



Enjoy the Outdoors by Karl R.O.S. Johnson, DC



**Dr. Johnson, Jamie Gannon,
and George Mejaly, on the
MS150 Bike Tour —
June 10 & 11, 2006**



put in some time training. I typically ride about 400-500 miles in training rides prior to the MS150. This year because of the mild winter I was able to do some riding in January! You might remember we had a 55 degree Saturday in January. In addition to training rides, I use my Total Gym® to enhance my leg and arm and torso strength. I also do targeted stretching for bicycling based on my past experience and I focus on the areas most tightened by the repetitive activity of cycling.

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Just recently I completed my first century ride! That's cyclist lingo for riding 100 miles in one day. I was riding with two of the office's practice members, one of whom I have been riding with for about 10 years. In fact all of us did ride our first century June 10 & 11 and we all felt a sense of accom-

plishment. We rode in the MS150 which is a charity bike ride to raise money for the National Multiple Sclerosis Society. Rides like this across the country raise about 60 million dollars per year for the cause.

In order to get ready for a ride such as this one must

Most people prepare for exercise by selecting the proper fitness attire, hydrating their bodies, and stretching. These are all important activities. However, most people overlook the issue that is far more important – nutrition. The proper nutri-

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Essential Fatty Acids—Good, Better, BEST! By Diane Radtke

Remember reading about the Eskimos in grade school? They were so healthy, never had heart problems, always ate lots of fish. Remember how “mom” encouraged you to eat you vegetables and fish? Over the years, we've come to realize the importance of something called “essential fatty acids.” They're what kept the Eskimos healthy and they can keep you healthy too.



What are essential fatty acids (EFAs) and what do they do? EFAs are a special type of polyunsaturated fats that are essential for optimum health, yet are not produced by the body; so we need to get them from our food supply. We need EFAs to survive; but our preoccupation with low-fat diets and our lack of education and understanding about the role fats play in our diet have led many to become deficient in EFAs. Let's take a look at 2 very important

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Success Stories

Inner Ear Problem...Solved

I have been seeing a chiropractor (not Dr. Karl) for four years for herniated and degenerative discs in my back/neck area. My doctor referred me to physical therapy last summer (2005). While there, one of the machines kept malfunctioning (where the head part would stick and not slide back and forth) while the body kept sliding. I began experiencing dizziness. I had dizziness when standing, and even when I was lying in bed and turned my head ever so slightly, the room would begin to spin.



I visited many doctors over the past year — my chiropractor, two internists, a masseuse, etc. They all told me it had to be an inner ear problem and that I should see an ENT (Ear, Nose, and Throat) specialist.

I am a new patient of Dr. Karl and when I mentioned this problem to him, he knew right away what to do. He adjusted my occiput. The dizziness has completely disappeared. I feel like a new person thanks to Dr. Karl. (By the way, I did go to my appointment with the ENT and he told me there was nothing wrong with my inner ear or hearing; and if I experienced dizziness again, to make another appointment with him.)

If it had not been for Dr. Karl, I have no doubt that I would still be having dizziness today.

Karen Novak, Troy, MI

Heavy Metals Depart

Several months ago I came to Dr. Johnson seeking help for my vertigo and brain fog. I'm a math tutor and had difficulty concentrating.

Dr. Johnson told me that I had a heavy metal build up in my system. I took supplements and noticed a difference within a month. I felt more refreshed and it was easier to concentrate. But it wasn't until I combined the nutrition with the chiropractic that I really noticed a difference.

After my first adjustment, it was like euphoria. My vertigo cleared up and I could turn my head. Before the adjustments, I couldn't turn my head around in the car to see my children in the back seat. Also, I couldn't look up. Now I can do both. I have more flexibility in my neck and no more headaches.

I'm really thankful that I found Dr. Johnson. He's helping me and my family.



Linda Chalout,
Rochester Hills, MI

Motion Sickness Eliminated



I've always had a problem with motion sickness. I mentioned this to Dr. Johnson. I told

him that I couldn't read in a moving vehicle and that I needed to sit in the front in order not to get nauseated. I never thought that one could be treated for that; but Dr. J. said I could. I got the NAET treatment and soon I could read in a moving car. I recently took a 10-hour car trip and was able to read all the time.

I guess the only thing left is to try flying and see if it works there. I'm certain it will, but it's a good excuse for a trip. Thanks, Dr. Johnson, for all your help over the years.

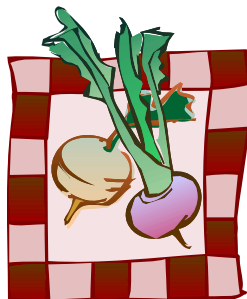
Nancy Ludlow,
Shelby Twp., MI

Cleansing Program Works

For quite a while whenever I ate, I felt sick, nauseous in my stomach. Although I didn't throw up, I felt like I could. Even when I ate good, healthy food, I would be belching and feel gaseous throughout my system. My stomach even felt swollen.

I asked Dr. Johnson about it, he checked me with Contract Reflex Analysis (CRA) and confirmed it. He recommended a program that consisted of raw beets for six weeks, no dairy or wheat, supplements, and the Blood Type Diet. Within two weeks, I was 75% better. I couldn't believe how much better I felt.

I'm telling everybody about it. I never would have believed it if it hadn't happened to me. I realize how important it is to be educated by Dr. Johnson. Thanks, Dr. J.



Connie Schultz,
Macomb Twp., MI

Grass Allergy Cut Down

For years I had problems every time I cut the grass. I would get congested and sneeze a lot.

When I told Dr. Johnson about the problem, he suggested allergy elimination (NAET) treatments. What a difference. Now I can cut the grass, handle the clippings, and work in the yard with no problems. Thanks, Dr. J.



Matthew Tuckfield,
Romeo, MI



Recipes

Portobello Mushroom Burgers

from Janet Drummond

-1 cup Balsamic vinegar

-2 Tbsp. olive oil

-1 teas. dried basil

-1/4 teas. Salt

-1.4 teas. Ground pepper

-2 garlic cloves, minced

-6 Portobello mushroom caps

-Cooking spray



Combine the first 6 ingredients. Add mushrooms. Marinate for 24 hours in sealed plastic bag. Remove caps from bag. Place on grill coated with cooking spray. Grill 5 minutes or until tender.

Topping for Burgers

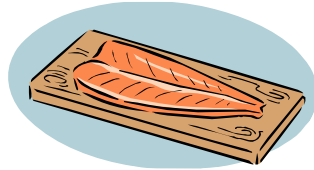
-1 Tbsp. olive oil

-1 1/2 cups sliced onion

-1/4 cup mayonnaise (low fat)

-1 teas. Minced garlic

Cook onion in olive oil. Combine with mayonnaise and garlic. Put on top of mushroom.



Roasted Salmon with Ginger, Garlic, and Scallions

-Olive oil spray

-Two 8-oz. salmon fillets

-2 stalks scallions

-1 garlic clove, crushed

-2 Tbsp. peeled, minced fresh ginger

-1/4 teas. salt

-Freshly ground black pepper

-Juice of 1/2 lime

Preheat toaster oven to 375 degrees and spray a baking pan with olive oil. Rinse the salmon with cold water and pat dry with a paper towel. Cut the scallions into 4-inch sticks and then slice lengthwise. Place salmon on the baking pan and spread the scallions, garlic, and ginger across the top. Season with salt and pepper, then bake for 4 minutes. Switch the oven to broil and cook for 3 to 4 minutes more, until the center of the salmon turns from red to pink. Finish with a sprinkle of lime juice. Serves 2.

Salmon Salad

-3 cups mixed salad greens

-6 cherry or grape tomatoes, halved

-2 stalks scallions, chopped

-2 Tbsp. chopped fresh basil

-1/2 grapefruit, peeled and diced

-1 teas. Extra virgin olive oil

-Pinch of salt

-Freshly ground black pepper

-6 oz. cooked salmon



Toss the mixed salad greens, tomatoes, scallions, basil, and grapefruit. Dress with extra virgin olive oil, salt, and pepper. Plate the salmon on top of the salad. Serves 1. (Salmon recipes from *The Fat Resistance Diet* by Leo Gal-land, MD)

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omega-3 fatty acids— eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). And what do they do?

Together they **support a healthy heart** by ...

- Reducing triglyceride levels in the blood,
- Increasing good cholesterol,
- Regulating heart beat
- Managing blood pressure,
- Helping healthy blood flow,
- Maintaining healthy blood vessels,
- Supporting healthy circulation, and maintaining a regular heart rhythm.

They also **support a healthy mental attitude** by...

- Providing major building blocks for the brain
- Surrounding each cell in

our brains with protective walls.

- Forming several neural transmitters that are vital to nerve and brain function.

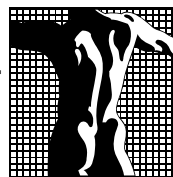
DHA also aids brain and visual health during pregnancy and lactation. In addition, it maintains memory function and supports healthy emotional response and mood.

EPA and DHA also help with **weight watching** by enabling the body to burn stored fat more efficiently. Fish oil and exercise work synergistically to increase fat loss and help improve body composition and reduce cardiovascular risk.

Additional benefits include healthy hair, skin, and nails. Fish oils have been shown to help prevent dry skin, soothe the scaly, rough skin by reducing unnecessary inflammation, improve blood flow and support the elasticity of red

blood cells, and encourage the production of strong collagen and elastin fibers in the dermis, making skin look younger by reducing wrinkling and sagging.

And finally, **Fish oil is effective for neck and back conditions.**



From the **Chiropractic Economics magazine** comes the news that, at a recent meeting of the American Association of Neurological Surgeons, fish oil helps reduce chronic neck and low-back pain. The supplement also works on symptom management in people with non-surgical arthritis.

In a study at the University of Pittsburgh (PA), 250 adult patients with non-surgical neck or back pain under physician's care were asked to supplement with two cap-

sules daily of a concentrated fish oil supplement which provided 1,200 milligrams of omega-3 EFAs, of which 900 mg. are EPA and 200 mg. are DHA.

After supplementing for an average of 75 days, 60 percent of the respondents reported reduction in both overall pain and joint pain, and 59 percent discontinued taking prescription pain medications or non-steroidal anti-inflammatory drugs (NSAIDs). None of the patients experienced significant side effects and 88 percent of the respondents planned to continue using the fish oil omega-3s. (Source: *Omega Research*, www.omega-research.com)

Dr. Johnson carries several types of fish oil. Ask him which one is best for you. Not eating enough omega-3s has been linked to many, many conditions (see back page of "Live Life to the Fullest"), then take your daily dose to insure

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**See the Article
beginning on Page 1**

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ents will supply your body with the energy it needs during and after exercise. On a nutritional level I take several supplements to help support my muscles, ligaments, heart and adrenal glands.

The Secret to Performance and Endurance

Whether your idea of a workout is playing volleyball, running 5 miles, or riding 35 miles, your performance and endurance suffer when your body lacks what is needed for optimum function. Your body expects and needs good fuel. Your strength and stamina require it. And your personal best depends on it.



During exercise, your joints

take a beating, muscles get tired, and oxygen demands are increased. The proper nutrients can help you perform at an optimal level.

Fuel your body with a nourishing diet comprised of fresh fruits and vegetables, high quality proteins, and whole grains. For additional support, take Standard Process whole food supplements to supply your body with the specific nutrients it craves during and after exercise.

The vital ingredients contained in these Standard Process products will support your exercise program.

Ligaplex® II focuses on strengthening and supporting the joints and connective

tissues. The nutrients found in Ligaplex II work together to help the body meet the demands of movement.*



Cataplex® B contains B-complex vitamins to support healthy muscle tone and enhance energy production.*

Cardio-Plus® supports healthy cardiovascular function, including support for increased oxygen demands as you exercise.*

Hopefully this article will motivate you this summer to continue to work on your New Year's Resolution of improving your body, mind and spirit. Get outside and make some vitamin D and get some fresh air! Just do it!

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Worried about the Sun?



Various studies throughout the world have reported some interesting facts about the sun as reported in *Positive Thinking*, July-August 2006:

- The longer babies from ages 6 to 12 weeks stayed out in the sunlight, the longer they slept at night. Infants who soaked up twice the amount of sunlight as the others averaged 77 minutes more sleep. Don't forget the SPF!
- The farther you are away from the equator, the higher your blood pressure. For every 10 degrees longitude away from the equator, mean blood pressure rises between two and e points. Higher-intensity UV light (which there's more of the closer you get to the equator) affects the body's production of vitamin D₃, which has been found to lower blood pressure.
- Evidence has been found that insufficient exposure to the sun's ultraviolet-B light puts you at risk for cancer. Dr. William Grant notes in the journal *Cancer* that the disease's death rate—in particular, from reproductive and digestive cancers—among people in the northeastern U.S. is double that of those living in the southwest. Grand blames the lack of UV-B sunlight in the winter months up north, which doesn't allow the body to synthesize enough vitamin D.
- If you end up in the hospital for surgery, ask for a room on the sunny side of the building. According to a study published in *Psychosomatic Medicine*, post-op patients were randomly assigned to either a dim room or a bright one and allowed to administer their own pain medication in the first 24 hours after surgery. The patients in the sunny room—who received 46% more natural light—took 22% less pain medication.
- Expectant mothers who got more sunlight during the first trimester gave birth to babies who were bigger in length and weight. But children whose moms got peak sunshine in the third trimester turned out to be the tallest teens.



Bits & Pieces

Brain Fog vs. Brain Food

A recent article in the Standard Process Labs' newsletter addressed the issue of brain fog. The article is a review of the book, *The Crazy Makers, How the Food Industry Is Destroying Our Brains and Harming Our Children* by Carol Simontacchi.

The author outlines how the food we consume affects the health of our brains from the womb to adulthood. This includes why children cannot learn, cooperate, or relax and why our teenagers are so defiant, angry, and depressed.

Since we've already made the connection between food choices and diseases like cancer, diabetes, and heart disease, couldn't we also make a connection between food choices and the healthy growth and mental development of our children?



Many of our children begin their day with a breakfast of high sugar and no basic nutrition; then continue

with a lunch of processed foods provided by schools and the "pop" or "soda" available in vending machines. Our children's diets are grossly inadequate in most vitamins, especially the B vitamins, and they also consume excessive amounts of sugar. B vitamins especially are needed for brain health and blood sugar support.

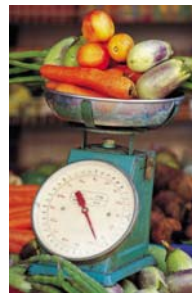


Dr. Johnson recommends the book, *the Crazy Makers*, as well as a diet that includes more whole foods like lean meats, green vegetables, and fruits. Also, give the children a nutrition check up to find what nutrients are missing.

The World's Healthiest Foods

One of Dr. Johnson's favorite websites is www.whfoods.com. Under the heading, "Feeling Great" you will find a list of the world's healthiest foods from "a" to "z." One thing you'll find is that it's all real food.

The criteria indicated that these foods must be nutrient dense, be whole foods, be familiar foods that are readily available, affordable, and taste good.



The list is too long to print out here, but the categories include vegetables, fruits, nuts & seeds, grains, low-fat dairy, root vegetables, beans & legumes, fish & seafood, poultry & lean meats, natural sweeteners, and other.

For a complete list, go to <http://www.whfoods.com/foodstoc.php>

Policy Regarding Missed Appointments

If you are unable to keep your appointment, please let us know within 24 hours of your scheduled time. A \$39.00 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

Just as the outgoing tide
Returns to the ocean side...
So the gift of outgoing
friendship
Comes back
to the giver.



— Kathy Long

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

Please call the office for your appointment.

**(586)
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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.

Do You Know Anyone Who Could Benefit from Chiropractic Care?

There are many people among us who continue to suffer needlessly from spinal pain, headaches, and other similar forms of ill-health. For whatever reason, they have not had the benefit of trying chiropractic — the largest, non-drug health-care discipline in the country. If you happen to know one or more of these people (a friend? Co-worker? Family member?), you can do something about it. Below is a complimentary certificate that is good for one exam and office visit. Simply cut it out, and give it to your friend.

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*Additional views at normal fees.

**This coupon could save you up to \$250.00. Adjustments not covered by coupon.

