the shower spray distributes THMs in the air throughout the house, which is then inhaled. *Self-defense:* Take shorter showers...install a chlorine-removing showerhead. *Cost:* Less than \$100.00. Put a carbon filtration system (\$50) on faucets to remove chlorine from water that will be ingested...or let water sit in an open pitcher exposed to air for at least five hours to allow



chlorine THMs to evaporate.

This information is from *BottomLine PERSONAL*. However, Dr. Johnson recommends the Sprite High Output Shower Filter with One Year Filter Cartridge, which is available online from www.spritewater.com — go to Retail Sales — or Healthy Home at 1-800-583-9523 or online at www.healthyhome.com. The shower head and filter retail at about \$45. A replaceable one-year filter is \$20.

To help with drinking and cooking water, contact Terry Wright at Wright Way Industries. He will be happy to come out, test your water, and offer the most reasonable way to get pure water into your home. For more information on either system, contact the office at (586) 731-8840.

MAY/JUNE SPECIAL

10% Discount on
Ligaplex II
40 caps—\$6.30
150 caps—\$20.70

The connective tissues in and around the joints age with normal, everyday wear and tear. The nutrients in Ligaplex II can help encourage healthy connective tissue durability — especially during periods of strenuous athletic stress, providing long-term tissue support for athletes whose joints endure frequent, repetitive activity.

Veggies with Stickers

Have you ever wondered what those little stickers mean that seem cemented to your fruits and veggies? They aren't just for the checkout clerk to find the price. You can use the numbers to figure out how the produce you're buying has been grown.

A sticker with four digits means the food was conventionally grown. Five digits starting with an 8 indicate genetically engineered produce (the food's genetic material has been altered), and five digits starting with a 9 means the food was organically grown (without the use of most conventional pesticides or synthetic fertilizers). Don't worry if you can't remove all the sticker adhesive—it's required to be safe to eat.



Fish Oils Seem to Have So Many Benefits...

Researchers at the Harvard School of Public Health evaluated the health and fish consumption of 5,103 female nurses diagnosed with type II diabetes. They examined whether the intake of fish and omega-3 fatty acids was associated with a reduced risk for coronary heart disease (CHD) and total mortality over a period of 16 years. The women who consumed fish five or more times per week had a 64% reduction of CHD and a 52% reduced rate of total mortality compared to the women who ate fish less than once per month. Overall, a higher consumption of omega-3 fatty acids was associated with a 31% reduced risk of CHD and a 37% reduced risk for total mortality. *Circulation*. (2003). Vol. 107 pp.1852-7



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properly fitted shoes, and using the correct protective gear and equipment.

Standard Process Labs has several whole food supplements to keep your body nutritionally fit when trying to reach optimal health, including Ligaplex II (see monthly SPECIAL), Cataplex E, Symplex F/M, Protefood, and OPC Synergy. These supplements can aid your body in adjusting to the inevitable aches and pains of summertime fun.

To help your body along, get regular adjustments. Dr. John-

son will be available to keep your spine aligned and your body in working order. Give us a call at (586) 731-8840 to set up an appointment.

A note to golfers: chiropractic care can actually prevent golfers' pain in the first place. Famous golfer Tiger Woods is a chiropractic patient, "Being a chiropractic patient really helped me a lot...I would recommend chiropractic." For more information, see the article in our cover newsletter, "Chiropractic Makes Me Feel Great!"





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We're on the Web!

www.wellnesschiro.com

Mission Statement

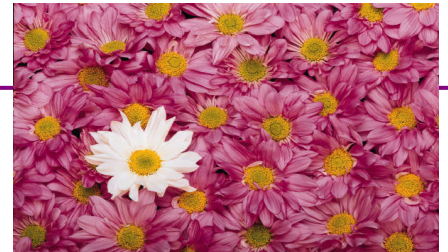
Our passion is to share and celebrate in the healing journey of every family and individual who chooses to be lovingly served by us in a relaxed atmosphere.

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.



GARDEN SAFELY AND AVOID PLANTING THE SEEDS OF PAIN



As the fresh air and sunshine lure you outdoors to your yard and garden, don't let your enthusiasm for the summer gardening season actually plant the seeds for aches and injuries. Improper gardening practices can bring on more cases of back stress and other health concerns than many outdoor sports.



According to Dr. Karl Johnson, a Shelby Township chiropractor and clinical nutritionist, "The best preparation for safe summer gardening is a body properly conditioned and supported by exercise, good posture, and chiropractic care all year round. Observing basic guidelines for proper positioning and movement while working in the garden will help ensure you enjoy a healthy experience outdoors all season long."

The International Chiropractic Association has a recommended list of 10 "Do's and Don'ts of Gardening" guidelines to help you garden safely. For further information about how chiropractic care may help you with your health concerns, contact Dr. Johnson at (586) 731-8840 or (586) 726-KIDS.

Do's and Don'ts of Gardening

1. Warm up with light movement or a brisk walk to loosen your muscles and increase your flexibility. The smooth coordination of your muscles and ligaments is an important part of safe exertion in gardening and other activities.
2. Know your strengths and limitations. Do not overexert, vary your activities, and take regular rest breaks.
3. Avoid bending over repeatedly while standing upright or when performing ground-level work like weeding. Get down closer to the task by kneeling or sitting on the ground or a gardening bench, rather than bending and twisting from the waist.
4. Keep your back protected when you stand up from a sitting or crouched position. Rise up by straightening your legs at the knees, not by lifting your torso at the waist.
5. Lift dirt and plants by letting your



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