

2009 Best of the Best

The Macomb Daily's fifth annual Reader's Choice awards were announced on June 21, 2009. We're happy to report that Dr. Karl Johnson was voted one of the "Best of the Best"! For chiropractic care and nutritional counseling, Dr. Johnson and his staff strive to offer the most up-to-date, caring service to be found not only in Macomb County but also in all of southeastern Michigan.



Dr. Johnson is a graduate of Palmer College of Chiropractic. In addition, he is certified in Pediatric Chiropractic, Nambudripad's Allergy Elimination Techniques (NAET), Nutrition Response Testing, Contact Reflex Analysis, and Brain-Based Therapies. Dr. Johnson also spends time each year learning updated and new techniques to bring his patients the optimum care available.

There are four essentials for good health — Food, Water, Oxygen, and Nerve Impulse. If any of these are missing, there will be signs of dis-ease. This issue of *Healthline* will highlight some of the many opportunities for improved health available at the Chiropractic & Nutrition Wellness Center.

If you have any questions or concerns, please contact the clinic at (586) 731-8840.

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

— Thomas A. Edison



Bike MS makes the grade..

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In This Issue...

This special issue of *Healthline* includes an overview of the various therapies available at the Chiropractic & Nutrition Wellness Center. It's presented as a reminder that we're here for you — to help you experience the best health possible.

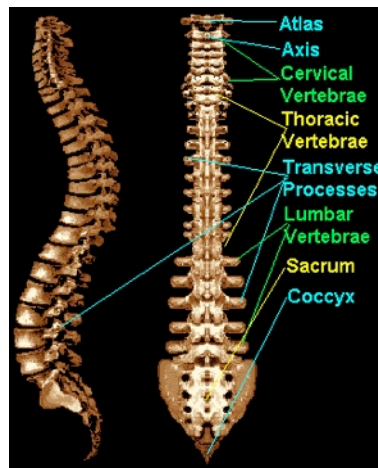
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Health is something you are given at birth and it should be maintained throughout your lifetime. Unfortunately, we are never taught what we need for health and what specifically needs to be maintained. If any of the four essentials of health — food, water, oxygen, and nerve impulse — are missing or compromised, your health would suffer and you would not attain your optimum potential.

Have you ever fallen? slipped? Does your back hurt? Do you get headaches? Do you experience any discomfort in ANY part of your body? If you answered “yes” to any of these questions, you may want to discuss this with Dr. Johnson.

What’s a Subluxation?

Many everyday things can cause the bones of the spine (the vertebrae) to lose their normal motion or position. This sets off a chain reaction affecting the spinal bones, nerves, muscles, and soft tissues. The end result can be degenerative changes throughout the body. These changes are called the Vertebral Subluxation Complex. Subluxations — or bones that become “stuck,” don’t move enough, or move too much — are brought under control through chiropractic adjustments.



How Does Dr. Johnson Know What to Adjust?

X-rays guide the doctor to the areas of the spine that have been damaged through physical, biochemical, and/or psychological lifestyle stress. Add to that the diagnostic tools from the INSIGHT Subluxation Station™ and Motion Palpation and the chiropractor has a roadmap to the subluxations present in the spine.

What’s an INSIGHT Subluxation Station™?

The Insight technology objectively evaluates patterns of spinal and nerve function. It’s painless, non-invasive, scientifically sound (it’s been used by NASA), and easy to understand. Insight tests include the sEMG which evaluates muscle function looking for areas of muscle tension or imbalance by looking at the electrical signals sent by your muscles to pinpoint areas of nerve disfunction. Then a thermal

scan using infrared heat sensors monitors autonomic (organs, glands, blood vessels) nerve function.

Why Motion Palpation?

Motion Palpation guides the patient through the normal action of the spine — forward bending, backward bending, side bending (left and right), and rotation (left and right). Dr. Johnson can then feel the motion or lack thereof between each of the vertebral spinal joints. What isn’t right, needs to be adjusted.

Why Spinal Decompression?

Non-Surgical Spinal Decompression (NSSD) gently lengthens and decompresses the spine, creating negative pressures with the discs. This reversal of pressure creates an intradiscal vacuum that not only takes pressure off the pinched nerves, but also helps to reposition bulging discs and pull extruded disc material back into place.

The patient is put through a series of gentle pulls, holds, and releases — so relaxing that many often fall asleep. After a series of relaxing treatment sessions, the patient can experience powerful pain reduction and healing.

I Can Walk Again Without Pain!

I have always been a very active person until I started having problems with my neck. For several years Dr. Johnson kept my lower back pain under control with the Cox table and regular adjustments. I had an MRI for my neck, which showed that I had 2 bulging discs and 3 herniated discs.

Dr. Johnson suggested I try the Spinal Decompression table and now I can go for months without pain. With 8 treatments over a couple of months, I was able to resume walking and soon I’ll be playing tennis again. With Dr. Johnson’s Spinal Decompression table, my results are maximized and my recovery is fast. It’s wonderful and amazing!

Heidi Kanan Grosse Pointe, MI

JULY-AUGUST SUPPLEMENT SPECIAL -- TRAUMEEL™ Ointment, now \$14.40

Along with the coming of summer sports and “weekend warriors” comes the accompanying aches and pains. For temporary relief of muscle pain, joint pain, sports injuries, and bruising, use Traumeel™ on your sore spots.

NUTRITION COUNSELING

Many of the people seen in our practice have eaten themselves into their current state of ill-health. The deficiencies or imbalances created lead to a breakdown in resistance or immunity and a loss of the ability to cope with environmental stresses (chemical, microscopic, or otherwise). The good news is that it is possible to reverse the process and restore good health.

Our nutrition counseling consists of two parts — analysis and a designed natural health improvement program to follow. During the analysis portion, the body's neurological reflexes and acupuncture points are tested. Each reflex tested represents a specific organ, tissue, or function, and indicates the effect that energy, or the lack thereof, is having on the body.

This testing helps determine the exact nutrients you need to supplement your diet with in order to bring about balance and better health. We then make the necessary “food supplements” (highly concentrated therapeutic formulations) available to you to “supplement” your current diet.

ALLERGY ELIMINATION

Nambudripad's Allergy Elimination Techniques (NAET) are an innovative, non-invasive, natural solution for allergies and allergy-related conditions. An “allergy” is a condition of unusual sensitivity of a person to one or more substances which may be harmless to the majority of other individuals. In the allergic person, the allergic substance (allergen) is viewed by the brain as a threat to the body's well-being.

NAET is a synthesis of various medical disciplines such as allopathy, acupuncture chiropractic, kinesiology, and nutrition, which uses Muscle Response Testing (MRT) to indicate the kinetic imbalance in the body caused by allergens. NAET reprograms the brain and removes blockages from the energy pathways, thus allowing the body to regain perfect balance (homeostasis) and function normally to reach optimum health.

Unusual sensitivities (allergies in holistic terms) respond to NAET by regenerating the normal flow of electrical energy throughout the body, which results in the improvement of essential communication via the central nervous system and

Depending on your individual situation, we might also recommend specific changes in your diet and eating habits as well as in your routines in order to bring about the best possible results.

The supplements used in the clinic are thoroughly researched so that only the best, most pure, and most effective are recommended for consumption. Although our primary supplements are from Standard Process Labs™ and Medi-Herb™, we also carry supplements from other reputable labs, supplements that are only available through physicians like Dr. Johnson.

Don't Be A Skeptic — It Really Does Work!

I came to Dr. Johnson's office complaining of being run down and tired all the time. I had moderate to severe allergies. I got one sinus infection after another and was constantly on antibiotics for them as well as having multiple ear infections. The postnasal drip and constant clearing of my throat was annoying to say the least. Initially, I took advantage of the services offered in Nutrition and NAET.

When I become skeptical over whether or not I should be taking all of the supplements recommended, I look at my before and after lab work — routine lab work comes back “perfect”! I believe in this course of health maintenance and have referred my entire family over the years.

All we chiropractic family members can do is plant the seed and hope it sprouts eventually: IT REALLY DOES WORK!
Patricia Fields, Washington, MI

in the reduction of chronic spinal misalignment due to the aforementioned “allergies.”

NAET is a safe, gentle, and non-threatening way to get rid

of your allergies permanently. NAET also helps you discover that your body is not set in stone, that it can be reprogrammed to accept your allergens as harmless — thereby releasing you from negative symptoms. Dr. Johnson can help you find the relief you seek whether you experience seasonal allergies or regular negative symptoms.

Save 10% -- JULY-AUGUST SUPPLEMENT SPECIAL -- ENDOTRIM™ now only \$28.80

Why? Blood sugar support, endocrine support, weight management!

EndoTrim™ is a comprehensive endocrine balancing formula designed to promote optimal insulin, leptin, and cortisol levels and safe fat burning in order to improve body composition. Because of its unique array of nutrients and botanicals, this product is also useful for controlling food cravings and stabilizing blood sugar levels.

Many of today's health challenges are not responsive to drugs or surgery. Brain-based therapy is an effective treatment for difficult and chronic cases caused by abnormal brain function.

These disorders include fibromyalgia, dizziness/vertigo, migraine headaches, cluster headaches, lower back pain, neck pain, sciatica or leg pain, spinal stenosis, shoulder and arm pain, numbness/parathesia, insomnia or an inability to sleep soundly, restless leg syndrome, RSDS, tinnitus or ear noises, dystonia, and carpal tunnel syndrome.

To function properly, the brain and cerebellum need Fuel (food and oxygen) and Activation. Therapeutic Activation consists of unilateral adjusting, exercise while on oxygen enhanced air, auriculotherapy, warm calorics, Interactive Metronome training® sound therapy, color therapy, and more. Each of these

treatments is available at our clinic. Dr. Johnson has worked closely with Dr. Michael Johnson, DC — expert on brain-based therapies and author of *What Do You Do When the Medications Don't Work? — A Non-drug Treatment of Dizziness, Migraine Headaches, Fibromyalgia, and Other Chronic Conditions* — to learn all these techniques so he can further help those who haven't experienced optimum health through regular chiropractic adjustments and nutrition counseling. Adding these therapies has helped many of our patients experience better health, freedom from pain, and a more active lifestyle.

Some of the treatments of brain-based technologies include:

- **Auriculotherapy** — which offers micro-current acupuncture on ear points.
- **Listening** to soundtracks in one ear.
- **DTS Spinal Decompression** — used to heal discs and decrease spinal pain.
- **The Interactive Metronome®** — improves the neurological processes of motor planning and sequencing.
- **The ATM®2** — cutting edge treatment for back pain, disc disorders, sciatica, scoliosis, spasms, arthritis, and more. The ATM®2 places the patient in a Pain-free functional weight-bearing position. Special resistive exercises reset the central nervous system muscle activation patterns...allowing an immediate and significant reduction in pain and restoration of function.
- **Whole-Body Advanced Vibration Exercise WAVE™** — improves strength and flexibility with low impact on your body. The WAVE™ exploits the body's innate reflexive response to minor disruptions in stability thus stimulating enhancements in muscle strength and performance. This machine can improve bone density, circulation, and joint flexibility.



...and then the pain disappeared

In the first three weeks I noticed a lot of my fibromyalgia pain was gone from my arms and all over my body. Soon, much of the pain in my legs was gone — then all the fibromyalgia pain disappeared. In addition, my dry eyes and light sensitive vision have improved so I no longer have to wear my sunglasses and I don't have to use Restasis® like I did for 5 years. I used to wake up throughout the night from pain, and now I can sleep all night. I have had so many benefits from this program in only a short time!

— Helen Malek, Sterling Heights, MI

Vertigo and nausea gone...

I was experiencing vertigo, having trouble standing and functioning, and my stomach was terribly upset. Dr. Johnson set me up with oxygen treatments while I was doing a pedaling motion with my arms using an upper body ergometer for ten minutes. When I got done with this 10-minute exercise, I felt better immediately and I felt more stable. I was able to walk out of Dr Johnson's office and not feel any vertigo. After about two hours all the vertigo had gone from my body and I felt wonderful.

— Linda Allen, Sterling Heights, MI

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

Recipes

The following recipe was sent in from Anita VanSchaik-Martinet and makes a delightful summer salad. What a refreshing change from pasta salad, and it's gluten free and high in protein!

- 1 cup quinoa
- 1/8 tsp. sea salt
- 1 3/4 cups water
- 1 can garbanzo beans (chickpeas),
- 1 clove garlic
- 4 tsp. olive oil
- the juice from 1/2 of a lime
- 1/2 of a cucumber, cut in small chunks
- 1/2 cup grape tomatoes, cut in half
- chopped fresh cilantro, to taste



Put quinoa in a fine mesh strainer and rinse under cold water until the water no longer foams. Bring quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender, 20-25 min.

After quinoa is done, let it cool in the fridge, about 15 min. Stir in the rest of the ingredients, chill, and serve

Bike MS

The 2009 Annual MS Bike ride took place in June and Dr. Karl Johnson and his team completed the various options of the race. Dr. Johnson and Jamie Gannon both completed 200 miles, riding 100 miles each day.



A special "thank you" to all those who sponsored Dr. Johnson. The goal of \$1500.00 was met. Additionally, if anyone wishes to contribute before August 16, contact the clinic at 586-731-8840.

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 all your nutritional needs, we ship supplements. Give us a call at 586.731.8840 and tell us what you need. We accept both Visa and MasterCard. We can also have your supplement order ready for pick up for you.

Super Foods ... lemons

Although they first appeared in China over 2000 years ago, lemons were brought to America by Christopher Columbus and have been grown in Florida ever since. What can the lowly lemon do?

For starters lemons are high in Vitamin C, supplying 4 times more than oranges. Vitamin C is the primary water-soluble antioxidant in the body; it travels through your system,, preventing cellular damage and cholesterol buildup by zapping any free radicals it meets.

Lemons and their juice also do the following:

- stimulate the healthy flow of lymph fluids
- assist in the digestive process by producing necessary enzymes, invigorating the gall bladder and liver, and promoting the absorption of protein and minerals from foods.
- help liquefy fat so that it can be flushed out of your system faster
- act as a diuretic when added to hot water, ridding the body of retained water and toxins



- cleanse the lymphatic system and stimulate blood flow to the skin.

NOTE: Sugar lowers immunity, interferes with digestion, and leeches vitamins and minerals from the body. Consuming sugar with lemons negates many of the health benefits.

When shopping for lemons, remember the following: the thinner the skin, the more flesh and the juicier it will be; look for bright yellow color and heavy for their size. Overripe lemons appear wrinkled, reddish in color, or have hard or soft patches.

Lemons stay fresh in the crisper of the refrigerator for approximately four weeks.

Ideas for lemons include combining with olive or flaxseed oil, adding garlic and/or cayenne to make a zesty salad dressing. Squirt a lemon juice on cut fruits or white vegetables to help them keep their color. Add a slice of lemon to your water for zip and looks.

The Fat Flush Foods, Ann Louise Gittleman, 2004.

2009 Office Hours

Monday: 8:45 am - 1 pm
3 pm - 7 pm
Tuesday: 3pm - 6 pm
Wednesday: 8 am - 12 pm
2 pm - 6 pm
Friday: 8 am - 12 pm
2 pm - 6 pm
Alternate Saturdays - 8 am - 11 am

Chiropractic & Nutrition Wellness Center

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We also have E-News to Enhance Your Health

Please update or give us your email and we will send you this exciting newsletter in a click of a button!



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? a 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

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.

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: 8/31/2009

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

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

NOTE: *Coupon NOT applicable to Medicare patients due to Federal Regulations



We're on the Web!

www.wellnesschiro.com

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