

# HEALTHLINE

HEALTHY ALTERNATIVES FOR LIFE

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Chiropractic & Nutrition  
Wellness Center  
Healthy Alternatives for Life

## VITAMIN D AND "FLU SEASON"



On average, 1,000,000 people get the "flu" every "season". 500,000 end up in the hospital and from what we are told, 35,000 die from the "flu" every year. This is flat out WRONG! The studies clearly show, 35,000 die from Pneumonia every year, not the flu. Around 1000 die from the actual flu bug and the vast majority of these who die are

elderly, with a compromised immune system. So, about 1% of those who get the flu, actually die from the flu. And if you can show me one study that actually shows the flu is stopped from the vaccines they are giving us I will give you a dollar. It is a crap shoot at best.

So, if you choose to get the shot, all you are really out is a few bucks and your time right? Well, that would be the case if the flu shot didn't still have nasty chemical preservatives in it. Mercury (Thimerisol...yes its still in there), aluminum, formaldehyde, ethylene glycol to name a few. These are poisons that should not be injected into a healthy human being, never mind a one year old child.

So what do you do? First of all is it a coincidence that the flu "season" only takes place during the winter when the sun is low. Not sure but it sure is suspicious that the flu rears it ugly head each year when the sun goes lower in the sky. Coincidentally??? (maybe not) this is when our vitamin D levels drop way down. Did you know we get 10K IU's of Vitamin D from a day in the summer sun? And Vitamin D is the flu bugs Kryptonite. Its been proven.

So...

1. Make sure your vitamin D levels are above 50 with a blood test. Retest to make sure. Vitamin D

is a fat soluble hormone. Too much in your adipose tissue over time can mess you up.

2. Take in 5K-10K IU's per day in the winter months. (10K if you are over 200lbs). Our Emulsi-D3 packs a wholesome 2000 IU's per DROP in an emulsified form that really ups your vitamin D easily. Call early for this special vitamin D as the company often ends up back-ordering it in the middle of winter!
3. If you get the flu, some specialists are now saying that a mega dose of 1000 IU's per pound of body weight per day for 3 straight days will knock out any early flu symptoms. I am not sure of this but its worth checking into. For example, a 200 lb man would take in 200,000 IU's per day for 3 days. That is a lot. I don't recommend this unless you research it more but some prominent doctors are now proclaiming this.

Whatever you choose to do, at least learn the facts and don't be a Lemming. It amazes me how little trust we put in our government nowadays with everything BUT our health. When it comes to that, we just follow along with their silly, non-evidence based recommendations. Oh yeah....next time you see your MD, ask them if their entire family (including their kids) got a flu shot?

*Dr. Johnson*

We could not report these numbers last issue due to donations still coming in, but Dr. Johnson is happy to announce that he raised \$1,040.00 for Bike MS Michigan this year!  
Thanks so much to all who contributed!

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# Sláinte! Cheers! Salute!

*Gluten Free Alcoholic Beverages Broken Down for the Holiday Season!*



Over the last 10 to 15 years there has been a lot of debate over what is and is not allowed on a gluten free diet as far as alcoholic beverages are concerned. Distilled alcohol made from gluten-containing grains was not considered okay or safe. The list of safe alcohol for a gluten free diet was limited to vodka made from potatoes, wine and champagne made from grapes, rum made from molasses or sugar cane, and tequila made from the agave plant. Beer was strictly forbidden. That has all changed.

It has now been proven that distillation removes the harmful gluten protein from alcohols made from gluten containing grains. This means that beverages made with gin, scotch, and whiskey are all okay (so long as the mixers used with them are gluten free as well) as well as any other liquors previously listed (or drank) that you are sure are gluten free.



This brings us to beer. The ice cold, delicious, but full of barley and wheat drink that is, unfortunately, not gluten free. Until now. There are now quite a few brands of specialty beer that are

not made with barley and wheat, but are instead made from sorghum, rice, corn, or honey. There are also many hard ciders (when regular cider is allowed to ferment to alcohol) that do not use barley in their production. Wine coolers (which can be found in



the beer and wine aisle) are another option sometimes for a gluten free diet. Many of these beverages have malt in them (NOT gluten free!) but there are a few brands left that either do not use malt or are filtered to the point that they do not contain any traces of gluten protein.

Finally there is wine and champagne. Both are naturally gluten free, so you are safe there. The debate has always

been over the wheat flour paste that is used sometimes to seal the slats in wooden barrels would leach from the barrels into the wine. So far there has not been any evidence that this wheat flour paste is doing this. In fact, these wines have been tested with ELISA kits which have found no detectable levels of gluten.



So when you would like to imbibe this holiday season, know there are many gluten free options out there. As always, please drink responsibly!

## Examples of Gluten Free Beers and Hard Ciders:

- Bard's Beer
- Redbridge Beer
- St. Peter's Sorghum Beer
- Woodchuck Draft Cider
- Original Sin Cider
- Cider Jack Cider
- Doc's Draft Cider

## The Results Speak for Themselves!



*"I was diagnosed with Graves' Disease and have hyperthyroidism. It has been just over a month since I started Dr. Johnson's program. I had a rash on my ankle from the Graves' Disease, which was very itchy, thick, crusty skin, and would go from ankle to ankle. That is now totally gone and my skin is normal again. I had knee pain in my left knee for months, which is totally gone. I had symptoms of a racing heart 1-2 times a day, 3-4 times a week and in the last month I had that happen only once. I've also had less stomach bloating and gas. I've noticed all of these things in only the last month being off my meds just staying on the program. I am thrilled and can't wait to continue staying on program!"*

*- Mary Cieslak, Rochester, MI*

# Recipes For Your Health

## Holiday Turkey Enchiladas

*This is an easy recipe to throw together to use up some of that holiday turkey!*

*3 cups of your favorite salsa- spicy or mild  
4-5 cups of cooked turkey, hand torn or shredded*

*Juice from one fresh lime  
2-4 tablespoons sour cream  
Sea salt and ground pepper  
Pinch of cumin*

*Light olive oil, as needed*

*12 corn tortillas*

*1 cup diced pineapple*

*2 4-oz. cans chopped green chiles, drained*

*2 cups shredded Jalapeño Jack cheese*

*Hot red pepper flakes, to taste*

Preheat oven to 350 degrees F.

Pour about a half cup of salsa into the bottom a large lightly oiled 10x13" baking dish- or use two smaller pans, for six enchiladas each.

Place the torn turkey pieces into a bowl and squeeze lime juice all over the cooked turkey; add enough sour cream to moisten; stir; season with sea salt and pepper, and cumin; toss well to coat.

Heat a dash of olive oil in a skillet, and heat one corn tortilla until softened, turning it over once to coat with oil. Place the tortilla into the sauced baking dish; fill with 1/12 of the turkey pieces, and roll up seam side down, placing it at the far end of the dish. Repeat for the remaining tortillas, adding more oil, if needed.

Pour the remaining salsa over the rolled tortillas. Top with the diced pineapple, then the green chiles. Sprinkle with cheese and red pepper flakes.

Bake in a 350 degree F. oven until the enchiladas are bubbling and heated through, about 30 minutes.

source: <http://glutenfreegoddess.blogspot.com/2007/11/trio-of-tasty-turkey-recipes.html>

## Turkey Nachos



*This is also an easy recipe to throw together to use up some of that holiday turkey!*

*3 heaping cups blue corn tortilla chips*

*3 heaping cups yellow corn tortilla chips*

*Extra virgin olive oil*

*2 cups hand torn cooked turkey pieces*

*4 oz. Cheddar or Jack cheese, shredded*

*A big handful of sweet grape tomatoes, halved*

*3-4 tablespoons chopped pickled jalapeños- or use chopped mild green chiles*

*A sprinkle of good chili powder or chipotle powder, to taste*

*Chopped fresh cilantro, if desired*

Preheat the oven to 425 degrees F. Line a large roasting pan with foil or parchment paper.

Layer the blue and yellow corn tortilla chips in the bottom of the lined pan; drizzle with some extra virgin olive oil and hand toss to coat evenly.

Scatter the turkey pieces on top of the corn chips. Sprinkle with half of the shredded cheese. Layer the tomatoes, jalapeños, and the remaining shredded cheese. Believe it or not, drizzle a little more olive oil all over the the nachos. Add a dusting of spices, to taste, and chopped cilantro, if desired.

Bake in a hot oven for about seven to ten minutes, or so, until the cheese has melted and the nachos are happy and sizzling.

source: <http://glutenfreegoddess.blogspot.com/2007/11/trio-of-tasty-turkey-recipes.html>

## How to Tell if Your Food is Genetically Modified, Organic or Conventional

We live in a world where genetic modification of the food supply is extremely prevalent. It is extremely important to be able to identify whether or not your food has been a target of genetic modification, or sprayed with pesticides. There are numerous methods of identifying the origins of your food by reading labels and looking for key indicators. Reading the labels is the easiest way to determine if your food is safe to eat. Produce labels will contain a series of numbers. These numbers will tell you everything you need to know when it comes to identifying whether or not it is organic.

If the number on the label begins with a 4, it is conventional produce. This produce has most likely been sprayed with pesticides. Genetically modified produce will start with the number 8, and it often is identified with a string of numbers consisting of 5 digits. Organic produce will be labeled with 5 digits also but will begin with the number 9. Always check the label twice, as it is sometimes hard to tell at first glance.

As far as other food products, it is also all told in the labeling. If a product is labeled as organic, it may not be fully organic. FDA regulations and rules allow for products that are not 100%

organic to be labeled organic. Look for labels indicating that the product is 100% organic. When a product contains this label, it is truly organic. This means that it also does not contain any genetically modified ingredients.

Always read the ingredients of a product anyway to ensure there are no harmful additives, but the 100% organic label is the ideal label when it comes to searching for quality food products. So what if a product isn't 100% organic? How do you know if it contains genetically modified ingredients? Products labeled "Non-GMO" or "GMO-free" are statements that indicate the absence of genetically modified ingredients. Keep in mind that high-fructose corn syrup is known for being genetically modified, so avoid products containing this ingredient. High-fructose corn syrup has also been found to contain mercury.

If these labels are not present, do not hesitate to call the company and ask. Sometimes all it takes is a visit to the company's website to send in a question through their contact form. If you find that the product does indeed contain genetically modified ingredients, then voice your opposition to the use of these ingredients in the product.

source: [http://www.naturalnews.com030005\\_GMOs\\_foods.html](http://www.naturalnews.com030005_GMOs_foods.html)

## US Life Expectancy Continues to Lag Behind Other Nations

U.S. life expectancy continues to lag other industrialized nations, but not for the reasons many would think, according to a study by researchers at Columbia University's Mailman School of Public Health. The usual suspects -- obesity, smoking, traffic fatalities and homicide -- are not the biggest drivers of the lag. Instead, the study zoned in on flaws in the nation's health-care system as the main culprit.

The study, "What Changes in Survival Rates Tell Us about U.S. Health Care," which was funded by the Commonwealth Fund, was published as a Health Affairs web exclusive. Researchers looked at health spending, behavioral risk factors such as obesity and smoking, and 15-year survival rates for men and women between the ages 45 and 65 in the U.S. and 12 other nations including Australia, Austria, Belgium, Canada, France, Germany, Italy, Japan, the Netherlands, Sweden, Switzerland and the United Kingdom.

Between 1975 and 2005, the U.S. has achieved gains in 15-year survival rates by decade. But even as per capita health-care spending in the U.S. increased at more than double the rate of other countries, the researchers found that the U.S. slipped in the ranking among other countries. For example, 15-year survival rates for men and women ages 45 and 65 in the U.S. have fallen relative to the other 12 countries over the past 30 years. Forty-five-year-old U.S. white women fared worst. By 2005 their 15-year survival rates were lower than that of all the other countries. When comparing risk factors, the researchers found little difference between the smoking habits of the U.S. and other countries. While those in the U.S. are more likely to be obese, they found that the risk level was the same in 1975 when the U.S. was not so far behind in life expectancy.

"It was shocking to see the U.S. falling behind other countries even as costs soared ahead of them," said lead author Dr. Peter Muennig, assistant professor of Health Policy and Management at the Mailman School of Public Health, in a statement.

"But what really surprised us was that all of the usual suspects -- smoking, obesity, traffic accidents, homicides and racial and ethnic diversity are not the culprits. The U.S. doesn't stand out as doing any worse in these areas than any of the other countries we studied, leading us to believe that failings in the U.S. health care system, such as costly specialized and fragmented care, are likely playing a large role in this relatively poor performance on improvements in life expectancy."

Dr. David J. Ores, a general practitioner on the Lower East Side of Manhattan, said that the American health-care system is designed around profit, and aims to make a few people extremely wealthy.

"The system works flawlessly," he told AOL Health. "The same is true for our centralized national food supply system with fats and meats heavily taxed as well as ubiquitous toxic, high volume fatty foods. That's why we see chips, soda, cakes and toxic fast foods every 10 feet. Even schools have candy vending machines. All the focus is on profit, bottom line, how much money can we make? None of the focus is on wellness, healthy balanced diets or what is best for the health and wellness of the population.

"All that toxic, fatty food with little or no access to doctors adds up to a lot of tragic sickness, suffering and death," he continued. "All because the 'mission statement' of the American Corporate Machine is profit, profit, profit over all else in every sector. The system works exactly as designed. Too bad for us."

source: <http://www.aolhealth.com/2010/10/08/u-s-life-expectancy-lags-behind-other-nations/>

# HELPFUL HOUSEHOLD HINTS

## **How To Keep a Cut Holiday Tree Fresh**

Here is an easily printable guide that will help you preserve that perfect tree whether you purchase it from a neighborhood lot or a holiday tree farm. These steps should help you keep a holiday tree fresh through the entire season.

- 1.) Refresh the tree by making a straight cut, taking one inch off the butt and immediately place in water. This will improve water uptake (See Tip 1).
- 2.) Place the tree in a stand that can hold at least 1 gallon of water. You should expect the tree to take up additional water. Water the new tree until water uptake stops.
- 3.) Always keep the base of a tree in water. If the base dries out, resin will form over the cut end and the tree will not be able to absorb water and will dry out quickly. You don't need anything other than regular tap water - drying out deters future water uptake and will need a new cut. Commercially prepared mixes like aspirin, sugar and other additives introduced into the water are not necessary.

Research has shown that plain water will keep a tree fresh.

4.) Check for worn Christmas tree light electrical cords and always unplug at night. Use UL approved electrical decorations and cords. Using miniature lights produce less heat and reduce the drying effect on the tree or any chance of fire.

5.) Take down the tree before it dries out. Many fresh cut trees if properly cared for (using the first five steps) should last at least five weeks before drying out. Some species keep their moisture longer than others.

### **Tips:**

- 1.) Cutting a refresh cookie off the tree base is important only when trees have been cut for over 4 hours.
- 2.) For easier watering, buy a funnel and a 3 to 4 foot tube. Slip the tube over the funnel outlet, extend tubing down into the tree stand and water without bending over or disturbing the tree skirt. Hide this system in an out-of-the-way part of the tree.

source: [http://forestry.about.com/od/christmastrees1/ht/fresh\\_cut\\_xmas.htm](http://forestry.about.com/od/christmastrees1/ht/fresh_cut_xmas.htm)

## Supplement Specials

Supplement Special  
November - December, 2010

### **Andrographis®**

10% Discount  
**\$23.40**

This supplement is used to help support healthy immune function. It is known to support the healthy functioning of the upper respiratory tract including the throat, sinuses, and the lungs. It also helps to maintain normal body temperature that is within a normal range as well as promotes healthy liver function.

Supplement Special  
November - December, 2010

### **Immuplex®**

10% Discount  
**\$10.80 (40 caps)**  
**\$36.90 (150 caps)**

This supplement is used as an immune booster. It helps maintain immune function, especially in older adults. It also provides powerful antioxidant support.

## 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.  
Sherly Pascal-Balan, Front Desk Assistant  
Luke Wheldon, Office Expeditior

#### **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)

BLOG:

[www.cnwc.wordpress.com](http://www.cnwc.wordpress.com)

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**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: 12/31/2010**

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

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