



Healthline

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WAVE Hello to Your Health and Say Goodbye to Pain, Osteoporosis and Weakness

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

The benefits of technology initially developed for the Russian Cosmonauts who spent months in their space station can now benefit you at Chiropractic & Nutrition Wellness Center. In our continuing effort to bring the best technology and treatment methods to help you maintain optimal health, age gracefully, and eliminate chronic health challenges, yet another impressive technology is available for your use. The WAVE Pro is now in place at our office and has been used by many patients since its installation on August 30th. WAVE stands for **Whole Body Advanced Vibration Exercise**.

Whole Body Advanced Vibration Exercise (WAVE) (Whole Body Vibration) is the next generation in physical conditioning

and training providing time efficient exercise and a genuine break-through in medical rehabilitation.

Originating with Russian cosmonauts; Whole Body Vibration (WBV) was used to prevent astronauts from developing severe bone mineral loss and subsequent crippling osteoporosis while performing extended space exploration in a non-gravitational environment.

Whole Body Vibration and Advanced Vibration Training has emerged with immense application with elite athletes including cyclist Lance Armstrong, Olympic athletes, numerous NFL and international soccer clubs; all using the immediate and



continued benefits of WBV as part of dynamic training and recovery.

WBV is also providing valuable assistance in the treatment and management of chronic neurodegenerative conditions maintaining the window

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But I Feel Good..... by Dr. Joe Andris, DC

....so why do I have to keep coming back? This is what many people will ask during the course of their treatment with us. Most of us grew up using the traditional medical model of care. You get sick or have pain, you go to your family medical doctor, he or

she gives you some kind of medication based on what symptoms you have, the sickness or pain might go away and all is well until next time, right?

Unfortunately, how you feel is not a good indicator of health. Let me give

some examples. Think of someone with food poisoning who has been vomiting all night. Are they sick or are they healthy? The correct answer is that they are actually healthy because the body is doing exactly what it was designed to do-get rid

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Success Stories

Thirteen years ago, I suffered from many symptoms: fatigue, muscle and joint pain, flu-like illness, malaise, heat and cold intolerance, swollen lymph nodes, weight gain, PMS, sinus pressure, headaches, TMJ, inability to concentrate, attention deficit, and more...

Most of the time I felt awful. I saw three M.D.s before I was diagnosed. They told me there was no cure, that I should rest and take vitamins. I was on antibiotics for six months prior to my diagnosis of Chronic Fatigue Syndrome.

My dentist's office recommended Dr. Karl Johnson to me and I have been coming regularly since 1995, except for a short period last year (more on that later). When I first came to Dr. Johnson, he told me that I could feel better. He gave me information, put me on supplements, and gave me regular adjustments. Because he seemed so sure of himself, happy and outgoing, I decided to follow his advice.

Within a week I began to notice small changes, slow but sure. Each week I improved a little more. Dr. Johnson recommended several supplements for me; and they helped immensely. **Within a year I was back at my health club, walking to the park, cleaning my own house. I felt good. At that point my life was 85 to 90 percent normal.** And...I was down to two supplements a day.

I continued with regular adjustments and nutritional office visits for several years. Then in late 2005 my visits slowed down. Although I continued regular monthly adjustments, I let the nutrition go. I hadn't had a nutritional visit since June. By January, 2007 my symptoms had started up again.

Allergies, bronchitis, asthma, pain — these were now my new symptoms. The pain was so bad that I could only stand to take a shower every three or four days. I ached all over. I even missed two months of work. I had not had a nutritional visit with Dr. Johnson since August, 2005 — almost one and a half years. I even went back to an MD and took an antibiotic and allergy pills.

When I realized that it was Dr. Johnson who had helped me before, I scheduled a nutritional appointment and got started once again. That was in January. Now it is the end of March and I feel so much better. Dr. Johnson told me that my immune system was "shot" and that I had allergies that could be helped with treatments. Now I'm taking the supplements that Dr. Johnson recommended and I've had three NAET (allergy elimination) treatments. I'm feeling better and better. Within six weeks I was able to go back to work.

I've learned a lot over that past few months. I know I won't stop my treatments again; I'll continue on maintenance...as soon as I get there. Dr. Johnson has helped me more than once. I'm proof and I know he can help you.

-Rosemary Sandor, Avoca, MI



Recipes

Helping You Stay Healthy



Bok choy and shiitake mushrooms are a natural combination for a quick stir-fry. For a little heat, add a pinch of crushed red pepper.

TOTAL TIME: 20 minutes

EASE OF PREPARATION: Easy

1 tablespoon canola oil
3 cloves garlic, chopped

1 2-pound head bok choy, trimmed and thinly sliced
4 cups sliced shiitake mushroom caps (9 ounces with stems)
2 tablespoons oyster-flavored or oyster sauce
1 tablespoon toasted sesame oil
1/4 teaspoon salt
1 tablespoon toasted sesame seeds

Heat oil in a Dutch oven over medium-high heat. Add garlic and cook, stirring constantly, until fragrant but not browned, 30 seconds. Add bok choy and mushrooms; cook, stirring, until wilted, about 2 minutes. Continue cooking, stirring often, until just tender, 3 to 5 minutes more. Stir in oyster sauce, sesame oil and salt. Garnish with sesame seeds.



Take a trip to the tropics with this **piña colada inspired parfait**. It makes a great breakfast when you need a sunny start to your day.

EASE OF PREPARATION: Easy

1/3 cup reduced-fat vanilla yogurt
1/2 cup crushed canned pineapple or canned mandarin oranges
1 tablespoon toasted coconut

Top yogurt with pineapple (or mandarin oranges) and coconut.

Free Gas Raffle!!!

For the month of October, Chiropractic & Nutrition Wellness Center will be holding a raffle for a free \$50 gas card! There are two ways to be entered:

The first is simple: every visit (nutritional or chiropractic) remember to write down your name and drop it in our raffle box.

The second way to be entered is to refer a friend. We appreciate your referrals so much that for every referral you make in the month of October you will get **three entries** in our raffle.

The winner will be notified November 3rd.



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.

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of therapeutic opportunity, promoting recovery and stabilization. Gone are the days of simply living with disease ...

The technology was originally designed to treat bone and lean muscle mass loss in cosmonauts who had spent considerable time in a weightless environment, in addition to enhancing power and strength and accelerating recovery in Russian Olympic athletes. Eventually, the technology was introduced to Europe in the early 1990's, where further research was done to validate its effects. Due to its many benefits, the technology has quickly gained acceptance and is now utilized by universities, professional sports teams, and health professionals in the rehabilitation and medical fields. In fact the Detroit Medical Center Rehabilitation department uses a WAVE Pro – the same technology that is now available at Chiropractic & Nutrition Wellness Center!

The vibration plate works by stimulating the body's natural 'stretch reflex'. This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office. Without thinking about it, your body responds with a strong involuntary muscle contraction, leading to your leg 'kicking out'. The vibration platform works in a very similar way.

3000 muscle contractions per minute

The WAVE platform drops either 2 or 4 mm. This is a very small and gentle drop. For example, let's say that you are standing on the vibration plate with a gentle knee bend. Once the platform drops 2 mm, your muscle is quickly lengthened, or 'stretched'. The body reacts to this by quickly contracting the muscle. By the time it does that, the WAVE platform has already returned to the first position. The platform drops again and this is repeated. Since the WAVE platform has been designed to do this 20 to 50 times per second, you can get a maximum of 50 muscle contractions per second! In one minute, you can actually get 3000 safe and gentle muscle contractions. This is the equivalent to doing 3000 knee bends. You can only imagine how long that would take without the WAVE.

Nearly 100% muscle recruitment

In addition to these muscle contractions,

vibration exercise is also able to work more of the muscles. Because the vibration effect makes the muscles contract involuntarily, all muscles that are being exercised will be activated. In fact, with regular training such as weight lifting, only 40% of your muscles will be working. With WAVE vibration exercise, that number can reach nearly 100%. Not only will you get more muscle contractions in a short period of time, but also more of your muscles will be working during this time. All this leads to WAVE vibration exercise being a safe and fast way to exercise effectively.

Oxygen Enhanced WAVE or Oxy-WAVE

Whole Body Vibration combined with enhanced air and other proprietary methods will enhance recovery, promote performance and provide a valuable parameter for emerging oxygen enhanced brain based rehabilitation applications. We call it Oxygen Enhanced WAVE or Oxy-WAVE.

Vibration Training

Finally, an exercise that fits into YOUR schedule!

No matter what your age or activity level, WAVE vibration exercise is a low impact exercise that takes only 15 minutes, three times a week. Backed by over 40 years of clinical research, our safe and scientifically proven system is helping everyday people achieve:

- Increases body metabolism, increased lymphatic mobilization and accelerated cellulite reduction
- Increased strength and ballistic training and explosive fast-twitch muscle performance
- Improved neurocognition; neuromuscular stimulation and neuroadaptation (neurological rehabilitation)
- Improved flexibility and increases range of motion, mobility and increases balance
- Increased blood circulation; increases glucose metabolism at a cellular level
- Increased bone density; reduced

muscle wasting

- Decrease in chronic pain

Low levels of oxygen have been shown to cause the following symptoms:

- Tiredness
- Pale looking eyes
- Poor skin texture
- Headaches
- Stress
- Anxiety
- Mood swings
- Weak immune system
- Irregular sleeping patterns
- Toxin build up in the blood
- Depleted concentration
- Poor memory

Benefits of Oxygenation:

- Stimulate Brain Activity
- Increase Memory Capacity
- Boost Concentration
- Develop Stronger Alertness
- Raise Energy Levels
- Improve Strength
- Build Endurance
- Detoxify Blood
- Reduce Stress
- Calm anxiety
- Alleviate Tension Headaches
- Remedy Irregular Sleeping Patterns
- Help With Cardiovascular Activity
- Prevent Lactic Acid Build Up
- Strengthen the immune system
- Revitalize the Skin

So if you are stressed, depressed, have chronic pain, have osteoporosis (or want to prevent it), weak muscles or just are interested in the anti-aging function of OXY-WAVE, **ask for a free trial session** (your only cost will be a nominal one for your personal oxygen cannula).

THE GLUTEN CONNECTION

Gluten is a vegetable protein—most commonly known as wheat protein. It is found primarily in wheat, rye, and barley. Today, grains (even organic) are genetically engineered to have a high gluten content. With high gluten content, you can bake wonderful bread that is crunchy on the outside and soft on the inside. But gluten has a dark side. Many people are allergic or sensitive to it.

If you are completely allergic to it, the diagnosis is usually Celiac disease. If you are sensitive to it, you will just be chronically sick and disabled. And if you are like most people, you will go through life never knowing the connection; your doctors will never discover the connection; you will endure endless, useless medical treatments; your life will be impaired in one of a myriad of ways; and no one will ever be able to cure you.

Even if you are lucky enough to find a doctor who tests for gluten, the test will be useless. Medical gluten tests only turn up positive after the intestinal linings have been all but destroyed. And standard medical testing for wheat allergies is also useless. So you will be left out in the cold, chronically ill, and having to think on your own and outside the box.

The Elimination Diet

So, just stop and think for a minute. If medical science can't help because you'll never be tested with a useful test, what can you do? The answer is simple and in medical terms, rather old fashioned. It is the Elimination Diet. Simple—just eliminate gluten for a month and see how you feel.

Unfortunately, the processed food industry has made this simple test hard. Gluten is now in almost all processed foods. So for 30 days, you will have to eat real foods only, with nothing out of a package. You'll actually have to eat meat, fish, eggs, vegetables, fruits, nuts, and seeds—not exactly starvation. And although it takes some people more than 30 days to overcome the devastating effects of gluten, by the end of this time, you will know if you are on to something.

And how many people suffer from gluten sensitivity? Experts feel that the number is approximately 1 out of 150 to 200. That is a huge number. And because gluten is used in virtually all boxed, packaged, and canned processed foods, and because we live in a processed-food nation, it is easy to see the problem.

Gluten Can Cause Anything

If you are gluten sensitive, gluten could be causing a variety of ailments, from allergies to paralysis. If by the end of 30 days you are feeling better when you never could

before, simply eliminate gluten from your diet for a year. If you are gluten sensitive, after 6 to 12 months on a gluten-free diet you will become a new person. And the same goes for your kids and grandkids. How do I know? Well after 30 years and 70,000 patients, I've come across my share of gluten-sensitive people.

In fact it is so common now, with these genetically engineered grains, that I routinely put every patient, regardless of their symptoms, on a wheat-or gluten-free diet for at least 30 days. No matter what their medical testing has shown! And what happens? Here is what happens, as told by some of our patients themselves....

“Dear Dr. West, How can I ever thank you enough for discovering that it is gluten that was my enemy? I have been epileptic for more than 40 years. I suffered through endless prescriptions that controlled my seizures, but left me half a person. Then I came to you for headaches. You told me to eliminate gluten, and I felt better after just 48 hours. After a month, I still had no headaches. You suggested that gluten may have been playing a role in my epilepsy, so I asked my doctor to slowly cut back the dose of my Dilantin.

Well gluten wasn't playing a role in my epilepsy, it was causing it! After 6 months I was finally free of that dreadful Dilantin. And now after 2 years, I have remained seizure free. To say I am a new person is an understatement. I am reborn. And to think, I lost almost 50 years of my life because no one told me that gluten could cause epilepsy. Thank you from the bottom of my heart.”

Rose Hardine, California

“Dear Dr. West, Were you ever right about our granddaughter. As you know, by age 7 Sarah had been snoring like a truck driver for several years. She was constantly stuffed up, had chronic colds and bronchitis, and at her young age, had already had more than a dozen doses of antibiotics. She had trouble in school, had skin problems, and seemed to be on the road to asthma. You remember the video I sent you of Sarah snoring so loud that the room shook?

Well now take a look at this video. After you told us to get Sarah off gluten, all her problems disappeared. And as you can see and hear from the video, she sleeps like an

angel—no snoring, no nothing. It's amazing that gluten was causing all of Sarah's problems (she's even good in school now). It's amazing that none of her doctors told us about this. And it's amazing that we found you and the cure to Sarah's problems. Thank you."

Albert Starksley, Minnesota

"Dear Dr. West, I have been shuffling and stumbling around for 15 years. I could only shuffle around slowly, fell easily and all the time, and was an invalid. My doctors told me that I had some kind of neurological disease. When you looked over my tests, you at least told me the truth. You said there was no real reason why I could not walk. You suggested that I see a good chiropractor and that I might be suffering from gluten ataxia. I was already diagnosed as having ataxia, but I had never heard of gluten ataxia. When I brought it up to my doctors, they ignored me. I followed your advice to eliminate gluten anyway.

I never made it to a chiropractor, but after 10 days off gluten, I could walk better. To make a long story short, I was completely normal after 6 months. Like you said, I never had a disease. My doctors rejected the gluten-elimination cure. They simply said that I had a spontaneous remission. No matter, we know better. Thank you."

Johnston Marks, New York

Gluten Specifics

If you have any of the following problems, the cause could very possibly be gluten. And if you do have any of the following problems, you owe it to yourself to eliminate gluten for at least 30 (and preferably 90) days. If your problem improves, eliminate gluten for a year. Here is what gluten can cause: dermatitis (all types), lupus, psoriasis, irritable bowel and celiac disease, eczema and acne, asthma, hives, epilepsy, weight loss (or gain), anemia, headaches, autism, giardia, ulcers, multiple sclerosis, osteoporosis, heartburn and reflux, arthritis, inflammatory bowel disease, diabetes, chronic fatigue and fibromyalgia.

It is also estimated that close to a quarter million people suffer from ataxia (uncontrolled muscular coordination). Prescription drugs cause much of this but a number of cases are caused by gluten. Gluten-induced ataxia masquerades as difficulty walking, tremors, slurred speech, uncontrolled leg movements, drooling, and even flashing vision.

And gluten can hurt children—with many suffering greatly from gluten sensitivity. In children, many of the gluten-related problems are neurological. If you have kids or grandkids who can't perform or concentrate in school, test

them. If they have ADD, ADHD, or even autism, test them. If they have epilepsy, seizures, tics, depression, and/or anxiety, test them. Or if they are just plain sick with anything at all, test them. And the test is just to eliminate gluten for 30 days. If they show any sign of improvement, keep them off gluten for 6 to 12 months.

If you want to learn more about the problems that gluten can cause, get a copy of the book, *The Gluten Connection*, by Shari Lieberman. Please don't suffer without testing for this problem. And don't start your children or grandchildren on a half-century of suffering like Rose. Test them now. If wheat and gluten are not the cause of problems, you will have done your family a favor anyway — by teaching them that they can live without processed food and junk. And as for grains, they are not an essential food!

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of the poison before it gets into the blood stream. At the same time, this person doesn't feel all that great. That's an example of not feeling well but being healthy. Now think of a woman who has just been diagnosed with breast cancer after having her yearly mammogram. Prior to the mammogram she showed no signs of sickness or pain. Is she healthy or sick? The correct answer is that she is most definitely sick. Even though she has no pain or sickness she has a potentially deadly disease growing inside her. That is an example of feeling good but actually being sick. This is exactly why how you feel is not a good indicator of health.

The same concept holds true when dealing with the nervous system, which is what chiropractors work with. The nervous system is the "master" system of the entire body, controlling every physiological function that takes place. To put it another way, the nervous system is what continuously adapts us to our environment. As long as the nervous system is working optimally, we will be able to adapt. If the nervous system is interfered with in any way, we will eventually develop symptoms and disease. The main interference to the nervous system that chiropractors deal with is the vertebral subluxation. When you get a subluxation through some kind of stress (physical, mental/emotional, or chemical) you might not develop symptoms immediately. Our goal is to detect and correct your vertebral subluxations before they start to cause problems. Once your pain or symptoms are gone, we like to keep them from returning. All with the goal of keeping your nervous system functioning at its highest level.

That is why you need to come in even when you feel good. Here are a list of some other benefits of "asymptomatic" chiropractic care from the journal article "Objective Physiologic Changes and Associated Health Benefits of Chiropractic adjustments in Asymptomatic Subjects: A Review of the Literature" (JVSR, April 26, 2004) by Dr. Sean M. Hannon.

Supplement Special September –October 2007

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Among the findings reported:

Part 1: Objective Physiologic Changes in Asymptomatic Patients.

Changes are reported affecting improvements in ranges of motion, muscle strength, surface EMG, immunological responses, beta-endorphin levels, blood pressure, papillary cycle time, heart rate variability, and spirometry.

Significant changes were also reported in studies assessing agility, balance, kinesthetic perception, power, and speed reaction in asymptomatic athletes. Another study reported significant improvement in the performance of a group of male college athletes.

Part 2: Objective Physiologic Changes in Subjects without Mention of Symptomatic Presentation.

These studies measured improvements in physiological function, without mention of symptoms or pathology. As Hannon noted, "The primary focus of these studies was...to demonstrate the objective physiologic changes of chiropractic adjustment and any subsequent health benefit."

Studies were cited reporting improvements in neurocognitive function, visual field blind spot analysis, overall dance performance, visual acuity, salivary cortisol levels, muscle

strength, health-related behaviors, and savings in health care costs.

Part 3: Objective Physiologic Changes in Subjects Presenting with Symptoms or Pathology.

Hannon has selected a sampling of papers that involve persons with specific conditions or pathologies. These studies report health benefits, including increases in immunoglobulins IgA, IgG, and IgM, improved CE4 cell counts in HIV+ subjects, decreased triglyceride levels, decreased blood pressure in persons with elevated BP, improved cardiac function, and remission of duodenal ulcers confirmed by endoscopy.

Hannon concludes, "Data reviewed in this article lend strong support to the popular contention that chiropractic adjustments, for the purpose of correcting subluxations, confer health benefits to people regardless of the presence or absence of symptoms."

As you can see, it's worth it to have your nervous system operating at peak performance. If it's been a while since you've been adjusted or if you've never been adjusted now is the time set up an appointment to get checked. Call the office to day for your health's sake!



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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.

We're on the Web!

www.wellnesschiro.com

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 a friend.

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