



HEALTHLINE

Chiropractic & Nutrition Wellness Center



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Jingle Your Allergies Away with N.A.E.T.

Nambudripad's Allergy Elimination Techniques (N.A.E.T.) is our holistic, non-invasive treatment which can eliminate food and environmental allergies permanently. It was discovered by Dr. Devi S. Nambudripad, an acupuncturist, chiropractor, kinesiologist, medical doctor and a registered nurse. Her research resulted in the development of a new and effective approach for diagnosis and elimination of allergies of all types. Dr. Nambudripad utilized existing medical knowledge from various fields of medicine and combined this with her own discoveries.

N.A.E.T. is an excellent technique to eliminating allergies in that it recognizes that abnormal body function can be due to physical, neurological, immunological, biochemical, and genetic dysfunction. N.A.E.T. defines an allergy as a condition of unusual sensitivity. For example, one can be highly allergic to dairy and could have sensitive symptoms such as bloating,

gas and constipation when consuming dairy. "For years I considered myself to be lactose intolerant. I simply couldn't eat dairy foods without getting sick. I told Dr. Johnson about the problem and he treated me with NAET (Nambudripad's Allergy Elimination Technique). Later I went to a dinner party where I ate the ice cream served for dessert. I was fine, and my stomach didn't get upset at all. I'm a believer now. I hope others with allergies will try this technique. It works", said our current patient Margaret Rotha. With N.A.E.T., these negative reactions can be eliminated by re-programming the brain to view the allergen (dairy) as a non-threat instead of a threat to the body's well-being. When the brain accepts the allergen as non-threatening, this will regenerate (instead of disrupt) the normal flow of electrical energy throughout the body which results in the *(Continued on page 3)*

Ho!Ho!Ho! Our New Office Hours Coming to You Soon!

Starting 01/01/2009

Mon. : 8:45-1 & 3-7p.m.

Tues. : 2-6 p.m.

Wed. : 8-12 & 2-6 p.m.

Fri. : 8-12 & 2-6 p.m.

Alternate Saturdays:

8-11 a.m.

Special points of interest:

- N.A.E.T. treatments can help re-program your brain to overcome your allergies
- Flu, fevers and colds help your body cleanse and heal itself
- Osteoporosis drugs are exaggerated and provide almost no benefit
- The mercury in flu shots builds up toxins in the brain causing cognitive dysfunction



Having The Flu Is Good For You

For thousands of years healers have viewed the cold, flu and fevers as some of the most powerful weapons your body has for cleansing and healing itself. Getting a cold or the flu, while a very uncomfortable experience, is not only a powerful way for your body to detoxify but also provides another significant benefit. Studies report that the cold and flu may protect you from getting cancer:

An interview was performed on those with carcinomas of the stomach, colon, rectum, breast, and ovary. A history of common colds or influenza prior to the interview was found to be associated with a de-

creased cancer risk. Subjects who reported a history of infectious diseases (e.g., colds, flu) showed a 30% reduction in risk [of brain tumor].

If you have a bad cold or the flu, do not suppress your fever or other symptoms with drugs. Instead respect what your body is telling you; work with your body to cleanse and detoxify your system. If you don't, you can stay sick longer. As researchers have reported: Taking aspirin or Tylenol for the flu could prolong your illness by up to 3½ days.

Source: www.wellnesschiro.com; *E-News to Enhance Your Health Newsletter*

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Vertigo Disappeared!

I was in a car accident a few years ago. The injuries caused vertigo. The vertigo was so severe that I was unable to drive or move around much.

I had gone to a neurologist but his prescribed exercises just aggravated the vertigo. When I came to see Dr. Johnson for the condition, things improved quickly.

After only a few adjustments, I noticed a major improvement. Over the course of a few months, the vertigo DISAPPEARED COMPLETELY.

Now, I am symptom free.

-Evelin Valdez
Macomb, MI



I Can Move Better and Have a Higher Energy Level!

My experiences involving Dr. Johnson and his staff are very positive in many facets of Dr. Johnson's practice.

For the chiropractic part, the series of adjustments Dr. Johnson had done to my neck and back provided greater freedom of movement for me and has allowed me to turn my head and shoulders easily while driving my car in reverse.

For the nutrition part, I now have a higher energy level and this benefit is attributed to Dr. Johnson's supplements he provides but I also reserve the majority of the benefits to my eating habits and my lifestyle choices which have improved ever since I came to Dr. Johnson.

For NAET, I have uncovered various items that I was allergic to and resolved them through using NAET. The most dramatic part of using NAET was finding out my reaction to cold and humid temperatures in the winter with my very dry hands. Thank you again for curing my allergies and curing my dry hands problem!

- John Przybycien
Clarkston, MI



Recipes



Cream of Yam and Spinach Soup

Ingredients:

- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 red bell pepper, seeded and chopped
- 2 tablespoons minced garlic
- 1 cup all-purpose flour
- 3 (16-ounce) cans fat-free chicken broth
- 3 cups fresh yams (sweet potatoes), peeled -and diced, OR, 1 (29 ounce) can yams, drained
- 1 (10 ounce) bag fresh spinach leaves, stemmed and coarsely chopped
- 2 cups skim milk
- 1/2 cup sliced green onion stems (scallions)
- Add Salt and pepper to taste.



Preparation: Cook the vegetables about 5 to 7 minutes on medium-high heat. Stir in flour, gradually add chicken broth, blend. Add the sweet potatoes, bring to a boil; reduce heat and cook ~ 20 minutes* or until potatoes are tender. Add the spinach, milk, green onion stems, salt and pepper. Cook until spinach is wilted and soup well-heated and thickened, ~ 5 minutes. Serves 8. *Note: If using canned yams, cut in small chunks and stir in at the end of cooking.

Source:

<http://www.fitnessandfreebies.com/holidays/christmas/christmas21.html>

Cranberry, Apple, and Walnut Relish

Make this relish up to 3 days ahead, then store it in the refrigerator. Walnuts add a slight crunch and richness.

Yield: 4 cups (serving size: 1/3 cup)

Ingredients:

- 1 cup sugar
- 1/2 cup cranberry-apple juice
- 1 pound fresh cranberries
- 4 cups diced peeled Granny Smith apple (about 1 pound)
- 2/3 cup coarsely chopped walnuts



Preparation:

Combine sugar, juice, and cranberries in a large saucepan; bring to a boil over medium-high heat. Reduce heat; simmer 15 minutes or until cranberries pop and mixture thickens. Remove from heat; stir in apple and walnuts. Spoon into a bowl; cool. Cover and chill at least 4 hours.

Source:

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=385254&package_id=385285

(*Jingle Your Allergies Away With N.A.E.T.* continued) improvement of essential communication via the central nervous system and in the reduction of chronic spinal misalignment due to the allergy. A blockage of the normal flow of electrical energy throughout the body is the first step in a chain of events which can develop into an allergic response.

Moreover, the same applies to allergies to grain such as bread, pasta, fried foods, wheat and gluten. Using N.A.E.T. to eliminate your grain allergies can actually help you defeat asthma, eczema, celiac disease, and anaphylaxis. Also, another major allergy concern is peanut allergy. One with allergies towards peanuts can experience difficulty breathing after eating them, start wheezing, get stomachaches, start vomiting, and even develop itchy hives and/or swelling. As with any allergy, it can even cause death. "I came to Dr. Johnson a little over four months ago. He checked me out using muscle testing and recommended several supplements and allergy elimination treatments. I was ready to try anything to get some

relief. What a difference! I haven't had any hives or severe itchiness in seven weeks. It's amazing! I'm really grateful to Dr. Johnson for all his help and I highly recommend him", said patient Michael Scott.

N.A.E.T. can help you defeat your allergies and get your life back. N.A.E.T. can stop your body from misfiring and can re-program the body to accept grains, peanuts and dairy and any other allergy you have. To further explain, N.A.E.T. can successfully eliminate adverse reactions to egg, milk, peanuts, penicillin, aspirin, mushrooms, shellfish, latex, grass, ragweed, flowers, perfume, animal dander, make-up, chemicals, cigarette smoke, pathogens, heat, cold, and other environmental agents. It may take several office visits to desensitize a severe allergen but you can get rid of the allergen permanently.

To conclude, N.A.E.T. is a safe, gentle, and non-threatening way to get rid of your allergies permanently. Just imagine living a life free of allergies where you don't have to read every ingredient to make sure your allergen (Continued on page 5)



Osteoporosis Drugs: Not What They Are Cracked Up To Be



According to the January 18, 2008, issue of the British Medical Journal, the benefits of osteoporosis drugs are exaggerated. The drugs are being prescribed to women with osteopenia, which is a less serious situation than osteoporosis and affects about half of all older women. The drug companies are marketing their drugs to women with osteopenia, basing their actions on reanalyzing data from four earlier drug trials.

The new analyses were funded by drug companies and tend to overstate the benefits of the drugs. They cite statistics in terms of "relative risk," which presents a high percentage, making the drug look very effective. Analyzing the absolute risk reduction shows that the reduction in the number of fractures is actually a very low number. The new analyses also tended to downplay the risks and side effects of these drugs. Raloxifene, for example, increases the risk of blood clots. A Canadian study performed by researchers at the University of British Columbia and Vancouver Coastal Health Research Institute found that a class of osteoporosis drugs can increase the risk of bone necrosis. Necrosis is a situation where there is not adequate blood supply to the

bone, causing it to die and collapse. This is extremely painful.

A January 2008 study published in the online Journal of Rheumatology found that biophosphonates (including drugs like Fosamax) can triple the risk of bone collapse. Biophosphonates can also cause inflammation of the eye (New England Journal of Medicine. March 20, 2003; 348, v.12:1187-8). The authors of the British Medical Journal article believe that the osteoporosis drugs are being prescribed unnecessarily to a relatively healthy population. The calculation of the benefits of the drugs is presented in a way to make them look more effective than they actually are. For example, a 75 percent relative risk reduction for fracture is cited. In reality, this is actually less than a 1 percent reduction in absolute risk. This means that 270 women with pre-osteoporosis would have to be treated with drugs for three years to avoid a single fracture. They have such a low risk of fracture to begin with, that the drugs offer them almost no benefit. As usual, natural health care looks better when you start considering risk vs. benefit.

Source: Dr. Paul G. Varnas.
www.thebetterhealthnews.com

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



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.

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The Dangers of the Flu Shot

According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots, their chance of getting Alzheimer's disease or dementia is ten times higher than if they had one, two or no shots.

Dr. Fudenberg reports that this is due to the mercury in flu shots (and many childhood and RhoGam shots); these toxins build up in the brain causing cognitive dysfunction. Is this why Alzheimer's is expected to quadruple?

Source: Dr. Fudenberg at the NVIC International Vaccine Conference, Arlington, VA September, 1997.



FDA Announces 20 Drugs You Should NOT Take

A 2007 federal law requires the FDA to disclose all its investigations into reports of possibly drug-related adverse events. The first of this series of quarterly reports has been released. It includes adverse events reported between January 1 and March 31, 2008.

Here's the list of drugs and the adverse events that have been reported:

Arginine Hydrochloride Injection (R-Gene 10) -- Pediatric overdose due to labeling and packaging confusion.
Desflurane (Suprane) -- Cardiac arrest.
Duloxetine (Cymbalta) -- Urinary retention.
Etravirine (Intelence) -- Hemarthrosis (blood in a joint).
Fluorouracil Cream (Carac) and Ketoconazole Cream (Kuric) -- Adverse events due to name confusion.
Heparin -- Anaphylactic-type (life-threatening allergic) reactions.
Icodextrin (Extraneal) -- Hypoglycemia (low blood sugar).
Insulin U-500 (Humulin R) -- Dosing confusion.
Ivermectin (Stromectol) and Warfarin -- Drug interaction.
Lapatinib (Tykerb) -- Hepatotoxicity (liver toxicity).
Lenalidomide (Revlimid) -- Stevens-Johnson syndrome (a deadly drug reaction).
Natalizumab (Tysabri) -- Skin melanomas (deadly skin cancer).
Nitroglycerin (Nitrostat) -- Overdose due to labeling confusion.
Octreotide Acetate Depot (Sandostatin LAR) -- Ileus (bowels not moving).
Oxycodone Hydrochloride Controlled-Release (OxyContin) -- Drug misuse, abuse, and overdose.
Perflutren Lipid Microsphere (Definity) -- Cardiopulmonary reactions (lung/heart problems).
Phenytoin Injection (Dilantin) -- Purple glove syndrome (discoloration, pain, and swelling of the hand that may lead to amputation).
Quetiapine (Seroquel) -- Overdose due to sample pack labeling confusion.
Tebivudine (Tyzeka) -- Peripheral neuropathy (tingling or numbness in the extremities).
Tumor Necrosis Factor (TNF) Blockers -- Cancers in children and young adults.
Sources: FDA Sept. 5, 2008; WebMD.com Sept. 5, 2008.

(*Jingle Your Allergies Away With N.A.E.T.* continued from page 3) is not there, or that your food did not touch this allergen. Or, simply imagine eating a good birthday cake without ever having to ask what is inside it and taking a bite without any worry. N.A.E.T. can give you that option and can help you discover that your body is not set in stone, it can be re-programmed to accept your allergens as harmless and therefore, you will not have anymore negative symptoms. Allergens don't have to take over your life and N.A.E.T. can prove that to you. "So it is now six months later and I am a happy, healthy person with no more allergies or sinus problems or stomach problems. I am not depressed and feel everyday is a great day. At 76 years old, I did not think this

was possible. I thank Dr. Johnson and his staff. Without them I don't know where I would be today. My life has totally turned around and again I say many thanks to all of you", said current patient Joan Croft. Come on in to our office and schedule your life-changing appointment today and take control of your life again by defeating the allergens that are ruining your life with N.A.E.T.
Sources: 1. www.naet.com/subscribers/what.html; 2. <http://soul-centered-healing.com/naet-allergy-elimination.html>



"Nobody can go back and start a new beginning, but anyone can start today and make a new ending"

-Maria Robinson



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We're on the Web!
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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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