



Healthline

Essentials for Good Health by Karl R.O.S. Johnson, D.C.

Have you experienced great results with chiropractic but don't have the foggiest notion of why? Or are you wondering why, when you have been playing racquetball for years, all of a sudden you have incredible pain? Or are you getting past 40 and feel your parts just aren't like they used to be? I would like to offer some explanations which are essential for good health.

The nature of true health.

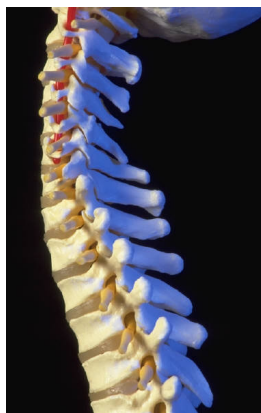
Health comes from within the body. You can only lose health if your nervous system is damaged, if the cells of your body are starved from poor nutrition or polluted with too many toxins, or least likely, if you have a genetic weakness. Germs can only seek out a suitable environment in which to live. A nervous system damaged from Vertebral Sub-

luxations or a cell weakened from too many toxins or not enough essential nutrients allows the correct environment for your health to become compromised.

The nervous system controls everything.

We live in a blood culture. We're fixated on blood. Do you have iron-poor blood? Aids. Blood transfusions. The Blood bank. Bloody Marys. The entire pharmaceutical drug industry is based on blood as a transportation medium. Chiropractic patients need to understand and know that the nervous system not the circulatory system is the more

important system as it controls everything else. This is why we chiropractors are so interested in your back. The spine houses and protects the most vulnerable portion of the nervous system.



The chiropractic adjustment is a powerful thing.

Adjusting the spine is for the purpose of reducing the vertebral subluxation. Vertebral subluxation is a major interference to the function of your nervous system. Your brain and body must be able to "talk" to each other without interference. Once a vertebral subluxation occurs it worsens and causes the spine to grow wrong causing

spinal damage with nerve injury. Chiropractic spinal adjustments release the healing force with which your creator endowed you.

Results take time. More and more these days, patients want instant gratification. Television commercials claim "fast, fast relief" and who wouldn't want that? However, the sometimes slow process of healing and its expectant symptomatic relief is challenging if you don't understand the process. Once spinal damage and nerve injury occurs and reoccurs—ignored by the person affected because they don't have time for the pain—they take this pain pill or that pain pill. By the time they come to the chiropractor as a last

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Why the Blood Type Diet? By Diane Radtke

For the past several years, Dr. Johnson has been promoting the Blood Type Diet. Patients who have tried it have found it to be very helpful in regaining their overall health. More and more natural health professionals are recommending this way of eating to their patients. Why?

Dr. Peter D'Adamo has

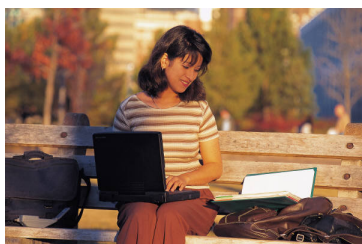
spent over 25 years researching blood types and is considered the foremost authority on blood type in the world. His best-selling series of "4 Your Type" books discusses all aspects of blood types — their history, how they affect different diseases, how they are affected by various foods, and how to improve one's health by following the food

program that's "right for your type."

What can the blood type diet do for you? According to Dr. D'Adamo, the diet can help you:

- find foods that leave you feeling light and energetic (not bloated and lethargic),
- get relief from chronic

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Success Story by Kelly & Chloe Alverson



"I touched a kitty and I didn't even cough!"

Four-year-old Chloe Alverson made this statement to Dr. Johnson and his staff after receiving allergy elimination treatments for her cat allergy.

Whenever Chloe was around cats her eyes would tear and become red and she'd sneeze. This has happened since Chloe was a baby. Although our family didn't have cats, we visited friends who did. These trips were difficult for Chloe.

When I brought Chloe to Dr. Johnson, he began treating her for various allergies. She used to have bad cases of eczema; but since her NAET treatments, she hasn't had any...and now she can be near cats again. Thanks, Dr. Johnson.

Kelly Alverson, Romeo, MI

Success Story by Cathy VanDerMaas

Back in 2000, I was diagnosed with mono and suffered from chronic fatigue syndrome until May of 2003. My medical doctor told me I had to live with the chronic fatigue, that eventually it would go away. He said, "Deal with it!" But it didn't

go away and I decided to "deal with it" in a different way. I saw Dr. Johnson for nutrition counseling.

He treated me for the mono and said the virus was in my liver. Dr. J put me on special supplements and within

weeks I could see a difference. It took a little over six months, but my chronic fatigue is gone. I feel great now.

Cathy VanDerMaas,
Kalamazoo, MI

Success Story by Deanna May

For years I suffered from fatigue and no energy. I felt depressed and couldn't sleep well. I'd be cleaning my house in the middle of the night because I couldn't sleep. I also had arthritis pain so bad that I couldn't even ride my bike (which I love to do) more than a quarter of a mile.

I did some research on the Internet, read *Say Good-bye to Illness* by Dr. Devi Nambudripad, determined that I had allergies, and then found Dr. Johnson on the NAET website. He was the closest to me, but he was still two hours away by car.

Dr. Johnson checked me out and agreed that I had allergies. I've been coming for NAET treatments for over three months now and I can't believe the difference. I had to give up wheat and dairy products and I've found lots of new recipes to help me over that. After I was treated for sugar, I was able to sleep through the night again.

Now I have more energy. I had been losing weight (which for me was bad) and now that has stabilized. I've been told that I look ten years younger and I'm riding



my bike again. In fact, I recently rode my bike to work and back home again—a total of 9 miles—and in between I worked on my feet all day. I'm no longer taking naps and I feel great!

Thanks, Dr. Johnson, for helping me become a new person.
Deanna May, Port Hope, MI

Success Story by Elizabeth Mansour

I love chocolate! But every time I ate chocolate or cocoa I would get severe migraine headaches. This went on for over 10 years.

Since I come to Dr. Johnson for NAET (allergy elimination) treatments, I told him about my problems with chocolate. He tested me and said I was allergic to it. Then he treated me for chocolate and cocoa.

Afterwards, he had me try his chocolate bar and I was fine. Then I tried a fruit-sweetened fudge bar—and I was fine. Next came some cocoa in ice cream. Fine again. I haven't had those migraines for several weeks now and I love it.

I can once again eat chocolate—but I try to be careful



and not go overboard with it.

Thanks, Dr. Johnson, for helping me rid myself of a nasty allergy.

Elizabeth Mansour,
Clawson, MI

Recipes

Buckwheat Pancakes

From Deanna May

2 cups rye flour
1 cup buckwheat flour
1 teas. Sea salt
1 teas. Baking soda
1 Tbsp. yeast
2 eggs
2 Tbsp. olive oil
1/2 cup soy milk
3 cups warm water
1/4 cup pure maple syrup



Mix dry ingredients, make a well. Pour in liquid, mix. Use syrup to top. Makes a large

batch. You can freeze pancakes with wax paper between each pancake.

Chocolate Cake

From Deanna May

1 1/2 cups Boles AP flour
1 cup honey
1/2 cup cocoa
1 teas. Baking soda
1 teas. Xanthan gum
3/4 teas. Sea salt
1/2 cup soy milk
1/3 cup olive oil
1 egg
1 teas. Vanilla
3/4 cup brewed coffee



Mix ingredients. Add coffee then mix again. Spray an 11" x 7" pan. Bake at 350

degrees for 30-35 minutes.

Lemonade/Cranberry Cooler

1/2 cup lemon juice or 3 cups pure unsweetened cranberry juice



1/8 tsp. White stevia powder

4 cups cold pure water or chilled carbonated water

Mix the juice and stevia together until the stevia is completely dissolved. Add the water and serve the drink. Makes about 4 servings.

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.

You & Your Bicycle

A recent article in the Crittenton Community Newsletter focused on the importance of safe bicycle riding. Dr. Johnson, a biker himself, wants to remind you and your children of these important tips for bicycle safety.

- Walk your bike across busy streets, especially if traffic is heavy.



- street without stopping first to check for approaching traffic.
- Don't hitch a ride on a car. The practice of coasting beside a car while on your bicycle is both foolish and extremely dangerous. A sudden stop could prove deadly.

- Be sure that you and your children wear helmets designed specifically for bicycle use every time you ride.
- Invest in a bell or horn and a rearview mirror, if you do not already own them.
- Attach reflectors to the front, rear, pedals and both wheels of your bicycle.
- Ride on the right side of the road with the traffic flow, not against it.
- Ride single file when cycling with others.

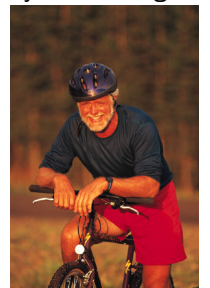
- Wear bright clothing during the day so drivers can easily see you.
- Wear reflective clothing and use a headlight if you choose to ride after dark. Children should avoid riding at night according to the experts.
- Use the proper hand signals and teach them to your children.
- Look behind you for oncoming traffic before you turn or change lanes.
- Don't allow your children to wear helmets that are too small or don't fit securely.
- Don't ride out into a

Helmet Hints for Parents

- Older helmets should carry an American National Standards Institute (ANSI) or Snell Memorial Foundation approval sticker.
- Only buy helmets that meet the new safety standards set by the Consumer Product Safety Commission (CPSC).
- If a helmet has been through an accident, it should be replaced.
- Set a good example. Wear your helmet whenever you ride your bike.

Bicycling is a wonderful way to enjoy the outdoors. Do so safely!

According to Dr. Johnson, follow these safety rules and get regular adjustments. Then you'll have a great, safe time riding this summer and all the time.





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)

Certain foods create a harmful reaction in your blood. Eliminate them from your diet!

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

**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**

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health conditions,

- avoid premature mental and physical deterioration due to aging,
- lose weight, reduce stress
- feel “right” in your body, your mind, and your world, gain clarity and avoid “brain fog”, and more.

Foods contain proteins called lectins. Your blood type is genetically programmed to accept or reject certain lectins. According to Dr. D’Adamo, when you eat a food containing protein lectins that are incompatible with your blood type, the lectins target an organ or bodily system (kidneys, liver, brain, stomach, etc.) and begin to clump cells in that area. This clumping process can interfere with digestion, metabolism and the immune system.

Dr. Bruce West did some research on the blood type diet and lectins and determined that the evidence is mounting that this

connection is indeed important, even critical for some people (West, *The Secret Link Between Indigestion and Disease*, p.42). Lectins are present in most foods, and in susceptible people can cause food poisoning and intestinal disease (irritable gut, leaky-gut syndrome, colitis, celiac disease) and more (“Do dietary lectins cause disease?” *British Medical Journal*, April 17, 1999). Once you have some kind of infection, ulcer, or gut disease, the continuing consumption of lectins can actually make the problem

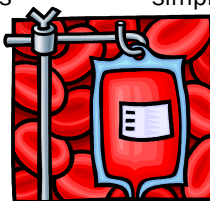
worse, or cause a concurrent infection or disease.

The Blood Type Diet is not a “diet” that requires measuring foods, restricting calories, or starving. This “diet” divides food into categories: Beneficial, Neutral, and Avoid. Simply put, increase the beneficial foods, supplement your diet with neutral foods, and decrease or eliminate the avoid foods. Simple.

Foods are broken down this way:

- **Beneficial:** These foods feed your cells and act as catalysts for the processes of health. Eat them with every meal.
- **Neutral:** These foods are neither beneficial nor avoid. Eat as a supplement to beneficial foods.
- **Avoid:** These foods create a harmful lectin reaction in your blood. Eliminate them from your diet.

Dr. Johnson has blood type kits available from North American Pharmacal. It is simple to use and quick.



Once you know your blood type, begin by adding foods Beneficial for your type to your daily diet. Next, start eliminating “Avoid” foods. The

further you are from your desired health outcomes the stricter you should be in adhering to the diet guidelines.

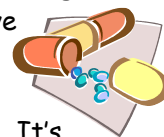
Information in this article was furnished by North American Pharmacal, Dr. Peter D’Adamo’s *Eat Right for Your Type*, and Dr. Bruce West’s *Health Alert* newsletter. For more information, contact Dr. Johnson at (586) 731-8840.

July–August 10% Discount Special SIMILASE Digestive Enzymes

90 caps—\$19.80

180 caps—\$36.90

This highly concentrated plant enzyme digestive aid is active in acid and alkaline



conditions. It’s formulated for persons on an “average” mixed diet including vegetable and/or animal protein, carbohydrate, fat, fiber, and dairy products. Take one or two caps at the beginning of each meal to help digestion. For large meals, take

GYMBOREE Free Preview Pass



Gymboree is now open on Van Dyke in Shelby Township. They have given us several passes for a free preview of their facility. The pass is for a play or music class. In play classes, parents and children explore, experiment, and open their imaginations. In music, you’ll sing, move, listen, create, and introduce your child to a world of musical instruments. Pick up a card today in the office.

Digestion, Enzymes, & Food Combining

What is the first major cause of most illness and weight gain? Dr. Johnson says that it's **incomplete digestion**. If your food does not break down through the enzymes provided by fresh and raw food in your body, then putrefaction (rotting and decay) will take place. The result? Your body absorbs its own toxic waste before it can be eliminated.

Enzymes provide lots of benefits, including:

- Aid digestion
- Boost your energy
- Boost metabolism
- Detoxify
- Slow aging
- Aid in weight loss
- Aid in a faster response from injury and inflammation

Enzymes are destroyed by heat. Cooking makes 85% of the nutritional value of food unavailable. We are born with a certain number of enzymes

or an "Enzyme Bank." Using our digestive enzymes hinders our ability to make metabolic enzymes. So the more cooked food you eat the faster your bank account is eaten up. You can reduce withdrawals by eating raw food and/or supplementing with digestive enzymes.

You need enzymes if you are not eating plenty of raw fruits and vegetables, are overweight, are diabetic, overeat regularly, are under stress, have bowel or digestive problems, drink coffee or sodas, eat white sugar often, or eat only cooked and processed foods.

You can get enzymes by eating more raw fruits and vegetables, buying a juicer and having one glass of freshly made raw fruits and vegetable juices, or by taking a supplemental enzyme formula.

Food Combining is the process of eating specific foods

that digest well together.

This method aids digestion, reduces stress on the entire digestive system, reduces gas and bloating, makes weight loss more efficient and makes meal planning easier.

Generally speaking, high protein foods should only be combined with non-starch vegetables (high water content vegetables). High-starch vegetables (such as potatoes, rice, pastas, corn) should only be combined with the non-starch vegetables. Fruits should not be combined and should be eaten alone as snacks.

For more information and/or a chart of proper food combining, contact Diane at the clinic (586) 731-8840.



SLOWING OSTEOARTHRITIS

Cod liver oil may be the answer to slowing the



destruction of joint cartilage in patients with osteoarthritis, according to scientists from Cardiff University, Wales, UK. The trial shows that 86% of preoperative patients with arthritis, who took cod liver oil capsules daily, had no significantly reduced levels of the enzymes that cause cartilage damage compared to 26% of those given a placebo oil capsule.

"This breakthrough is hugely significant because it demonstrates the efficacy of a dietary intake of cod liver oil in patients with osteoarthritis," says Bruce Caterson, lead professor in the study, along with John Harwood and Cohn Dent, an orthopedic consultant at the University of Wales College of Medicine. "The data suggests that cod liver oil has a dual mode of action, potentially slowing down the cartilage degeneration inherent in osteoarthritis and also reducing factors that cause pain and inflammation."

Dr. Johnson recommends Carlson's brand cod liver oil. It is the only one guaranteed to be mercury-free.

"News", Chiropractic Products, April 2004, p.14.

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resort there is so much ligament, muscle and nerve injury (with scar tissue buildup) that it **MUST** take time to heal. **Spinal problems get worse with neglect.**

Every patient needs to understand this relentless degenerative process that occurs to spinal joints. Proper chiropractic care can stop, slow, or reverse this process given enough time. Don't be fooled by those who say they gave chiropractic a try (for 1-2 weeks) but it didn't work. How good would Gold's Gym work if you only went for 1-2 weeks?

Nature's healing power. Perhaps you have never been blessed with natural health — natural health that comes only when you have a perfect, unblocked nervous system.

I'm talking about the solid "yours-for-life" kind of health that gives you boundless strength and energy for the day's work, builds firm tissue and muscle all over the body, fights off the usual deterioration of "middle age," brushes aside sickness, shrugs off ordinary aches and pains, and rewards you continuously with that "isn't-it-great-to-be-alive" feeling day after glorious day.

Yes, that's the kind of health I mean. Not one person in a hundred has it today, but chances are you can enjoy health like that—if you are willing to open your mind to a new look at life and health. Give chiropractic a try. Cleanse your inner body. Feed your body great healthy living food. You deserve it. These are the things that the Chiropractic & Nutrition Wellness Center stands for.



Chiropractic & Nutrition Wellness Center

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

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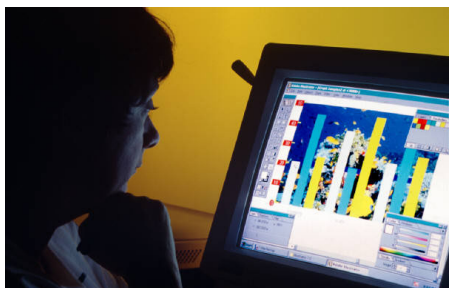
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We're on the Web!

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.

Healthy Alternatives for Life

Antibiotics Associated with Breast Cancer Risk

Antibiotic use may be linked with an increased risk of breast cancer, according to a study conducted by researchers from the Group Health Cooperative's Center for Health Studies, the University of Washington, the Fred Hutchinson Cancer Research Center, and the National Cancer Institute. Appearing in the February 18, 2004 issue of the *Journal of the American Medical Association (JAMA)*, of more than 10,000 women showed that those who took antibiotics for more than 500 days (or more than 25 individual prescriptions) over an average period of 17 years had twice the risk of breast cancer as women who had

taken no antibiotics. It is emphasized, however, that those who never take antibiotics may have different lifestyle characteristics, decreasing their breast cancer risk.

Because this is the first study of the link between breast cancer risk and antibiotics within the United States, more research is needed. "It may be that women who take a lot of antibiotics have some other processes happening in their bodies—such as a weak immune response or hormonal imbalance—which may be an underlying cause of breast cancer," says Christine Veli-cer, PhD, a Group Health

research associate and the lead author of the study.

Jeffrey Ptak, DC of Los Angeles said, "This demonstrates, once again, that no drug is safe. All drugs have effects on the body and alter the normal physiology." He also stressed the importance of embracing the unique mission chiropractors have to restore well-being and to reconnect physical with the spiritual. "For chiropractic to thrive for the next seven generations," he said, "we must see how the medical model is failing. We must be willing to step out of our offices and share our vision and mission of a life from the inside out, versus a fear-

driven, symptom-driven, disease-based, germ-based existence."

Dr. Johnson agrees. Over the years he has striven to help practice members achieve their optimal health potential through chiropractic and nutrition. Those along with allergy elimination have enabled Dr. Johnson to help people reach their goals and continue to thrive.

"Drugs are not the answer," according to Dr. Johnson. "Living a natural, well-defined life with plenty of healthy food, exercise, rest, and regular adjustments is the best way."