



# HEALTHLINE



**A heartfelt THANK YOU goes out to all the wonderful patients, staff and friends who sponsored my efforts in riding this year's MS Bike.**

I rode again with the CRA Metrowings, a diverse group of riders sponsored by [Conestoga-Rovers & Associates](#). My neighbor, Jim and I were the number one and number two fund raisers for our group!

This year, again, we could NOT see lake Michigan due to the dense fog as we rode along the lakeshore in Saugatuk, which is on the first days route! Thankfully, though, the temperature was cool, which is better for riding and we did not have rain. As you recall this spring was sopping wet and I was concerned it would be a wet ride. Our second day was even more cool and I rode with arm and leg coverings and a jacket. I also had a superhero mascot ride with me on day two...Batman. You can see him hanging upside down under my seat, just above the red safety light (see picture above).

Normally during this MS Bike ride most of the team would ride 200 miles...but this year due to the cool, wet spring outdoor training was not the best. I typically would get in about 400-500 miles of on the pavement riding prior to the MS Bike in June. This year I only logged about 140 miles. Of course I did participate in indoor training (and received first place for highest miles and least days missed for the second year in a row)! Since none of the team had logged many pre-ride miles, we all rode 150 miles, and we all rode together most of the time. Usually, the team will split up into groups of fast, medium and slower riders and

then see each other at lunch and at the end of the days ride. This year each rest stop ended up being a reunion for the whole team and many riders enjoyed this change.

There are several important lessons learned from participating in this ride. Three stand out above the others:

1. Training is essential to reduce injuries and improve comfort on a long bike ride.
2. There are strength in numbers; riding in a group like geese in formation, reduce rider fatigue and improves morale.
3. Having a planned ride like the Bike MS each year provides motivation to get out and train.

I recommend all patients find something they can support that involves physical activity so they can be motivated to stay active. Physical activity is important for mental and physical health. For me, cycling is a social and a physical exercise and I enjoy the challenges of longer distance cycling. I invite you to join me next year.

*Karl Rob. Johnson, D.C.*

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# FREE Apps for Healthier Shopping and Eating

The following is a list of FREE apps that can be downloaded onto most smart phones (Iphone/Android). These are helpful with healthy eating and shopping.



## 1. Fooducate

If you haven't heard of Fooducate yet, you're in for a treat. This free app lets you scan the barcode of any product (or just shake it for a random item, which is fun), and then gives you a letter grade, the number of calories per serving, and additional relevant health-related information

Click the "Alternatives" tab for suggestions of better products, or you can compare two products to help you decide which to put in your cart.



## 2. Honest Label

Scan any barcode in the grocery store (their database is already over 250,000 items), and it should give you clear nutritional information. I particularly love that you can keep a list of ingredients you want to avoid, and the app will warn you if it's in one of the items you scan.



## 3. Good Guide

Good Guide has rated tens of thousands of products (not just food) according to health, environmental, and social performance. Everything gets a score from 0 to 10; the higher the better. All the scores are available on their website, but you can use the mobile app when you're at the store to quickly scan a product's barcode and see how it stacks up.



## 4. Pic Healthy

In the genre of "Healthy Eating as Social Networking Game," Pic Healthy is easily one of the leaders.

It's a food photo diary app that lets you take pictures of food, rate how healthy or unhealthy it is, and then share with your friends and get their opinions — and then earn or lose points.

If you have friends who want to play along, this could be a great way to stay healthier as a team.



## 5. True Food

Concerned — or just curious — about Genetically Modified Food? Check out this great app

from the Center for Food Safety. It's filled with tons of great information and resources, as well as ways you can take action.



## 6. Dirty Dozen (Shopper's Guide to Pesticides)

The Environmental Working Group's Shopper's Guide to Pesticides is the definitive guide of

fruits and veggies with the most and least residual pesticides. Their "Dirty Dozen" and "Clean Fifteen" lists help you know which to buy organic, and which are okay to buy conventionally-grown (if organic is not available).



## 7. Find Me Gluten Free

Find Me Gluten Free helps you find gluten-free restaurants, bars, cafes and grocery stores. View menus, call, or get directions for each business. View others' ratings and reviews and submit your own.

<http://www.eatingrules.com/2011/06/best-apps-for-healthy-foodies/>

## THE RESULTS SPEAK FOR THEMSELVES!



About 2 weeks into care, Phyllis could sleep through the night most nights! "What a blessed thing to be able to sleep", she stated. Next, her pain started diminishing to the point that she could handle doing more of her home tasks, and was up for visiting and other things most people take for granted. Later, when I changed Phyllis' supplements to help her body's immune system reduce the autoimmune attack on her various body parts, she developed warmth again in her body. In addition, a dramatic improvement in her appearance and flexibility materialized - it was almost unbelievable, but my staff and I saw it with our own eyes, as Phyllis gleefully got down on her knees and sprang back up! Phyllis stated that she used to have to grapple any nearby piece of furniture to help pull herself back up to a standing position. Not any more! She is able to turn on my adjustment

table with the ease of a much younger person (she is close to 80 years old).



## RECIPES FOR YOUR HEALTH

### Gazpacho

- 1 1/2 pounds vine-ripened tomatoes, peeled, seeded and chopped
- Tomato juice
- 1 cup cucumber, peeled, seeded and chopped
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped red onion
- 1 small jalapeno, seeded and minced
- 1 medium garlic clove, minced
- 1/4 cup extra-virgin olive oil
- 1 lime, juiced
- 2 teaspoons balsamic vinegar
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon toasted, ground cumin
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons fresh basil leaves

Fill a 6-quart pot halfway full of water, set over high heat and bring to a boil.

Make an X with a paring knife on the bottom of the tomatoes. Drop the tomatoes into the boiling water for 15 seconds, remove and transfer to an ice bath and allow to cool until able to handle, approximately 1 minute. Remove and pat dry. Peel, core and seed the tomatoes. When seeding the tomatoes, place the seeds and pulp into a fine mesh strainer set over a bowl in order to catch the juice. Press as much of the juice through as possible and then add enough bottled tomato juice to bring the total to 1 cup.

Place the tomatoes and juice into a large mixing bowl. Add the cucumber, bell pepper, red onion, jalapeno, garlic clove, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt and pepper and stir to combine. Transfer 1 1/2 cups of the mixture to a blender and puree for 15 to 20 seconds on high speed. Return the pureed mixture to the bowl and stir to combine. Cover and chill for 2 hours and up to overnight. Serve with basil.

source: <http://www.foodnetwork.com/recipes/alton-brown/gazpacho-recipe/index.html>

### Quinoa Summer Veggie Salad

You'll need roughly 2 1/2 cups cooked quinoa.

Olive oil

1 onion, diced

3-4 cloves garlic, chopped

1 yellow summer squash, sliced

A fistful of slender asparagus or green beans, trimmed, sliced

1 Japanese eggplant (small eggplants are way less bitter), peeled, sliced into bite size pieces

1 bell pepper- red, yellow, orange or green, cored, sliced

2 cups Baby Bella mushrooms, trimmed, sliced

A handful of grape or cherry tomatoes, halved

Sea salt and ground pepper

Herbs, to taste- parsley, basil, thyme, red pepper flakes- whatever you prefer

1 tablespoon balsamic vinegar

Extra virgin olive oil, to taste

When the quinoa is almost done, heat a splash of light olive oil in a wok or large skillet over medium heat. Add the onion, stir until translucent. Add the garlic and cook for a minute. Add the remaining vegetables. Season with sea salt, pepper, and herbs. Add the balsamic vinegar. Stir-fry until tender.

Scoop the cooked quinoa out of the rice cooker and add it into the wok. Stir to combine with the vegetables. Taste test and add more salt or seasoning if it needs it. Remove from heat. Drizzle with extra virgin olive oil and toss to fluff.

Serve immediately; or allow it to cool, then cover and refrigerate it to eat as a salad. before serving it cold, taste test again and adjust seasonings.

source: <http://glutenfreegoddess.blogspot.com/2009/06/quinoa-with-summer-vegetables.html>



## At Least Two Thirds of Breast Cancer Cases are Likely Avoidable

Up to a third of breast cancer cases in Western countries could be avoided if women ate less and exercised more, researchers at a breast cancer conference said.

Experts said the focus should shift to changing behaviors like diet and physical activity.

Breast cancer is the most common cancer in women. A woman's lifetime chance of getting breast cancer is about one in eight. Obese women are up to 60 percent more likely to develop any cancer than normal-weight women.

Many breast cancers are fueled by estrogen, a hormone produced in fat tissue. So experts suspect that the fatter a woman is, the more estrogen she's likely to produce, which could in turn spark breast cancer. Even in slim women, exercise can help reduce the cancer risk by converting more of the body's fat into muscle.

source: <http://articles.mercola.com/sites/articles/archive/2010/04/13/at-least-onethird-of-breast-cancer-cases-are-avoidable.aspx>

## Average Drug Label Lists Over Whopping 70 Side Effects

Using a computer program, scientists analyzed 5,600 drug labels and more than 500,000 labeled effects. They found that the average drug comes with a list of 70 potential reactions, according to researchers.

In fact, the more commonly prescribed drugs averaged around 100 side effects each, with some drugs containing as many as 525 listed reactions.

MSNBC reports:

*"The greatest number of side effects was found in antidepressants, antiviral medications and newer treatments for restless leg syndrome and Parkinson's disease. In general, medications typically used by psychiatrists and neurologists had the most complex labels, while drugs used by dermatologists and ophthalmologists had the least."*

source: <http://articles.mercola.com/sites/articles/archive/2011/06/09/average-drug-label-lists-over-whopping-70-side-effects.aspx>

## Natural amino acids preferable to antibiotics for treating infections, says study

A research scientist from the Fraunhofer Institute for Cell Therapy and Immunology IZI in Leipzig, Germany, has discovered that simple, natural amino acids work better than antibiotics at treating infections, and they do not cause harm to healthy cells in the body.

For their study, Dr. Andreas Schubert and his colleagues from Fraunhofer tested the effects of amino acids in vitro and found that they broke through bacterial membranes and penetrated them quicker and with less of a required concentration than antibiotic drugs. And the best part of all was that the amino acids caused no cell damage, unlike antibiotics which kill off beneficial bacteria in the system as well as harmful bacteria.

"Antibiotic peptides (from amino acids) unlock their microbicidal effect within a few minutes. They also work at a concentration of less than 1 microliter, compared with conventional antibiotics which require a concentration of 10 microliters," said Schubert as part of his test results. "The spectrum of efficacy of the tested peptides includes not only

bacteria and molds but also lipid-enveloped viruses. Another key factor is that the peptides identified in our tests do not harm healthy body cells."

The findings are revolutionary, because they show that amino acids work on virtually every infection, including even MRSA and CRKP. And because amino acids occur naturally in various foods like nuts, grass-fed meats and dairy products, beans, seafood, eating more of these foods regularly can help boost levels of these vital nutrients without the need for drugs. Amino acids supplements are also a great way to boost amino acid levels to optimal levels in order to prevent or treat infections.

"We have already identified 20 of these short chains of amino acids which kill numerous microbes, including enterococci, yeasts and molds, as well as human pathogenic bacteria such as Streptococcus mutans, which is found in the human oral cavity and causes tooth decay," said Dr. Andreas Schubert, group manager of Fraunhofer. "Even the multi-resistant hospital bug Staphylococcus aureus is not immune, and in our tests its growth was considerably inhibited."

source: [http://www.NaturalNews.com/032825\\_amino\\_acids\\_antibiotics.html](http://www.NaturalNews.com/032825_amino_acids_antibiotics.html)



# HELPFUL HOUSEHOLD HINTS

## 7 Ways to Recycle Your Stuff

So you want to simplify your life. Start with a drawer, a closet, a storage bin. But don't just send those unwanted items to your local landfill or even your local charity store. There might be an organization that can put your discards to better use. Here are a few:

### 1. Office Supplies

Donate unwanted office supplies to students in your area. Call your local schools or go to [www.iloveschools.com](http://www.iloveschools.com), a nonprofit online donation center that connects new, used, and in-kind resources with our nation's schools all year long.

### 2. Cell phones

The ongoing evolution of modern technology has resulted in massive amounts of toxic waste in our landfills. It's now illegal in 24 states to send your discarded electronics (called e-waste) to the landfill. Flipswap ([www.flipswap.com](http://www.flipswap.com)) takes discarded cell phones and resells them to retailers who then resell them to consumers at a lower cost.

### 3. Office Wear

Dress for Success ([www.dressforsuccess.org](http://www.dressforsuccess.org)) provides professional attire, a support network, and career development tools to disadvantaged women. Each client receives one suit when she has a job interview and can return for a second suit or separates when she finds work.

### 4. Magazines

But saving every magazine you read just might land you on one of those TV shows about hoarders. Instead, find places in your community that will put your discards to good use. Hospitals, schools, retirement communities, libraries, and

doctors' offices often take donations of gently used magazines.

### 5. Shoes

Soles4Souls ([www.soles4souls.org](http://www.soles4souls.org)) is "changing the world, one pair at a time." They've distributed more than 13 million pairs of shoes to those in need from the warehouses of footwear companies and the closets of people like you since their start in 2004 after the Southeast Asian tsunami. Shoe companies, retailers, and individuals can donate footwear, both new and used.

### 6. Musical Instruments

Donating that old clarinet hiding in your attic can help a child to develop her musical talent and learn the discipline that goes along with playing an instrument. The Mr. Holland's Opus Foundation ([www.mhopus.org](http://www.mhopus.org)) keeps music alive in our schools and communities by donating your gently-used musical instruments to under-funded music programs across the country.

### 7. Building Supplies

If you're left with a stack of wood, an old light fixture or two, or other building materials after your latest home renovation, donate them to others that see the beauty of reclaimed materials. Habitat for Humanity's ReStores ([www.habitat.org](http://www.habitat.org)) sell reusable and surplus building materials, furniture, and appliances; the proceeds fund local Habitat projects. And the National Association of Home Builders ([www.nahb.org](http://www.nahb.org)) can help you donate to disaster victims.

source: <http://www.maryjanesfarm.org/SimpleSolutions/28-9-5.pdf>

# SUPPLEMENT SPECIALS

Supplement Special  
July - August 2011

**Organically Bound Minerals®**

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**Keeps your heart healthy**

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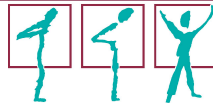


**Our Mission Statement**

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](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)

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:  
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**\*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 \$50.00 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**

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