



Healthline



Give Yourself More Life by Dr. Karl Johnson

Part Two

In Part One, Dr. Johnson discussed Dr. Kevin Donka's article, "Applying Einstein's Words." Kevin applied Einstein's quote ("You cannot solve a problem with the same level of thinking that existed when it was created") to chiropractic. In Part Two, Kevin continues proving his point.

What is the main reason people seek entertainment? **TO ESCAPE!** People are sick and tired of being sick and tired –and scared! They are tired of being told they are inherently weak and that there is nothing they can do about it! And, they are tired of relying upon medicine. They feel so bad about themselves that they try to "escape" as often as possible. They consistently DO this because of their BELIEFS about themselves, and continue their searching for health and happiness from

the outside-in.

But, unless and until the PARADIGM is changed, all results will be temporary and the same frustrations will continue resurfacing down the road. People don't need another someone who will simply give them an additional set of rules to follow and more things to DO. What they need are leaders that will show them an entirely new way of thinking – **ABOUT THEMSELVES!**

While it is true that people are searching from the outside-in for health, they are searching from the inside-out when approaching life in general. This is evidenced in a myriad of places.

- Yoga/meditation groups are at an all-time high.
- "New Thought" churches and study groups (possibility-based Vs. fear-based) have record levels of participation.
- Metaphysics discussion

groups are at an all-time high.

- "Metakids" and similar programs are sold out across the country.
- Self-improvement sections of bookstores are among the most frequently visited.
- Spiritually-based movies like "The Matrix," "I Love Huckabees," and "What The Bleep Do We Know" are being consistently made and are well attended.
- Cable TV has a channel completely devoted to this material ("The Wisdom Channel").
- Dr. Wayne Dyer's "Spiritual Solution to Every Problem" and "The Power of Intention" are the most requested programs on public television.

So you see, the inside-out approach is not totally foreign to people by any stretch of the imagination.

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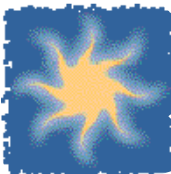
Karl R.O.S.
Johnson, DC
Director

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Editor



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Searching for Vitamin D



Studies indicate that one full-body exposure to sunlight (enough time to just start to sunburn) can be equivalent to an oral vitamin D intake of 10,000 IU (22,250 mcg). The problem is that during late autumn through winter, little or no vitamin D can be produced by sun exposure at latitudes above 35 degrees north latitude (that includes Michigan), which runs through the middle of the U.S. .

Vitamin D is so important to our general health that Dr.

Johnson recommends special supplementation during the winter months in the form of cod liver oil or Vitamin D supplements. Talk to us about quality sources of vitamin D. Vitamin D is important for:

- Absorption of Calcium
- Maintaining Strong Bones
- Healthy Immune Function
- Glucose Metabolism and Insulin Secretion
- Muscle Strength
- Prevent Tooth Loss
- Help with Muscle Strength (including Heart)

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Success Stories



Since he was four months old, my son Nathan has suffered from severe asthma attacks, especially with colds. I would get up in the middle of the night to give him breathing treatments.

For several months, Nathan has been treated for his allergies. His treatments have been quite successful, but he still was having asthma attacks. I got to the point where he was waking up every night with a coughing fit due to the asthma. I talked to Dr. Johnson about chiropractic adjustments.

After his first adjustment, Nathan only had a couple of asthma attacks. Then after his second adjustment, Nathan only had one attack and it was so minor that I didn't need to give him the complete breathing treatment. I am so happy the adjustments have helped.

Thanks, Dr. Johnson, for all your help with Nathan.

Christy Tuckfield, Romeo, MI



Before Dr. Johnson, I craved sugar all the time. This was no simple craving, it was major. I could polish off a jar of jelly in one sitting. Cherry was my favorite. I ate all kinds of sugar. I always had some with me.

Then I came to Dr. Johnson for allergy elimination treatments (NAET). I've had lots of success with the treatments, but the sugar treatment really changed my life. From relying on sugar to get me through the day, I now don't crave it, don't want it, and it doesn't affect me anymore. I can actually look at a jar of jelly and not act on it. Thanks, Dr. J. for all your help.

James Fisher, Clinton Twp., MI

For over two months I had been suffering from back pain. In addition, my shoulder felt tight, my sinuses were congested, my ears crackled and I couldn't hear very well. A friend told me about Dr. Johnson and I decided to give him a try.

After my first adjustment, my sinuses drained. I went through a whole box of tissues and was able to breathe better and easier. So many things improved with the adjustments. I had better digestion, easier periods, better sleeping, and I can hear. I have three children (8-6-2) and between carrying kids and laundry my back really hurt. Not anymore.

Dr. Johnson also suggested I try a special pillow, a buckwheat pillow. I love it! It's firm enough for me and I can move the buckwheat hulls wherever I want them. Thanks, Dr. Johnson, for all your help. I'm really doing so very much better.

Ronda Carlson,
Shelby Township, MI

Over a year and a half ago I read the book **Perfect Bones**. I was worried about osteoporosis as I had scored low on my last bone density test. My medical doctor put me on Fosamax. He said that the best he could do was to try to keep the osteoporosis from getting worse.

At the end of the book, there was a number to call to find a doctor who could help with osteoporosis. The number was Standard Process Labs and they directed me to Dr. Johnson, who checked me out and recommended special supplements to help with the osteoporosis.

I followed Dr. J's recommendations and when I had the bone density scan redone a few weeks ago, my score showed a dramatic improvement. My medical doctor was impressed. He was more so when I told him that I hadn't been taking the Fosamax since I read **Perfect Bones**. He wanted to know all about my supplements and everything that I had done.

Thanks to Dr. Johnson I'm doing better, I'm not getting worse or maintaining my bone loss. I think everyone with osteoporosis should read **Perfect Bones** and then discuss it with Dr. Johnson. He's very knowledgeable and helpful.

G. F., E. China, MI



Recipes

SLOPPY JOES

From Nancy Ludlow
4 pounds ground
beef (Laura's Lean)
2 cans tomato soup
1/2 can water



4-5 celery stalks, chopped
1 green pepper, chopped
4 Tbsp. regular mustard, to taste
Salt and pepper

Fry meat and onion, add soup and vegetables. Simmer until done.

BEEF BISTRO

From Nancy Ludlow
Brown:

1 clove garlic, minced
1 1/2 pounds round steak, cut into

strips
1 onion, chopped
2 stalks celery,
sliced
1 small box mush-
rooms
1 can tomato soup
1 jar stuffed green olives
1/2 cup burgundy wine
Brown rice



Simmer, covered, for 30 minutes.
Add 1 jar stuffed green olives and
1/2 cup burgundy 15 minutes before
serving on a bed of rice.

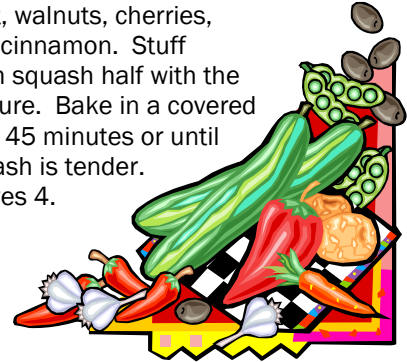
QUINOA STUFFED ACORN SQUASH WITH CHERRIES

From Eden Foods
1/2 cup Eden Or-
ganic Quinoa, cooked



2 medium acorn squash, halved and
seeded
1/2 cup walnuts, chopped
1/2 cup Eden Dried Montmorency Cher-
ries
2 Tbsp. Eden Organic Barley Malt
1/4 teas. Ground cinnamon
Eden Organic Safflower Oil

Preheat oven to 350 degrees. Lightly oil
the squash. Mix warm quinoa, barley
malt, walnuts, cherries,
and cinnamon. Stuff
each squash half with the
mixture. Bake in a covered
dish 45 minutes or until
squash is tender.
Serves 4.



News & Notes

Chiropractic = less back pain drugs, X-rays, less back sur- gery, lower costs

Apart from childbirth, back pain is
the second leading cause of physi-
cian visits, the most prevalent
chronic medical condition and the #1
cause of long-term disability.

A study in *The Archives of Internal
Medicine* compared 700,000 people
with chiropractic coverage in their
insurance plan and 1,000,000 with-
out chiropractic coverage. The chiro-
practic group needed less X-rays,
MRIs, surgery and hospitalization.

The chiropractic group spent 28%
less for back pain, 23% reduction in
the use of X-rays, 37% less MRIs,
41% less hospitalizations for back
pain, and 32% less back surgeries.
The overall per-member, per-year
healthcare cost was 12% less for
patients with chiropractic coverage
resulting in a \$16 million savings.

REFERENCE: Legorreta AP, Metz RD, Nelson CF et al.
Comparative analysis of individuals with and without
chiropractic coverage: patient characteristics, utiliza-
tion, and costs. *Archives of Internal Medicine*.
2004; 164: 1985-1992.

HOW SAFE ARE YOUR WATER BOTTLES:

A recent article
in *Experience
Life* questioned
the safety of
reusing water
bottles. The
article concluded that washing water
bottles and reusing them can be
dangerous. Commercial water bot-
tles have a limit to how often they
can be reused. **Research from the
University of Idaho found that sin-
gle-use soft-drink and water bottles
begin to leach out unwanted chemi-
cals when repeatedly reused and
rewashed. These bottles are com-
monly made of polyethylene
terephthalate, or PET, which is con-
sidered safe for its intended use
but begins to break down after mul-
tiple uses.**



The best advice: Reuse your store-
bought water bottle only once and
then recycle it, making sure to clean
it with hot soapy water and allowing
it to completely dry before filling up.

For a safer water bottle, ask for one
from Dr. Johnson. Our water bottles
are safe for multiple uses. Be sure
to clean properly between each use.

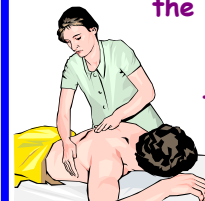
Please share these articles
with friends and family and be
proud to be at the leading edge
in health care by being a
chiropractic practice member
and adopting a health
supporting lifestyle for life.

—Dr. Johnson

Diane Rotha, certified
massage therapist, is
available Tuesday &
Thursday evenings and
Saturdays to handle all
your massage requests.

For an appointment, call
the office at

(586)
731-8840



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In fact, THIS IS WHERE I BELIEVE THE PARADIGM SHIFT HAS OCCURRED!

People have shifted their approach to LIFE IN GENERAL to the inside-out, but they have had the allopathic mindset so completely drilled into their heads that they continue to approach health from the outside-in!

Why have they shifted their approach to life? They have seen that the outside-in approach does not work. *They want something different for themselves, and they want something different for their children!*

The problem lies not in the WAY people are searching for health, but in their BELIEF that they need to search for it at all!!!

Being raised with the outside-in approach to health has prevented people from understanding one very important thing...

HEALTH IS AUTOMATIC WHEN YOU FULLY EXPRESS YOUR INNATE CONSTRUCTIVE LIFE FORCE!

Now, here is what I believe is the answer to this dilemma. Most chiropractors teach that chiropractic is an inside-out approach to HEALTH. But, people don't understand this because they aren't searching for an inside-out approach to HEALTH – THEY ARE SEARCHING FOR INSIDE-OUT APPROACHES TO LIFE!

If we are to be successful at reaching people, we must begin teaching the truth! Ultimately, what people need to know about health and chiropractic is the following...

● **HEALTH IS NOT SEPARATE FROM LIFE!**

- Chiropractic is NOT an approach to HEALTH
- CHIROPRACTIC IS AN APPROACH TO LIFE – AN INSIDE-OUT APPROACH TO LIFE!

There is only one reason to get adjusted – TO INCREASE THE CONSCIOUS EXPRESSION OF LIFE ENERGY IN THE BODY!

For years, we chiropractors have been telling the world that chiropractic is separate and distinct. But what does the term “separate and distinct” really mean? What is it we are separate and distinct from? Medicine? Complimentary and alternative health care? Faith-based care systems? The truth is that chiropractic is not an “alternative” to ANYTHING! But it is also true that NOTHING IS AN ALTERNATIVE TO CHIROPRACTIC!!!

This is because chiropractic is NOT a separate and distinct system of HEALTH CARE – Chiropractic is a completely separate and distinct inside-out system of thought, analysis and application for approaching LIFE!

There is only one thing in the universe – ENERGY!

- You are an individual manifestation of this Energy
- This Innate Intelligence is your true identity
- Your body is a vehicle
- The purpose of a vehicle is to take WHAT'S INSIDE to where it is meant to be
- We must take care of our “vehicles” in order to reach our proper destinations
- There is no source of darkness to remove - there is only allowance or disallowance of light

- There is no source of coldness to remove - there is only allowance or disallowance of heat
- There is no source of disease to remove – there is only allowance or disallowance of LIFE
- EVERYTHING is a PROCESS, and all processes take TIME
- We are all growing and dying at the same time
- One of these two processes will always predominate over the other
- The subluxation process causes us to die more than we grow
- The chiropractic adjustment process restores communication between the brain and the body and keeps the nerve system “clear”
- A clear nerve system and a healthy lifestyle allows us to grow more than we die
- Where you are on the scale of growing and dying is not as important as which direction you are currently headed
- Life is about much more than just NOT DYING
- Health is just the BEGINNING!
- “Health” is the ability to adapt to our environment (i.e., not get sick)
- Illness is an **attitude** of FEAR
- Wellness is an **attitude** of TRUST
- “Wellness” is about progressively expressing higher levels of HEALTH
- “Wholeness” is about progressively expressing higher levels of LIFE!
- It takes teamwork! Our job is to restore the flow of Life Force in the body to normal, their job is to not only quit making interference, but to live a lifestyle that actively CREATES health
- Regular chiropractic care and a healthy lifestyle keep energy use within the body at optimal efficiency
- When our bodies use energy efficiently, we even THINK at higher levels
- This is CRITICAL because our

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THOUGHTS and BELIEFS determine our actions, and our actions lead us to our circumstances in every area of life

And last, but definitely not least – the “BIG IDEA”...

If everyone had a clear nerve system...

- We would all think at a higher level...
- We would all value ourselves more...
- We would all value others more...
- We would all make decisions that consistently benefit ourselves

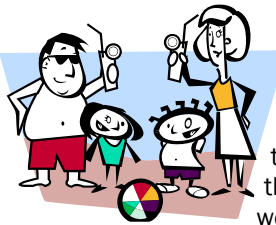
more...

- We would all make decisions that consistently benefit EVERYONE ELSE more...
- **THE ENTIRE WORLD WOULD BE A HAPPIER AND MORE PEACEFUL PLACE!**

Kevin wrote some powerful words about a powerful concept. My hope is that you can embrace these concepts so as to develop a more powerful position on the matters of health and life and be transformed by your new thoughts.

Blessings for vibrant health and prosperity now and in the years to come.

Beach Week & Easter Eggs



March is coming and so is Beach Week. At the end of this special week, Dr.

Johnson and the Staff award prizes to those who best represent “beach week” at the Clinic. Prizes include a first prize of \$25.00 credit, so get out your best beach attire and join in the

fun **March 7 through March 12** at the clinic. See the flyer in the office.

Easter is early this year and we at Dr. Johnson’s office are ready for it.

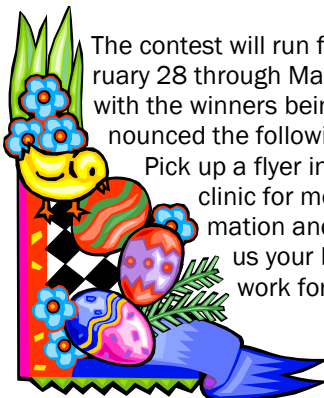
But — we need some Easter Eggs to fill the office as decorations. To help us get the clinic ready for Easter, Dr. Johnson is offering prizes of \$5.00 to the best Easter egg design in each of our age groups.



We hope practice members of all ages will participate and fill our Easter gallery with their beautifully decorated Easter Eggs.

The contest will run from February 28 through March 25, with the winners being announced the following week.

Pick up a flyer in the clinic for more information and show us your best artwork for Easter!



MARCH/APRIL SPECIAL

ALLERPLEX

40 CAPS—\$6.30

150 CAPS—\$19.80

ALLERPLEX is a special combination product from Standard Process formulated to support the body’s immune system response to seasonal, environmental, and dietary stresses. It contains vitamin A and C complexes which have been shown to be important supporters of the immune system and help maintain healthy liver function (the body’s natural cleansing system).

ALBIZIA COMPLEX

40 TABS—\$21.60

ALBIZIA COMPLEX helps the body to maintain normal upper respiratory tract and skin function, assist in maintaining healthy breathing passages to support free and clear breathing, support the body’s organs of elimination, promote the body’s normal resistance function, and support normal healthy resistance function.



Happiness is like a butterfly.

The more you chase it, the more it will elude you. But if you turn your attention to other things, it comes softly and sits on your shoulder.

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.

Need Supplements?

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Visa & MasterCard

Accepted

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Phone: 586-731-8840

586-731-KIDS

Fax: 586-731-9550

Email: info@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.

www.wellnesschiro.com

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- Help Fight Infection
- Reduces Risk of Fractures
- Prevent the Development and Progression of Multiple Sclerosis
- Protect against Inflammatory Bowel Disease
- Optimal Cardiovascular Health (deficiency may contribute to congestive heart failure)
- Protects against Rheumatoid Arthritis
- Helps Seasonal Affective Disorder (SAD)

Deficiency symptoms are similar to fibromyalgia in that they can cause bone and muscle pain and muscle weakness.

If you suspect you might be deficient in vitamin D, talk to Dr. Johnson. During the winter months, Dr. Johnson highly recommends switching from flax oil to cod liver oil to insure an adequate supply of vitamin D.

High Protein Standard Bar Available Now

In addition to the high-protein Cocoa Cherry StandardBar, Standard Process now adds two new flavors — Peanut Butter and Cocoa Crisp.

The bars provide many health benefits:



- Help maintain healthy weight in conjunction with a balanced diet and regular exercise.
- 17 grams of protein, providing energy without excess sugar or refined flour.
- Contain net carbohydrate counts of 5.0 to 5.5 grams.
- Help satisfy sugar cravings.
- Carbohydrates are of the beneficial complex form, as opposed to simple sugars, to encourage healthy blood-sugar metabolism.

- Offer a convenient and balanced supplement snack derived from whole food sources, without artificial preservatives, colors, or flavors
- Satisfy vegetarian diet requirements (both contain whey and eggs).

The bars contain a complete protein blend from whey protein concentrate, egg white, and rice protein. The blend contains both essential and non-essential amino acids for proper body functioning.

In addition, natural peanut butter and almond butter (the Cocoa Cherry bar) provide iron; and peanuts and almonds contribute numerous vitamins and minerals. These bars are a highly nutritious snack, which Dr. Johnson recommends. Try one soon and find out for yourself how filling and satisfying they can be.