

HEALTHLINE

HEALTHY ALTERNATIVES FOR LIFE

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**Brain Based
Therapy
(BBT)
Helping Many
New and
Established
Patients at the
Office!**

Learn More!

Some of you who have

been to the office recently have noticed me doing some new things, like checking your oxygen levels. Some of you may have seen some new equipment, heard the hum of our oxygen concentrators (prescribed by our medical doctors) and the WAVE Pro vibrating platform, and have even had some of the new health screening tests done. Some have asked, "What the heck is going on here?" Some of you I haven't seen in a long while and I want you to know what's happening.

Well, I'm pleased to announce we've added Brain Based Therapy (BBT) to the office. BBT is a revolutionary new treatment program based on the work of the country's leading chiropractic neurologist, Dr. Fredrick Carrick (founder of the Carrick Institute), and my friend Dr. Michael L. Johnson another

chiropractic neurologist and the author of the book; *What Do You Do When the Medications Don't Work?- A Non-Drug Treatment of Dizziness, Migraine Headaches, Fibromyalgia and Other Chronic Conditions.*

In just a short period of time the patient's we have applied these principles to have seen amazing changes. Some of the treatments that are used in brain-based therapy along with special adjusting techniques are enhanced air therapy, visual and auditory stimulation, Interactive Metronome, olfactory stimulation, spin therapy, eye exercises, mirror imagery, auriculotherapy, and many more.

Dr. Karl R.O.S. Johnson

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Brain Based Therapy What Is It and How Can You Benefit From It?



In the most basic sense and explanation, Brain Based Therapy is the use of different types of stimuli on different parts of the brain to correct neurological problems. Some of these problems are listed in the box.

Some people think that their problems cannot be fixed, therapy doesn't work, and they have tried various doctors and medications before and did not notice enough improvement. Medication only seems to work for a short time, not at all, or even makes things worse.

This type of therapy is new, cutting edge, life-changing care. Most people have not heard this information before or tried some of these techniques. It is impressive. For so many people the cause of their joint aches/pains and chronic conditions are mechanical in nature. But for those

that do not improve quickly and easily with regular treatment, brain based therapy could be the solution, or the "missing link", to getting better and getting rid of their pain once and for all.

With Brain Based Therapy we are looking directly at the brain and how it is working as a cause of the problem. For some people it may be a straight forward back problem, but for others especially those with chronic pain, migraines, fibromyalgia, etc. the problem may be more involved, more complicated.

We now have more tools to help. This may be why you or a family member have had problems and had treatments that did not work or medications that did not work or quit working.

- *Chronic Back Pain
- *Chronic Neck Pain
- *Chronic Sciatica
- *Spinal Stenosis
- *Failed Back Surgery Syndrome
- *Chronic Shoulder and Arm Pain
- *Fibromyalgia (FMS)
- *Tinnitus/Ear Ringing
- *Carpel Tunnel Syndrome
- *Peripheral/Diabetic Neuropathy
- *Chronic Fatigue Syndrome (CFS)
- *Insomnia/Lack of Sleep
- *Restless Leg Syndrome
- *Hand or Foot Pain
- *Migraine or Chronic Headaches
- *Balance Disorders/Dizziness
- *Numbness/Burning/Tingling
- *RSDS
- *Dystonia/Tremor Disorder
- *Stroke Rehab
- *MS
- *ADD/ADHD

There are screening tests that can be done to see what the issue in the brain is and therapies specific



The Results Speak for Themselves!

"My symptoms included low back pain, migraine headaches, dizziness, nausea, fatigue, lack of sleep, and my left side was numb and weak. I could not stand, sit, walk or drive. I decided I needed to give Dr. Johnson a try. After having therapies for several weeks my migraines, dizziness, and nausea are gone. I am once again driving, walking a little more, and sleeping over an hour at a time!"

- Phyllis Campeau

Recipes For Your Health

Baked Mac & Cheese Gluten & Dairy Free!!!

12 oz. dry gluten-free penne, spirals or macaroni
3 tablespoons light olive oil
3 tablespoons sweet rice flour
2 1/2 cups unsweetened plain hemp milk or other plain non-dairy milk
2 cups shredded non-dairy gluten-free cheese
1/2 teaspoon sea salt
1/2 to 1 teaspoon gluten-free honey mustard
1/4 teaspoon nutmeg
1 cup Gluten free breadcrumbs - for topping
1/4 to 1/2 teaspoon paprika and/or dried basil
Halved grape or cherry tomatoes, optional

Preheat the oven to 350 degrees.

Bring a large pot of salted water to a rolling boil and pre-cook the gluten-free penne just until it is al dente - tender, but still quite firm to the bite. Drain the pasta in a colander and rinse it quickly under cold water. Set aside.

In a saucepan, heat the olive oil over medium heat, and whisk in the rice flour.

Cook and stir the flour for about 10 seconds, then slowly add in the almond milk, whisking to blend the flour paste and almond milk.

Bring the mixture to a bubble (it will thicken as it heats) then reduce the heat to low. Add the shredded vegan cheese, sea salt, mustard, nutmeg, and stir. Continue stirring the sauce until the cheese melts, about 3 to 4 minutes. Remove from heat and set aside.

In a 6-cup baking dish, combine the cooked penne with the hot cheese sauce. Sprinkle the top of the casserole with gluten-free bread crumbs and paprika. Add tomatoes and dried basil, if desired.

Bake at 350 degrees F for about 25 minutes, until bubbling.

Source: <http://glutenfreegoddess.blogspot.com/2005/11/baked-mac-cheese-gluten-free.html>

Gluten-Free Casein-Free Oatmeal Raisin Cookies

**Preheat the oven to 350 degrees F
Combine in a bowl and beat until smooth:**

2/3 cup Spectrum Organic Shortening
1 1/2 cups organic brown sugar
1/2 cup unsweetened organic applesauce
2 teaspoons bourbon vanilla extract
2 tablespoons agave or honey

In a separate bowl whisk together the dry ingredients:

1/2 cup rice flour or sorghum flour
1/2 cup oat flour [certified gluten-free]
1/2 cup potato or tapioca starch
1/4 cup vanilla rice protein powder
1 teaspoon xanthan gum
1/2 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon allspice

1/2 teaspoon fine sea salt

Slowly add the dry ingredients into the creamed mixture, beating to combine. When the dough is smooth, add in the following, by hand, and mix well:

2 cups rolled oats [certified gluten-free]
1/2 cup raisins

Use a spoon or ice cream scoop to measure out the dough, and using your palms make 28 to 30 round balls. Place the balls of dough on a cookie sheet about two inches apart. Don't flatten them.

Bake in the center of a preheated oven for about 12 to 15 minutes, until they are golden. They will be quite soft until they cool.

Source: <http://glutenfreegoddess.blogspot.com/2007/08/vegan-oatmeal-raisin-cookies.html>

Breaking Your New Year's Resolution

Here are a four ways to continue to achieve your new year's resolutions and improve your health once and for all:

- 1.) **Set attainable goals.** Unreasonable goals set people up for failure. If you've been 50 pounds overweight since college, it's unreasonable to think you're going to drop that weight overnight. Instead, set reasonable, short-term goals and objectives.
- 2.) **Have a support system.** Surround yourself with people who will help you achieve your goals.
- 3.) **Be positive.** Healthy lifestyle changes such as exercising or quitting smoking can have a big impact on your overall health. Rather than focusing on what you're giving up, focus on the gain.
- 4.) **Persevere.** Many times, New Year's resolutions are derailed by one slip up. This doesn't have to be the case. If your resolution is to quit smoking and you smoke a cigarette, start fresh the next day. Use your slip up as a learning tool. Why did it happen and what can you do to prevent it from happening again?

Source: Saint Louis University Medical Center

TEA REDUCES RISK OF OSTEOPOROSIS

Although high caffeine intake has been suggested to reduce bone mineral density, research indicates drinking tea does not. Findings suggest tea may even play a role in bone health. A study found older women who regularly drank tea had higher bone mineral density measurements than those who did not. Another study found habitual tea-drinking has a significant beneficial effect on the bone mineral density of adults (30 years and older), especially in those who had been habitual tea-drinkers for six or more years.

Source: American Journal Clinical Nutrition, 2000 & Archives Internal Medicine, 2002

Diet Alert!

AVOID CRASH DIETS

Crash diets (fewer than 1,000 calories a day) are disastrous for anyone hoping to increase their metabolism. Although these diets may help you drop pounds (at the expense of good nutrition), a high percentage of the loss comes from decreased muscle mass. The lower your muscle mass, the slower your metabolism. The final result is a body that burns far fewer calories (and gains weight faster) than the one you had before the diet.

Source: Colette Bouchez, WebMD Weight Loss Clinic-Feature

Oxygen Therapy Receives National Attention

PEOPLE'S PHARMACY article in December 28, 2009 edition of the San Antonio Express News addressed the use of O2 in treating patients. People's Pharmacy articles are published nationwide in various newspapers. The title reads, "More oxygen may help cluster headaches". The article went on to state, "A new study shows that 15 minutes of high-flow oxygen at the beginning of a cluster headache can be surprisingly effective." They referenced the Journal of the American Medical Association, Dec. 9, 2009.

May your thoughts be as glad as the shamrocks.

May your heart be as light as a song.

*May each day bring you bright happy hours,
That stay with you all year long.*

Happy St. Patrick's Day!

HELPFUL HOUSEHOLD HINTS

Spring Cleaning Time is Here! Don't forget the following:

- Assemble all of the cleaning supplies and tools you need.
- Make a list — either mental or written — of what you want to accomplish. Are you going to clean all of the windows and hard surfaces, or tackle the drapes and floors?
- If you are the type who likes to clean your home one room at a time, the rule is: Don't leave until you are done! That means you bring all of the cleaning supplies with you, plus several bags or boxes marked "trash," "store away," "goes to another room," and "give away."
- Start at the top level of your home and work your way down.
- Don't forget some upbeat music!



Supplement Specials

Supplement Special
March - April, 2010

Albizia Complex®

10% Discount (40 count)
\$23.40

- maintain normal upper respiratory tract and skin function
- assist in maintaining healthy breathing passages to support free and clear breathing
- respond normally to occasional seasonal stresses
- support normal immune response (particularly in the upper respiratory and gastrointestinal tract)
- support the body's organs of elimination.

Supplement Special
March - April, 2010

Allerplex®

10% Discount (150 count)
\$20.70

- * effective in helping to maintain a healthy immune system, useful in supporting proper acid/alkaline balance, and helping sustain healthy liver function
- * It also helps support healthy lung and bronchial function
- * helps soften and dissolve hardened masses of accumulated mucus

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.

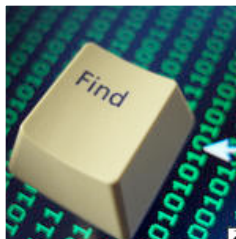
We're on the Web!

www.wellnesschiro.com

www.HelpMyChronicPain.com

Email:

info@wellnesschiro.com



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.

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

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

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.

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: 4/30/2010

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

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