



## Oh No! What will I do without my flu shot? By Dr. Karl Johnson

The "flu season" advertising blitz has begun with a bevy of news stories about flu vaccine shortage AGAIN — this time due to manufacturing problems in a British facility used by Chiron, a flu vaccine manufacturer.



Public health officials said that plans to vaccinate millions of people this fall would be disrupted by the announcement.

The British Department of Health suspended Chiron's manufacturing license for three months. A spokesman said that

problems with the sterility of the manufacturing process meant the vaccines produced could not be released for shipment.

So what is a person to do — should there be such uproar of concern about the flu? This question really goes back to the question of what is most important, the "terrain vs. the pathogen."

"Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them."  
— Claude Bernard"  
(Barge, F.H., "It Is As

Simple As That & More," Vol. VIII, 1996, p. 124).

The basic concept is that the health of the body is the most important factor in maintaining health and the nervous system is the most important factor in making sure the body is functioning properly and adapting to the ever-changing environment. In addition to the nervous system, the quality and quantity of nourishing foods to support healthy cell, tissue, and organ function is of utmost importance in maintaining a healthy body. If your body is healthy and adapting

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### Staying Healthy



Each year around this time, people start looking for a way to stay healthy — avoiding both colds and flu. Over the years, Dr. Johnson has recommended several supplements to enhance

the immune system. This year one of the most recommended supplements is Echinacea Premium. This supplement from MediHerb combines two types of Echinacea for optimal results.

Echinacea Premium supports and promotes healthy white blood cells and normal interferon pro-

duction. It encourages healthy upper respiratory tissue, supports and maintains healthy throat tissue; and stimulates the body's normal tissue support and renewal function.

To help you stay healthy this winter, Dr. Johnson is offering a special price — see Page 4.

**No Nutrition Seminars are currently scheduled.**

If you are interested in attending a seminar on health, please contact Diane at the clinic (586) 731-8840 and let her know what topics are of interest to you. Thank you.



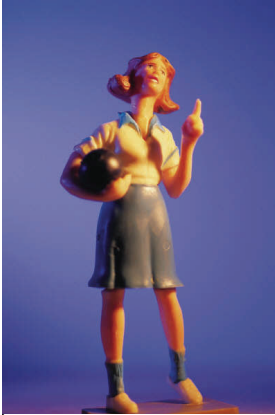
### Annual Giving Tree

Get \$10.00 credit for a like donation to the Stevenson High School Christmas Food Drive.

See article on Page 3.

# Success Stories

I've been coming to Dr. Johnson for almost 10 years now. I started as a chiropractic patient and now benefit from nutrition counseling and allergy elimination as well. Over the years, Dr. Johnson has helped me with my thyroid problems, gall bladder and digestive problems, sinuses, lung challenges and the resulting coughing. I've had all kinds of health challenges and Dr. Johnson's always been there to advise and help.

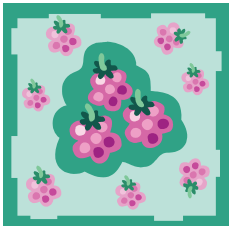


Last year I was on a bowling league and every two weeks I was sick with ear infections and lung problems. Dr. Johnson recommended supplements that helped me immensely. I also started NAET (allergy elimination) with molds being a really strong allergy for me.

Now I feel fine! I'm off all antibiotics. My colds, sinus problems, and congestion are gone. One thing I discovered though was that the supplements make you detoxify and detoxifying can make you feel like you're sick. I know that now and I can deal with it when it happens. I'm feeling much better now thanks to Dr. Johnson.

Gwen Butzu, New Baltimore, MI

My husband suggested that I come to Dr. Johnson because I suffered from fatigue and low back pain. In addition, my hair was thinning and my nails had ridges in them. My husband and my sister-in-law had been coming to Dr. Johnson for some time. They had good results, so I thought I would give it a try.



Every year I go to pick raspberries. I took a stool with me last year because my back hurt too much. Dr. Johnson has been adjusting me for

several months and I feel so much better. But I was still afraid to go raspberry picking. I still remember all the pain from last year. Recently I went out to pick those raspberries I love so much. What a difference! I was able to bend down to pick those berries on the bottom that are so good. I picked for over an hour and my back was fine. There were no shooting pains and I could actually bend down easily.

Dr. Johnson has helped my family in the past and now he has helped me. Thanks, Dr. Johnson.

Mary Przybycien, Clarkston, MI

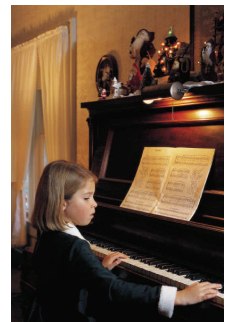
For a long time, I broke out whenever I ate wheat. I had bumps on my arms and legs and my system wasn't working right.

Dr. Johnson suggested I eliminate wheat from my diet. It was hard but I did it. Now it's been seven months since I've had wheat. My bumps are gone, I have more energy, my stomach pains are gone, and my system is working properly again. Thanks, Dr. J.

Terri Jones,  
Sterling Hgts., MI



Two weeks ago I began having joint pain in my shoulder, knee, and ankle. I play and teach piano and the pain began interfering with that. I was in pain off and on, but always in pain when I was at the piano. Also, when I put my handbag strap on my shoulder, I could hardly stand the pain.



When I came to see Dr. Johnson for my regular adjustment, I told him about my pain and how bad it was. He suggested that I take Biost from Standard Process Labs. Three days after I started taking the Biost, my pain was better; and after a week I hardly had any pain.

Thank you, Dr. Johnson, for taking my pain away.

Viorica Burca,

# Recipes



## PUMPKIN BREAD

From Sandy Johnson:

1 1/2 cups bean flour  
1 1/2 cups rice flour  
1 tsp. salt  
1 tsp. ground cinnamon  
1 tsp. nutmeg  
2 tsp. baking soda  
3 tsp. Xanthan gum  
2 cups pureed cooked or canned pumpkin  
1 cup honey (or 2 1/3 cups sugar plus 2/3 cup water)  
1 cup corn oil  
1/2 cup water  
4 eggs



Grease and flour 2 loaf pans. Stir together in a large bowl, flour, baking soda, salt, and spices. Stir together pumpkin, corn oil, honey and water. Add eggs one at a time, beating well.

Make a well in the center of the flour mixture. Add pumpkin mixture and

stir. Pour into prepared pans. Bake 325° for 1 hour (check at 45 minutes).

Makes 2 loaves. You can also make muffins. Use paper liners and check frequently (it should take 15–20 minutes).



## ROASTED APPLE BUTTER

From *Eating Well, Fall 2004* issue.

Preheat oven to 450° F.

Arrange **8 medium McIntosh apples (2 3/4**



**pounds, peeled, cored and quartered)** in a large roasting pan. Pour **2 cups unsweetened apple juice** over the apples. Bake until tender and lightly browned, about 30 minutes. Using a fork or potato masher, thoroughly mash the apples in the roasting pan. Reduce oven temperature to 350°. Bake the

apple puree, stirring occasionally, until very thick and deeply browned, 1 1/2 to 1 3/4 hours. Scrape into a bowl and let cool. Makes 2 cups. Can refrigerate for up to 2 weeks or freeze for up to 6 months.

## LEMONY CARROT SALAD WITH DILL

From *Eating Well, Fall 2004* issue.

2 Tbsp. lemon juice  
2 Tbsp. extra-virgin olive oil  
1 small clove garlic, minced  
1/4 tea. salt, or to taste  
Freshly ground pepper to taste  
2 cups grated carrots (4 medium large)  
3 Tbsp. chopped fresh dill  
2 Tbsp. chopped scallions

Whisk lemon juice, oil, garlic, salt and pepper in a medium bowl. Add carrots, dill and scallions; toss.

Makes about 2 cups.



## Annual Giving Tree

At Thanksgiving we give thanks for all the blessings we have received throughout the year. Now, at Christmas, we give blessings to others by helping those in our community who are less fortunate.

**Once again from November 29 through December 17, the clinic will be collecting donations for Stevenson High School's Annual Christmas Food Drive.**

Each year Dr. Johnson offers \$10.00 credit to any current practice member — nutrition or chiropractic — who brings donations for the Giving Tree.

If you haven't been in for over four months, \$30.00 and your donation will get you an update exam and an adjustment (a \$66.00 value).

New chiropractic practice members can bring a donation and \$30.00 to receive a health history, consultation, exam, and 2 x-ray views. Additional x-rays are covered by most insurances. The adjustment is not included (value up to \$150.00).



New Nutrition/Allergy practice members will receive a history, consultation, exam, heart rate variability test for \$30.00 plus their donation (value \$60.00).

When you're out shopping for your donations, please remember that non-perishable foods are required. Cash donations can be made for perishable goods. Also, the school is asking for blankets, new or in extremely good condition. Pick up a flyer in the office for more information.

We appreciate all the help you've given us in the past and look forward to helping our community again this year with your support.

**Please bring in your items and donations by 5:30 p.m. on Friday, December 17 for pick up at 6:00 p.m.**

Dr. Johnson and the staff extend a heartfelt thank you for your continued support of all our activities. We look forward each year to helping others less fortunate than ourselves. With your help, we can continue to do so. We hope you and your loved ones have a safe, healthy, happy holiday.

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accurately to the environment, then it recognizes a pathogen (flu virus, for example) and takes steps to neutralize the pathogen so that it can't take hold, multiply, and try to take over your body. Think of it this way: if you place a watermelon seed on top of a rock — will it grow into a watermelon plant? Of course not! But if you place the watermelon seed in nutrient rich soil and water it carefully, then the seed will sprout and grow into a mature watermelon plant that bears fruit.

In regards to the flu vaccine each year: there is a guessing game as to what type of virus is going to "go around," and then a vaccine is produced to hopefully encourage a person's body to produce antibodies to that particular strain of virus. Last year there was a major flub in this process. Read the excerpt from a December 10, 2003 press release from the National Vaccine Information Center:



A leading vaccine safety and informed consent advocate is calling on federal health officials and flu vaccine makers to be honest with the American people about the effectiveness of this year's flu vaccine. "Public health officials knew last spring that it was highly likely that the A/Panama strain in the current vaccine was not going to protect against the mutated, more dangerous A/Fujian strain of flu. If there is solid new evidence that the vaccine is protective against Fujian, then it should be released. If there is no such evidence, then it is not right to lead people to believe that if they get vaccinated now, they will be protected against it," said Barbara Loe Fisher, president, National Vaccine Information Center (NVIC).

Federal officials were prevented from replacing the A/Panama

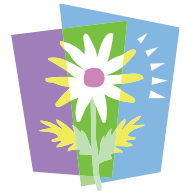
strain with the Fujian strain emerging out of Asia and being detected in Europe and the U.S. last spring because scientists in labs around the world were unable to isolate and grow the virus in a way that would allow vaccine production. Transcripts from the February 20 and March 18, 2003 meetings of the FDA Vaccines and Related Biological Products Advisory Committee (VRBPAC) reveal that health officials around the world knew that the genetically mutated Fujian strain was associated with significant morbidity and mortality and that last year's vaccine showed little protection against it.

The National Vaccine Information Center is a non-profit, educational organization founded in 1982 by parents whose children were injured or died from reactions to the DPT vaccine. Dedicated to preventing vaccine injuries and deaths through public education, NVIC also advocates for the inclusion of informed consent protections in national vaccine policies and laws. "This is a matter of the public's right to have full and truthful information about the benefits and risks of a particular vaccine in order for us to make an informed choice. Although there were technological limitations with making the switch this year to the new emerging strain, it does not serve either public health officials, industry, or the public to not be honest about what the current vaccine can and can't do. At the end of the day, it is a matter of respecting the public trust," she said.

Every year, health officials at the World Health Organization (WHO) and the U.S. Department of Health and Human Services (DHHS) gather information about influenza activity around the world in order to try to make an

(Continued on page 5)

**Nov/Dec  
Supplement  
Special**



**Echinacea Premium  
10% Discount**

**40 tabs — \$22.50  
120 tabs — \$62.10**

From a Reader's Digest reader:

Rita Rudner's joke reads: "How come if you mix flour and water together you get glue? And when you add eggs and sugar you get cake? Where does the glue go?"

Isn't it the glue that makes the cake stick to our hips?

## **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**

(Continued from page 4)

educated guess about which three flu strains to include in the current year's flu vaccine. This year, in addition to the inactivated (killed) flu vaccine which is injected, a new live virus nasal flu vaccine is available in the U.S. Both the inactivated and live virus vaccines contain the same three flu strains. **Neither flu vaccine this year contains the mutated Fujian strain that is causing the most severe flu in the U.S. this season.**

(<http://www.909shot.com/PressReleases/prfluvaccine.htm>) for even more information visit <http://www.wcanews.com/archives/2004/feb25a.htm>

It is important to know that if the proper guess is made for what 3 virus strains to include in the flu shot, the vaccine is thought to be 70-90 percent effective in **temporarily** preventing the flu of the season in healthy persons less than 65 years old. For those over 65 years old, the efficacy rate drops to 30-40 % but the vaccine is thought to be 50-60% effective in preventing hospitalization and pneumonia and 80% effective in preventing death from the flu.



Another point to remember is the flu vaccine only protects against the three specific viral strains which are included in any given year's vaccine. Throat, respiratory, gastrointestinal, and ear infections caused by bacteria or other kinds of viruses are not prevented by getting an annual flu shot. What I encourage all my practice members to consider is making their **bodies more resistant** (like a rock to a watermelon seed) to the growth of **any** microorganism (bug). To become more resistant I recommend 3 things:

1. Be sure to keep your nervous sys-

tem working well by participating in spinal maintenance (regular adjustments, drinking proper amounts of water, exercising your core muscles, use good ergonomics). (A study published in 2000, from the Anglo-European College of Chiropractic, showed chiropractic adjustments leading to increased serum IgM levels, an indicator of immune function). (The Great Flu Pandemic of 1918 was the greatest plague of modern times. It is estimated to have killed between 25 million and 40 million people worldwide, about half a million in this country. History shows us that those under chiropractic care during the flu pandemic had a far better chance of survival. One example: medical doctors in Davenport, Iowa, treated 93,590 patients, with 6,116 deaths -- in other words, 1 out of 15 under medical care succumbed to the flu. At the Palmer College of Chiropractic in Davenport, 1,635 flu cases were adjusted, with only one fatality. Outside of Davenport, chiropractors adjusted 4,735 flu cases, with only six deaths -- 1 out of 866. In 1919, Palmer published "The Flu and You." The ratio of flu cases cared for versus deaths were as follows: Medical care: 1 out of 17 died. Osteopathic care: 1 out of 36 died. Chiropractic care: 1 out of 886.)

2. Only consume very small amounts (if any) of "foods" made from white sugar and white flour because these empty nutrient "foods" rob your body of immune building nutrients.
3. Take specific nutrients to support your immune system. We suggest:
  - a. 1-2 Standard Process Inc® Immuplex® for immune system support.
  - b. 2 MediHerb® Echinacea Premium® tablets as an immune system modulator. **(In acute illness triple or quadruple dose to 6-9 per day for a day**

**or two, then back to 2 per day).** Children should take  $\frac{1}{2}$  to  $\frac{1}{4}$  of the adult dosage. For children: grind the tablets in a coffee grinder and mix with a teaspoon of honey.

- c. 1 teaspoon of Carlson Brand Lemon Flavored Cod Liver Oil for a great tasting dose of essential fatty acids and vitamins A & D.

We have advocated these steps over the years with great success and no side effects other than improved health. So if you are interested in an alternative to the flu shot -- now you have some information to support your

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. Karl 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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**WE'RE ON THE WEB!**  
[WWW.WELLNESSCHIRO.COM](http://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.*

From Dr. Johnson and all the staff —  
 Our wishes for a safe, healthy, happy Thanksgiving and a holiday season filled with much joy, family and friends.




## Hair Analysis Special

Have you ever thought about having a Hair Analysis done? Why should you? Read on. A Hair Analysis measures the mineral content of your hair and this reflects the mineral content of the body's tissues. If a mineral deficiency or excess exists in the hair, it usually indicates a mineral deficiency or excess within the body, or "bio-unavailability."

Minerals are the "sparkplugs" of life. They are involved in almost all enzyme reactions within the body. Without enzyme activity, life ceases to exist. A trace mineral analysis is preventive as well as being useful as a screening tool.

If you've been feeling not up to par or if you want a roadmap to what's going on in your body, then a Hair Analysis is for you. For those who have become ill for no apparent reason, or when the therapy is not wholly effective — that's the

time for a hair analysis.

Subtle changes in body chemistry and nutritional deficiencies may result in early, subtle changes in the body; e.g.,

- White spots in fingernails (a possible zinc deficiency)
- Longitudinal ridging in nails (a possible iron deficiency).
- Brittle hair and nails (calcium and copper imbalance).
- Deep grooves across nails (calcium deficiency).
- Stretch marks (zinc deficiency).
- Lack of growth (zinc deficiency).
- Mood Swings (possible toxic metal accumulation such as lead, mercury, or cadmium).

Mineral imbalances are generally caused by improper diet; taking vitamins and minerals which are not compatible with your current body chemistry; medications; birth control

pills; stress; accumulation of toxic metals from the environment, job or hobby; and inheritance of mineral patterns from parents.

Because hair analysis is an invaluable screening tool which allows a correct program of diet and supplementation to be designed for each individual's specific needs, Dr. Johnson is offering a 20% discount during November and December.

**Hair Analysis**  
 Regularly \$80.00  
 Special — \$64.00

**Hair Analysis Recheck**  
 Regularly \$70.00  
 Special — \$56.00

**Call the clinic at (586) 731-8840 to schedule your hair analysis appointment today.**