



HEALTHLINE



We have an exciting new addition to our treatment approaches! It is touted as "The Future of Wellness"



It is no secret that in today's hectic society many people

are stressed. There are different types of stress and these stresses affect people in many ways. Stress in humans results from interactions between persons and their environment that are perceived as straining or exceeding their adaptive capacities and threatening their well-being. A stressor is any biological, chemical, emotional or physical substance or factor that can cause temporary or permanent harm.

So what does all of this mean? This means that you may have different stressors "weighing" you down, which have been scientifically proven to contribute to many symptoms and illnesses such as, allergies, headaches,

depression, anxiety, sleep disorders, weight problems, etc.

We are now introducing the NRG Nano Standard of Care Wellness System. It is both an assessment and therapeutic tool used by practitioners to identify those substances causing stress on the body (stressors) and correct your body's response so that future exposure to those substances no longer cause a stress response.

If you would like more information on this "future of wellness" please do not hesitate to stop in or give us a call.

If you are ready to begin your journey to reduce the effects of stressors on your life, please give us a call and make an appointment today!

Karl R.S. Johnson, D.C.

In This Issue....

Top 10 Food Additives to Avoid!	2
Testimonial	
Recipes for Your Health	3
Omega 3 Fats Addicted to Diet Soda?	4
Helpful Household Hints Supplement Specials	5
Coupon & Information	6



TOP 10 FOOD ADDITIVES TO AVOID

1. Artificial Sweeteners



Aspartame, also known as Nutrasweet and Equal, is believed to be carcinogenic and accounts for

more reports of adverse reactions than all other foods and food additives combined.

The artificial sweetener Acesulfame-K has been linked to kidney tumors. All artificial sweeteners are bad news.

2. High Fructose Corn Syrup

High fructose corn syrup (HFCS) increases your LDL ("bad") cholesterol levels and contributes to the development of diabetes.

3. Monosodium Glutamate (MSG)

MSG is used as a flavor enhancer. It is an excitotoxin, a substance that overexcites cells to the point of damage or death.

4. Trans Fat

Numerous studies show that trans fat increases LDL cholesterol levels and increases your risk of heart attacks, heart disease and strokes.

5. Common Food Dyes

Artificial colorings may contribute to behavioral problems in children and lead to a significant reduction in IQ.

6. Sodium Sulphite

This is a preservative used in processed foods. People who are sulfite sensitive can experience headaches, breathing problems, and rashes. In severe cases, sulfites can actually cause death.

7. Sodium Nitrate/Sodium Nitrite

This common preservative has been linked to various types of cancer.

8. BHA and BHT

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are preservatives that affect the neurological system of your brain, alter behavior and have the potential to cause cancer.

9. Sulphur Dioxide

Sulphur additives are toxic and in the U.S., they have been prohibited in raw fruit and vegetables. Adverse reactions include bronchial problems, low blood pressure, and anaphylactic shock.

10. Potassium Bromate

This additive is used to increase volume in

some breads. It is known to cause cancer in animals,

and even small amounts can create problems for humans.



source: <http://articles.mercola.com/sites/articles/archive/2010/12/17/top-10-food-additives-to-avoid.aspx>

THE RESULTS SPEAK FOR THEMSELVES!

“Thank goodness for Dr. J! Since I work for him, I have seen the “wonders” he has been able to facilitate with his knowledge, expertise, and innate abilities. However, when something as awful as shingles befalls you, you think no one can help, which is what happened to me. I started to get a severe earache, followed by super sensitive teeth, huge blisters on my face and no one could help me until I was seen by Dr. J and told him what was going on. He diagnosed shingles long before the other doctors even thought of it. Immediately, I started NAET and so far have had three treatments. My face is almost blister free and the pains in my mouth and ear have subsided considerably. Thank you, Dr. J, I consider myself lucky and truly blessed to be among your staff and patients.”

- Jan Clarke, Technical Assistant



RECIPES FOR YOUR HEALTH

Brandon & Deb's Super Fabulous Homegrown Almond Sensation Milk!

This can be scaled to whatever size you need, so I will write this to enough for 1 person for a day or two. It's also important to remember its "Au Naturelle", so keep it in the fridge and plan to consume it in a couple days.

Tools:

Blender,
Soaking jar/dish x2,
strainer,
nut milk straining bag (optional)

Ingredients:

(preferably organic) 1 cup raw almonds,
4 to 5 dates,
1 banana,
3 Tbsp coconut flakes,
The best H2O you can get (spring water is fantastic)

1. At least 12, but 24 hours before is best, take the dates and coconut in a bowl/jar and cover with water - place in fridge.
2. At least 12, but 24 hours before take the almonds in a bowl/jar and cover with water - place in fridge.
3. Drain and rinse the almonds half way through the soak, re-cover with water and place back in fridge
4. The soaking of the dates/coconut is done to make a tea, and soften them for blending, the tea water is used in the recipe
5. The soaking of the raw uncooked/untreated almonds is done to leach all of the naturally occurring enzyme inhibitors and tannins out into the water so that way we get the most healthy wonderful nutrients from the almonds-only.
6. Drain the almonds and rinse one last time, place them into the blender.
7. Pour the dates, coconut and tea water into the blender
8. Add the banana, we freeze it to make the mixture cool and smoothie'esque
9. Add 1 cup of chilled water
10. Blend till smooth, add water to desired consistency

Pepparkakor

Pepparkakor, or "Ginger thins" is a very traditional Swedish Christmas cookie, but sold all year round. This GF version was sent in by a patient for you to enjoy!

Ingredients:

2 sticks butter
1 c. white sugar
1/2 c. molasses
2 tsp. cinnamon
1 tsp. ground cloves
2 tsp. ginger
1 tsp. salt
2 tsp. baking soda
2 tsp. xanthan gum
1 egg
2 c. rice flour
3/4 c. cornstarch

You can do them as drop cookies, or you can add a bit more flour, combine the recipe, let sit in fridge overnight then roll out.

Cream butter and sugar well. Add egg, beat again. Add in spices, molasses, soda, and salt. Stir in flour & cornstarch until just combined, drop onto greased tray, bake at 350 for 8-10 min. (if you roll them out, it's 350 for 6-8 min.). They burn easily either way, so watch them carefully.





What Can Omega 3 Fats Do For Me?

In a trial on sixteen healthy, older adults, muscle protein synthesis was measured before and after 8 weeks of supplementation with omega 3 fats.

When compared to a group that was given a placebo of corn oil, the rate of muscle synthesis was higher in the omega 3 fat group, causing researchers to conclude that **omega 3 fats might be helpful in prevention and treatment of sarcopenia (muscle loss due to aging)**.

In a similar study, 6 weeks of fish oil supplements increased lean body mass in men and women which correlated with a reduction in fat-promoting cortisol levels.

(American Journal of Clinical Nutrition, February 2011;

BONUS RECIPE!!!

Baked Kale Chips

This is a recipe that was provided by Dr. Johnson's patient D.B. Thanks!

- :Wash and dry (make sure it's dry, it works best) the kale.
- :You can either cut it up or just tear it.
- :Make sure you at least take out the stem.
- :That doesn't crisp up and you won't like it in your chips.
- :Toss it in a bowl with olive oil and put the kale on a cookie sheet lined with foil.
- :Sprinkle salt over them.
- :Bake at 350 to 375 for about 10 minutes or until crisp.
- :Don't let them brown, it makes them bitter.
- :They are just like eating potato chips.
- :*Through experimenting I like the curly type best.*

New Report Shows How You Get Addicted to Diet Soda

Surveys have found that people who drink diet beverages average more than 26 ounces per day, and some drink far more. About 3 percent of diet-soda drinkers have at least four daily.

Some may be addicted to caffeine, but that doesn't explain those who prefer caffeine-free varieties. Experts say that people can become both psychologically and physically dependent on it.

They may get addicted to diet soda because they associate it with a certain activity or behavior. And research also suggests that the artificial sweeteners in diet soda may prompt people to drink more, because they aren't as satisfying. CNN reports:

"In other words, artificial sweeteners may spur drinkers -- or their brains -- to keep chasing a 'high' that diet soda keeps forever just out of reach ...

you feel dependent or not, drinking too much diet soda might be risky in the long run. In recent years, habitual diet-soda consumption has been linked to an increased risk of low bone mineral density in women, type 2 diabetes, and stroke. What's more, a growing body of research suggests that excessive diet soda intake may actually encourage weight gain."



source: <http://articles.mercola.com/sites/articles/archive/2011/03/16/new-report-shows-how-you-get-addicted-to-diet-soda.aspx>



HELPFUL HOUSEHOLD HINTS

With summer comes many fun events. There are usually a lot of weddings, engagements, and baby showers. Here are some ideas for a DIY (and green!) approach to gift giving.

How To Make Salt or Sugar Bath Scrub

Ingredients:

Sea Salt or Sugar

Grapeseed Oil

Peppermint Essential Oil

Pure Vanilla Extract

Vitamin E (For a preservative)

Directions: Pour a good amount of the sea salt (or sugar) into a bowl. Slowly mix in the grapeseed oil until you have a good consistency. All of the salt/sugar needs to be covered, with a little extra oil so that it can be used as a scrub. Add in about 5-10 drops of the Peppermint Essential Oil. Add about 5-10 drops of the vanilla extract. Add about 5-10 drops of vitamin E. Mix everything together. Play around with the scents until you get something that smells good to you. Pour into containers!

You can fill about 5-8 ounce Ball Canning jars with this mixture. A lot of this will be guess work the first time around. The awesome thing is that you can play around with whatever Essential Oils you love!

How To Make a Scented Rice Bag Warmer

Cut two 4-inch-by-4-inch squares of flannel. Turning the two outside portions of fabric toward each other, sew three of the sides together with a straight stitch. Sew all but an inch or two of the fourth side and turn the bag right side out again.

For oil-scented rice, mix approximately one teaspoon of oil to a pound of rice in a jar and shake together until the rice is coated. Set aside.

For herb-scented rice, mix one pound of rice with approximately three tablespoons of dried herbs (i.e. lavender, rosemary, etc.). Mix together well and set aside.

Using a small funnel, pour rice into the bag until it is three-quarters full.

Carefully turn the remaining open edges in on the bag and sew them shut. Check the perimeter of the bag to make sure that there are no openings for rice grains to get through.

Place the bag in the microwave and run it on medium high for 2 minutes. It should stay hot for 30 minutes!

SUPPLEMENT SPECIALS

Supplement Special
May - June 2011

Albizia®

40 caps

10% Discount

\$23.40

These herbs can help to 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), and support the body's organs of elimination

Supplement Special
May - June 2011

Allernest®

50mL

10% Discount

\$20.25

It is a homeopathic combination for the treatment of allergic disorders and the associated symptoms such as coughing; sneezing; difficult breathing; hay fever; rashes and itching of the skin; food reactions and headaches. It is also used for the reduction of inflammation and swelling of the mucous membranes of the upper respiratory tract; strengthening the cell walls and suppression of hyper-allergic reaction, including the intercellular region.

**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)*
at 51735 Van Dyke Avenue, Shelby Township, MI 48316**

Investment: \$80

Call 586.731.8840 **Appointment Necessary**

Coupon Expires: 6/30/2011

***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

Office Manager

Jan Clarke

Nutrition Assistant

Elizabeth Hussey

Director of Marketing

Pam Kunce

Technical Chiropractic Assistant

Sherly Pascal-Balan

Front Desk Assistant

Luke Wheldon

Office Expeditor

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

Give us a call and tell us what you need.

Visa and MasterCard Accepted.

(586) 731-8840