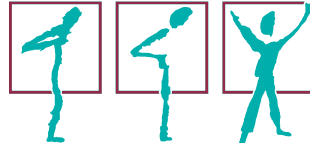


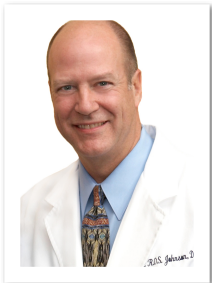
# HEALTHLINE

HEALTHY ALTERNATIVES FOR LIFE

VOLUME 21, ISSUE 3 MAY-JUNE, 2010



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



## **Stroke Victims, Along With Many Others, Can Benefit From Our Brain Based Therapy (BBT)**

Brain Based Therapy (BBT) is the newest, state of the art diagnostic and treatment technique. It brings together research findings from the fields of psychology, neuropsychiatry, neurology, neurophysiology, and nutrition — and uses this knowledge to bring hope to the sick, unhappy, and hurting of all ages.

The brain and nervous system are often overlooked in traditional health care, despite the major role they play in coordinating every function in our body. Without a healthy brain you cannot have a healthy body. BBT encompasses both assessment and treatment. We always start with a comprehensive brain and nervous system exam. We want to look at all the areas of a patient's brain that are not functioning optimally, being very specific to a functional brain region, and do rehabilitation procedures to strengthen those areas through a series of non-invasive modalities.

There are literally over one hundred ways we have to specifically activate and stimulate the brain. **The key to the success of BBT is to be extremely specific in diagnosing the weak brain areas and applying activations or stimulations to those specific weakened areas.** Other treatments we use involve eye movements, gross motor activities, light therapy, cognitive activities, puzzles, etc. The list is HUGE, and specific to each individual's needs.

The main thing you have to understand is that we stimulate the brain by using the receptors on the outside of the body that are wired and connected to the various areas of your brain. So if we find weakened areas in your right parietal lobe then we are going to use receptors that are wired to the parietal lobe. It is complex. Everything we do is non-invasive, non-drug, and promotes proper function in the brain. The brain has an amazing ability to adapt, change, and rewire if we give the proper fuel and activation. We can make the weak area strong again.

But it is not just as simple as stimulating weakened areas. We have to consider how much stimulation the brain can handle. We have to consider things like blood sugar delivery, oxygen delivery, neurotransmitter deficiencies, stress physiology, etc. For some people we have to make a series of nutritional changes before we can provide any stimulation. For some people we have to work really slowly. Too much stimulation for a neuron is called exceeding metabolic capacity, and if we do too much we can cause your symptoms to flare. Luckily we have ways to monitor fatigue and are very careful not to exceed your metabolic capacity.

*Dr. Karl R.O.S. Johnson*

### **In This Issue...**

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## **Chiropractic Care Shows No Evidence of Risk for Stroke**

*The following is a recent position statement from a noted chiropractic foundation about the lack of risk of stroke following adjustments to the neck. It is true that there are rare reports of stroke following visits to either a medical or chiropractic doctor but no causal connection has been found for either. Lots of things precede strokes that don't cause the stroke. But a few rare cases have been distorted and publicized, especially in Connecticut, that could mislead you. Here is the reality:*

**There is no human experimental evidence that chiropractic adjustments or neck manipulations are causally related to strokes.\*** The claims and statements that have been made and that have been interpreted by plaintiff attorneys and plaintiff experts to contend a link are based largely on anecdotes, case reports, and case controlled studies.

A multitude of systematic distortions (biases) may affect the results and conclusions drawn from case-control studies. Other criteria must be used to determine whether a purported association is

actually *causative* because an association does not prove causation. At this point in time due to the rarity with which vertebrobasilar accidents occur within this population, experimental evidence in humans and prospective cohort studies examining the hypothesis that chiropractic adjustments cause stroke - *do not exist*. In fact, **recent research shows no evidence of excess risk of VBA stroke associated with chiropractic care as compared to primary care.**

**Regarding advising on risks** - a risk should be disclosed if a reasonable patient in what the doctor knows or should know to be the patient's position, would be likely to attach significance to the risk or cluster of risks in deciding whether to forego the proposed therapy. Patients and doctors must make this decision based upon *appropriate* information. **Since there is no human experimental evidence that chiropractic adjustments or neck manipulations are causally related to strokes, it is inappropriate to require a doctor to suggest that such a risk exists.**

Further, chiropractors utilize a number of techniques to address joint dysfunction and vertebral subluxation. Many techniques do not employ the type of manipulation that has been alleged to be a factor in vertebrobasilar accidents. This adds to the inappropriate nature of such a disclosure

\*Foundation Position Statement of Chiropractic & Stroke, January 5, 2010, Foundation for Vertebral Subluxation, <http://vertebralsubluxation.health.officelive.com/stroke.aspx>

SOURCE: "Reprinted with permission from Target Information Management, Inc. 517-337-1211"



### ***The Results Speak for Themselves!***

"I began to feel symptoms where I was pretty sure I was going blind and I was losing my mobility. I was beginning to kind of curl up into a little ball into the fetal position. I reached a point where I couldn't walk more than a couple hundred feet without starting to weave like I was drunk. I started BBT treatments and NAET treatments based on faith in Dr. Johnson. I am back to walking. I took a 1 mile walk yesterday and I wasn't even concerned, scared, and I sure wasn't winded."

-Ron Toomer

# Recipes For Your Health

## Sweet Potato & Black Bean Enchiladas

### Quickie Green Chile Sauce:

- 1 cup light vegetable broth
- 1 tablespoon arrowroot starch dissolved in a little cold water
- 1 generous cup chopped roasted green chiles- hot or mild
- 2-3 cloves garlic, minced
- 1 teaspoon cumin or chili powder, hot or mild, to taste

### For the filling:

- 1 15-oz can organic black beans, rinsed, drained
- 3-4 cloves garlic, minced
- Fresh lime juice from 1 big juicy lime
- 2 heaping cups cooked sweet potatoes, smashed a bit, but still chunky [I cube mine, then soften just a little]
- 1/2 cup chopped roasted green chiles
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder, or curry, mild or spicy, as you prefer
- Sea salt and black pepper, to taste
- 2 tablespoons chopped fresh cilantro

### To Assemble:

- 2-4 tablespoons light olive oil or vegetable oil, as needed
- 8 white corn tortillas (I used Mission gluten-free tortillas)
- Shredded Monterey Jack cheese, or vegan cheese, if desired

Preheat your oven to 350 degrees F. Choose a baking dish that would hold 8 enchiladas.

Make your Quickie Green Chile Sauce by combining the broth, dissolved arrowroot, green chiles, garlic and spices in a sauce pan and heating over medium-high heat. Bring to a high simmer. Simmer until thickened. Taste test. Set aside.

In the meantime, using a mixing bowl, combine the drained black beans with minced garlic and lime juice. Toss to coat the beans and set aside. In a separate bowl combine the lightly smashed sweet potatoes with the chopped green chiles; add the spices. Season with sea salt and pepper. Pour about 1/4 cup of the Quickie Green Chile Sauce into the bottom of the baking dish.

Grab a skillet and heat a dash of oil. Lightly cook the corn tortillas to soften them - one at a time. Lay the first hot tortilla in the sauced baking dish; wet it with the sauce. Spoon 1/8 of the sweet potato mixture down the center. Top with 1/8 of the black beans. Wrap and roll the tortilla to the end of the baking dish.

Repeat for the remaining tortillas. Top with the rest of the sauce. If you like, top with a sprinkle of shredded Monterey Jack cheese. Bake for 20 to 25 minutes, until the enchiladas are piping hot and the sauce is bubbling around the edges.

Read more: <http://glutenfreegoddess.blogspot.com/2006/10/sweet-potato-black-bean-enchiladas.html#ixzz0jxcTUKXb>

## Cinco de Mayo Vegan (Gluten Free!) Chocolate Cake

### Dry ingredients:

- 1 cup buckwheat flour or a mix of buckwheat, sorghum and rice flour
- 3 tablespoons tapioca starch (or arrowroot, or potato starch)
- 1/2 cup organic brown sugar
- 1 tablespoon dry Ener-G Egg Replacer
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- Scant 3/4 teaspoon xanthan gum
- 1 teaspoon cinnamon
- 1 tablespoon instant coffee or espresso powder (decaf is fine)

### Add in the wet ingredients:

- 1/2 cup sweet potato puree (canned organic works)

- 4 oz. melted Belgian dark chocolate (use unsweetened for less sweet)
- 2 tablespoons Spectrum Organic Shortening
- 1/2 cup honey- or use raw agave nectar to keep it strictly vegan
- 3/4 cup chocolate hemp milk- or non-dairy chocolate milk of choice
- 2 teaspoons vinegar- lemon or orange juice will work
- 3 teaspoons bourbon vanilla extract

Cover and process the ingredients until a smooth batter forms.

Scrape and spoon the batter into the cake pan. Bake in the center of a preheated oven till firm- about 30 to 35 minutes. Please keep an eye on the cake and check it for doneness

Cool on a wire rack. Cover and chill.

Read more: <http://glutenfreegoddess.blogspot.com/2008/12/mexican-chocolate-cake-vegan-fabulous.html#ixzz0jxnRHT38>

## The Truth About Soda Finally Revealed!

### What You and Your Family SHOULD Know

Amazingly, according to some statistics, Americans consume close to 50 billion liters of soda per year, which equates to about 216 liters, or about 57 gallons per person. That's a staggering amount of sugar! And not just any sugar, but some of the worst we know of – fructose, in the form of high fructose corn syrup (HFCS). Tragically, high fructose corn syrup, in the form of soda, has become the **number one** source of calories in the United States, and it is very clear that it is the primary cause of the obesity epidemic. Just one extra can of soda per day can add as much as 15 pounds to your weight over the course of a single year!



At that rate, it's no wonder more than 65 percent of all American adults struggle with weight and obesity. And those who drink diet soda are just downing another type of poison, as diet drinks contain artificial sweeteners instead of caloric sweeteners. They don't do anything to curb the obesity epidemic since diet soda is clearly linked to obesity as well, but through different mechanisms. It's hard to decide which is worse long term, fructose or artificial sweeteners, but one thing's for sure: If you are drinking soda of any kind, you are sabotaging your health and cutting years off your lifespan.

#### How Soda Affects Your Body

Did you know that just one can of Coke contains 10 teaspoons of sugar?! This is 100 percent of your recommended daily intake (which is more than double my recommended daily allowance to begin with). Within 20 minutes of drinking that soda, your blood sugar spikes, and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat. Within 40 minutes, your blood pressure rises due to your body having absorbed all the caffeine, and then your liver dumps even *more sugar* into your bloodstream. After about one hour, you'll start to have a sugar crash, which oftentimes leads you into a vicious cycle of consuming more sugar - and caffeine-laden stimulants, followed by crashes, throughout your day. It is a proven fact that sugar increases your insulin levels, which can lead to not only weight gain, but also high blood pressure, high cholesterol, heart disease, diabetes, premature aging and many more negative side effects.

#### How Soda Damages Your Health and Cuts Years off Your Life

One of the more troubling health risks soda drinkers face (as if obesity isn't bad enough) is a higher cancer risk. Numerous studies have pointed out the link between sugar and increased rates of cancer, suggesting that regulating sugar intake is key to slowing tumor growth. Soda has even been shown to cause DNA damage, courtesy of sodium benzoate, a common preservative found in many soft drinks, which has the ability to switch off vital parts of your DNA. This could eventually lead to diseases such as cirrhosis of the liver and Parkinson's. Gout is another common health challenge that disproportionately affects soda drinkers, and this is directly related to the fructose content of soda. In fact, studies have shown that other beverages with high fructose content, such as fruit juices, and even consuming large quantities of fresh fruits can raise your risk of gout.

Fructose, as opposed to glucose, is particularly damaging to your body due to the way it's metabolized. The entire burden of metabolizing fructose falls on your liver, which creates a number of waste products and toxins, including a large amount of uric acid, which drives up blood pressure and causes gout. Likewise, it's the difference in how your body responds to fructose that also makes it the leading cause of obesity. Whereas glucose suppresses the hunger hormone ghrelin and stimulates leptin, which suppresses your appetite, fructose has no effect on ghrelin and interferes with your brain's communication with leptin. The result is overeating, weight gain and ultimately obesity. Last but certainly not least, fructose clearly raises your insulin levels, which is at the heart of nearly every disease known to man – not just diabetes. In fact, controlling your insulin levels is one of the most important things you can do to optimize your overall health, and avoiding sugar, and most definitely fructose, is essential to do this.

#### What's a Healthy Level of Fructose Consumption?

As a standard recommendation, I strongly advise keeping your TOTAL fructose consumption below 25 grams per day. However, for most people it would actually be wise to limit your fruit fructose to 15 grams or less, as it is virtually guaranteed that you will consume "hidden" sources of fructose from most beverages and just about any processed food you might eat. Since 55 percent of HFCS is fructose, one can of soda alone would nearly exceed your daily allotment. It is easy to see that anyone who is drinking three, and certainly four, will easily exceed 100 grams of fructose per day. This also means that you'll need to be careful with your fruit consumption. Since HFCS is added to virtually every processed, packaged food, you are virtually guaranteed to consume hidden fructose on any given day. Even if you consumed no soda or fruit, it is very easy to exceed 25 grams of hidden fructose in your diet. If you are a raw food advocate, have a pristine diet, and exercise very well, then you could be the exception that could exceed this limit and stay healthy. But in my experience that is far less than one in 1,000 people and probably closer to 1 in 10,000 people.

SOURCE: <http://articles.mercola.com/sites/articles/archive/2010/04/10/can-you-believe-these-statistics-on-soft-drink-use.aspx>

#### **Keeping Up With The Wellness Center!**

Please check out The Chiropractic & Nutrition Wellness Center's Twitter and Facebook the next time you are online!

If you have received an invitation to either of these sites, please know that it IS us and we will be using these forums to bring you much more information on all things health and chiropractic!

<http://twitter.com/WellnessChiroMI>  
and

<http://www.facebook.com/pages/Shelby-Township-MI/Chiropractic-Nutrition-Wellness-Center/268909555695>

# HELPFUL HOUSEHOLD HINTS

## On a Budget: Summer Fun Can Be Done!

Summer can also be a really expensive time of the year, because families are vacationing and parents are trying to keep their kids busy while they are out of school. With money being a littler tighter than usual right now, here are some tips for being more frugal during the summer while still having fun.

**Family Dinners:** Pick three or four family friends and start a family dinner night. If you have four families, then each family would cook once a week for the other three families. These are great nights for socializing and entertaining, because you can add a theme to your night and play board games or go out for dessert after dinner. You get a free dinner three days a month, and it's something fun to do for free.

**Create your own summer camp:** If you live in a neighborhood with many stay-at-home parents, you can save a lot of money on summer camps by creating your own. Each stay-at-home parent would take the kids out to do something once a week. Choose a couple of free activities and a couple of activities at a reasonable cost like a water park or the science museum.

**Vacation within two hours of your house.** You don't need an elaborate vacation to have fun, and most people don't need to travel far to find a great vacation destination. Rent a cabin at the nearby lake, a condo at the beach, or a hotel room in a city you've never visited before.

**Ask your employer to work remotely during the summer.** If most of your work is done on a computer and the phone, ask your employer if they will allow you to work from home for one or two days a week. This will cut down on costs for keeping your kids busy, and you'll spend less money on gas and car maintenance. You'll also be less stressed out during the summer!

**Take advantage of local events and attractions.** We often forgot about the vast array of local events and attractions that we pay for out of our taxes every year. Many towns, whether big or small, host many different summer events for the entire family. Local museums, libraries, and parks all have big things going on during the summer. Don't forget about the little guy!

SOURCE: <http://www.moneycrashers.com/five-frugal-tips-for-having-fun-on-a-budget-this-summer/>

## Supplement Specials

Supplement Special  
May - June, 2010

### Calcium Lactate®

10% Discount (330 count)  
\$17.10

Calcium is essential for various body functions beyond bone mineralization, including muscle contraction, nerve conduction, maintenance and function of cell membranes and membrane permeability, blood coagulation, and the proper functioning of many enzyme systems. The calcium lactate contained in this product comes from a non-dairy source. Calcium Lactate contains the proper balance of calcium and magnesium (5:1 ratio).

Supplement Special  
May - June, 2010

### Electrolyte Synergy®

10% Discount (30 packets)  
\$21.60

This complete and balanced electrolyte formula can be used to improve symptoms of dehydration. Anyone active will benefit from regular use of this. D-Ribose is included because of its importance in optimal cardiac function, exercise recovery and energy production. Taurine is included as a regulator of cellular flow. This product is sugar-free and is sweetened with small amounts of natural xylitol and stevia.

## 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](mailto: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](http://www.wellnesschiro.com)  
[www.HelpMyChronicPain.com](http://www.HelpMyChronicPain.com)

Email:  
[info@wellnesschiro.com](mailto: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: 6/30/2010**

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

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