

May—June 2009

Volume 20, Issue 3

**NEW 2009 OFFICE HOURS:**

Mon.: 8:45am -1pm  
& 3pm-7pm

Tues.: 3pm - 6pm

Wed.: 8am -12pm  
& 2pm -6pm

Fri.: 8am -12pm  
& 2pm -6pm

Alternate Saturdays: 8am-11am



## Spring into Allergy Season

Have you noticed — lots of runny noses, itching and tearing eyes, sneezing, wheezing, fatigue, irritability, and other hay fever symptoms? Maybe you or someone you know is suffering from these symptoms now (not in August). If you've been out working in your yard and any or all of these symptoms start, it could be spring allergies — to pollens and molds.

This time of year as we start spending more time outdoors preparing gardens, raking up the leaves left over from last fall, getting the outdoor areas of our homes ready for summer, outside enjoying life, we get hit with some or all of these symptoms. If you are one of the sufferers, then Dr. Johnson can help you enjoy your outside life more.

Some of the most common pollen producers are plain-looking plants: trees, grasses, and weeds. When you breathe in pollen, your immune system, which serves as the body's defense mechanism against foreign substances, treats the allergen as an invader and generates large amounts of antibodies (also called immunoglobulins) to it. These antibodies are generated by mast cells located in your nose, eyes, throat, and lungs. An allergic reaction starts when allergen molecules come into contact with these mast cell antibodies. The cells then release inflammatory chemicals, such as histamine, that cause

many of the symptoms associated with seasonal allergies.

Although the pollinating season doesn't vary greatly from year to year, the farther north you live the later it starts. In our area, the season usually hits its peak in May and June. During those months we need to be aware of trees (especially flowering ones if they bother you) and grasses.



Here are some tips to help during this trying time: Minimize early morning activity; keep windows closed, use air conditioning; take shoes off before entering your house; keep house plants to a minimum; do not hang bedding or clothes out to

dry; avoid parking cars under trees; shower and shampoo at night; avoid rubbing your eyes and touching your nose; stay indoors on humid and windy days; wash hands after gardening or handling animals; and remove contact lenses.

Faced with springtime allergies, we must get our control back. How to do that? Help is available through NAET (Nambudripad's Allergy Elimination Techniques) and also through supplements. Talk to Dr. Johnson about the best choices for you.

**NOTES:**

Nambudripad, Devi. *Say Good-Bye to Illness*. Standard Process Labs. *Ah Spring. Ah-Choo*.

### Inside this issue:

Success Stories — 2

Healthy Recipes — 3

Cranberries — 3

Mosquito Season — 4

Beaver 43 — 5

Coupon! — 6



## Success Stories



*Having good health is very different from only being not sick.*

*- Seneca The Younger, 50 AD*

### Redness Gone, Bumps Reduced

I became a patient here back in 1999. From an overall point of view, my feelings towards Dr. Karl Johnson and his practice has always been that he is creative and flexible.

A particular experience with Dr. Johnson that made me very happy was regarding the time when I had a swollen knee with bumps. The bumps were very red and were the size of a baseball/softball. Dr. Johnson recommended CatsClaw from S.T.D. Labs. In only three to four days, the redness began to improve. Then, within a week, the redness was gone and the internal bumps shrunk to a much smaller size! Thank-you Dr. Johnson and staff. You have all been a great help.

*-Blair A. Myers, Clinton Township, MI*

### Allergies Gone Without Drugs

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*



### I am Cured 100%!

Since I was 19 years old, spring allergies have really upset my life. I would sneeze a lot in the mornings and I hated to go outside because I would get all sorts of allergy symptoms. I really missed my outdoor activities, but I just couldn't handle it in the spring. Because I've been on thyroid meds, I couldn't take antihistamines — they would put me right to sleep.

I've been coming to Dr. Johnson for eight months now and have good success with the allergy elimination program. I told him about my spring allergies and he treated me for pollen, weeds, pine trees, trees, grass, insects and flowers. It only took two treatments for it to work to 100%.

So far this year, I've not had any problems. I'm even ok around mowing grass. I love being back outdoors. Thanks, Dr. Johnson.

*-Nancy Carroll, Rochester Hills, MI*

## Recipes

### Portobello Pizza



#### Ingredients:

- 1 portobello mushroom, cleaned, stem removed and chopped
- 1 to 2 Tablespoons pizza sauce that is Blood Type Diet compliant.
- 1 teaspoon feta or goat cheese
- 1 Tablespoon mozzarella cheese
- Minced garlic to taste
- 2 cups mixed greens & vegetables
- 1 Tablespoon oils e.g.. Olive oil, flaxseed oil
- Other toppings to your liking; fruit, meat, rice

#### How to make it:

Saute portobello in 1/2 oil & 1/2 garlic. Set aside. Saute veggies & chopped mushroom stem in 1/2 oil & garlic. Spread pizza sauce on top of portobello mushroom. Pile on chopped mushroom stem and veggies or other toppings to your liking. Add feta/goat cheese and mozzarella cheese. Place under broiler until cheese is bubbling & starting to brown. Enjoy thoroughly!

### Sardine Salad

#### Ingredients:

- 1 large can water-packed sardines
- 3-4 cloves garlic, minced
- 2 Tablespoons tahini
- 1/2 teaspoon sea salt
- 1 teaspoon cumin
- 2 medium onions diced
- 1 pepper diced
- 1 Tablespoon olive oil
- Juice of half lemon



#### How to make it:

Drain and mash sardines well in a mixing bowl. Add the next 4 ingredients and mix. In a 7-inch skillet, saute onions and pepper in oil until lightly browned. Add saute mixture to sardines while still hot. Mix well and add freshly squeezed lemon juice. Chill and serve.

Source: <http://www.dadamo.com/typebase4/recipepictor7x.cgi?143>

*"The wise man should consider that health is the greatest of human blessings. Let food be your medicine."*

- Hippocrates

## Superfoods — Cranberries

It's not Thanksgiving or Christmas, so why look at the lowly cranberry now? Because cranberries are a **superfood!**

Superfoods are those foods high in nutrients that help an amazing number of challenges our bodies face each day. Cranberries have long been known to fight urinary tract infections, but now ongoing research proves additional benefits from cranberries.



Here's what cranberries can do for you:

- Reduce LDL (bad) cholesterol levels and raise levels of HDL (good) cholesterol in the blood. Cranberries contain both flavonoids and polyphenolic compounds, which have been shown to prevent the oxidation of LDL cholesterol (the "lousy" kind).
- Act as a natural defense against atherosclerosis and heart disease. Cranberries have antioxidant phenols and flavonoids, which defend the human body against common cardiovascular diseases and atherosclerosis. They also prevent blood clotting as well as consequent heart attacks.
- Help in the prevention of cancer since they have Proanthocyanidins, which behave like anti-carcinogenic agents and work in a similar way. Regular cranberry juice consumption can reduce the risk of stomach cancer and ulcers

in some people by killing the H. pylori bacteria. Cranberries also prevent the growth of ulcers and tumors in the stomach, lymph or lung. They can slow tumor growth or prevent them altogether; and certain chemical extracts from cranberries prevented the multiplication of breast cancer cells in a test tube, although the effect on a woman is still unknown.

- Have powers to protect us from harmful viruses apart from bacteria as they can fight the simplex-2 virus, which is responsible for causing ulcers, inflammation of the brain and genital sores.
- Help in the sharpening of the memory and save from various forms of neurological damages as well.
- Emulsify stubborn fat in the lymphatic system through the flavonoids, malic acid, citric acid, quinic acid and enzymes in cranberries and cranberry juice.
- Have the potential to stop the development of kidney stones because of the presence of Quinic acid, which is found in abundance.
- Provide relief from the problems and ailments of the urinary tract. Cranberries have an ingredient called Proanthocyanidins, which prevent the bacteria from sticking to the urinary tract thus helping us to get rid of the urinary ailments. E. coli bacteria, which causes the ailments of the urinary tract, have a certain shape that makes it easier for them to stick to the tract, but Proanthocyanidins make sure that the shape of the

*(Continued on page 4)*

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

**Need Supplements?**  
**Did You Know...**

**We Ship!!**

**Give us a call & tell us what you need. Visa & MasterCard Accepted.**  
**(586) 731-8840**

## Mosquito Season

It's mosquito season and nobody enjoys their annoying itch. What you may not know is that there is a safer repellent that is natural and does not have harmful chemicals. These natural products will effectively repel mosquitoes, but they require more frequent reapplication (at least every 2 hours) and higher concentrations than DEET chemical applications. Because of the differences between types of mosquitoes, products that contain multiple repellents tend to be more effective than those containing a single ingredient. As you can see, natural repellents tend to be volatile plant oils.

\* Citronella Oil \* Lemon Eucalyptus Oil \* Cinnamon Oil \* Castor Oil  
\* Rosemary Oil \* Lemongrass Oil \* Cedar Oil \* Peppermint Oil \* Clove Oil  
\* Geranium Oil \* Possibly Oils from Verbena, Pennyroyal, Lavender, Pine, Cajeput, Basil, Thyme, Allspice, Soybean, and Garlic.

\* Another plant-derived substance, pyrethrum, is an insecticide. Pyrethrum comes from the flowers of the daisy *Chrysanthemum cinerariifolium*.

Source: <http://chemistry.about.com/cs/howthingswork/a/aa050503a.htm>

*Probably the saddest thing you'll ever see is a mosquito sucking on a mummy. Forget it, little friend. — Jack Handy*



(Continued from page 3)

bacteria is changed and they cannot regain the way of sticking themselves to the tract. Therefore, these bacteria cannot affect the urinary tract — neither the bladder nor the uterus and for that matter these bacteria can no longer effect human body.

- Prevent plaque from forming on teeth. A mouthwash containing proanthocyanidine (a compound found in cranberries) is being developed to prevent periodontal disease.
- Help to stop or reduce the effects of ageing.

As you can see, cranberries are definitely a **SUPERFOOD!** But to be effective they must be **organic, no sugar added**. Be sure to drink only pure, unsweetened cranberry juice free of sweeteners — pasteurized bottled cranberry juice doesn't have the same benefits. Dilute the juice at a ratio of about 4:1, water to cranberry juice. Ideally, drink 8 ounces of 100% pure, unsweetened cranberry juice per day. Good brands include Knudson, Mountain Sun, and Trader Joe's. All are pure, unsweetened cranberry juice. For best results, fill two 32-ounce bottles with 4 ounces of pure cranberry juice and 28 ounces of water and drink daily.

NOTES:

Ganguly, Poushali, [www.buzzle.com](http://www.buzzle.com), 2008

Gittleman, Ann Louise. *The Fat Flush Foods*. New York: McGraw-Hill, 2004.

Gittleman, Ann Louise. *The Fat Flush Plan*. New York: McGraw-Hill, 2002.

Shoffro-Cook, Michelle. *The 4-Week Ultimate Body Detox Plan*. John Wiley & Sons, 2004.

Yeagerm Selene, editors of Prevention Magazine. *The Doctors Book of Food Remedies*. New York: Rodale, Inc. 2007.



**Supplement Special**  
**May-June 2009**

**Euphrasia Complex®**

**10% Discount:**  
**30 tabs (Large)**  
**Regular \$26.50 NOW**  
**\$23.85**

**Euphrasia Complex®**  
**maintains healthy mucus secretion, a healthy response to environmental stresses, healthy breathing, and healthy respiratory tract function.**

**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.

*Leave your drugs  
in the chemist's  
pot if you can  
cure the patient  
with food.*

*—Hippocrates,  
420 BC*

*Supplement Special  
May-June 2009*

**Ligaplex I**

**10% Discount**  
40 Caps, Regular \$8.00, Now \$7.20  
150 Caps, Regular \$26.00, Now \$23.40

**With increased spring activities, our bodies are strained because of connective tissue deficiencies. Ligaplex I supplies the necessary support to help the body adjust to increased activity.**



**BEAVER 43 FOR PROTECTION**

Great news on beating sunburn—Beaver 43 sunblock is back. After a long hiatus, the best sun block in the business is on the market again. The company that makes Beaver 43 has been purchased by Whetstone Labs. The Food and Drug Administration (FDA) and other regulatory agencies made the new company jump through enough hoops to waste a full year—even though the formula for Beaver 43 has not changed. They've even added expiration dates to the packaging — although the product is still active and beneficial long after the expiration date.

Research chemist Otto Beaver, PhD, developed that formula. Beaver 43 blocks both UVA and UVB rays. It is not greasy, goes on easily, and a little goes a long, long way. It won't burn your eyes and it is waterproof (even though the FDA no longer allows the word waterproof to be used). You can't sweat or swim it off,

but it washes off easily with soap and water.

If you spend much time in the sun, you know just how critical a great sun block can be. Although it's not a good thing to block all sun from your skin, a nasty burn is bad news. Now you can use Beaver 43—the sun block Dr. Johnson uses every time he's in really hot sun. And he often uses a little Beaver 43 mixed with some regular white Coppertone #4 lotion for my shoulders, neck and face.

Beaver 43 sells for \$7.50 per tube. However, it goes a long way. And now, you can get Beaver 43 for just \$18.75 for 4 tubes. Whetstone Labs pays the shipping and handling. If you love the outdoors, get a four-tube pack with the first tube at a special \$3.75 price and the fourth tube free. Send your check for \$ 18.75 to Whetstone Labs, P.O. Box 2267, Crested Butte, CO 81224. You can also call their toll-free number: 1-866-349-7219.

Dr. Johnson has no financial interest in this company. He simply knows that Beaver 43 is the best.



NOTE: This information is from Whetstone Labs and *Health Alert*.

**Chiropractic & Nutrition Wellness  
Center**

Karl R.O.S. Johnson, D.C.- Director  
51735 Van Dyke Avenue  
Shelby Twp., MI. 48316-4451

Phone: (586) 731- 8840  
or (586) 726- KIDS  
Fax: (586) 731- 9550

**We're on the Web!**

*www.wellnesschiro.com*

**Email:**

*info@wellnesschiro.com*

**We Also Have...**

*E-News To Enhance Your Health*

**Our Email Newsletter!**

**Please Update Or Give Us Your  
Email and We Will Send You This  
Exciting Newsletter  
in a click of a button!**



*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 certificate that is good for a consultation, exam and x-rays. Simply cut it out, and give it to your friend.

*In health there is freedom.*

*Health is the first of all liberties.*

*- Henri-Frederic Amiel 1828-1881*

*This coupon entitles you to:*

**\* Consultation, Examination, and X-rays (2 views)\***

at

51735 Van Dyke Avenue, Shelby Township, MI. 48316

**Investment: \$50**

Call (586) 731-8840 **\*\*Appointment Necessary\*\***

**Coupon Expires: 6/30/2009**

**\*\*This coupon could save you up to \$250!**

**\*Adjustments NOT covered by coupon\***

**\*Additional views at normal fees\***

**Note: \*Coupon NOT applicable to Medicare patients due to  
Federal Regulations \***

