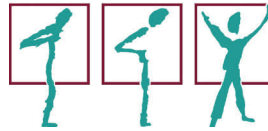


Healthline



Chiropractic & Nutrition
Wellness Center
Healthy Alternatives for Life

January-February, 2006

Volume 16, Number 6

Are You Taking Part in the Wellness Revolution?

By Karl R.O.S. Johnson, DC, FICPA, LCP

Chiropractors choose different paths to follow, paths that take them away from traditional chiropractic ideology —

- Some have become musculoskeletal or back specialists dealing exclusively with pain management
- Some have taken on the role of subluxation specialist, limiting their concern to the articulations (joints) of the spine.
- Some such as the Chiropractic & Nutrition Wellness Center assume the role of primary provider of health care.

Coincidentally there has never been more scientific support or public interest in

the care that only chiropractic can deliver!

The chiropractic wellness paradigm is coming of age none too soon. Research clearly shows that our American "Health Care" system is causing more harm than good. Even with our high technological advances, the USA ranks 37th when ranking the top 39 industrial nations in order of health

There is overwhelming evidence proving that our current "health care" trends are not making positive gains in preventing illness and disease. What would

happen if every American citizen stopped smoking cigarettes, stopped drinking excess alcohol, made healthier food choices, exercised daily, and received regular chiropractic care? Find out the truth about health care in the USA. For all the facts and figures go to:

<http://mail1.icpbounce.com/icp/relay.php?r=9764464&msgid=1483219&act=854&admin=0&destination=http://www.silentbetrayal.com/articles/pr/deathmedpr.htm>

or here for a great slide show:

<http://mail1.cipbounce.com/icp/relay.php?r=9764464&msgid=1483219&act=854&admin=0&destination=http://www.thehealthmovie.com/>

Further consider that in 1996 the RAND Corporation (a non-profit organization that addresses the challenges facing the public and private sectors around the world) along with the Harvard School for Public Health indicated that the annual toll of medical harm included: 1.3 million injuries, 180,000 deaths (the equivalent of three jumbo-jet crashes every two days!) resulting in \$50 billion in total costs and \$14 billion in uncompensated costs. This makes medical error a major killer in America, claiming more victims each year than crime and car accidents combined.

(Continued on page 4)

How Toxic Is YOUR Body?

Here's a simple test from Standard Process Labs to help you determine whether or not you have a toxic body:

- Do you or have you eaten processed foods?
- Do you eat non-organic fruits and vegetables?
- Do you eat meat and poultry that is not free-range?
- Do you consume genetically-altered food?
- Do you or have you ever used artificial sweeteners?



- Do you drink soda (pop)?
- Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- Do you eat fast foods and/or eat out regularly?
- Do you charbroil or grill foods?
- Is coffee a regular part of your diet?
- Do you drink alcohol?
- Do you drink tap water?

(Continued on page 5)

Success Stories

My son Austin suffered from migraine headaches every day. Two or three times a week they would be so bad that he would throw up. He had been to an allergy MD and did shots, but they didn't work.

A friend recommended Dr. Johnson. When Dr. Johnson examined Austin, he found more than just the allergies that Austin had been treated for. Austin started NAET treatments and soon we began to notice a difference. Austin's headaches subsided until now when he rarely has any. Austin says that he can't remember when he had his last headache.



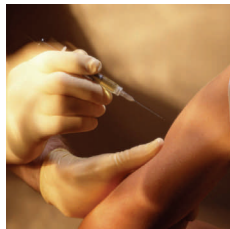
Austin also started receiving chiropractic care for some leg pain. Dr. Johnson said that Austin had a compressed vertebra that was causing the low back pain and the leg pain. The adjustments have really helped that too.

Thanks, Dr. Johnson, for all your help.

Laura LaBroski, Almont, MI

I've suffered from allergies for years and gotten injections for them too. Every couple of years my allergy medical doctor insists on redoing the scratch tests and the injection tests.

I told Dr. Johnson about my allergies and that I didn't think the shots were helping and he suggested trying NAET (Nambudripad's Allergy Elimination Techniques). I agreed and I worked with both the injections and the NAET treatments.



Recently, I had the scratch test repeated and nothing showed up. According to the medical doctor, my allergies are gone. Dr. Johnson said that I still have molds and other similar environmental thing to clear. I trust the NAET and Dr. Johnson. He's really made a difference in my life.

Anita Zinzi, Shelby Township, MI



For many years I thought I was lactose intolerant. Every time I would eat milk or cheese products, I would suffer from an upset stomach, even diarrhea sometimes. But then I came to Dr. Johnson.



After a careful exam, Dr. Johnson told me I had food allergies. I've been treated for several things including milk and dairy. I was afraid to try them at first, but now have had milk on my cereal without any problems and also other dairy foods. And no problems.

Thanks, Dr. Johnson, NAET is a great thing!

James Gerjekian, Macomb, MI

Dear Dr. Johnson:

My name is Gina Sikon. I am 44 years young and have been a steady patient of yours for about 3 months now. About 4 years ago, a mutual church member told me about you and the wonderful things you do for his health. I was skeptical at first because I did not understand what you did. When I was diagnosed with Advanced Stage Breast Cancer, I thought it was the end for me, but after careful research and treatments, I realized the outcome of the cancer was up to me.

I took charge of my eating habits, came to see you for nutrition and CRA and maintained a positive attitude. The supplements that you have me on have increased my healing and energy after completing the chemo and radiation. I attribute your expertise to my healing so fast from the fatigue caused by chemo and radiation.

Just last weekend, I was out painting my picket fence and cleaning out my shed. I am confident that your services will help me overcome my surgery challenges as well.

I recommend that anyone being treated for cancer get treatment from you along with the oncology team. Thank you for my wellness. I am celebrating life.

Gina M Sikon, Warren, MI



Recipes

In line with our Standard Process Purification Program, this month we'll feature recipes for various shakes made with SP Complete powder and some good ingredients.

The Original Recipe

- 2 rounded Tbsp. of SP Complete
- 8 oz. water (can be increased for desired consistency)
- 1 to 1 1/2 cups fruit (examples include berries, bananas, peaches, apples, or cherries)
- 1 Tbsp. flax seed oil



Thoroughly blend all ingredients together. You may make a large enough batch to last throughout the day, but make sure to keep it refrigerated, and remix it as needed before pouring. This recipe can be varied according to personal taste.

Raw Soup

Blend until smooth:

- 2 rounded Tbsp. of SP Complete
- 1 pear (cored and peeled)
- 1 apple (cored and peeled)
- 2 Tbsp. your favorite oil
- 1 cucumber peeled
- 1 head of parsley, chopped
- 1 lemon (juiced)
- 2 cups of water



Hot & Healthy Morning Drink

- 2 rounded Tbsp. of SP Complete
- 1/2 cup tomato or vegetable juice
- 1 Tbsp. Worcestershire sauce
- 2 tsp. regular or toasted sesame oil

Add 1 1/2 cups of hot water after the mixture is blended.

Supplement Special January-February, 2006

Standard Process Purification Program

3 week program

Regularly \$212.00

SP Complete—2 jars

SP Cleanse—1 bottle

SP Green Food—1 bottle

SP Gastro Fiber—2 bottles

10% discount January & February only
\$190.80

SP Complete: Mix with water and fruit or vegetables to make a nutritious supplement shake—completely portable.

SP Cleanse: Contains phytonutrients from 20 different whole foods and botanicals to help the body eliminate toxins.

SP Green Food: Made from whole food complexes to support normal growth and development, immune system response, antioxidant protection and detoxification activities.

SP Gastro-Fiber: Contains phytonutrients and botanicals that function synergistically to help cleanse and lubricate the intestines, encourage regular elimination, and promote pH balance.

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?

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



To illustrate the wellness paradigm shift consider the following: up until 1950 no major records were kept as to how much was spent annually by patients to non-M.D.'s for wellness care. In 1990 Harvard University published a survey that showed there were 388 million visits to M.D.'s for allopathic (sickness/pain) care whereas there were 425 million visits to non-M.D.'s for wellness care — and patients spent \$10 billion out of pocket! More amazing is that in 1997 Harvard published another survey and found there were only 386 million visits to M.D.'s for allopathic (sickness/pain) care whereas there were 625 million visits to non-M.D.'s for wellness care — and patients spent \$29 billion out of pocket. In just 7 years there were 200 million more visits to non-M.D.'s!

In 2002 there was a 100% increase in wellness visits to the chiropractor as reported in the medical journal *Spine* (April 2002). As a result of the increase in interest and spending on wellness care, many medical institutions decided to include some wellness oriented services (to capture more dollars) to their allopathic services. Now we see massage, acupuncture, spinal manipulation, aromatherapy, mineral baths, etc. offered by hospitals and medical centers. It's very interesting that those institutions scoffed at these various health care services in the past — nonetheless, I think this is a good trend for the medical profession since in the long run the patients will be better served. The only problem is that the reason for offering these services is usually still based in the allopathic (sickness/pain) model.

Some important indicators that can be measured and are a better indicator of the need for wellness oriented care are: spinal architecture, bone/joint/disc health or degeneration, posture, flexibility, strength and endurance, balance and coordination, abnormal illness behaviors,

anxiety level, depression, cognitive/coping skills, fear-avoidance, etc.

We screen for many of these indicators with various Outcomes Assessment questionnaires and tests in order to determine the best type of care for the individual who presents to our office for help. Still, the main concern for those coming into our



office initially is pain — because of the lifelong indoctrination to the allopathic (sickness/pain) model of care we are exposed to in this country. Often times a patient will come into the office in pain and when they are out of pain they assume all is well and often suspend care — only to suffer a relapse. Consider that scientific research shows that acute inflammation lasts 3-4 days, tissue repair takes 2-6 weeks, tissue remodeling can take 3 weeks to 1 year, new capillary formation (which is imperative for healing to occur) takes months to complete, ligaments repair about 50% in 6 months — 80% in one year — 100% in 1-3 years, muscle and tendons take 10 days to 10 weeks and one's ability to regain good balance and coordination (sense of where the body is in space—also known as proprioception) takes 8-10 weeks. So when Dr. Johnson says the corrective care process can take 9 months to a year or more — **now you know why.**

To really take part in the wellness revolution requires individuals to take responsibility for their health and learn how their bodies work so they can make sound decisions regarding care. That is why we recommend chiropractic and nutritional care first, massage/bodywork/energy healing sec-

ond, drugs with their accompanying side effects third and irreversible surgery last.

One last note...**Much of medical care is based on instilling fear and apprehension in the public so that they succumb to more medical drug-based care.** We know that consuming more drugs will result in more medical costs and deaths. Consider the most recent fear instilling tactics regarding the "bird flu." Why not focus attention on procedures and treatments that can improve one's immune system? There are many supplements that improve immune function as does the chiropractic adjustment. The impact of subluxation (on the immune system the lesion that weakens nerve system function that chiropractors detect and correct) has been researched and demonstrated well into the 1980's and beyond by researchers including Ronald Pero, head of the Cancer Prevention Institute in New York. Chiropractic care works to improve the function of your nervous system (see <http://www.icpa4kids.org/research/chiropractic/immune.htm>).

Chiropractic as a treatment form gained notoriety during the 1918 Flu Pandemic, when it was found that patients receiving "adjustments" had significant lesser mortality than those treated with conventional medical treatments of the day.

Studies show those under regular chiropractic care have stronger immune systems, because their nervous systems are functioning properly. The Great Flu Pandemic of 1918 was the greatest plague of modern times. It is estimated to have



(Continued on page 5)

(Continued from page 1)

If you answered "yes" to a several of these questions, then it is likely that you are carrying a toxic load. In addition to your diet, you are also exposed to air pollution, cigarette smoke, dry cleaning fluids, exhaust fumes, soaps, perfumes, drugs, and cosmetics, etc.

Over the years, this multitude of toxin exposures causes the liver to become overloaded and the detoxification mechanisms are unable to completely cleanse the tissues and organs. This leads to an imbalance. People's sedentary lifestyles and stressed-out lives only add to this imbalance.

Do you have any of these signs of an overworked liver?

- Digestion/elimination problems, such as nausea, constipation, diarrhea, or bloating
- Depression, anger, or irritability
- Blood sugar fluctuations
- Hormonal imbalances
- Fatigue
- Circulatory issues
- Trouble losing weight or gaining

weight

- Joint and/or muscle discomfort
- Bad breath/body odor
- Dark circles under eyes

If one or more of these symptoms apply to you, consider the Standard

Process Purification Program (this month's special discounted supplements).



Why do a purifying program? In many cases, by the end of the holi-

day season, we feel sluggish, we've eaten far too many sweets, rich foods, and processed foods. We've also experienced long hours of socializing and probably drank a lot of fluids we normally do not drink.

January should be national diet month because most people start the new year determined to get their bodies back to a healthy condition and lose the excess pounds they've gained. The Standard Process Purification Program is one of the best ways to do this.

Some of the benefits of completing

the program include increased energy, better digestion, weight reduction, improved health, clearer thinking, less bloating, clearer skin, shinier hair, and disappearance or lessening of past conditions (PMS, digestive problems, etc.)

Dr. Johnson recommends the 3-week modified program. You'll be given a booklet outlining the program and the dietary changes you'll make for the 3-week period. Many people feel so good during this program that they continue following the dietary guidelines long after the program is completed.

You'll be eating fresh fruits and vegetables, salads, rice, and meat, fish, and poultry. You'll drink plenty of water and take the specific supplements recommended for the program. You'll also get SP Complete in 2-3 shakes per day.

For those interested, Dr. Johnson has a packet of information available for you. Just ask for it on your next visit.



(Continued from page 4)

killed between 25 and 40 million people worldwide. About half a million were killed in the United States. 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 6116 deaths. At the Palmer College of Chiropractic in Davenport, Iowa, 1,635 flu cases were adjusted, with only one fatality. Outside Davenport, chiropractors adjusted 4,735 flu cases, with only six deaths. 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 died.). Also during this flu pandemic of 1918 those receiving homeopathic care had only a 0-2% death rate! (See <http://www.icpa4kids.org/research/children/fever.htm>)

In light of this information that many of you will find as new — why not consider adopting a wellness lifestyle that includes regular chiropractic care, optimized nutrition, physical exercise, mental relaxation and loving relationships. That is what we promote at the Chiropractic & Nutrition Wellness Center!

MASSAGE THERAPIST AVAILABLE IN THE CLINIC



Diane Rotha, CMT 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



**Chiropractic & Nutrition
Wellness Center**
Healthy Alternatives for Life

Karl R.O.S. Johnson, DC, LCP

Director

Diane L. Radtke, Editor

Phone: 586-731-8840

Fax: 586-731-9550

Email: info@wellnesschiro.com

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.

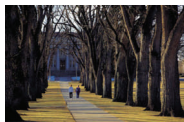
January — Fat Loss Time

Every January millions of people go on a "diet." After weeks of holiday partying, most people feel sluggish and need to get themselves feeling healthy and confident once again. January seems to be the time to set goals and make a valiant effort to drop some poundage.

We all know of the many benefits of losing unwanted, unneeded fat — feeling better, looking better, and thinking better. But losing that weight is not an easy task.

Last summer *Organic Style* magazine ran an article, "25 Ways to Lose Fat Easily (and Naturally)." Here are some suggestions to help you on your road to thin.

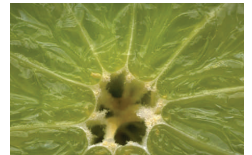
1. Take longer walks. Aim for 30 consecutive minutes.
2. Brush your teeth more. By brushing more, you may increase your resolve.
3. Get on your feet. Research shows that obese people typically sit for two and a half hours longer each day than lean folks.



4. Add some movement. Fidget, get up and deliver messages, tap your toes — just move.
5. Work in a salad course. Eat lots of greens at the start of a meal.
6. Trade your usual yoga class for a high-powered one. In other words, move faster.
7. Take a sideways approach. Lateral exercises, such as side lunges, have been shown to burn more calories than forward and backward versions. Try inline skating.
8. Drink water. Drinking 12 glasses of water daily increases metabolism more than having eight glasses.
9. Choose grass-fed beef and free-range poultry if you eat meat.
10. Try something new in your exercise program. When you change your exercise routine, you surprise your muscles, making them work harder.



11. Smell grapefruit to curb appetite. Dab a few drops of grapefruit essential oil on your wrist and inhale when a craving hits.
12. Count your steps. People who wear pedometers increase their daily activity.
13. Skip post-exercise snacks.
14. Psych yourself up. Use hypnosis by imagining yourself thin and visualizing yourself eating healthy foods or you can buy a hypnosis CD.
15. Write your own diet book. Keeping a food journal is easy and leads to better mealtime choices.
16. Make time for tea — green tea. It helps you burn calories faster.
17. Eat on schedule. Researchers found that women who ate their normal diet spread over six regularly spaced times a day had faster metabolism and greater insulin sensitivity plus lower cholesterol.



NOTE: See *Organic Style*, June, 2005 issue for more.