



# HEALTHLINE

## New Space, New Opportunities, Enhanced Services

By Karl R.O.S. Johnson, D.C., F.I.C.P.A., L.C.P.



The picture you see represents a dream come true for Dr. Johnson. I am holding the new lease contract for our next office with my new Landlord, Joe Paluzzi, of Michigan Commercial Construction. Almost 19 years ago, I moved into my then-dream-come-true office, our current location. We have been very cramped for space for some time because of the transformation of my practice from one of chiropractic services only to one that includes: nutritional health services, Nambudripad's allergy elimination, massage, reflexology,

Reiki, and musculoskeletal rehabilitation. So, in May of 2006, we will be relocating our office 0.7 miles north on Van Dyke to the Stoneridge Professional Office building. We will be sharing the building with a dentist to my east and an oral surgeon to my west. You can even practice your golf while there because a golf driving range is right next to our building. Another bonus is a traffic light at the entrance to the plaza making getting in and out of the parking lot a breeze!

The new office will have space for more than one chiropractor to work with our wonderful practice members. In fact, we will have 5 adjusting rooms (4 in a continuous suite) and a separate space for the Cox® table. There will be a separate nutrition suite set up for efficient use with its own waiting area separate from the reception room.

No more room shifting and waiting in the reception area where it may not be very quiet! All adjusting and nutrition areas will have indirect lighting so very little glare will be in your eyes when you are face up on the table. Other amenities will include; two bathrooms, a children's play nook in the reception area, and a rehabilitation room with plenty of room for exercise and therapy. The office will be outfitted with purified water to



*(Continued on page 3)*

## Do You Know What's in the Food You're Eating?

One of our practice members recently brought to us a list of pesticides found in foods. We were quite surprised to find some of our favorite foods are at the top of the list.

As enlightened adults, we're accustomed to shopping by labels. We check the labels for fiber, sugar, trans fats, sodium, cholesterol, etc. We have learned to avoid foods with added antibiotics, artificial colors, flavors, and sweeteners.

But how do we know when there are too many pesticides in the foods we select?

The **Shopper's Guide to Pesticides in Produce** lists the 12 most popular fresh fruits and vegetables that consistently have low levels of pesticides. It also lists the 12 popular fresh fruits and vegetables that have the highest levels of pesticides.

The Environmental Working Group (EWG) has developed the

listing based on the results of more than 100,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 1992 and 2001. EWG is a not-for-profit environmental research organization dedicated to improving public health and



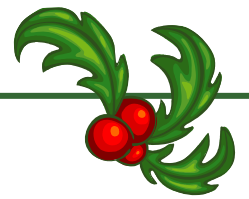
*(Continued on page 6)*

**Volume 16,  
Number 5**

**November-  
December, 2005**

### Inside this issue:

<b>Success Stories</b>	<b>2</b>
<b>Reflexology</b>	<b>3</b>
<b>Giving Tree</b>	<b>4</b>
<b>Recipes</b>	<b>4</b>
<b>Supplement Special</b>	<b>5</b>
<b>Senate Bill 483</b>	<b>5</b>
<b>Pesticide List</b>	<b>6</b>



## SUCCESS STORIES

Three months ago I fell. I fractured my ribs and hurt my hip. The pain got worse and I couldn't sleep. It hurt to move or walk, and I couldn't do many of my routine chores. Even the pain medications the doctor gave me didn't work. I hurt so much that I didn't care if I lived or died.

My daughter has been coming to Dr. Johnson for a couple of years and she likes him. She brought me to see him when nothing was helping. After a thorough exam, Dr. Johnson adjusted me.

Now I've been getting adjusted for a couple of months and I felt better after 2 weeks. Now I feel good! I want to live! I feel good and I can get back to my hobbies of crocheting and playing cards.



Dorothy  
Dawood,  
Washington, MI

I had come in to see Dr. Johnson after 3 weeks of a severe muscle spasm. I had gotten these spasms over the past five years, but they were becoming more frequent and more severe.



After being treated by Dr. Johnson, not only did I start to feel relief, I began to "feel" better. I can walk taller, feel strength in my back and neck, and I can actually lift heavy items again. I actually feel healthy again. Thank you, Dr. Johnson and staff.

Jennifer Bowles,  
Clarkston, MI

Everywhere I went I got poison ivy — all the time — for years! I carried special creams and fels naphtha soap with me all the time. Every trip, every vacation — I always ended up with poison ivy.

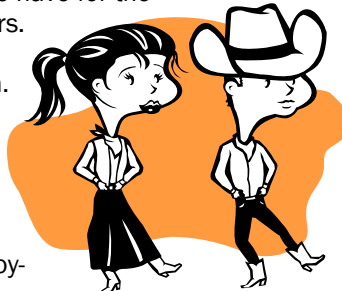
I told Dr. Johnson about my problem and he suggested we try some allergy elimination on it. He checked me and I was allergic to both poison ivy and poison oak. It took two treatments and it was all gone. This past summer we went vacationing and biking and I didn't get any poison ivy. It was really great! Thanks, Dr. J.



Pat Newman, Shelby Township, MI

Several weeks ago I realized that I had a major problem with my back. It started slowly with a backache and progressed to the point that I couldn't move or sit or even lie down comfortably. I had been Dr. Johnson's patient for several years and then stopped getting regular adjustments. So I called him and came in.

Dr. Johnson told me I had a sacroiliac problem. I began regular adjustments and soon was feeling better. Now, almost two months later I feel 15 years younger. I have no aches or pains and I feel great! My husband and I enjoy country western dancing. We have for the past 12 years. Now we can dance again. We go to a 2-hour dance class every week and now I'm enjoying it again.



Coming to Dr. Johnson is a great experience that I highly recommend for everyone. He loves people and it shows.

Patricia Badalamento,  
Washington Twp., MI

Dear Dr. Johnson,

I just wanted to let you know how thankful I am to have found you! It's really thanks to my mother-in-law, Mary Ellen (Thanks mom!!)

Since diagnosed with PCOS, polycystic ovarian syndrome, I have felt lost and scared of the disorder. You were very confident when I first met with you and that helped me a great deal. Since I have been taking the supplements you subscribed and changed my eating habits, I have noticed a world of difference. I have regular menstrual cycles, my acne is improving and my emotions are much more balanced! I am even slowly losing weight! Thank the lord!

If I don't take my supplements, my mood goes up and down, I gain weight, and my periods are irregular if they even come at all.

Thank you for helping me balance my health and work towards a permanent healthier me! Thank you also for your referral for my new doctor in Phoenix, AZ. Since we recently moved, I was afraid to be without an experienced doctor such as yourself. I am really looking forward to continuing my treatment for the rest of my life! Thanks Dr. Johnson! You are not only a charming man but a wonderful doctor!

Sincerely,  
Brooke Van Slembrouck  
Previously of Rochester, MI now living in Tucson, AZ



**The purpose of life is to  
discover your gift.  
The meaning of life is to  
give it away.**



# Reflexology

Reflexology is an ancient method of helping the body come back into balance by stimulating the foot.. Egyptian wall paintings show the feet being worked on. The Incas also had this knowledge and shared it with others. It may have originated in China along with acupuncture in 4000 B.C. North American Indians have used reflex pressure on the feet as a healing therapy for generations.



body. The right foot corresponds to the right side of the body and the left foot corresponds to the left side of the body.

Reflexology is not a foot massage. It is a pressure technique which applies to specific reflex points on the feet which corresponds with different areas of the body. This pressure on the reflex stimulates the healing potential of the body. reflexing the feet can help attain and maintain better health. One of the goals of reflexology is to return the body to balance. An important aspect of this is to help the body relax, thereby reducing tension and stress. When the body is relaxed healing may begin.

Reflexology does not treat specific illnesses but seeks to stimulate the parts of the

body which are out of balance so the body can return to a state of health. This treatment is given to help prevent more serious symptoms from developing. Every part of the body is part of the whole, so any one part will affect the whole body be it a positive effect (example, relaxation) or a negative effect (example, stress and tension). Disease is a blockage of energy in the body, with reflexology, blockages can be released. When blockages are released, symptoms are eased and can relieve headaches, back pain, sleep problems, sinus, circulatory issues, digestive disorders, and edema, Reflexology can be considered another way available to help the body achieve and maintain health.



## Salmon: Still Healthy



Studies conducted by the Alaska Department of Environmental Conservation (ADEC) and the industry Salmon of the Americas (SOTA), examined both wild and farmed salmon to determine their levels of polychlorinated biphenyls (PCBs), a mixture of synthetic and organic chemicals with the same basic chemical structure and similar physical properties. The study found that wild and farmed salmon populations contained similar amounts of PCBs, in levels far below the FDA's tolerance limit for such chemicals. The study's findings about salmon's low PCB levels come at a good time, when other fish populations have recently tested positive for traces of mercury and other toxins.

Continuing good news about the omega-3 fatty acids found in salmon underscores the fact that consumers should include salmon in their diets, and may do so without fear of contamination issues.

Today's Chiropractic, March-April, 2005

Dr. Fitzgerald (1917) divided the body into 10 zones. Each toe was a separate zone, dividing the body from head to toe. Working on a toe in one zone could affect any organ, gland, or muscle along that imaginary line. This work was built upon by others. Eunice Ingham evolved a 'map' of the entire body on the feet. Pressure applied to a specific reflex on the feet will have effect in the rest of the body. The feet mirror the

### 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



(Continued from page 1) drink, purified air to breathe, and full-spectrum lighting.

My dream has always been to provide a collection of services that are synergistic with each other. In other words, the total effect of these various services is greater than the sum of the individual effects of any of them separately. The reason for my dream is to make a dent in the ever-declining overall health of citizens we serve in our area. It is really sad to witness the declining health and worsening posture of those in our community. America is 37<sup>th</sup> in the world in health even though we spend the most on "healthcare." We need to

stop the increasing drug use that just handles symptoms and doesn't get to the root of the ill person's health problem. We will accomplish this together by increasing the expression of our in-born, self-healing potential. By removing interference to our adaptation system (the nervous system), ensuring the cells have their proper nourishment and reduced toxicity, AND by handling the accumulated damage these malfunctions have created in our bodies, we can rise above the fate we see so many of our fellows suffer from! So, join me and my staff in our excitement about our new office! We will have more information in the months and weeks ahead — watch your email, snail-mail and in-office communiqués.

**H**aving  
**A**  
**P**roperly function-  
ing nervous system  
**P**uts  
**Y**our

**T**otal  
**H**earth

**A**t a much higher  
state of vitality &  
resistance.

**N**erve interfer-  
ence is caused by  
spinal misalign-  
ments,

**K**nown as  
"Vertebral

**S**ublaxations."  
These sublaxations

**G**reatly reduce  
the

**I**nherent natural  
healing ability of  
the body. Few  
things are more

**V**aluable than  
your health. Make  
a decision to

**I**nvest in an opti-  
mal spine and an  
optimal

**N**ervous system.  
In this holiday sea-  
son, be sure to  
give the

**G**ift of Health, by  
telling your family  
and friends about  
chiropractic!



## Annual Giving Tree November 28 to December 17

Every year Dr. Johnson teams up with the Stevenson High School Christmas Food Drive. For a donation of toys, non-perishable foodstuffs, blankets, or \$15.00 cash, Dr. Johnson will offer current chiropractic, nutrition, and allergy elimination practice members a \$10.00 credit.

For those practice members who haven't been seen in the office in the past 4 months, Dr. Johnson will provide an update exam and an adjustment for \$30 plus donation (value \$56.00).

Anyone desiring to become a new patient (chiropractic, nutrition, or allergy) can do so for \$35.00 plus their donation. The value on this offer is up to \$150.00. For more information, call the clinic at (586) 731-8840 or pick up a flyer.

"This past year we've all helped our neighbors worldwide through various natural disasters. Now we have a chance to help those in our community who need our support. Every year Stevenson High School sponsors the food and toy drive and I have always supported this group and the fine work they do. My staff and I hope you too will be generous and help us help those in our community who need it most. We thank you in advance for your donations and wish you the happiest of holidays."

—Dr. Johnson & Staff



## Recipes

**HOLIDAY RECIPES that are wheat-free.**

### 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 2/3 cup sugar & 2/3 cup water)  
1 cup corn oil (or vegetable 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, water, and honey. 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 at 325 degrees for one hour (check at 45 minutes).

### BANANA-DATE COOKIES

4 cups oats, finely ground  
1/4 teas. Baking soda  
1 teas. Baking powder  
1 teas. Cinnamon  
1/2 teas. Nutmeg  
1 & 1/2 cups pitted dates  
2 cups water  
4 bananas  
Whole oats — just enough to sprinkle over sheet pan



In a small saucepan, combine the dates and water. Simmer for 30 minutes. Then remove from the heat. Combine all the dry ingredients, mix well, and set aside. Let the dates cool

### PUMPKIN CHOCOLATE CHIP COOKIES

from Becky Blake  
1 & 1/2 cups  
canned pumpkin  
1/2 cup butter  
1 cup Sucanant  
1/2 tsp salt  
1 tsp vanilla  
1 cup chopped walnuts



1 egg  
1 & 1/2 cups whole spelt flour  
1/2 cup rice flour  
1 tsp baking soda  
1 tsp baking powder  
1 & 1/2 cups Ghirardelli double chocolate chocolate chips (bittersweet)

Mix all ingredients in order given, drop by spoonfuls onto greased cookie sheet. Bake in 375 degree oven 14 minutes. Makes 4 dozen cookies.

### CARAWAY CHEESE DIP

From David Jantz, DC  
6 Tbsp dry-curd cottage cheese, no salt added (less than 1/2 % milk fat)  
1 Tbsp low-fat plain yogurt  
1/2 tsp caraway seeds, well crushed  
2 tsp minced fresh parsley  
4 dashes cayenne pepper  
2 Tbsp crushed pineapple in own juice, drained



In small bowl, mash cheese together with yogurt, caraway seeds, parsley, and cayenne. Stir in pineapple. Chill. Spread on toasted, unsalted rice or wheat wafers. Yield: 3/4 cup.

## Support the "Patient Services Restoration Act"

Did you know that Michigan has the most restrictive chiropractic scope of practice in the nation?



Three decades ago the Public Health Code was changed. At that time, there was little understanding among lawmakers and the general public about the benefits and science of chiropractic care.

We believe that YOU DESERVE THE BEST TREATMENT DR. JOHNSON CAN PROVIDE for you.

Last spring state Senator Wayne Kuipers (R-Holland) introduced Michigan Senate Bill 483, otherwise known as the Patient Services Restoration Act. This bill will allow doctors of chiropractic to —

- Utilize the full range of their education and training in the treatment of neuromusculoskeletal conditions.
- Improve public health by providing the most effective and efficient treatment.
- Reduce health care costs and boost business profitability by getting workers back on the job faster.

The Patient Services Restoration Act will not become an additional mandate on employers or insurance companies.

It does not make sense that consumers in every other Great Lakes state benefit from a full range of chiropractic services, while Michigan is saddled with a system that increases health care costs, wastes taxpayers' money, and prevents public access to quality, effective services that can boost business profitability by getting workers back on the job more quickly.

Restoring the chiropractic scope would allow chiropractic physicians in Michigan to provide services that were available to patients in our state prior to the 1978 Public Health Code revision.

The use of chiropractic services has tripled in the past two decades. Chiropractic physicians are routinely employed by high school, college and professional sports teams, including the Detroit Lions, Red Wings, and Pis-

tons, and by Olympic athletes such as Carl Lewis, and by professional golfers such as Tiger Woods.

As citizens of Michigan, we deserve to have these valuable services restored. To do so, we need your help.

Dr. Johnson is asking for your help. You can sign the petition in the clinic or go to [www.AlignMichigan.com](http://www.AlignMichigan.com) and contact your Michigan lawmakers. Please help us support this bill. It's fast and easy to help us make a difference.

### 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

### November-December 10% Discount Special

<b>Drenamin</b>	<b>Zypan</b>
90 tabs = \$8.10	90 tabs + \$9.90
360 tabs = \$28.80	330 tabs = \$31.50

The holidays are coming and that means stress as well as digestive problems. Drenamin provides rich sources of vital nutrients combined with bovine adrenal tissue proteins to help maintain healthy functioning of the adrenal glands.

Zypan is comprised of betaine hydrochloride, digestive enzymes, and pancreatin to provide broad support for efficient protein digestion and absorption. These ingredients work together to help essential nutrients reach their cellular destinations and reduce the likelihood of gastrointestinal discomfort.

### Heart Health Update:



Here are six foods that can protect your heart; in fact, these six foods, eaten regularly, could cut heart disease risk by 76%.

**Almonds:** A handful a day can reduce LDL (bad cholesterol) by 5%.

**Fish:** 4 servings a week. Use tuna, salmon, and sardines — they're full of omega 3 fatty acids.

**Garlic:** One fresh clove or 600-900 mg capsules.

**Produce:** Broccoli, berries, melons, carrots, and leafy greens are all rich in both antioxidants and fiber.

**Wine:** A daily glass can lower your odds of heart disease by one third. Red wine is rich in polyphenols, which prevent oxidation, the process that causes cholesterol to glom on to artery walls.

**Dark Chocolate:** Eating this treat daily (a small amount) can reduce blood pressure. Organic is best.

Information in this article came from an article in the May-June 2005 issue of AARP magazine.

**Karl R.O.S. Johnson, DC, LCP**  
Director  
**Diane L. Radtke, Editor**  
50258 Van Dyke  
Shelby Township, MI 48317  
(586) 731-8840  
FAX: (586) 731-9550

Email:  
info@wellnesschiro.com



WE'RE ON THE WEB!  
WWW.WELLNESSCHIRO.COM

### MASSAGE THERAPIST AVAILABLE IN OFFICE

**Diane Rotha** is available for massages in our clinic on Thursdays and Saturdays — by appointment only.



Massage enhances the effects of a chiropractic adjustment, relaxes tense muscles and increases flexibility, normalizes blocked energy flow, and relieves mental and physical fatigue

*Please call the office for your appointment.*

**(586) 731-8840**

## 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.

*(Continued from page 1)*

protecting the environment by reducing pollution in air, water, and food. You can find more information at the following websites: [www.ewg.org](http://www.ewg.org) and [www.foodnews.org](http://www.foodnews.org).

#### Why should you care about pesticides?

We've all heard rumors of the dangers of pesticides. However, now there is growing concern in the scientific community regarding the subtle ways in which small doses of pesticides affect people. This is especially true during critical periods of fetal development and childhood when pesticides can have long-lasting adverse effects.

Dr. Johnson encourages everyone to minimize exposure to pesticides whenever possible. Washing and rinsing fresh produce may help reduce pesticide residues, but it does not eliminate them. Peeling reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to

eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.

For more information on pesticides in food, go to [www.foodnews.org](http://www.foodnews.org). This site has valuable information about the levels of pesticides in the food we eat.

The data used to create these lists already considered how people typically wash and prepare produce (for example, apples were washed before testing, bananas were peeled).

For the most contaminated, Dr. Johnson suggests substituting organically grown produce whenever possible.



These 12 popular fresh fruits and vegetables are consistently have the **LOWEST LEVEL OF PESTICIDES:**

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn (Sweet)
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapples
- Peas (sweet)

These are the **HIGHEST IN PESTICIDES.**

- Apples
- Bell Peppers
- Celery
- Cherries
- Grapes (imported)
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries