

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

Healthline

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Natural-Based Care for Today's Families

By Jeanne Ohm, DC

This month Dr. Karl Johnson presents an article by Dr. Jeanne Ohm, DC, Executive Editor of **Pathways to Family Wellness**, a magazine published by the International Chiropractic Pediatric Association (I.C.P.A.) and available in our clinic. From Dr. Jeanne...

These days, you only need to be remotely tuned to the news media to realize that

the use of prescriptions and over-the-counter drugs are frequently more hazardous to our health than helpful. When government agencies are no longer considered capable of overseeing multi-billion dollar pharmaceutical industries and our families' lives

and health are in jeopardy because of it — we have a serious crisis at hand.

Thankfully, parents are no longer trusting that agencies and industries are working in our best interest. Informed parents are taking the initiative to seek natural, safe ways to restore health and well being for themselves and their children. Tired of the dying paradigm —

It is through testimonials from satisfied people whose quality of life has been improved that the life changing results of natural care are promoted.

suppressing symptoms with drugs and surgery — today's parents want solution-based wellness care that is safe and effective.

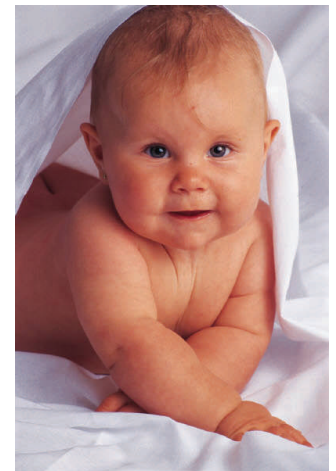
Today is fortunately the age of information; we are privy to knowledge previously kept from the public.

The Internet has allowed us to explore and re-

search information on our own — as opposed to being misled by persuasive advertisements on TV. We are challenging the legitimacy of the entire system as numerous drugs and procedures “proven safe and effective” are turning out to be not-so-effective and — even worse — unsafe. “Evidenced-based” research and any practice based on it no longer carries authority because the foundation of its integrity is in question. Rather than relying on industries that substantiate their own products and interests through biased trials, parents are embracing care that offers their families true results with improved quality of life.

Additionally, it is becoming evident that the insurance industry is not supporting our rights to choose wellness for

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Keep them safe and healthy with natural healthcare.

Annual Giving Tree
Nov. 27 through
Dec. 18
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Tis' the Season...to be stressed out!

The Good News is that Chiropractic care can help.

Although the holidays are supposed to be a time full of joy, good cheer, and optimistic hopes for a New Year, many people experience seasonal “blues.” What's important to know is that there are steps you can take to help beat the blues this holiday season.

The “holiday blues” can be caused by many factors: increased stress and fatigue, unrealistic expectations, over-commercialization, and the inability to be with one's family.



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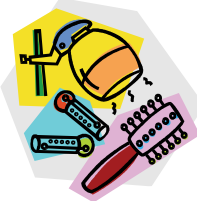
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Success Stories

NAET Clears Chemical Allergies

For quite a while I wasn't feeling good. For the past nine months I've been getting sicker and sicker. I had a smokers' cough, but I never smoked. I had chronic lung problems and sinus problems. My voice became deeper, so much so that I couldn't sing and my voice cracked when I talked.

As a cosmetologist, I have a salon in my basement where I do hair styling twice a week for 8 to 9 hours at a time. I told Dr. Johnson about my problems and he recommended that I leave some water in a pan out in the salon for ten days. When I brought the water in and Dr. J tested me, I was extremely allergic to it. That meant that with allergy elimination treatments, I could get better.



So far I've been treated for hair colors, permanents, and then the water I had collected. I noticed an immediate difference. Within three weeks, I could take a deep breath without coughing, my coughing decreased, and my voice started coming back. My sinus drainage is better and I don't have a problem with a lot of phlegm anymore.



My friends have noticed the difference, especially in my voice. I'm still working on my lungs and hope to continually improve. I really thank Dr. Johnson for all his work with me. People who work with chemicals — any kind of chemicals — really need to do this. You won't believe how much better you'll feel.

Lisa Bonham, Macomb, MI

Low Back Pain & Leg Cramps — Gone!

For over a year I suffered from leg cramps at least twice a night. My medical doctor told me to take some calcium — that any kind would do. I got some calcium supplements at the store, but they didn't help. My friend recommended that I see Dr. Johnson for that and the pain in my back.

I came in for chiropractic care and told Dr. Johnson about my problem. In addition to the adjustments, he also recommended that I take special calcium that was more absorbable — calcium lactate. He also told me that cod liver oil would help. I tried the cod liver oil gels but they bothered my stomach. Then I tried the Standard Process™ Tuna Omega Oil gels. They work fine and I'm doing much better.

I've also had low back pain for a long time. I'm a Master Gardener and it was increasingly difficult to work in my gardens. By my sixth visit I was doing so much better. I'm sleeping through the night without any leg cramps and my low back pain is almost gone. I'm looking forward to spring and my gardens again.

I'm happy to recommend Dr. Johnson to everyone. Thanks, Dr. J.

Barbara Sztaba, Sterling Heights, MI

Allergies & Asthma Disappear with NAET



For years my son suffered from severe allergies. His eyes would swell up, he had a runny nose, and he would have asthma attacks. He used to take Claritin and Allegra and others; he had a nasal spray and inhalers for his asthma.

Last year Dr. Johnson began giving him allergy elimination treatments (NAET). Now, he's had no drugs for the past year and he is doing fine. This year he has not had allergy problems. Thanks, Dr. Johnson.

Evelin Valdez, Macomb, MI



You're one of a kind!

Celebrate the differences that make you special.

Recipes

From Practice Member **Dawn Kurschat** comes this wheat-free delicious treat:

Spelt Banana Bread

1 3/4 cup spelt flour
3/4 cup ground flaxseed
3/4 cup pure maple syrup
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. sea salt
2 eggs
1/3 cup cold-pressed safflower oil
3 ripe organic bananas, mashed



Beat eggs and oil in a small bowl. Set aside. Mix together flour, flaxseed, maple syrup, baking powder, baking soda, and salt. Add bananas. Add eggs and oil and stir until moist. Pour into greased loaf pan. Bake at 350 degrees for 1 hour. Yield: 1 loaf.

ROASTED APPLE BUTTER

From *Eating Well*, Fall 2004 issue.

Preheat oven to 450° F. Arrange **8 medium McIntosh apples (2 3/4 pounds, peeled, cored and quartered)** in a large roasting pan. Pour **2 cups unsweetened apple juice** over the apples. Bake until tender and lightly browned, about 30 minutes. Using a fork or potato masher, thoroughly mash the apples in the roasting pan. Reduce oven temperature to 350°. Bake the apple puree, stirring occasionally, until very thick and deeply browned, 1 1/2 to 1 3/4 hours. Scrape into a bowl and let cool. Makes 2 cups. Can refrigerate for up to 2 weeks or freeze for up to 6 months.



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our families. The question arises: why they are not covering wellness care that prevents further sickness and disease and rather continuing to cover services with questionable efficacy that frequently lead to greater health problems? Faced with the industry's reluctance to provide benefits for true health care, parents are opting out of policies covering drug and unused visits. By doing so, they are saving on monthly premiums and investing these dollars into more holistic and safer family care.



Natural-based care cannot compete with the pharmaceutical industries' seemingly unlimited ability to advertise on TV. It is through testimonials from satisfied people whose quality of life has been improved that the life changing results of natural care are promoted. Hearing personal experiences often propels individuals to step away from slick pharmaceutical advertising ploys and search for real practical

health care. What each and every one of us has experienced with wellness care needs to be made known. It is truly a time of change and momentum. Parents are claiming the rights and responsibilities for their families' health. Today's families are participating in wellness lifestyle changes that are making a huge impact on their present and future well-being. We are proud to play our role in offering information that supports the family wellness lifestyle in *Pathways* and on our website. We respect and appreciate parents' rights to choose wellness and we will continue to provide our readers with resources and perspectives that offer the solutions they are seeking.

Many Blessings, Jeanne Ohm, DC

For more information on the I.C.P.A., go to their website at

www.icpa4kids.org

And pick up your copy of **Pathways to Family Wellness** in the magazine rack at the clinic. Copies are free.

November-December Specials

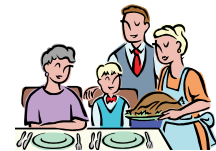
To assist you in times of need from overeating or over-partying comes —

Similase

Plant enzymes help you digest all that food and drink. Simply take one or two (or more if it's a Thanksgiving-type dinner) capsules at the beginning of the meal to aid in the digestion of food.

90 caps — \$20.70

180 caps — \$37.80



Are you stressed out by all the commotion at holiday time? If so, then help yourself deal with it all.

Drenamin

Try adding Drenamin to your daily supplement schedule. This supplement supports the adrenal glands, which help the body deal with the various stresses of life. Everyone is stressed to some degree at this fabulous time of year — family, fun, parties, shopping, cooking, eating, and more!

90 Tabs — \$9.00

360 Tabs — \$31.50



(Continued from page 1)

The increased demands of shopping, parties, family reunions, and house-guests also contribute to these feelings of tension. Even people who do not become depressed can develop other stress reactions during the holidays, such as headaches, excessive drinking, overeating, and difficulty sleeping.

Although many people become depressed during the holiday season, even more respond to the excessive stress and anxiety once the holidays have passed. This post-holiday let-down can be the result of emotional disappointments experienced during the proceeding months as well as the physical reactions caused by excess fatigue and stress.

Anxiety and stress frequently attack

the weak spots of the spine, and it is the spine that can cause general muscular tension, headaches, migraine, and neck and back pain. This pain can then aggravate the stress and anxiety — so chiropractic treatment is aimed at relieving any physical complaints, which will in turn help with the mental conditions. Throughout life the body is continually subjected to physical, emotional, dietary, traumatic, and environmental stress. Your body will compensate and adapt up to a point, but it will eventually be unable to cope and that is when symptoms will develop.

Pain should never be ignored, as it is an indication of an underlying problem. Dr. Johnson's skills as a Chiropractor can often help to alleviate the physical problems by addressing and treating the cause of the problem rather than treating the symptoms.

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

Health Tips for the Holidays

1. Visit your chiropractor regularly to minimize the physical and emotional stress that comes with the season.
2. Keep your expectations reasonable.
3. Remember, the Holidays don't mean automatic happiness.
4. Let go of the past.
5. Do something for someone else.
6. Don't drink to excess.
7. Get your proper rest, catch up if need be.
8. Leave the table when you are full.



*Wishing You and Your family The
Happiest Of Holidays and a
Fantastic New Year!*

Dr. Johnson & Staff

MASSAGE THERAPIST AVAILABLE IN THE CLINIC

Diane Rotha, CMT is available for massages in our clinic evenings and Saturdays — by appointment only.

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 —
586-731-8840**

Annual Giving Tree

At Thanksgiving we give thanks for all the blessings we have received throughout the year. Now, at Christmas, we give blessings to others by helping those in our community who are less fortunate.

Once again from November 27 through December 18, the clinic will be collecting donations for Extended Hand's Annual Christmas Food Drive.

Each year Dr. Johnson offers \$10.00 credit to any current practice member — nutrition or chiropractic — who brings donations for the Giving Tree.

If you haven't had an adjustment in four months or longer, \$20.00 and your donation will get you an update exam and an adjustment (save up to \$80.00).

New chiropractic practice members can bring a donation and \$20.00 to receive a health history, consultation, exam, and 2 x-ray views. Additional x-rays are covered by most insurances. The adjustment is not included (total saved up to \$250.00).

New Nutrition/Allergy practice mem-

bers will receive a history, consultation, exam, heart rate variability test for \$20.00 plus their donation (value \$60.00).



When you're out shopping for your donations, please remember that non-perishable foods are required. Cash donations can be made for perishable goods. Also needed are blankets, new or in extremely good condition. Pick up a flyer in the office for more information.

Thank you for all the help you've given us in the past; we look forward to helping our community again this year with your support.

Please bring in your items and donations by 5:30 p.m. on Monday, December 18 for pick up at 6:00 p.m.

Dr. Johnson and the staff extend a heartfelt thank you for your continued support of all our activities. We look forward each year to helping others less fortunate than ourselves. With your help, we can continue to do so. We hope you and your loved ones have a safe, healthy, happy holiday.

It's Chocolate Time

Even though chocolate isn't the best thing for us to eat, it's not the worst either. At the holidays we tend to eat more chocolate than at other times of the year. So here are some guidelines for that yummy treat:

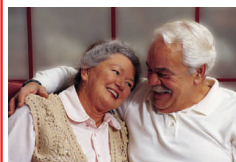
- If you eat chocolate, eat only dark chocolate (preferably organic)
- Only eat chocolate if you're healthy
- Make sure you eat it in moderation
- Avoid eating chocolate if you are acutely sick

The key to eating chocolate is to eat it in moderation (something like once every two weeks) and enjoy it when you eat it. A small bit of chocolate can be very satisfying if you savor each bit, rather than just wolfing it down.

Hugs for Everyone!



Hugs are a completely renewable source of energy and they're available without a prescription. Hugs don't require any special instructions. They don't need batteries, tune-ups, or X-rays. They're non-toxic, fully returnable, and energy efficient. They can be safely used in all kinds of weather; as a matter of fact, they work especially well during cold or rainy days. They are particularly effective in treating everyday problems like stress, worry, anger, frustration, sadness, or sorrow, and even the occasional nightmare.



The best thing about hugs is that you can use them without special training or prior experience. But a word of caution for you trying it for the first time. You should never wait until tomorrow to hug someone who needs it today. Once you realize how good it feels, you'll want to do it all over again tomorrow!

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.



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

Wisdom from Fortune Cookies

One dreamed of becoming somebody.
Another remained awake and became.

Failure is the opportunity to begin again more intelligently!

A day without smiling is a day wasted.

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. What a great present for the holidays!

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: \$35.00

Call (586) 731-8840

Appointment Necessary**

Expires: 12/22/2006

*Additional views at normal fees.

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