

Healthline

The Whale

If you read The San Francisco Chronicle you have read the front page story about a female humpback whale who had become entangled in a spider web of crab traps and lines.

She was weighted down by hundreds of pounds of traps that caused her to struggle, even to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso and, a line tugging in her mouth.

A fisherman spotted

her just east of the Farallone Islands outside the Golden Gate and radioed an environmental group for help. Within a few hours the rescue team arrived and determined she was so bad off that the only way to save her was to dive in and untangle her. One slap of the tail could badly injure or even kill a rescuer. They worked for hours with curved knives and eventually freed her.

When she was free the divers say she swam in what seemed like joyous



circles. She then came back to each and every diver, one at a time, and nudged them, pushing gently around each, to thank them. Some said it was the most incredibly beautiful experience of their lives.

The gentleman who cut the rope out of her mouth says her eye was following him the whole time, and

that he will never be the same.

May we and all whom we love be so blessed as to be surrounded by those who will help untangle us from whatever may be binding us. And may we all know the joy of giving and of receiving gratitude

Dr. Karl Johnson

Beach Week Is Coming!

It's that fun time of year again! Get out your wildest beach attire and join the fun at the Chiropractic & Nutrition Wellness Center's Annual Beach Week. We're all getting set to have a ball — a beach ball — from March 19 through



March 24. New this year will be prizes for all children who come dressed in their best

swimsuit outfit and beach wear. Bring your beach toys. Convince us that you really mean summer business!

Prizes again will be awarded for the best beach attire. First place

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Success Story

Our Success Story for this issue is from Patrice A. Her story is incredible, very involved, and we encourage everyone to read the entire story at our website www.wellnesschiro.com...

Here is my allergy story. I can barely remember a time when I didn't have allergies. My first reaction was to fiberglass insulation when I was about 5. My father was putting in new insulation in the attic and I decided to visit him. I soon found myself covered in softball sized hives and on the way to the emergency room. Penicillin was next on the list with hives and crazy itching; no more penicillin. When I was eight my allergies nearly killed me. Our family was in Washington D.C. for a wedding and I had shrimp for dinner. Later that evening, I started to swell — at one point I couldn't see out of my eyes anymore, and my ears were sticking out like Dumbo and the itching was unbearable. We raced to the hospital and I honestly thought I was going to die. The doctor told my mother, who was hysterical, that "we are going to lose her if you can't calm down and tell us everything she did and ate today." They were writing on the bed sheets and my temperature was 89 degrees. I heard my mom say "shrimp" and even though I couldn't see a thing I knew the doctors were running; after 4 shots of benadryl I was well on my way to surviving

Those were my major allergies. As I got older I became allergic to dogs, dust, cats and all of your basic environmental allergies but they were tolerable. Nearly every morning I sneezed 20 or so times and I rubbed my nose so much growing up that I had to have nose surgery to correct the deviation.

(The next several years Patrice spent suffering from every kind of allergy imaginable. She changed jobs and moved several times. She saw many doctors who were unable to help her.)

At this point in my life I was barely functioning and I was deciding whether or not to go on short or long term disability from my job. As a single parent I had some grave concerns about being able to take care of my 12-year-old daughter anymore. Reading about the symptoms and prognosis for Meniere's disease (which the doctor had diagnosed) left me in a state of severe depression. During this time I started to look for alternative cures on the internet and started seeing a local person for cranial sacral massages. On the internet I found that there had been some success with these types of massages, along with large amounts of B vitamins for Meniere's. I tried the vitamins for a little while, but they caused severe symptoms; and I would later find out that I was allergic to those as well. During the massages though, there were spasms in my bad ear, which actually gave me some hope that something else was going on other than Meniere's.

My next appointment with the doctor showed that I did not have Meniere's disease based on their tests. He did, however,

say to me that the tests show that I did not have it, but he couldn't promise me that I would not get it down the road. . We decided that I should try a new allergy medicine, return to the allergist for shots, and put a tube in my ear for the pressure. The tube did very little except bring on tremendous ringing in my ears.



This is where I found myself and found NAET. The new job was a little less stressful and how I made it through those months without being fired I don't know. My diet was rice, vegetables, and meat; and I quickly lost 20 pounds which was a blessing, but I was continuing to lose it and that I didn't like. The ringing in my ears was very loud at night and I often slept with the TV on. The hearing loss was about the same. The tube fell out and I had not returned to the doctor or the allergist. Well, actually there was one visit to a regular doctor to talk about starting the allergy shots; but he wanted to put me on an anti-depressant first because I don't think he fully believed me about the food allergies. I took the anti-depressants for 3 days; and after 3 days of violent headaches, I decided on no more medication and no more doctors. At work someone had mentioned to focus on the solution and not the problem and that got me thinking. I decide that I would find a cure for my allergies on the internet. I found NAET and Dr. Johnson. Dr. Johnson agreed that I was allergic to nearly everything and for the first time I was given hope, not a new prescription.

I have been in treatment for 6 months now and the ringing has stopped. I am eating most foods again. The trickling feelings happen only occasionally, my hearing has returned in my left ear, and I have more good days than bad. Additionally, I rarely use my asthma inhaler anymore unless I am exposed to mold. I still get pressure and swelling in my sinuses from my remaining allergies. There are days where it throws me off balance and I get a slight brain fog. My allergic reactions create a very thick mucous in my sinuses that seems to change the pressure around my ear, which affects my balance. Dust is still a severe allergy for me and hopefully I will be eliminating that soon.

I am confident that further NAET clearings will continually relieve these residual issues. The last four years have been extremely difficult but I now consider them a blessing; because without those years, I would not have been led to find NAET treatments and the ultimate gift of having my life-long allergies eliminated.

P.A., Royal Oak, MI

Recipes

RAW FUDGE FROM PPNF:



- 1/2 cup butter (softened) (raw, organic is best if you can get it)
- 1 cup arrowroot powder (less expensive in oriental stores)
- 1/2 cup almond milk (or rice milk or coconut milk)*
- 1 cup raw, organic carob powder
- 1 tsp. pure, organic vanilla
- 1 cup walnuts (optional)
- 1 cup of the best quality unsweetened coconut flakes you can find.

Mix together and roll into bite size balls. Enjoy

*To make almond milk, soak almonds overnight, place 1/4 cup almonds with 1 cup warm water in blender. Blend until smooth. (Can be strained, if you prefer.)

BLUEBERRY MUFFINS

- Oil or paper liners for muffin tins
- 1 cup buckwheat flour (Type O & A)
- 1 cup oat flour (Type B & AB)
- 1 cup white spelt flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup sugar
- 2 Tablespoons honey
- 1 cup soy milk
- 1/4 cup canola oil (Type B should substitute butter)
- 1 egg, beaten
- 1/2 cup blueberries, fresh or frozen



Preheat oven to 350 degrees. Grease muffin tins or use paper liners. In a large bowl, mix dry ingredients together. In another bowl, stir together the honey, soy milk, oil, and egg. Lightly combine the dry and wet ingredients. Fold in blueberries. Fill each muffin cup to top. Bake 20 minutes, or until a toothpick comes out clean. Makes 12 muffins.

—from Cook Right 4 Your Type. Suitable for all blood types.

BASMATI RICE PUDDING

- Butter for baking dish
- 2 cups basmati rice, cooked
- 4 eggs
- 2 cups soy milk
- 1/2 cup sugar
- 2 tablespoons melted butter
- Grated rind of 1 lemon
- Juice of 1/2 lemon
- 1/2 cup raisins

Preheat oven to 350 degrees F. Grease baking dish and add rice. In large mixing bowl, beat eggs with a whisk until frothy. Add remaining ingredients and mix thoroughly. Pour mixture over rice, combining well with a fork. Bake pudding until set, approximately 40 to 50 minutes. Serves 6 to 8.



*What lies behind us and
What lies before us are
Small matters compared to
What lies within us.*

—Ralph Waldo Emerson

Can Chocolate Really Be Good for You?

Not all chocolate is the same. Read the label! Ingredients you should be aware of that may be in the chocolate are:

- dairy (OK if you are not allergic and best if it is from whole, raw milk),
- corn starch (beware: most is genetically modified),
- organic, raw sugar (best if you buy unsweetened chocolate and add your own healthy sweetener),
- carob (great substitute if you are allergic to chocolate and not allergic to carob).

The good news is chocolate is high in



Magnesium (which many people are deficient in), Chromium, and Vitamin C. It can

stimulate certain neuro transmitters to help you to focus and is high in endorphins to make you feel better. So if you are healthy, not allergic to it, and don't overdo, enjoy!

Email from the Price-Pottenger Nutrition Foundation to Dr. Johnson. For more information, go to www.ppnf.com.

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

Not Milk?

**Tell the FDA:
Keep Animal Clones Out of
our Food!**

www.centerforfoodsafety.org

With the advent of cloned livestock, yet another biotech science experiment may soon find its way to the American dinner table. In December 2006, the FDA essentially told the public that the meat and milk from cloned livestock are safe for human consumption. FDA's action flies in the face of widespread scientific concern about the risks of food from clones, and ignores the animal cruelty and troubling ethical concerns that the cloning process brings. What's worse, FDA indicates that it will not require labeling on cloned food, so consumers will have no way to avoid these experimental foods. [A public comment period is open now through April 2 - send your letter to FDA today!](#)

Animal cloning is a new technology with potentially severe risks for food safety. Defects in clones are common, and cloning scientists warn that even small imbalances in clones could lead to hidden food safety problems in clones' milk or meat. There are few



studies on the risks of food from clones, and no long-term food safety studies have been done.

Numerous opinion polls show that the majority of Americans do not want food from animal clones and are opposed to cloning on moral or ethical grounds.

The FDA's veterinary medicine advisory panel rebuked the agency in 2003 for its position, declaring that not enough research has been done

to determine whether food derived from cloned animals is safe. In fact, livestock cloning raises numerous health and ethical concerns. Over 90 percent of cloning attempts fail, and cloned animals that are born have more health problems and higher mortality rates than sexually reproduced animals.

Given that researchers do not understand many of the health problems that arise throughout the lifecycles of cloned animals, the FDA acted irresponsibly in assuming that the foods produced from these animals are safe for humans to eat. According to Ian Wilmut, the leader of the team of scientists that cloned the sheep Dolly, determining the health impacts of food derived from clones must be based on the animals' complete health profiles. Such studies have not been done.

The Center for Food Safety has called on FDA to ban the use of clones in food production until the food safety and animal cruelty problems in cloning have been resolved, and until public discussions have addressed the troubling ethical issues that cloning brings. For more information, visit the website — www.centerforfoodsafety.org.

(Continued from page 1)

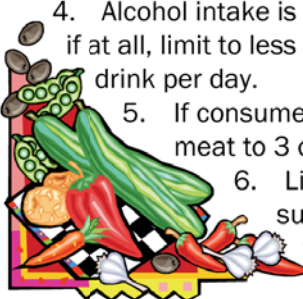
will receive \$25.00 credit to his or her account. Second place finisher will receive a \$15.00 credit, and third place will receive a \$10.00 credit.



So, don your best beach duds, grab your inner tube and flippers, and make your way to the Chiropractic & Nutrition Wellness Center and join all the fun!

10 Ways to Prevent Cancer

1. Consume a plant-based diet rich in fruits and vegetables/ minimize starchy foods.
2. Eat five or more servings of fruits & vegetables per day.
3. Eat seven or more daily portions of a variety of cereals, roots, tubers, plantains, etc.; minimize intake of processed foods and refined sugars.
4. Alcohol intake is discouraged; if at all, limit to less than one drink per day.
5. If consumed at all, limit meat to 3 ounces daily.
6. Limit consumption of fatty foods;



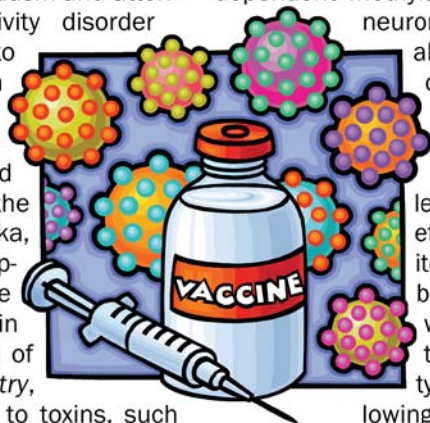
use moderate amounts of appropriate vegetable oils when necessary.

7. Limit consumption of salted foods and use of cooking/table salt; use herbs and spices as alternate seasoning options.
8. Do not eat food subject to contamination due to long storage at ambient temperatures. Preserve perishable food appropriately via refrigeration, freezing, etc.
9. Minimize levels of additives, contaminants and other residues in food sources.
10. Consume grilled or broiled meat and fish occasionally, avoiding burning of meat juices and charring.

—from *to your health.com* Jan. 2007

Study Investigates Link Between Vaccines and Autism, ADHD

There is an apparent link between exposure to certain neurodevelopmental toxins and an increased possibility of developing neurological disorders including autism and attention-deficit hyperactivity disorder (ADHD), according to new research from Northeastern University pharmacy professor Richard Deth and colleagues from the University of Nebraska, Tufts, and Johns Hopkins University. The research, published in the April 2004 issue of *Molecular Psychiatry*, found that exposure to toxins, such as ethanol and heavy metals interrupt growth factor signaling, causing adverse effects on methylation reactions. Methylation, in turn, plays a significant role in regulating normal DNA function and gene expression, and is critical to proper neurological development in infants and children. Although reasons remain unknown, there has been an increase in diagnoses of autism and ADHD.



The authors of the study found that insulin-like growth factor-1 (IGF-1) and the neurotransmitter dopamine both stimulated folate-dependent methylation pathways in neuronal cells. They also noted that compounds like thimerosal, ethanol, and metals (for example, lead and mercury) effectively inhibited these same biochemical pathways at concentrations that are typically found following vaccination or other sources of exposure. Understanding what happens when infants and children are exposed to these materials helps explain how environmental contact with metals and administration of certain vaccines may lead to serious disorders that manifest themselves during childhood, including autism and ADHD.

“Scientists certainly acknowledge that exposure to neurotoxins

like ethanol and heavy metals can cause developmental disorders, but until now, the precise mechanisms underlying their toxicity have not been known,” said Deth. “The recent increase in the incidence of autism led us to speculate that environmental exposures, including vaccine additives might contribute to the triggering of this disorder”

Thimerosal was often used for its preservative abilities in multi-dose units of vaccines for diseases like hepatitis, whooping cough, tetanus, and diphtheria. Although thimerosal has been mostly phased out in the United States in Europe beginning in 2000, vaccines today can carry trace amounts of it, according to the Centers for Disease Control and Prevention (CDC). Thimerosal, however, is still common in third world countries where larger, multi-dose vials of these vaccines are shipped.

Chiropractic Products, March, 2004

Supplement Special — March & April, 2007 **10% Discount on** **Euphrasia Complex**

Mediherb's Euphrasia Complex is designed to maintain healthy and normal mucus secretion in nasal passages, support a healthy response to environmental stresses, support healthy mucous membranes, assist in maintaining healthy breathing passages to support free and clear breathing, and support healthy respiratory tract function.

30 tabs — \$22.50

Allerplex

Allerplex from Standard Process Labs is a special combination product formulated to support the body's immune system response to seasonal, environmental, and dietary stresses. Allerplex contains vitamin A and C complexes, which have been shown to be important supporters of the immune system. It has also been formulated to maintain healthy liver function—the body's natural cleansing system.

40 Caps—\$6.30 150 Caps—\$20.70

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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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.



If YOU can **imagine** it, you can **achieve** it.
If YOU can **dream** it, you can **become** it.



We're on the Web!
www.wellnesschiro.com

Beach Week
March 19 — March 24
Fun! Prizes!
Come dressed for the party!

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 consultation, exam, and two x-ray views. Simply cut it out, and give it to your friend. What a great way to celebrate Spring!

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: \$50.00

Call (586) 731-8840 Appointment Necessary Expires: 04/30/2007**

***Additional views at normal fees.**

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