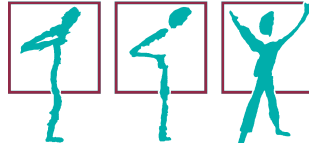


HEALTHLINE

HEALTHY ALTERNATIVES FOR LIFE

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



**DVD's and
Websites
Will Help
Prospective
Patients Get
a Glimpse of
Our Services
and Treatment**

Hello everyone and happy summer! Now that the beautiful weather and summer activities are in full swing I have some more exciting news to share with you!

I have been hard at work over the last few months making new DVD's for office and patient use. I now have informational DVD's on many of the specific chronic conditions I do testing and treatment that uncovers and treats the root causes on. These DVD's include the following conditions: Fibromyalgia, Balance Disorders, Non-Surgical Spinal Decompression, Headaches & Migraines, and my Chronic Condition seminar.

If you or anyone you know are suffering with any of these conditions please feel

free to call our office or stop in to request our Free Report and DVD on whichever condition you would like information on. We also have websites for some of these conditions now including www.ShelbyFibroDoctor.com, www.TheHeadacheSolution.com, and www.ShelbyDizzinessDoctor.com. For any other chronic condition please refer to www.HelpMyChronicPain.com

Websites are on the way for each other condition and I will let you know as they are available. Once again, please feel free to pass this information along to anyone you know who is still suffering unnecessarily with a chronic condition.

I love to hear from referrals since we acquire our best patients this way!

Dr. Karl R.O.S. Johnson

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LLLT.....What's That?



Low Level Laser Therapy (or LLLT) is the application of a "cold" pure laser light applied to body points for certain conditions.

It is totally painless, non-invasive, and medication free.

The effects of red light on cellular function have been known since 1880: however, the clinical benefits were only discovered by accident during laser safety tests in 1967. The first low-power lasers suitable for treating pain became available commercially in the late 1970's in Europe and Canada. It has been used in England, Canada, and Europe for over 20 years. Now, after FDA approval in 2001, laser therapy is quickly gaining popularity in the USA.

There are thousands of published studies demonstrating the clinical effectiveness of laser therapy. Among these, there are more than one hundred rigorously controlled scientific studies that document the effectiveness of laser for many clinical conditions.

Laser Therapy has a strengthening effect on tissue repair, improves blood flow and lymphatic drainage, is an effective means of relief for many

pain syndromes, and can improve immune response. Research shows that injuries treated with LLLT tend to heal faster. As the cells that react to light in various tissues are beamed with coherent laser light, energy transfers occur that stimulate these cells to become more active, which is positive for healing. Laser light, penetrating much deeper than other light wave forms, activates increased cell production and beneficial reactive oxygen production. Damaged skeletal, connective, and neurological tissues and structures react with enhanced healing in the presence of low energy laser irradiation as collagen production and cellular metabolism are increased. As a result of the light simulation there is improved vascular, lymphatic and enzymatic activity.

The following benefit from laser therapy:

- Soft tissue injuries
- Tendinopathies
- Back and neck pain
- Herniated Lumbar Disc or Annular Tear
- Carpal Tunnel Syndrome
- Myofascial Trigger Points
- Tennis Elbow
- Golfer's Elbow
- Sprains & Strains
- Repetitive Strain Injuries
- Chondromalacia Patellae
- Plantar Fasciitis
- Neurogenic Pain
- Shingles
- Trigeminal Neuralgia
- TMJ Syndrome
- Headaches
- Diabetic Neuropathy
- Degenerative Joint Diseases
- Rheumatoid Arthritis
- Osteoarthritis

Dr. Johnson and his staff are excited to announce that our office now offers low level laser therapy! Please give us a call today for more information or to schedule an appointment.



The Results Speak for Themselves!

"I saw an ad in the paper claiming there was a doctor who could help with Fibromyalgia, which I was previously diagnosed with. When I first came in I was skeptical, but in about three weeks I noticed a lot of pain gone from my arms and all over my body. In another three weeks much of the pain I felt in my legs was gone, and then all the pain from Fibromyalgia disappeared. I can actually say I have no pain from Fibromyalgia at all!"

- Helen Malek

Recipes For Your Health

Garlic Chicken Lasagna

2-3 tablespoons extra virgin olive oil
1 each: red, green, and yellow bell pepper, cored, diced or sliced thin
6-8 cloves garlic, minced
1 red onion, diced
2 cups frozen chopped spinach, thawed
2 cups chopped Portobello mushrooms
4 tablespoons balsamic vinegar
A pinch or two of dried or fresh herbs - basil, thyme, oregano, mint
Pinches of nutmeg
Sea salt and ground pepper, to taste
1/2 cup gluten-free chicken broth
3 chicken breasts, cooked
3 1/2 - 4 cups homemade marinara sauce (or use a 25.5 oz. jar of gluten free sauce)
1 box brown rice lasagna noodles, such as Tinkyada Pasta Joy* uncooked
15 oz. small curd cottage cheese or ricotta
8 oz. cream cheese, softened
4 oz. shredded cheddar
4 oz. grated Parmesan
1 organic egg, lightly beaten
1 dash grated nutmeg
4 oz. feta or goat cheese for topping- optional

Preheat your oven to 350 degrees F. Lightly oil the bottom of an 11 x 13-inch lasagna-style baking dish.

In a large skillet, heat the olive oil over medium heat and add the peppers, spinach, garlic, onion and mushrooms; stir for a minute or two. Lower the heat and add the balsamic vinegar and herbs; season with nutmeg, sea salt and pepper; stir and cook for five minutes; add the broth. Continue to cook until the liquid is

reduced and the veggies are soft, about 10 to 15 minutes. When the veggies are cooked, remove the pan from heat and stir in the cooked chicken pieces. Set aside.

In a mixing bowl, combine the cheeses with one beaten egg and a dash of nutmeg. You can add some finely chopped parsley if you like.

Spoon 1/2 cup of the marinara sauce into the bottom of the baking dish. Arrange one third of the lasagna noodles in the bottom.

Cover evenly with the veggie-chicken mixture, pressing down with a spatula to make a dense, compact layer. Spoon a little sauce over the layer.

Top with one third more of the lasagna noodles, and press down.

Spread the cheese mixture in an even layer. Top with the remaining lasagna noodles, and press firmly.

Cover with the remaining sauce, allowing the sauce to seep in and around the sides of the dish.

If you are topping the lasagna with more cheese, break apart the feta cheese and scatter it all over the top of the lasagna - not too small or crumbly; you don't want it to melt and disappear into the red sauce. Add a sprinkle of herbs, if you like.

Source: <http://glutenfreegoddess.blogspot.com/2006/11/karinas-garlic-chicken-lasagna.html>

Jules's Nearly Normal All-Purpose Flour Mix

The author/baker suggests that the flours and starches be mixed in a gallon size plastic bag inside of a bowl for support. Make sure to seal the bag and "shake, squish, and squeeze until all flours are mixed together"

1 cup fine white rice flour
1 cup potato starch (NOT POTATO FLOUR!)
1 cup cornstarch
1/2 cup fine corn flour
1/2 cup tapioca starch
1 teaspoon xanthan gum per cup of flour mix (i.e. 4 for this recipe)
store in airtight container or sealed bag

SOURCE: "A Patient-Expert Walks You Through Everything You Need to Learn and Do The First Year Celiac Disease and Living Gluten-Free. An Essential Guide for the Newly Diagnosed" Jules E. Dowler Shepard

Keeping Up With The Wellness Center!

Please check out The Chiropractic & Nutrition Wellness Center's **NEW BLOG!**

This blog is the place to find out tons of awesome information, get links to sites and articles that are useful, and RECIPES!!!

www.cnwc.wordpress.com

Be as Productive as Possible!

Do you want to end each day feeling like you've accomplished everything you set out to do? Here are 12 strategies to boost your output exponentially:

- 1. Set productivity targets**
Be clear on what exactly you want to achieve.
- 2. Maintain a work environment conducive to productivity**
If you feel at home, you will be more inspired to get things done.
- 3. Have an organized workspace**
If you have a messy workspace, you will feel disorganized and sluggish.
- 4. Put first things first**
Put the important things first before anything else.
- 5. Time box your tasks**
Time boxing refers to putting your tasks within fixed time slots.
- 6. Have a separate list for incoming tasks**
Use a single list for urgent tasks, and another for other tasks.
- 7. Upgrade your skills**
Your limitations in output come from limitations in your skill level.
- 8. Know your motivation triggers**
When were the times when you felt inspired? How can you integrate this into your daily life to reinforce your motivation?
- 9. Utilize time pockets**
Time pockets are the little bits of time you have in between one event to the next -- waiting for buses, waiting for appointments to start. Have some ready activities for these.
- 10. Hold yourself accountable**
Progress tracking is essential to know how you are doing.
- 11. Wake up early**
If you are up before most of the world, you will be motivated to maintain that lead.
- 12. Remember To Rest**
It's about quality of work produced, not quantity of hours spent.

SOURCE: <http://articles.mercola.com/sites/articles/archive/2010/06/08/12-strategies-to-jumpstart-your-productivity.aspx>

The Many Health Benefits of Vitamin D

The U.S. Institute of Medicine is involved in a study that will likely result in an increase in the recommended daily intake of vitamin D. Research shows vitamin D affects nearly every area of the body and low levels of vitamin D can have serious consequences.

It's the vitamin associated with the sun that we absorb through our skin, and increasingly block out when we use sunblock, to avoid getting skin cancer.

Vitamin D is also available in some foods, but as the world gets fatter, Vitamin D gets trapped in body fat.

What doctors are now discovering is that many people don't have enough vitamin D.

That's why Dr. Michael Irwig gives lectures on Vitamin D to the staff at the George Washington University Hospital.

"Vitamin D has become a very hot topic in medicine now as we are discovering very high levels of vitamin D deficiency in our population, not only in the U.S., but worldwide," said Dr. Irwig.

Vitamin D helps our bodies absorb calcium and helps form and maintain strong bones. Extreme vitamin D deficiency causes deformities in children and weak bones in adults.

Doctors rarely see these conditions. But studies have linked vitamin D deficiency to a number of serious health problems, including heart disease, several types of cancer, osteoporosis, diabetes, Alzheimer's disease and some autoimmune disorders.

Low levels of vitamin D are even associated with high blood pressure.

"What's very interesting about vitamin D is that it's involved all throughout the body, and it's involved on a local level, so you can have vitamin D active in the breasts, in the prostate, in the colon, and it's thought that the locally-acting vitamin D is helping to protect the body against these cancers, regulating how cells grow and how cells die," added Dr. Irwig.

Doctors are also finding connections between vitamin D and pregnancy.

"There have been some studies showing that if you give pregnant women 4,000 units of vitamin D a day, their rates of complications in pregnancy are much decreased," noted Dr.

Irwig. "If you look at things like infection, pre-term delivery, even gestational diabetes mellitus, they are all reduced with giving pregnant women higher doses of vitamin D."

The Institute of Medicine, which advises the U.S. government on health, is expected to update its recommended amount of vitamin D by September. It currently recommends 200 to 600 units of vitamin D daily. But many experts, including Dr. Irwig, recommend adults take 1,000 to 2,000 units a day, an amount only possible to get through supplements.

SOURCE: <http://www.newjerseynewsroom.com/healthquest/health-benefits-of-vitamin-d-even-greater-than-previously-thought>

HELPFUL HOUSEHOLD HINTS

The Many Uses of Vinegar & Baking Soda

Vinegar:

Vinegar removes deposits which clog your metal shower heads and sink aerators. Combine 1/2 cup white vinegar and one quart water submerge the shower head or aerators and boil 15 minutes.

To make a homemade anti-fogging glass cleaner try 1 part white vinegar to 3 parts water and mist. This also reduces ice build-up on the outside of cars.

For rust stains and hard water deposits apply vinegar full-strength until spot disappears, then rinse. Repeat if necessary

Mix vinegar with salt to create a paste for a good surface cleaner. It really cleans tarnished copper. Clean tea pots by boiling equal parts of vinegar and water for several minutes and let stand an hour. Then rinse with plain water before using tea kettle.

Baking Soda:

You can cut the amount of chlorine bleach used in your wash by half when you add 1/4 cup to front loading washers and 1/2 a cup to top loading machines. This will also make your clothes smell clean and fresh

Dissolve 4 tablespoons baking soda in 1 quart warm water for a general cleaner

Use baking soda on a damp sponge to clean and deodorize all kitchen and bathroom surfaces

For sluggish or clogged drains pour 1/2 cup baking soda down the drain. Add 1/2 cup white vinegar and cover the drain if possible. Let set for a few minutes, Then pour a kettle of 6 or more cups of boiling water down the drain to flush it. The combination of baking soda and vinegar breaks down fatty acids into soap and glycerin, allowing the clog to wash down the drain.

DO NOT USE THIS METHOD AFTER ANY COMMERCIAL DRAIN OPENER HAS BEEN USED OR IS STILL PRESENT IN THE STANDING WATER.

SOURCE: <http://www.doityourself.com/stry/vinegarbakingsoda>

Supplement Specials

Supplement Special
July-August, 2010

Rhodiola Ginseng Complex®

10% Discount
\$34.20 (60 tablets)

This supplement is used to enhance mental clarity & support cognitive function. It also helps to promote vitality, stamina, and maintain proper energy. It aids in supporting physical endurance as well as helping the body adapt to the changes of everyday life. This supplement supports and maintains the body as it ages as well as supporting the body's natural defenses against emotional and environmental stressors.

Supplement Special
July-August, 2010

Traumeel Ointment®

10% Discount
\$14.40

Traumeel Ointment is used for the temporary relief of:

Muscular Pain
Joint Pain
Sports Injuries
Bruising

2010 Office Hours

Monday: 9 am - 1 pm
3 pm - 7 pm
Tuesday: 3pm - 6 pm
Wednesday: 9 am - 12 pm
2 pm - 6 pm
Friday: 9 am - 12 pm
2 pm - 6 pm
Alternate Saturdays: 8 am - 11 am

Chiropractic & Nutrition Wellness Center
Karl R.O.S. Johnson, D.C., Director
Elizabeth Hussey, Director of Marketing
51735 Van Dyke Avenue, Shelby Township, MI
48316-4451
Phone: 586.731.8840 or 586.726.KIDS
Email: info@wellnesschiro.com

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!

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.

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.

Meet The Staff

Sandy Johnson, Office Manager
Jan Clarke, Nutrition Assistant
Pattie Gribel, Technical Chiropractic Asst.
Pam Kunce, Technical Chiropractic Asst.
Paige Hayden, Front Desk Assistant
Sherly Pascal-Balan, Front Desk Assistant

We're on the Web!

www.wellnesschiro.com
www.HelpMyChronicPain.com

Email:
info@wellnesschiro.com

Need Supplements? Did you know...we ship?

Give us a call and tell us what you need.

*Visa and MasterCard Accepted.
(586) 731-8840*

This coupon entitles you to:

***Consultation, Examination, and X-rays (2 views)*
at 51735 Van Dyke Avenue, Shelby Township, MI 48316**

Investment: \$80

Call 586.731.8840 **Appointment Necessary**

Coupon Expires: 8/31/2010

***Adjustments NOT covered by coupon
*Additional views at normal fees***

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