



Interact With Your Intellect Using the Interactive Metronome

Do you know what it means if you can interact with your intellectual self? It means you can start controlling your own perceptions, your own thinking, and your own neurological processes, your own planning, sequencing, decision-making etc. So, why is it important to have these abilities? It is important to have these abilities because without them, we can develop disorders such as ADD and ADHD. When someone cannot interact with their intellectual self, do they need help? Well, if they want help, they can and should get help. Therefore, we are glad to say that we have the safest option for you to defeat disorders such as ADD and ADHD.

First of all, it is important to understand the significance of the Interactive Met-

ronome and why it came about. The Interactive Metronome (IM) was developed in the early 1990s and is used to help children with learning and developmental disorders as well as adult neuro rehabilitation patients. The purpose of the IM therapy is to improve the neurological processes of motor planning and sequencing which are central to human activity. From the coordinated movements needed to walk, to the order of words in a sentence, planning and sequencing are critical to efficient human function. The IM provides a structured, goal-oriented process that challenges you to synchronize a range of hand and foot exercises to a precise computer-generated reference tone heard through headphones. You will attempt to match the rhythmic

beat with repetitive motor actions. A patented auditory-visual guidance system provides immediate feedback measured in milliseconds, and a score is provided. Overall, it is important to note that the Interactive Metronome (IM) is the only therapy tool that improves motor planning and sequencing by using neuro-sensory and neuro-motor exercises developed to improve the brain's inherent ability to repair or remodel itself through a process called neuroplasticity.

However, the Interactive Metronome goes beyond improving our motor planning and sequencing abilities. For example, the human brain's efficiency and performance depend on the transitions of signals from...
(Continued on page 3)

Inside this issue:

Success Stories—2

Recipes—3

Interact Cont.—3

Grains & Pain—4

Medical Errors—5

Chronic Nation—5

Coupon—6

1 in 15 Hospitalized Kids Hurt by Medication Errors

A study published in *Pediatrics* found that approximately 1 out of every 15 hospitalized children is harmed by a drug error such as a medication mix-up, an accidental overdose, a bad reaction, or other harmful outcomes. This translates to approximately 7.3 percent of hospitalized children, or an alarming 540,000 children per year.

And, the problem could be substantially underreported, due to the fact that the study did not include general community hospitals, where most children who require hospitalization are treated.

According to the study, 22 percent of all adverse drug events were deemed preventable, 17.8 percent could have been identified earlier, and 16.8 percent could have been mitigated more effectively. Ninety-seven percent of the iden-

tified adverse drug events resulted in mild, temporary harm. Only 3.7 percent of adverse drug events were identified in existing hospital-based occurrence reports.



The most common adverse drug events identified were pruritis and nausea. The most common medication classes causing adverse drug events were opioid analgesics and antibiotics. The most common stages of the medication management process associated with preventable adverse drug events were monitoring and prescribing.

Sources:

Associated Press, "Study: Drug Errors Hurt 1 in 15 Kids in Hospital," April 7, 2008.

Takata, Glenn S., et al. "Development, Testing, and Findings of a Pediatric-Focused Trigger". *Pediatrics*, 2008; 121; 927-935.

Success Stories from the Living:

Dr. Johnson's Healing Methods Work!

Approximately seven years ago, I became a patient of Dr. Johnson's. I was experiencing chronic sinus problems and it looked like I would need to undergo sinus surgery. I did not want to have surgery and, therefore, I sought alternative healing.



Dr. Johnson set me on a course of healing with supplements and allergy eliminations! My sinus problems and allergies are now very mild and easily controlled.

I am a firm believer in the healing methods Dr. Johnson recommends and, I tell everyone I know who is seeking alternative healing to come see Dr. Johnson! I view Dr. Johnson as a friend and someone I can trust!

-Pamela W. Beck
Macomb, MI



My Body Is Healing All By Itself Without Drugs or Surgery!

One day (some twenty plus years ago) my boss told me about this wonderful Dr. Johnson. My boss was greatly helping his wife out of pain from her severe arthritis.

I had one or two adjustments from different doctors but was not convinced that I needed to pay attention to my spine. I already had a right and left hip prosthesis from a childhood disease, which give me an abnormal posture.

I decided that maybe I should take better care of my spine since so many nerves are protected by the vertebra. I started having regular adjustments with Dr. Johnson and was pleased with my added mobility and energy. I was doing maintenance and improving my posture.

As I increased in age and various physical problems arose, Dr. Johnson always had solutions. I was constantly amazed at the wealth of knowledge stored in his mind. He corrected problems generated by the spine. He corrected other problems with nutrition and exercise suggestions. N.A.E.T. (Nambudripad's Allergy Elimination Techniques) greatly helped with allergy conditions. He even told me what to do for a split fingernail and it worked!

I do not hesitate to tell Dr. Johnson about anything going on with my body. Dr. Johnson will most likely have the answer to any problem that arises before even thinking about or resorting to medications and/or surgery.

I enjoy my hugs from this caring healer. My visits always entail laughter and I always leave with good feelings. The office staff is also pleasant and jovial. Each visit brings physical and mental healing. Thank you Dr. Johnson! Thank you!

-Doris C. Chase
Rochester Hills, MI



Recipes



Anne's Chopped Up Sue...y

- 1 lb. veal cut in cubes
- 1 lb. pork cut in cubes
- 1 onion, chopped
- 1 can of bean sprouts- drained
- 1 can of water chestnuts (optional); drained and sliced
- Mushrooms- sliced (optional)
- 1 bunch celery; slice stalks
- 6 to 8 tbs. soy sauce to taste
- 1 tbs. molasses
- Few shakes of pepper
- Water to cover



Directions: Brown meat in skillet with oil. Drain and pour into kettle. Add onion, pepper, soy sauce, molasses and water. Cook about 40 min. Add veggies and cook 20 min more. Thicken with cornstarch and serve over rice.
Submitted by: Robert Stachel

Ghoul's Breath Dip

- 1 pound (450 g) firm-ripe tomatoes, cored, seeded, and cut into 1/2 in. (1.25 cm) diced
- 1/4 cup (59 ml) finely chopped red onion
- 1 Serrano Chile pepper, seeded and minced
- 1 garlic clove, minced
- 3 tablespoons (45 ml) minced fresh cilantro
- 3 tablespoons (45 ml) fresh lemon juice
- 1/8 teaspoon (0.625 ml) hot pepper sauce, or to taste
- 1 cup (236 ml) fat-free sour cream in a medium bowl, combine all ingredients except sour cream.



Instructions: Cover and refrigerate for at least 1 hour. Fold in sour cream and let stand for at least 30 minutes before serving with Raw Vegetables. Per 1/4-cup serving: 24 calories (4% calories from fat), 1 g protein, trace total fat (0.0 g saturated fat), 5 g carbohydrate.

Source: <http://www.aliciasrecipes.com/Recipe/3615/Ghoul%27s-Breath-Dip.htm>

(Interact With Your Intellect Continued...) one area of the brain to another. Findings in a recent study by Neal Alpin, MD, "Functional MRI Study of the Effects of IM on Auditory-Motor Processing Networks", suggest that IM works by augmenting internal processing speed within the neuroaxis which includes the key regions of the brain- the cerebellum, prefrontal cortex, cingulate gyrus and basal ganglia. These parts of the brain are responsible for human timing as well as other day to day functions such as sustained attention, language formulation, motor coordination and balance.

Moreover, over the course of IM treatment, one can actually start to learn to focus for longer periods of time, increase physical endurance and stamina, filter out internal and external distractions, improve ability to monitor mental and physical actions as they are occurring, and improve coordinated performance. Therefore, IM would be the perfect therapy option for those with Sensory Integration Disorder, ADD/ADHD, traumatic brain injury (TBI), Cerebral Vascular Accident (CVA), Autism Spectrum Disorder, Cerebral Palsy, Non-verbal Learning Disorder, Balance Disorders, Limb Amputation, Parkinson's disease and Multiple Sclerosis (MS).

To conclude, the Interactive Metronome is a safe drug-free alternative to improving and/or defeating multiple problems related to the neuroaxis malfunctioning. Drugs

should never be your first choice as drugs tend to only temporarily relieve the problem but most often do not stop the problem. For example, for ADD and ADHD disorders, there has been a whopping 250% increase in the use of Ritalin in the United States from 1990 to 1995. By 1997, Ritalin use has increased to a shocking 700%. What's even more shocking is that out of the 11 million prescriptions doctors write for ADD and ADHD, 80% are concentrated on treating childhood ADHD and ADD. We have an alternative method to help you avoid the increasing use of drugs such as Ritalin that often does not bring lasting effects. That alternative is using the Interactive Metronome which will target the actual problem- your nervous system and how it is responding- and will bring you lasting effects. The Interactive Metronome is a safe alternative to drugs and will help you and your loved ones defeat neurological malfunctions such as ADHD and ADD without any harmful effects. Come try our Interactive Metronome and experience a natural approach to interacting with your intellect without damaging it with drugs and lost promises. The Interactive Metronome will not label you with a disorder for life, but will lead you towards an improved life with the option of defeating your disorder completely.

*Sources: <http://www.interactivemetronome.com/IMPublic/Home.aspx>;
<http://handrightingink.com/articles/interactive.html>;
http://www.drz.org/asp/cp/all_possibilities.asp;
<http://www.learningbreakthrough.com>*

Eating Grains May Help Promote Pain and Inflammation

Grains have several pro-inflammatory components and it makes no difference if the grains are organic or not. Below is a brief review of three pro-inflammatory substances found in whole grains:

1. Gluten: The most commonly consumed grains (wheat, rye, and barley) contain gluten, which is a highly pro-inflammatory substance and can cause celiac disease, a painful annoying digestive disease. Gluten sensitivity may also manifest chronic migraine-like headaches, gastro-intestinal symptoms such as gas, bloating, and varying degrees of gut pain. Others can become depressed and some develop chronic fatigue. Still others develop chronic aches in muscles and joints.

2. Lectins: All grains and legumes/beans contain lectins. They are referred to as non-immunologic binding molecules and they are absorbed through the digestive tract and can attach themselves to tissues throughout the body.

Lectins may cause no effect or they may serve as a disease promoter. They also can promote inflammation in the digestive tract.

3 . Phytic acid: All grains contain phytic acid, which functions to reduce the absorption of minerals found in grains, particularly calcium, magnesium, zinc, and iron. So, if you are worried about getting your minerals, grains should be avoided.

To conclude, Vegetables and fruit promote an alkaline environment in the body and this helps to maintain muscle and bone health as we age. But, grains are acidic, and, over a lifetime, dietary acidity leads to the muscle and bone loss associated with aging. So, it is much better to eat a substantial amount of fruits and vegetables in replacement of grains.

Source:

Seaman, David. *Eating Grains May Help Promote Pain and Inflammation*. MAC Journal, 2008.

Please share these articles with friends and family and be proud to be at the leading edge in health care by being a chiropractic practice member and adopting a health supporting lifestyle for life.
-Dr. Karl Johnson

“We live longer than our forefathers; but we suffer more from a thousand artificial anxieties and cares. They fatigued only the muscles, we exhaust the finer strength of the nerves”
~Edward George Bulwer-Lytton

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6. You don't need alcohol to have fun.
7. Water fuels your life's processes.
8. Work is only one part of your life.
9. You are less stressed than others.
10. You are a model for others.

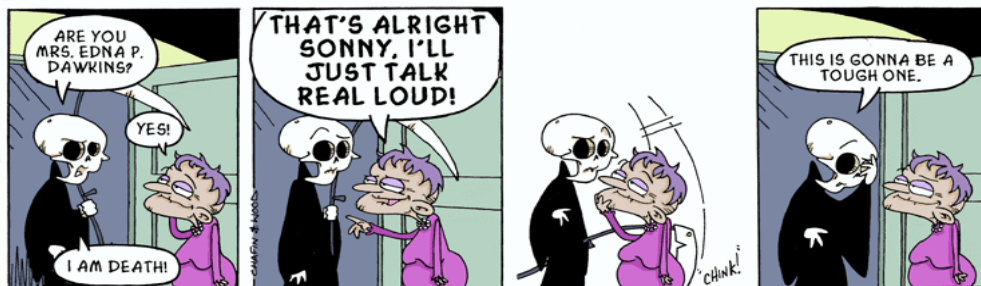
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Policy Regarding Missed Appointments

If you are unable to keep your appointment, please let us know within 24 hours of your scheduled time. A \$44.00 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.





Medical Errors Result in Nearly 250,000 Deaths from 2004 to 2006

Patient safety incidents cost the federal Medicare program \$8.8 billion and resulted in 238,337 potentially preventable deaths from 2004 through 2006, according to HealthGrades' fifth annual Patient Safety in American Hospitals Study.

HealthGrades analyzed 41 million Medicare patient records, finding 1.1 million patient safety incidents during the three years studied. Of the 270,491 deaths that occurred among patients who developed one or more patient safety incidents, 238,337 were potentially preventable.

The study also found that Medicare patients who experienced a patient-safety incident had a one-in-five chance of dying as a result of the incident.

"While many U.S. hospitals have taken extensive action to prevent medical errors, the prevalence of likely preventable patient safety incidents is taking a costly toll on our health care systems- in both lives and dollars," said Dr. Samantha Collier, Health-Grades'

chief medical officer and the primary author of the study.

Medical errors in Medicare have become such an issue that as of October 1, 2008, Medicare will stop paying U.S. hospitals to correct eight preventable medical errors caused by their own negligence, including: Urinary-tract infections from catheters; bloodstream infections from catheters; falls; bedsores or pressure ulcers; objects left in surgery patients; blood incompatibility; mediastinitis, a post-heart-surgery infection; and, air embolism, an air bubble in a blood vessel.

Hospitals themselves will pay for the additional procedures and extended hospital stays required to fix these problems; Medicare regulations expressly forbid hospitals from shifting the costs to patients. Private insurers are expected to follow Medicare's lead.

Source:

HealthGrades 'Fifth Annual Patient Safety in American Hospitals Study, Apr.2008.Centers for Medicare & Medicaid Services.

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Chronic Medication Nation

New research shows that in 2007, for the first time, 51 percent of insured Americans were taking prescription medications to treat a chronic health problem, with many insured on multiple medications. Senior citizens show the highest prevalence of chronic medication use, but rates among younger adults are quickly on the rise, and nearly 30 percent of children ages 19 and under take at least one chronic medication.

The report analyzed data on more than 2.7 million insured Americans in 2007. The 51 percent who took chronic medications that year is up from 47 percent in 2001-2002 and from 50 percent in 2003-2006.

Perhaps the most surprising finding is that nearly half (48 percent) of women ages 20-44 are being treated for a chronic condition, as compared to one third of men their age. Anti-depressants are the most commonly used medication among this group, with 16% taking them. This demographic also claimed the sharpest increases in

the number of patients on chronic medications, rising more than 20 percent between 2001 and 2007.

Treatments for high cholesterol and high blood pressure were the top medications used by the general population, with more than one-in-five people on antihypertensives and almost one-in-seven on cholesterol-lowering drugs. These were also among the top four medications taken by 20-44 year-old men, whose use of cholesterol drugs surged more than 80 percent over a seven-year period.

Chronic Medication Use in Children: Nearly 30 percent of children ages 1-9 and under take a chronic medication; asthma and allergy drugs are most commonly prescribed, followed by medications to treat attention deficit/hyperactivity disorder (ADHD) and depression with antidepressants. The number of girls taking ADHD medications rose 72% from 2001-2007.

Source: Medco Health Solutions, Inc.



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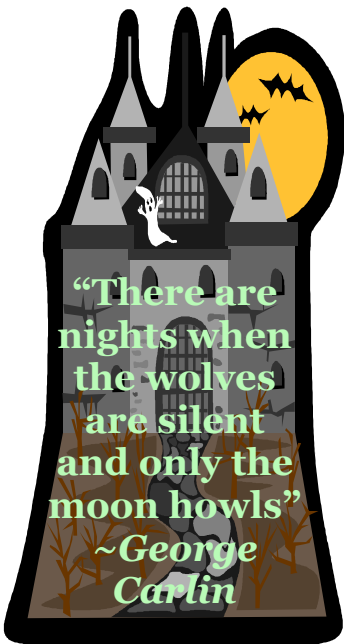
Our passion is to share and celebrate in the healing journey of every family and individual who chooses to be lovingly served by us in a relaxed atmosphere.

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.

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 a consultation, exam and x-rays. Simply cut it out, and give it to your friend.



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