

HEALTHLINE



Did you make a New Years Resolution this year?

Did it involve weight loss/health/nutrition?

Now that we are a few months into 2011, have you kept this Resolution?

Many resolve to lose weight in the New Year, focus on their health and nutrition. They have lots of good intentions. You may be one of these people. You may have started a diet, a workout plan, and joined a gym.

It's now March.

Where are you with your diet, workout, and gym time? If you are like many other "Resolutionists" you may have already began to fall off the wagon. The diet may be slipping up here and there and the workouts have gone from perhaps 5 days a week to 2-3, to maybe none. You probably felt really good for the first month about your diet and workout, but maybe now things are not going as well.

You may have found that you are not losing weight. You are following a diet, cutting back on junk/sweets/carbs/calories or whatever diet you have chosen but the

weight isn't going anywhere. You have been putting in the gym time every week with no results.

What the heck?!?!?

It may be time for a new plan. Would you like to take the guesswork out of your diet plan? You can now do this by using a blood test to identify your specific nutritional needs! Not losing weight can be the result of nutritional imbalances and no matter how much dieting and exercising you do you may not get the results you are looking for.

For more information on this blood testing please keep reading. This is the testing that my office offers and I suggest doing it if you want to begin your journey to health and wellness on the right path. Stop failing at the diet and exercise game and begin anew with the knowledge you need to succeed.

Karl R.S. Johnson, D.C.

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"You Don't Have to Continue Suffering at the Gym & Dieting Without SUCCESS!"

Find out how your thyroid, adrenal glands, liver, kidneys, blood sugar, and gut **FUNCTION** with a special laboratory panel!

I Have Negotiated with Yet Another Lab and Joined Doctor's Choice to Bring You Even Better Lab Prices!

	Our Price	Retail Price
Comprehensive Metabolic Panel (includes urinalysis)	\$165.00	\$1,188.00
Vitamin D 1.25	\$42.00	\$263.55
TBG	\$30.00	\$124.95
Reverse T3	\$21.00	\$206.85
Free T3	\$9.00	\$159.30
Free T4	\$7.00	\$109.50
Total T3	\$6.50	\$89.80
TBG & TPO AB	\$26.00	\$125.90
Fibrinogen	\$7.50	\$25.45
Blood Draw	\$10.00	Up to labs
TOTAL:	\$324.00	\$2,293.30

This Means You Can Get A Complete Wellness Panel, Which Retailers for \$2,293.30 for **the Low Price of \$324.00!!!!**

This test will also provide you your blood type so you can begin to follow the Blood Type Diet.

For an additional \$125 you can have your results run through our Blood Nutrition Software and have Dr. Johnson evaluate them.

(You will also be responsible for the investment of recommended supplements.)

This Year Could be Your First Year of a Successful Diet, Successful Workouts, and Overall Better Health. You Could Wake Up Everyday Energized and Feeling Great!

THE RESULTS SPEAK FOR THEMSELVES!

"My story begins over 15 years ago when I was diagnosed with fibromyalgia at the age of 28. My symptoms started out gradual and then worsened in a short time... In the last few weeks (with treatment), I have experienced huge leaps in my health!! I can go days now without ever having to nap in the middle of the day!"



-Heather Shinsky



RECIPES FOR YOUR HEALTH

PUMPKIN BLACK BEAN SOUP

This is an easy recipe from one of our patients who has said it is a favorite during Lent!

INGREDIENTS

- 2 cans black beans, drained and rinsed
- 1 can (14.5 oz.) diced tomatoes
- 1 can (16.oz) pumpkin puree
- ½ cup red onion, chopped
- 2 garlic cloves, minced
- 4 tablespoons olive oil
- 4 cups vegetable broth
- 1 tablespoon ground cumin
- 1 teaspoon each kosher salt, cinnamon, allspice
- ½ teaspoon ground pepper
- 3 tablespoons balsamic vinegar

INSTRUCTIONS

1. Place oil, red onion, garlic and seasonings into a large pot.
2. Cook on low-medium heat until red onion and garlic brown.
3. Puree the beans and tomatoes with half of the vegetable broth. Add pureed ingredients, pumpkin and rest of broth to your pot.
4. Simmer uncovered until thick, about 40-45 minutes. Before serving stir in balsamic vinegar.

15-Minute Salmon with Mustard, Dill Sauce

Ingredients:

- 1/1/2 lbs salmon filet cut into 4 pieces, skin and bones removed
- 1 TBS fresh lemon juice

Dill Sauce

- 2 medium garlic cloves, pressed
- 1 TBS Dijon mustard
- 2 TBS fresh lemon juice
- ¼ cup chicken broth
- 1 tsp honey
- 1 tsp chopped fresh dill
- salt and white pepper to taste

Directions:

1. Preheat broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
2. Press garlic and let it sit for at least 5 minutes to bring out its health-promoting properties.



3. Rub salmon with 1 TBS fresh lemon juice, salt and pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
4. Using a hot pad, pull pan away from heat and place salmon on hot pan. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly (7 minutes per inch of thickness). Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.
5. To make the sauce, add garlic to a stainless steel skillet and stir for half a minute. Add mustard, lemon juice, broth, honey, salt and pepper. Cook on high heat for a minute to reduce slightly and then add dill. Pour over salmon and serve.

source: <http://whfoods.com/genpage.php?tname=recipe&dbid=132>



Western Diet Linked to ADHD

A new study from Australia's Telethon Institute for Child Health Research shows an association between ADHD and a "Western-style" diet in adolescents.

The research findings were published online in the international Journal of Attention Disorders. Researchers examined the dietary patterns of 1,800 adolescents from the long-term Raine Study and classified diets into "healthy" or "Western" patterns.

A healthy diet was one high in fresh fruits and vegetables, whole grains and fish, higher in omega-3 fatty acids, folate and fiber. A diet was considered in the Western pattern if there was a trend towards fast foods, sweets, processed, fried and refined foods. These diets tend to be higher in total fat, saturated fat, refined sugar and sodium.

Foods to Avoid

Include:

Fast Food

Sweets

Processed Foods

Fried Foods

Refined Foods

Lead researcher Wendy Oddy, head of nutrition studies at the Institute, noted: "We found a diet high in the Western pattern of foods was associated with more than double the risk of having an ADHD diagnoses compared with diet low in the Western pattern, after adjusting for numerous other social and family influences."

Healthy Diets Include:

Fresh Fruits

Fresh Vegetables

Whole Grains

Fish

**High amounts of omega-3
fatty acids, folate, and fiber**

In the study, 115 adolescents - 91 boys and 24 girls - out of the 1,800 total had been diagnosed with ADHD. "When we looked at specific food, having an ADHD diagnoses was associated with a diet high in takeaway foods, processed meats, red meat, high fat dairy products and confectionary," Dr. Oddy said. "We suggest that a Western dietary pattern may indicate the adolescent has a less optimal fatty acid profile, whereas a diet higher in omega-3 fatty acids is thought to hold benefits for mental health and optimal brain function."

"It also may be that the Western dietary pattern doesn't provide enough essential micronutrients that are needed for brain function, particularly attention and concentration, or that a Western diet might contain more colors, flavors, and additives that have been linked to an increase in ADHD symptoms. It may also be that impulsivity, which is a characteristic of ADHD, leads to poor dietary choices such as quick snacks when hungry."

Dr. Oddy cautioned against making a direct causal link. "This is a cross-sectional study so we cannot be sure whether a poor diet leads to ADHD or whether ADHD leads to poor dietary choices and cravings," she explained.



HELPFUL HOUSEHOLD HINTS

7 Ways to Begin to GO GREEN!

Day 1: Turn down the heat

Here's a quick, easy solution that will save money and energy: Turn down your thermostat. Lowering your heat in winter by just 2 degrees can cut your energy bill by 10 percent. Get an automatic or programmable thermostat to make it easy to save on heating; set it to turn down when you're away from home or sleeping, and to turn back up half an hour before you'll be up and around.

Day 2: Unplug gadgets

Electronic equipment and appliances suck up energy even when they're turned off — they've even earned the nickname "vampires." Americans waste \$1 billion a year powering items like TVs and DVD players while they're turned off. So unplug your TV, stereo, computer, microwave and other electronics when you're not using them — or use a power strip that you keep turned off unless you're using one of the items. And make sure to unplug your cell phone and MP3 player chargers as soon as the devices are powered up.

Day 3: Wash clothes efficiently

When it comes to laundry, there's lots of room for savings. Ninety percent of the energy used in clothes washing goes to heat the water, so washing cold is a simple way to cut energy use drastically. Plus, make sure to wash full loads. When it's time to dry, make sure to check the lint screen before every load, and clean it afterward. And if you want to take efficiency a step further, hang some items and let them air-dry instead of running them through the dryer.

Day 4: Eat less meat

Meat production takes a lot more energy and resources than growing vegetables or grains, and 18 percent of human-generated greenhouse gases come from the livestock industry. You don't have to be a vegetarian to make a difference in this area: Try skipping meat just one day a week. If every

American had one meat-free day per week, it would reduce emissions as much as taking 8 million cars off the roads.

Day 5: Put the brakes on driving

Vehicles consume half of the world's oil, and spew a quarter of the world's greenhouse-gas emissions. Leaving your car at home even one day a week can save a lot of gas and emissions over a year. Try walking, biking, car pooling or taking the bus or subway to get where you need to go — or see if you could telecommute to work one day a week. When you do drive, make sure your tires are properly inflated — underinflated tires can cut your gas mileage by 5 percent.

Day 6: Go green in the home

Pick a small project you can do around the house to cut energy use. Here are a few ideas: Replace six regular light bulbs with compact fluorescent light bulbs (CFLs use about one-fifth as much energy as regular bulbs, and last about 12 times longer). Install a low-flow showerhead, which will save on water heating and use. Lower the temperature of your water heater to 120 degrees and insulate the tank. If you're feeling ambitious, undertake a home energy audit to identify projects for the future.

Day 7: Write a letter

While it's true that small changes at home can make a big difference, one of the most important things you can do when it comes to climate and energy is to let business and political leaders know that you care about these issues. Take some time to write a letter to a store, a manufacturer, or your representative to thank them for their good work — or to encourage them to do better. Look at their Web sites for contact info. You don't have to be an expert on the issues to speak up. And if we all put in our two cents, it will add up to some positive planetary change.

source: <http://today.msnbc.msn.com/id/21601409/ns/today-green/>

SUPPLEMENT SPECIALS

Supplement Special
March - April 2011

Endotrim®
120 caps
10% Discount
\$37.80

This is a comprehensive endocrine balancing formula designed to promote optimal insulin, leptin and cortisol balance. This formula is for anyone wishing to improve body composition.

Supplement Special
March - April 2011

Neuro PTX®
90 caps
10% Discount
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Provides targeted nutrients to support neuronal mitochondrial activity and support neurons against free radicals. The current model for neurodegeneration is based on a model called the Energy-Linked Excitotoxic model. This formula contains the main ingredients that have been shown to support balance in this brain degenerative pathway.

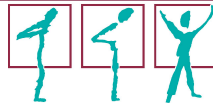


Our Mission Statement

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.



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

Karl R.O.S. Johnson, D.C., Director
51735 Van Dyke Avenue,
Shelby Township, MI 48316-4451
Phone: 586.731.8840 or 586.726.KIDS

We're on the Web!

www.wellnesschiro.com
www.HelpMyChronicPain.com

Email:

info@wellnesschiro.com

BLOG:

www.cnwc.wordpress.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!

2011 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

This coupon entitles you to:

***Consultation, Examination, and X-rays (2 views)*
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Investment: \$80

Call 586.731.8840 **Appointment Necessary**

Coupon Expires: 4/30/2011

***Adjustments NOT covered by coupon**

Additional views at normal fees

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

**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.

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. Above 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.

MEET THE STAFF

Sandy Johnson

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Jan Clarke

Nutrition Assistant

Elizabeth Hussey

Director of Marketing

Pam Kunce

Technical Chiropractic Assistant

Sherly Pascal-Balan

Front Desk Assistant

Luke Wheldon

Office Expeditor

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