

HEALTHLINE

HEALTHY ALTERNATIVES FOR LIFE

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**Chiropractic & Nutrition
Wellness Center**
Healthy Alternatives for Life

It's Flu Season...And This Year We Have More Than One Type of Flu!

Welcome to *Healthline*! This issue we'll focus on the flu. This year there is an enormous amount of concern regarding not only the regular Type A flu that normally hits during flu season, but also the H1N1 variety of Swine Flu that seems to be creating a pandemic around the world.

Each day we hear of more and more cases...from elderly people to college students to small children. There have been deaths also associated with this flu, so it is vital that we all take care to prevent the flu and keep our bodies, minds, and spirits healthy. With this in

mind, I've included several articles on the prevention and dangers of the flu. In addition, I also have available a limited quantity of a free report on the swine flu vaccine and information on how chiropractic care reduced

mortality in the 1918 flu epidemic. The report is from Dr. Tedd Koren and contains vital information regarding myths and facts about the flu — both the swine flu and the 1918 pandemic flu that killed so many. Ask Dr. Johnson for your free copy soon as quantities are limited.



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Preventing the Flu and Surviving A Pandemic

The following 10 steps will typically be all you need to stay healthy, even in the midst of a pandemic:

1. [Optimize your vitamin D levels.](#)

Optimizing your vitamin D levels is one of the absolute best strategies for avoiding infections of ALL kinds, and [vitamin D deficiency is likely the TRUE culprit behind the seasonality of the flu](#) -- not the flu virus itself.

This is probably the single most important and least expensive action you can take. I would STRONGLY urge you to have your vitamin D level monitored to confirm your levels are therapeutic at 50-70 mg/ml and done by a reliable vitamin D lab like Lab Corp.

(Continued on Page 2)

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For those of you in the US we hope to launch a vitamin D testing service through Lab Corp that allows you to have your vitamin D levels checked at your local blood drawing facility, and relatively inexpensively, soon. In the meantime, you can also [take part in the D*Action Project](#) to have your levels tested as part of a five-year study for public health.

If you are coming down with flu-like symptoms and have not been on vitamin D you can take doses of 50,000 units a day for three days to treat the acute infection. Some researchers like Dr. Cannell, believe the dose could even be as high as 1000 units per pound of body weight for three days.

However, most of Dr. Cannell's work was with seasonal and not pandemic flu. If your body has never been exposed to the antigens there is chance that the vitamin D might not work. The best bet is to maintain healthy levels of vitamin D around 60 mg/ml.

2. [Avoid Sugar and Processed Foods.](#)

Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is key to fighting off viruses and other illness.

3. [Get Enough Rest.](#)

Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu.

4. [Use Effective Tools to Address Stress.](#)

We all face some stress every day, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness.

If you feel that stress is taking a toll on your health, consider using a tool such as the [Meridian Tapping Technique \(MTT\)](#), which is remarkably effective in relieving stress associated with all kinds of events, from work to family to trauma.

5. [Exercise.](#)

When you exercise, you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means

your immune system has a better chance of finding an illness before it spreads.

6. [Take a high-quality source of animal-based omega-3 fats like Krill Oil.](#)

It is also vitally important to avoid damaged omega-6 oils that are in trans fats and processed foods as it will seriously damage your immune response.

7. [Wash Your Hands.](#)

Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. Be sure you don't use antibacterial soap for this -- antibacterial soaps are completely unnecessary, and they cause far more harm than good. Also be

careful not to over-wash your hands, which can damage your skin and allow an entryway for pathogens.

8. [Eat Garlic Regularly.](#)

Garlic works like a broad-spectrum antibiotic against bacteria, virus, and protozoa in the body. And unlike antibiotics, no resistance can be built up so it is an absolutely safe product to use. However, if you are allergic or don't enjoy garlic it would be best to avoid as it will likely cause more harm than good.

9. [Avoid Hospitals and Vaccines.](#)

In the case of swine flu, I recommend you stay away from hospitals unless you're having an emergency, as hospitals are prime breeding grounds for infections of all kinds, and could be one of the likeliest places you could be exposed to this new bug. Vaccines, when available, will likely

be ineffective and may lead to crippling paralysis like Guillain-Barré Syndrome [just as it did in the '70s](#).

10. [Take a High-Quality Probiotic or eat plenty of naturally fermented foods.](#)

Eighty percent of your immune system is located in your digestive system, so enhancing your gut health with probiotics is a very effective method to ward off cold and flu viruses.

Source: <http://articles.mercola.com/sites/articles/archive/2009/09/03/One-of-the-Key-Herbs-that-Prevents-and-Treats-Swine-Flu.aspx>



Recipes for your Health

Sprouting takes a nut or seed that is dormant and brings it to life. You can watch as a food that has been sitting in a bag on a shelf for months begins to grow a little sprout and transforms. One of the easiest foods to sprout is buckwheat. Buckwheat becomes packed with live enzymes and vital nutrients when sprouted.



Sprouted buckwheat is an amazing food because it tastes like a grain but is actually gluten and wheat free and not a grain at all. It is one of the most complete sources of protein on the planet, containing all eight essential amino acids. This makes it perfect for diabetics and those who want to cut down on their sugary carbohydrates and to balance their blood sugar levels. It is also known to lower high blood pressure.

Sprouted buckwheat also cleanses the colon and alkalizes the body. Buckwheat is a wonderful super food for people who have varicose veins or hardening of the arteries. One of the reasons is that it is full of rutin, which is a compound that is known as a powerful capillary wall strengthener. When veins become weak, blood and fluids accumulate and leak into nearby tissues, which may cause varicose veins or hemorrhoids.

This healing food is also rich in lecithin, making it a wonderful cholesterol balancer because lecithin soaks up "bad" cholesterol and prevents it from being absorbed. Lecithin neutralizes toxins and purifies the lymphatic system, taking some of the load off of the liver. Sprouted buckwheat is also a brain boosting super food. 28% of the brain is actually made up of lecithin. Research suggests that regularly consuming foods rich in lecithin may actually prevent anxiety, depression, brain fog, mental fatigue and generally make the brain sharper and clearer.

Buckwheat is high in iron so it is a good blood builder. It also prevents osteoporosis because of its high boron and calcium levels. Sprouted buckwheat is high in bio-flavonoids and co-enzyme Q10. It contains all of the B vitamins, magnesium, manganese, and selenium, as well as many other health giving compounds.

How to Sprout Buckwheat

Place 1 1/2 Cups of buckwheat groats into a bowl and cover it with 2- 3 times as much room temperature water. Mix the seeds up so that none are floating on the top. Allow the seeds to soak for about an hour. Drain the water in a colander and let them stand, rinsing 3 times per day with cool water for 2 days. You will notice a gooey substance on the buckwheat, which is starch. Make sure that you wash this off thoroughly. Spouts will form after a day or two.

Sprouted Buckwheat Breakfast Cereal

(serves 4)

2 cups of sprouted buckwheat

1 tablespoon of cinnamon powder

1 cup of chopped seasonal fruit (apple, orange, banana etc)

1/2 cup raisins

1 or 2 tablespoons of honey to taste

Mix all the ingredients in a large bowl and serve chilled.

Tuna with Pear Salsa

From *eatbetteramerica*.

Pear Salsa

1 large unpeeled pear, chopped (1 1/2 cups)

1 medium hot or mild yellow chile, chopped
(2 tablespoons)

2 medium **green** onions, chopped
(2 tablespoons)

2 tablespoons chopped **fresh** cilantro

2 teaspoons grated lemon peel

2 tablespoons lemon juice

1/2 teaspoon salt

Tuna

6 small yellowfin tuna, swordfish or halibut fillets (1 1/2 lb)

- 1 In small glass or plastic bowl, mix all pear salsa ingredients. Cover; refrigerate at least 1 hour to blend flavors but no longer than 24 hours.
- 2 Set oven control to broil. Spray broiler pan rack with cooking spray. Place fish on rack in broiler pan. Broil with tops about 4 inches from heat about 5 minutes or until fish flakes easily with fork. Serve tuna topped with salsa.

Nutritional Information

1 Serving: Calories 130 (Calories from Fat 15);

Total Fat 1 1/2g (Saturated Fat

0g, Trans Fat 0g); Cholesterol

60mg; Sodium 300mg; Total

Carbohydrate 8g (Dietary Fiber

2g, Sugars 5g); Protein 23g %



Warning: Swine Flu Shot Linked to Killer Nerve Disease

Posted by: [Dr. Mercola](#)

September 01 2009 70,552

A warning that the swine flu vaccine has been linked to a deadly nerve disease has been sent by the UK Government to senior neurologists in a confidential letter.

The letter from the Health Protection Agency, the official body that oversees public health, was leaked to *The Daily Mail*, leading to demands to know why the information has not been given to the public before the vaccination of millions of people, including children, begins.

It tells the neurologists that they must be alert for an increase in a brain disorder called Guillain-Barre Syndrome (GBS), which could be triggered by the vaccine. GBS attacks the lining of the nerves, causing paralysis and inability to breathe, and can be fatal.

The letter refers to the use of a similar swine flu vaccine in the United States in 1976 when:

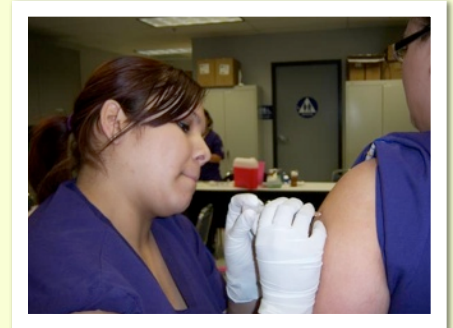
- More people died from the vaccination than from swine flu
- The vaccine may have increased the risk of contracting GBS by eight times
- The vaccine was withdrawn after just ten weeks when the link with GBS became clear
- The U.S. Government was forced to pay out millions of dollars to those affected

Concerns have already been raised that the new vaccine has not been sufficiently tested and that the effects, especially on children, are unknown.

Sources:

➤ [The Daily Mail August 15, 2009](#)

<http://articles.mercola.com/sites/articles/archive/2009/09/01/Swine-Flu-Shot-Linked-to-Killer-Nerve-Disease.aspx>



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Success Story

On the Road to Recover with Dr. Johnson's Help

Over the years, Dr. Johnson has helped me with my thyroid problems, gall bladder, and digestive problems, sinuses, lung challenges and the resulting coughing. Dr. Johnson's always been there to advise and help.

With Dr. Johnson's help, I feel fine! I'm off all antibiotics. My colds, sinus problems, and congestion are gone.

Gwen Butzu, Chesterfield, MI

Success Stories

Colds Get Zapped

I normally get several colds in the fall and winter months. When catching a cold, generally I will be coughing for at least a month afterward.

At my next appointment with Dr. Johnson, I told him how I was feeling and he suggested that I take Standard Process® Antronex® and Systemic Formulas Vivi (after testing me to see what my body needed). I took the Vivi in the morning and at night and the Antronex® every two hours. In 24 hours I was all better. What a relief. Thanks, Dr. Johnson.

Laurie Capoferi, Sterling Heights, MI

My daughter Grace has suffered from ear infections since she was born 21 months ago. She was on antibiotics every month and had had tubes put in her ear. She also had respiratory problems with sneezing and runny nose. When the plastic tubes caused a reaction in her, the doctor said we'd have to put titanium tubes in and my husband and I both said NO.

We put Grace on colloidal silver and she improved a lot. Then we brought her to Dr. Johnson. With supplements and adjustments, Grace steadily improved. We also put an air filter in our house and that helped too. Now Grace enjoys her visits to Dr. Johnson. She loves the staff and looks forward to coming to see Dr. Johnson. Thanks, Dr. Johnson, we couldn't have done it without you.

Julie Meredith, Shelby Township, MI

The 10 Most Important Things to Do to Improve Your Health

1. Use Olive Oil.
2. Eat whole grains—but avoid gluten-containing grains such as wheat, rye, and barley.
3. Eat fatty fish.
4. Eat nuts.
5. Drink tea, esp. green tea.
6. Eat more fruits and vegetables.
7. Eat good carbohydrates.
8. Restrict meat, animal fat, trans fats, and sodium.
9. Eat less.
10. Take supplements recommended by Dr. Johnson.

You can either complain that rose bushes have thorns — or rejoice that thorn bushes have roses!



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September-October, 2009

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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.

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

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this exciting newsletter in a click of a button!

Our 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.

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 friend or family member.

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