



Healthline

Flu Season—Chance or Choice? By Jeanne Ohm, D.C.

As we approach the "flu season" it is important for us to recognize some of the lifestyle dynamics that contribute to our increased susceptibility to the flu.

Our bodies have an incredible ability to adapt to their environments and maintain a state of "ease" or balance. It is this balance or proper function that creates true health and well-being. Physical, emotional and chemical stresses adversely affect our bodies' ability to adapt and maintain this balance.

All summer long we enjoy the outside sunshine, the warm, fresh air, and

increased physical activities. Schedules are less hectic and there is more opportunity to relax and enjoy. Fresh fruits and vegetables are in abundance, and we tend to eat lighter, more nutritious foods.

Back to school means back to busy schedules. Time constraint and convenience have many children eating the not-so-nutritious school lunches and resorting to vending machines for quick snacks. School activities, and community meetings are in full swing; and every "spare" moment after school and on weekends is spent rushing from one

activity to another. Additionally, back to school means at least six hours per day where our children are slouching in uncomfortable desks and carrying heavy book bags. The benefits of summertime outdoor activity levels are decreased and time outside is usually limited to a 20 minute recess period.

With the fall comes the stress of the holidays as Halloween, Thanksgiving, Christmas and Hanukkah are upon us. The exhausting tasks of shopping, preparations, and hectic deadlines combined with our al-

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Backpacks & Back to School

As a doctor of chiropractic, I am acutely aware of the potentially damaging affects backpacks can have on children. My profession is promoting a better understanding of backpack injury. The improper use of backpacks

is epidemic amongst children and often causes spinal trauma, injury, subluxation and resulting postural changes.



Forty (40) million students carry backpacks to school each year; most of these packs are overstuffed and too

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Hey, Kids! Free Back Pack Check!

During September and October, Dr. Johnson will check all children who bring in their backpacks, school supplies, and books. We will weigh back packs and check spines to determine what damage is being done. Dr. Johnson will then recommend alternatives for a healthy spine and more. Call today for your appointment!

Recipes

In this issue of *Healthline*, we're featuring some recipes from *Natural Awakenings*, a recent addition to our clinic. We hope you'll pick up a free copy each month.

Fruit & Yogurt Shake

- 1 cup low-fat plain yogurt
- 1/2 cup fresh or frozen fruit
- 1 Tbsp. good fat (flax oil, ground flaxseed or nuts)



Combine ingredients into blender. If necessary sweeten the shake with a teaspoon of honey. Makes about one 12-ounce shake. Suitable for one middle school child or two elementary school students for breakfast.

This recipe is from Sandy Bauman of Farmington, MI, author of *Feed Your Brain for Learning*. For more info, go to www.feedyourbrain.org.

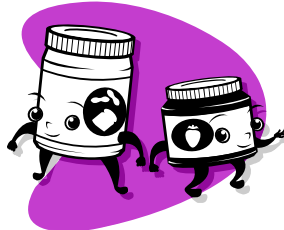
Peanut Butter & Jelly Treats

- 1 cup peanut, almond, or cashew butter
- 1/2 cup brown rice syrup
- 2 cups crispy brown rice cereal
- 1 cup grain-sweetened, dairy free, chocolate chips
- 1/2 cup fruit preserves (jelly)

Mix together the peanut butter and brown rice syrup. Add the cereal, mix until well incorporated.

Press the mixture into an oiled pan. Slowly heat the chocolate chips in a pan until melted. Spread the melted chocolate over the peanut butter crisp. Refrigerate until the chocolate is hard. Spread the jelly over the top. Cut and serve.

This recipe is from Valerie Wilson of Garden City, MI. For more info, check out her website at www.macroval.com.



Pumpkin Bread:

- 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
- 1 cup corn oil
- 1/2 cup water
- 4 eggs



Grease and flour 2 loaf pans. Stir together in a large bowl, flour, honey, baking soda, salt, and spices. Stir together pumpkin, corn oil and water. 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° for one hour.

Simple Ways to Keep Healthy

1. Avoid all artificial sweeteners, especially aspartame (NutraSweet™) and Splenda™. They are bad for your brain, eyes, hearing, and overall health.
2. Never get a flu shot unless you'd like to get Alzheimer's.
3. Consider most fevers beneficial and do not suppress them. Same with cold and flu symptoms.
4. Avoid childhood vaccinations: they are untested and dangerous.
5. Get lots of sunlight—it's good for you; it prevents cancer of internal organs and many other diseases. Just don't burn.
6. Avoid sodas and drink lots of water instead.
7. Avoid fluffy food (rice, bread, pasta). Fluffy food makes you fluffy.
8. Avoid high fructose corn syrup — it's linked to obesity and heart disease.
9. Avoid statin drugs — they cause heart damage, increase cancer risk, and don't work as well as a healthy lifestyle.
10. Don't worry about cholesterol — it's not the cause of heart disease.

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

ready busy schedules often forces us to replace regular good eating habits with fast food substitutes. "Take out foods" become easier to fit into our "on-the-go" lifestyles than preparing home cooked meals. Also, foods associated with the customs of the holidays — excess carbs and sweets — add to the mix of increased chemical stress and decrease our family's immune system function.



turn affects our bodies' ability to function in its maximum state of health. Continuous stress overload will lead to a state of dis-ease in our bodies, and our bodies respond with decreased immune function. Considering the amount of stress our families go through returning to school and participating in the holidays, is it any wonder that the holiday season is also synonymous with flu season?

All that preparation, all those parties, all that rushing — all of those increased stressors begin to take their toll on your family's health. Physical stress, emotional stress, chemical stress: a cycle of stress overload leads to decreased function and disease.

It is no secret that an overload of stress affects our health. Numerous studies are being published and substantiating the direct relationship between stress overload and our body's ability to cope and adapt. In chiropractic we recognize that an increase in these stresses adversely affect the nervous system which in

Our lifestyles play an important role in our bodies' ability to function in a state of health. We are told that more exercise, better diets, "quiet/relaxation times" are all important to keep our immune systems strong and healthy. Choices we make daily and seasonally affect our immune system function.



Although it may seem impossible to resist the stresses imposed on us by the demands of our hectic society, we can reduce the effects these stresses have on our families' health. Our key to health for our fami-

lies depends on two ingredients: the lifestyle choices we make that reduce ongoing stressors and what we do to help our bodies adapt to the incoming stressors we cannot change.

Our nerve system and immune system function are intimately connected. Spinal nerve stress, therefore, adversely affects both our nerve and immune system. Reducing interference to our families' nerve systems on a regular basis with chiropractic adjustments allows our immune systems to function better. Regular chiropractic care is one way of helping our bodies maintain a state of balance and cope with the never-ending stresses we are exposed to.

Regular Chiropractic care makes sense when we are seeking ways for our families to improve immune system function. Chiropractic care works with the body's inherent ability to restore function and health. Regular spinal adjustments have become a vital ingredient in the Family Wellness Lifestyle. Share your chiropractic experiences and knowledge with other families you know.

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heavy. The US government and healthcare professional's advise individuals to carry no more than 10-15% of their body weight on their backs.



A recent Simmons College research study found that the majority of the fifth-grade students surveyed carry backpack loads weighing more than 15% of their body weight. Many children injure themselves due to misuse of backpacks.

Our clinic will be conducting Backpack Safety Awareness Programs during September and October. In the office, we will:

- Conduct backpack weigh-ins
- Show a backpack awareness video

- Discuss issues of proper backpack use
- Send home information on how to prevent backpack injury as well as how much weight your child is carrying

We are pleased to be able to provide this service promoting education for such a critical issue affecting the health of our children.

With school starting again, it's time to review backpack safety rules. Many children are treated each year in emergency rooms for injuries related to backpacks.

1. **Distribute the weight evenly.**
2. **Wear both shoulder straps** unless your pack is an AirPacks, which is designed for use on one shoulder.
3. **Have padded or air-filled straps.**
4. Use a waist belt unless you are wearing an AirPacks bag.
5. **Lift it right.** Bend your knees

when you pick up your heavy backpack.

6. TAKE ONLY WHAT YOU NEED TO SCHOOL!

"Children are very likely to experience low back pain if the backpacks are carried on one shoulder or if the straps are too loose and the weight is allowed to rest near the small of the back," says Dr. Johnson.

Call the clinic at (586) 731-8840 for more information on the best backpacks for children or stop by for a brochure. Whether or not you suspect your child is having problems, have Dr. Johnson check your child's back with and without the backpack.

Take advantage of our special backpack offer on page 1; call for an appointment to have your child checked today with and without the filled backpack.

September & October Special

Immuplex

40 Caps — \$10.80

150 Caps — \$36.90



Immuplex supports the entire immune system by nourishing each of the organs and tissues that comprise the body's immune alliance. Immuplex contains

thymus PMG extract and zinc for thymus support and white blood cell production; selenium, required for function of important antioxidant enzymes; vitamin B6, an essential component of two key immune system substances; and vitamin C for normal immune maintenance.

Poor Nutrition Is Epidemic in Children

Poor nutrition is causing an epidemic of *serious* illness in our children, including diabetes, heart disease and osteoporosis. I kid you not. Obese children who don't exercise are showing signs of heart disease as young as age five, and are getting full blown Type 2 diabetes in their teens. Osteoporosis, normally a disease of old age, is showing up in teenage girls, and is probably caused by drinking too much soda pop. (The phosphorus in the soda causes the body to leach calcium from the bones to buffer its acidity.)

Children who are hyperactive are put on the drug Ritalin, but their parents continue to allow them to drink heavily caffeinated drinks and eat sugar-laden foods. Children who are depressed are put on Prozac, but their parents continue to allow them to come home from school, sit in front of the TV, and eat junk food. Children who have Type 2 diabetes are given oral diabetes drugs instead of a stringent diet and exercise program. This is not only unnecessary, it puts the child at risk for liver damage caused by the drugs.

The typically American junk food diet — deep fried foods (French fries, "nuggets," etc.), grease-laden fast food, burgers, soda pop, sugary cereals, white flour foods such as bagels, and too many desserts — is causing widespread obesity among children in Westernized countries. And this isn't just the pre-teen plumpness that kids get just before shooting up in height; it's gross overweight caused by gross eating habits starting before these kids can even talk.

Children will become healthier when parents

become healthier. Parents who are chronically rushing home late from work and grabbing some fast food for dinner damage the health of both themselves and their kids. Parents who insist on keeping soda pop in the refrigerator, because they can't live without it, will have kids who also can't live without it from a very young age. Parents who just have to have sugary cereal or yogurt for breakfast in the morning, a candy bar in the afternoon, and a dish of ice cream after dinner every night, will find that their kids also just have to have sugar morning, noon and night.

Eating habits are an area where parents can make a sacrifice for their children by being good role models. If parents are eating whole grain toast and an egg for breakfast, their kids will. If they're eating an apple for a snack and drinking water to quench their thirst, their children will do the same. Granted, it can be challenging once kids start going to birthday parties and over to friends' houses to convince them that sugar- and fat-laden foods aren't good for them, but if you're consistent and firm in your message, they will at least follow your lead at home. Dr. Johnson is very aware of how difficult it can be to maintain good eating habits when you're juggling work and family, but good nutrition should be near the top of your priority list, because it will affect your children's well-being for the rest of their lives. (with permission from Dr. John Lee's Medical Letter, May 2001)

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**Diane
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CMT** is
available
for mas-
sages in
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The many benefits of massage therapy include the following:

- 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.**



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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*.

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 healthcare 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.

This coupon entitles you to

Consultation, Examination, and X-rays (2 views)* at the

Chiropractic & Nutrition Wellness Center

51735 Van Dyke Avenue, Shelby Township, MI 48316

Cost: \$25.00

Call (586) 731-8840

Appointment Necessary**

Expires: 10/31/2006

*Additional views at normal fees.

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