



Identifying Causes for Spinal Stress in Children

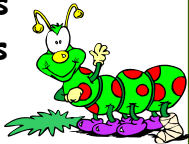
By Jeanne Ohm, DC

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Special Discounts July/August

USF Ointment
For Bites
& Rashes



Ligaplex I
For Summer Injuries
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*A smile is
contagious;
be a carrier.*

Physical trauma to the spine and the resulting back pain caused by heavy backpacks has been receiving national attention. Parents are becoming aware of the reality of spinal stress in their children. In addition to the backpack dilemma, there are numerous overlooked causes of children's spinal injury not as well known. Simply put, any trauma to the spine can cause misalignment of the vertebrae resulting in immediate or delayed spinal problems.



Traumas are in the form of micro or macro. Macro-traumas are the obvious falls, bumps, crashes we know children frequently experience. Micro-traumas are those positional/postural repetitive traumas that we do not frequently associate as an onset to spinal distortion and, therefore, future pain. Trauma may cause immediate pain; however, many sources of back and neck pain are the result of previous injuries and then

repetitive postural habits exacerbating the original trauma.

Simply put, any trauma to the spine can cause misalignment of the vertebrae resulting in immediate or delayed spinal problems.

Some causes of Macro-traumas in infancy are:

- Operative deliveries (C-sections, forceps, vacuum extraction, and, even, hand deliveries);
- Falls from beds and changing tables;
- Learning how to walk, and falling 25 times a

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Does Nutrition Affect Your Child's Health?

By Valerie Early, RD, LD, CES, R.PhT, Reiki Master

Parents take their children to after-school activities, help them with homework, arrange social events and make sure they go to a good, safe school, but nutrition is largely ignored. This is often due to a parent's own poor eating habits, parents work-

ing full time, and/or using food as a reward/love. Does nutrition affect your child's health? Yes! In case you aren't convinced, here are some recent facts from 2004:

- The American Heart Association reported that

63.4% children and teens have at least one metabolic abnormality. Metabolic syndrome is defined as the presence of three of the following: impaired fasting glucose, high blood pressure, low HDL, elevated triglyc-

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Success Stories



My daughter Grace has suffered from ear infections since she was born 21 months ago. She was on antibiotics every month and had had tubes put in her ear. She also had respiratory problems with sneezing and runny nose. When the plastic tubes caused a reaction in her, the doctor said we'd have to put titanium tubes in and my husband and I both said NO.

We put Grace on colloidal silver and she improved a lot. Then we brought her to Dr. Johnson. My husband and I both see Dr. Johnson and knew he could help Grace. With supplements and adjustments, Grace steadily improved. We also put an air filter in our house and that helped too.

Now Grace enjoys her visits to Dr. Johnson. She loves the staff and looks forward to coming to see Dr. Johnson. Thanks, Dr. Johnson, we couldn't have done it without you.

Julie Meredith, Shelby Township, MI

I had been feeling extremely weak and fatigued and knew I was not well. My husband's aunt suggested I see Dr. Johnson, which I did.



Several months ago when I started seeing Dr. Johnson, he told me after my exam that I had a lot of health challenges, including adrenal fatigue and allergies. We started working with supplements and allergy elimination, especially since my allergies contributed to my sinus and ear problems.

Dr. Johnson suggested I get some massage work done from Marge Grasel, his massage therapist. I took his advice and during my massage Marge used reflexology and suggested that I have Dr. Johnson check my thyroid. I told Dr. Johnson about this and he did. My thyroid was really bad. I started taking thyroid supplements and soon I was feeling so much better. I have more energy and am not fatigued like I was.

My mom has thyroid problems and is on drugs for her condition. She went through a lot of adjustments to her medication before it was right. Dr. Johnson started me on supplements to help my thyroid and I haven't had to go through all the adjustment that my mom did. The supplements worked right away.



I still have many allergies to clear before I'm 100%, but Dr. Johnson is helping me regain my health and I feel so much better already. Thanks, Dr. Johnson.

Ginger Smith, New Haven, MI



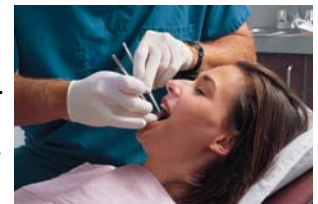
For several years I've suffered from low back pain and neck problems. I carry a lot of books and a backpack for school and the weight is too much. My neck was always popping when I took a breath. My neck always hurt, there was always tension in my shoulders and neck, and it was hard for me to concentrate.

My mom brought me to see Dr. Johnson several months ago. I've been getting regular adjustments and have noticed a big difference. Now I have no popping in my neck and I'm more relaxed. My back pain is gone and Dr. Johnson has taught me a lot about how to carry books and school stuff. I rarely carry a backpack now and when I do, there's not much weight in it. I carry my books in my arms and keep my back straight. My spine is aligned and I want to keep it that way.

Dr. Johnson has also helped me with my allergies, which are really bad. I'm allergic to cats, dogs, molds, trees, grass, pollen, and more. It's really bad in the summer. I'm also allergic to milk and other foods. With Nambudripad's Allergy Elimination Techniques (NAET), I'm getting rid of allergies, too. Thanks, Dr. Johnson. You've helped me a lot this past year.

Amanda Bassett, Rochester, MI

Two years ago I had lap band surgery to lose weight. The band helped me lose the weight but soon my teeth started turning black. The dental hygienist told me I had a nutritional deficiency.



Since I work with the public in the entertainment field a lot, this was unacceptable. I had heard about Dr. Johnson and decided to give him a try. He checked me out and recommended several supplements.

They worked! My teeth are now white. I had my check up a few days ago and my dental hygienist told me that all the black was gone and my teeth are now in good health. Thanks, Dr. Johnson. I couldn't have done it without you.

Terri Farrar, St. Clair Shores, MI

Recipes

These recipes are from Sally Fallon's great book, *Nourishing Traditions*, which is available at most health food stores, book stores, and Amazon.com.

STUFFED MUSHROOMS



- 8 large or 12 medium mushrooms
- 1 1/2 cups whole grain bread crumbs
- 2 bunches green onions, chopped
- 1/2 cup freshly grated Parmesan cheese
- sea salt and pepper
- 2-3 cloves garlic, crushed
- 2 tablespoons butter
- 2 tablespoons extra virgin olive oil

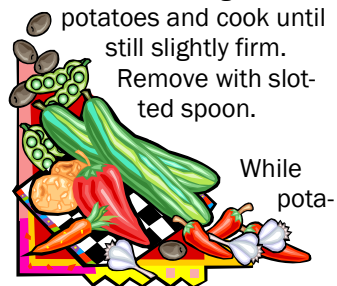
Remove stems from mushrooms. Wash both stems and caps and dry well. Chop

stems and sauté with green onions in butter and olive oil. Add bread crumbs, garlic, and cheese. Mix thoroughly. Season to taste. Stuff each mushroom cap with a spoonful of the bread crumb mixture. Place in a Pyrex pan with a little water and bake at 350 degrees for about 1/2 hour. Serves 4.

DILLED POTATO SALAD

- 16 small red potatoes
- 2 red onions, finely chopped
- 1 bunch fresh dill, snipped
- 3-4 Tbsp. raw wine vinegar
- 1 1/4 cups creamy mayonnaise dressing (see below)

Wash potatoes but do not peel. Bring a large pot of water to boil. Plunge in the potatoes and cook until still slightly firm. Remove with slotted spoon.



toes are still warm, cut lengthwise into quarters, slice thinly and toss with vinegar. Mix with onions and dill and toss with dressing. Add salt and pepper to taste. Serves 8.

Optional: add additional vegetables of your choice such as celery, radishes, or cucumbers.

CREAMY MAYONNAISE DRESSING

- 1 tsp. Dijon-type mustard smooth or grainy
- 2 Tbsp. plus 1 tsp. raw wine vinegar
- 1/2 cup extra virgin olive oil
- 1 Tbsp. expeller-pressed flax oil

Dip a fork into the jar of mustard and transfer about 1 teaspoon into a small bowl. Add vinegar and mix around. Add olive oil in a thin stream, stirring all the while with the fork, until oil is well mixed or emulsified. Add flax oil.

To this mixture add:

- 1/4 cup organic sour cream
 - 1/4 cup organic mayonnaise
 - 1 Tbsp. fresh herbs, finely chopped
- Blend with a whisk or place in a jar and shake vigorously. Makes 1 1/4 cups.



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- day on buttocks;
- Auto-accidents (even minor fender benders);
- Tossing babies into the air (causes whiplash).

Some causes of Micro-traumas in infancy are:

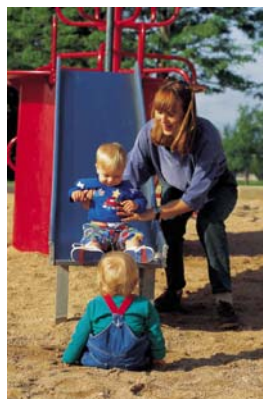
- Keeping babies in infant carriers and not allowing enough belly time;
- The use of walkers and jolly jumpers;
- Encouraging babies to stand before they are ready to;
- Improper diapering skills.

Some causes of Macro-traumas throughout childhood are:

- Playground injuries;
- Falls from play activities (roller blading, sledding, bikes, etc.);
- Sport tumbles, jolts and jars;
- Auto accidents, even minor fender-benders.

Some causes of Micro-traumas throughout childhood:

- Too many seated hours—regardless of chair;
- Sitting on floor with their feet straight out in front;
- Lying on their backs with their heads propped up with pillows, to read or watch TV;
- Sleeping on their stomachs.



Jeanne Ohm, DC, has practiced Family Chiropractic since 1981. She is currently Executive Director of the International Chiropractic Pediatric Association and is the instructor on Perinatal Care in their 360-hour Diplomate program. She can be contacted via their site at www.icpa4kids.com.



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erides, and obesity (waist circumference).

- One-third (31.2%) of overweight, obese adolescents in a study of 1,960 adolescents ages 12-19 years had metabolic syndrome, and overall, 9.2% of the children met the criteria for metabolic syndrome.

- Autopsies of children who died in accidents found fatty streaks by the age of 3, and damage in the coronary arteries show up by the age of 10. (Tulane University; the Bogalusa Heart Study of 14,000 children).

- Height is mainly determined during the first five years of life, influenced by genetics and nutrition.

- Obesity that occurs during childhood increases the number and size of fat cells for life.

What can you do to keep your child healthy, since one of the strongest life-long determinants of health is a healthy diet?

Eat lots of whole foods.

- Increase fruit and vegetable intake.
- Parents must set the example.
- Introduce the food at least 8-15 times.
- You control the food brought into the home, not the children.

Moderate carbohydrates, fat and protein.

- Limit trans fatty acids (hydrogenated oil), refined sugars and non-nutrient-dense foods.
- For every one gram of a trans fatty acid, the risk of heart disease goes up by 20%.

- Susan Richards from Tufts University recommends using the 15 rule: "It will often take 15 times of exposure to a new food before a child will accept it."

- Wait two days to two weeks before bringing back a rejected new food.

Limit juice and soda: "Too much soda and other sugar-filled drinks make children fat" (Journal of Pediatrics, June 2003.)

- Sixteen ounces/day of a sugar beverage decreased milk consumption by 4 oz, decreased phosphorus by 20%, protein and magnesium by 19%, calcium by 16%, and vitamin A by 10%, increased calories by 244 per day and weight gain increased by 2.5 pounds compared to 0.7-1.0 pound gain in children who limited their sugar beverage intake to 6-16 oz/day (Cornell University: 30 children, 6-12 years old, in study, five days a week for two months).
- Examples of sugar-filled drinks: fruit punch, bottled tea and fruit-flavored powders.



Limit television, video games and computer time, Television time matters!

- No more than two hours/day (*The American Academy of Pediatrics*). Average TV/day is four hours/day.
- TV during meals increases fat intake and decreases fruit and vegetable intake (*Journal of Nutrition Education and Behavior*, January 2003).



- What to do: play games, read, get outside, and be active.

- Kids eat more when watching TV and eat higher fat foods.
- A 1999 study with 192 third and fourth graders in two San Jose, California schools allowed half of the kids to watch TV; the other half played games and had monitoring devices to reduce TV by one-third. The highest TV-watching group had increased body fat, weight, waist circumference and waist-to-hip ratio.

Stay active! Exercise in childhood affects longevity.

- Active children are less overweight.
 - Activity helps with osteoporosis prevention in teen girls.
 - Bone mineral accrued during two years of exercise in early puberty was equal to 3-5 years of postmenopausal bone loss (*Pediatrics*, December 2003).
- Involvement in a team sport is a powerful social agent.
- Encourage individual sports that a teen can continue with as an adult (golf or tennis, rather than baseball or football).

Best time for activities:

Seventh or eighth grade for participation of a sport outside of school; school-based sports are more exclusive. Seventh and eighth graders become more sedentary than fifth and sixth graders. The biggest drop in activity levels occur when kids move up to high school.

Be physical together ... bike, walk, and be creative: Parents who exercise usually have kids that exercise; set

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

an example. Offer logistical support. Parents that offered support (drove kids to an activity and provided encouragement) but didn't exercise had children with higher activity levels (University of New York study of 180 9-year-olds).

Medication, ADHD, ADD, and Facts

- 1 in 166 children are considered to be autistic (Autism Society of Illinois).
- According to a recent report from the American Academy of Pediatrics, as many as 3.8 million school children, mostly boys, have ADHD. The disorder is characterized by a short attention span, jumpiness and impulsive behavior.

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Bits & Pieces

Study Reveals Chiropractic in Children Is Important

A study of 650 children published in the *Journal of Vertebral Subluxation Research* has found that vertebral subluxations are associated with a variety of children's health injuries and complaints, including colic, bed-wetting, scoliosis, and spinal degeneration.



According to Ogi Ressel, DC, vertebral subluxations can occur early in life, even during the birth process. The body adapts to the subluxations, and the abnormal functions become the norm, leading to spinal distortions, spinal degeneration, and a generalized state of unwellness seen in children.

The study, the largest one of children under chiropractic care ever conducted, was performed by Ressel and Robert Rudy, DC, who compiled the data during a 5-year period. The children were examined and cared for by six doctors of the Patient First Chiropractic & Wellness Centre in Burlington, Ontario.

Ressel says vertebral subluxations are the seeds of future disease processes and should be corrected as soon as possible.



The researchers urge all parents to have their children checked by a chiropractor for the presence of vertebral subluxations before the damage progresses.

(Chiropractic Products, May, 2005)

Chiropractic Helps Treat Ankle Sprains

A study conducted at the Department of Emergency Medicine at St. Barnabas Hospital in Bronx, NY, has found that chiropractic treatment of an ankle sprain, in addition to rest, ice, support, and elevation, can greatly reduce swelling, bruising, and overall healing time.

"This treatment of adjustment of the ankle can be very effective, especially when performed early, as soon after the sprain as possible," says David L. Phillips, DC.

The purpose of the study was to evaluate the efficacy of osteopathic manipulative treatment (OMT) for patients with acute ankle injuries. Patients 18 years and older with unilateral ankle sprains were assigned to either an OMT study group or a control group. Both groups received the same current standard of care for ankle sprains. However, in addition to standard care, patients from the OMT group received one session of OMT from an osteopathic physician.

Statistics revealed that patients in the OMT group had

a significant improvement in edema, pain, and range of motion compared to those in the control group who received no such treatment. (Chiropractic Products, March, 2005)

USF Ointment for Summer Sun Health

Repeated exposure to the sun, wind, air pollutants, or harsh soaps and beauty products can cause vulnerable areas of the skin to lose moisture and become dry, scaly, and even cracked — leaving an open door for infection. USF Ointment provides natural and soothing temporary relief from the discomfort of dry skin caused by daily external factors.



It contains lanolin, linseed oil, lecithin, and essential fatty acids (vitamin F complex) to promote soft and healthy skin. Lanolin is made up of water and fats, making it a natural emollient to damaged skin. Linseed oil provides essential fatty acids required by every living cell to rebuild and produce new cells.

Lecithin, a phospholipid, is a major component of cell membranes. The cell membrane acts as a gatekeeper for incoming and outgoing nutrients and wastes. Lecithin helps cells absorb essential fatty acids.

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oils into the cells. As moisture is restored, the tight feeling, itching, and flaking of skin is often significantly relieved.

The vitamin F complex contains essential fatty acids that promote healthy skin and hair. The vitamin F complex also brings needed oxygen and calcium from the blood to also help promote healthy skin. (See the special offer for July and August.)

Karl R.O.S. Johnson, DC, LCP (hon)

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But many cases are misdiagnosed, the study found.

- At least one million children take Ritalin, and the use of the drug has risen many times more during the past few years.

- Since 1991 there has been a 500% increase in the number of prescriptions written for stimulant medication to treat ADHD, according to the Drug Enforcement Administration.

- Ritalin is a stimulant drug with a calming effect on children. Ritalin uses a stimulating mechanism on the adrenal glands by temporarily increasing the retention of sodium in the tissue relative to potassium the medication dose wears off and more is needed, then burnout can occur because magnesium reserves drop, twitches, seizures, and glucose intolerance increase.

- Fatigue in children often stems from depleted adrenal glands, stress, poor nutrition, deprived sleep and medications.

**This is a great quote from Dr. Mary Ann Block, the author of *ADHD: A Demand for a Healthy Diet*, that I have to agree with since I've been working with children for years: "I've determined that diet is one of the most significant factors behind ADHD symptoms it's what people eat or don't eat that creates the degree of the disorder."



Testing Options: blood, saliva, hair analysis, kinesiology, muscle testing, bio-response testing, anthropometric measurements.

Alternative Choices: homeopathic medicine, fish oil, whole food supplements, flower essences, magnesium, and multivitamins.

Good Resources

Web:
www.nathealthcenter.com
www.juiceplus.com/+ve86669
www.eatright.org
www.nlci.com
www.feingold.org/index.html
www.cspinet.org
www.kidsnutrition.org

Books:
The Strands of Health, Rick Matter, PhD.

12 Effective Ways to Help Your ADD/ADHD Child, Laura Stevens, MS.

ADHD, A Path to Success, Lawrence Weathers, PhD.

Natural Treatments for ADD and Hyperactivity, Skye Weintrack.

Rita/in Free Kids, Reichen-

berg-Ullman.

Diet, ADHD, and Behavior. Published by CSPI.

Help for the Hyperactive Child. A practical guide of offering parents of ADHD children alternatives to Ritalin, William G. Crook, MD.

In summary, embrace whole food and exercise, make time for well checks and appropriate tests, use supplements as needed with guidance from integrative practitioners to stay healthy, and teach your children tolerance, faith, love and intuition. What your child eats does matter, and remember to reward your child with time and love, not food.

If you have any questions or concerns, ask Dr. Johnson. He'll be glad to help.

All the flowers of all the tomorrows are in the seeds of today.



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.