



HEALTHLINE



Back to School Preparations

(The Other Side of the Story)

It's that time of the year again...you know the drill – getting school supplies, backpacks, vaccinations, school physicals, school clothes, etc... In my opinion there are several things to add to the list and also some modifications.

Chiropractic Checkup: You and your child will fare better with reduced stress on your nervous system. Getting a chiropractic evaluation and needed adjustments will put, both you and your children, on the path for a healthier school year.

Consider Immune Bolstering Instead of Vaccines and Endless Antibiotics: I see so many children during the school year with recurrent upper respiratory infection symptoms, the flu, and other illnesses.

Several studies have shown the effectiveness of chiropractic care in enhancing immune function. You can read many of them here: <http://www.chiro.org/research/ABSTRACTS/Immune.shtml>

Vaccines really don't bolster your immune system and are full of toxic compounds. Antibiotics, while helpful in times of severe need, are way over used in America. Why not consider an improved diet, chiropractic care and special immune supportive nutrients. Those who have made the switch say they will never go back to the old ways. Did you know that the United States is 37th in the world in life expectancy and 50th in healthcare based on a review of 100 countries by the World Health Organization? This is despite the fact that the United States spends more on healthcare than any other country in the world!

Did you know that medical research demonstrates that early exposure to antibiotic use and pertussis vaccination contribute to the development of atopic disorders such as asthma, and hay fever, and may also be associated with the onset of pediatric lymphoblastic leukemia? You can read about this in an article entitled; Early Life Infections Improve the Function of the Immune System as publish in the American Journal of Clinical Chiropractic 2006 (Apr); 16 (2): 22–25. For a list of references and abstracts see <http://www.chiro.org/Immunity/>

My three children were never vaccinated and did receive chiropractic care since birth, ate a diet full of fresh vegetables, fruits, protein and whole grains. They never had outward signs of ear infections, mumps, measles, etc. Several patients' families over the years adopted the same strategies and discovered that their

once sickly children were able to change their health around to enjoy a similar experience as we did with our children.

While I am on the subject, don't be fooled or harassed or bullied into forced vaccination. The good news is that in the great state of Michigan, it is your right to choose whether you vaccinate or not. To get the forms and information about opting out, see <http://www.momvaccines.org/>. I am not opposed fully to vaccines, but rather having any medical procedure mandatory, including vaccination. I want to make an informed choice. My wife and I put careful thought into the decision not to vaccinate and after weighing the pros and cons, we decided to take on the responsibility to provide excellent chiropractic and nutritional care for our children as the way to make sure their immune systems had the best chance at accurately adapting to the environment at school and everywhere else.

Consider getting rid of the soda pop in you and your child's diet. Another sad fact is the United States is the number one position for yet another dubious distinction: the highest per person per year consumption of soda pop (216 liters)! Soda pop and many of the other nutrition-poor-chemical-laden-junk foods are loaded with sugar. Sugar is one potent immune system depressant.

In a USA Today article entitled; "Add sugar, subtract immunity?", Denver nutrition therapist Kate Pfeiffer states,

"Limiting sugar should be the first line of defense against infectious disease," she says. She wrote a column for Examiner.com titled: "Worried about the Swine Flu? Avoid Sugar!" In it she cites a 1973 study, published in the American Journal of Clinical Nutrition. The same study is cited at AskDrSears.com and on many alternative-medicine sites.

In the study, researchers at Loma Linda University gave volunteers 100 grams of sugar (20 teaspoons, roughly the amount in a liter of soda). The researchers then drew blood from the volunteers and mixed in some bacteria.

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They found that infection-fighting white blood cells from people who had just gorged on sugar gobbled up many fewer bacteria than those who had just fasted or eaten an unsweetened starch.

My staff often hear me state that we will see an onslaught of adults and children with various illnesses right after Halloween, Thanksgiving, Christmas, Easter and other holidays where excess sugar consumption occurs.

My hope is you have a very healthy and happy school year, but some preparation and changes in the diet and attention to the health of your nervous system go a long way to making health a daily reality.

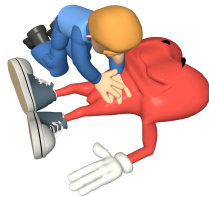
Blessings for Vibrant Health and Prosperity,

Karl R. Johnson, D.C.

WARNING HEART PATIENTS: Should You Take These Popular Over-The-Counter Pain Medications After A Heart Attack?

Many visionary health care providers warned about it. Most laughed it off. Now, the research is really piling up and the evidence is getting too strong to ignore.

Back in July 1998, *The American Journal of Medicine* reported, "Conservative calculations estimate that approximately 107,000 patients are hospitalized annually for nonsteroidal anti-inflammatory drug (NSAID)-related gastrointestinal (GI) complications and at least 16,500 NSAID-related deaths occur each year among arthritis patients alone. The figures of all NSAID users would be overwhelming, yet the scope of this problem is generally under-appreciated."



From the prestigious *New England Journal of Medicine*: "If deaths from gastrointestinal toxic effects from NSAIDs were tabulated separately in the National Vital Statistics reports, these effects would constitute the 15th most common cause of death in the United States. Yet these toxic effects remain mainly a 'silent epidemic,' with many physicians and most patients unaware of the magnitude of the problem.

Furthermore, the mortality statistics do not include deaths ascribed to the use of over-the-counter NSAIDs."

A New Study Warns Heart Patients About NSAIDs

According to the *Elsevier Global Medical News*, "For patients with a history of myocardial infarction, any length of treatment with nonsteroidal anti-inflammatory drugs poses an unacceptably high risk for death or recurrent heart attacks, based on findings from a Danish study using hospital and

pharmacy registry data and published online May 9 in *Circulation*.

The risk elevation began during the first week of therapy and continued throughout the course of treatment, with some differences in the magnitude of risk between NSAIDs."

The authors stressed the results of the study are not in line with the *American Heart Association* recommendations regarding NSAID treatment in patients with established cardiovascular disease "***because we demonstrate that even short-term NSAID treatment is associated with increased cardiovascular risk in patients with prior MI,***"

The article also stated, "Despite some limitations of the study, namely the observational design and the possible effects of information bias, and the need for randomized clinical studies... ***The accumulating evidence suggests that we must limit NSAID use to the absolute minimum in patients with established cardiovascular disease.***"

You Are Probably Taking NSAIDs And Do Not Even Know It

Estimates say that over 30 billion over the counter tablets and 70 million prescriptions are sold annually in the United States alone.

NSAIDs include Aspirin, Ibuprofen, Advil®, and Motrin® as well as prescription products like Celebrex®, Daypro® and more.

Is There A Better Pain Solution?

One of the principles of medicine is, "first do no harm." In other words, make sure the treatment is not worse than the original problem.

That's why, if at all possible, conservative natural options should always be looked into before more invasive and chemical treatments are used.

Functional Medicine & Functional Neurology (what I do) help relieve pain naturally, without the deadly side effects of these drugs.

As research and proof piles up – and so do the deaths – Natural care becomes the intelligent, obvious choice.

source: Clark, Dr. David "The Place for Answers" Vol. 11 Issue 7



RECIPES FOR YOUR HEALTH

Turmeric Turkey Burgers

Ingredients:

1 lb. of ground turkey
 1/2 tsp. ground cumin
 1/2 tsp. ground turmeric
 1 tsp. ground coriander
 1 small onion, chopped
 3 cloves garlic
 fresh parsley chopped (to taste)

In large bowl, mix all ingredients together. Divide into patties, grill, and serve.

source: http://www.4yourtype.com/2011_newsletter_v8n7.asp#Ann

Brown Rice Side Dish

Ingredients:

1 cup cooked brown rice
 1 handful:
 raisins
 slivered almonds
 turmeric, cumin, and coriander

Season to taste with a blend of turmeric, cumin, and coriander. Mix in raisins and slivered almonds to serve.

source: http://www.4yourtype.com/2011_newsletter_v8n7.asp#Ann

Southwestern Salmon & Black Beans

Ingredients:

1-1/2 lb salmon cut into 4 pieces, , skin and bones removed
 1 small sized onion, minced
 1 small sized red bell pepper, diced 1/4 inch
 4 medium cloves garlic pressed
 1 TBS + 1/2 cup chicken or vegetable broth
 2 cups or 15 oz can black beans (BPA free), drained
 1-1/2; TBS red chili powder
 about 2 cups shredded romaine lettuce, outer leaves discarded
 1 medium avocado, cut into cubes

Sauce:

2 TBS fresh chopped cilantro
 1 TBS fresh chopped mint
 1 TBS fresh chopped basil
 3 TBS fresh lemon juice
 3 TBS olive oil
 1 TBS chopped pumpkin seeds
 salt and pepper to taste

Directions:

- Season salmon with a little salt and pepper. Set aside while you chop and saute vegetables.



- Mince onions and press garlic.
- Heat 1 TBS broth in a 10-12 inch stainless steel skillet. When broth begins to steam add onion, bell pepper and garlic and Healthy Sauté on medium heat for about 5 minutes stirring frequently.
- Add 1/2 cup broth, drained beans, and red chili powder. Cook for another 10 minutes. Season with salt and pepper to taste.
- While beans are cooking, preheat broiler. Place a stainless steel or cast iron skillet large enough for salmon under the heat to get hot. This takes about 10 minutes.
- In a bowl mix together cilantro, mint, basil, lemon juice, olive oil, pumpkin seeds, salt and pepper.
- Place salmon in the hot pan and return to broiler about 5 inches from the heat source for best results. Broil salmon for about 7 minutes for medium doneness. This is our Quick Broil cooking method. Serve salmon, beans, lettuce and avocado together on a plate. Top salmon and lettuce with cilantro topping.

source: <http://worldshealthiestfoods.com/genpage.php?tname=recipe&dbid=83>



Are Unvaccinated Children Healthier?

For years, consumers have asked for a vaccinated vs. unvaccinated study that might answer the question: Are unvaccinated children healthier? And now, a startling – and exciting – new survey appears to give an answer. While the project is ongoing, over 7600 people have participated in this survey so far, and according to the Healthy Home Economist, the evidence that unvaccinated children are healthier is piling up:

- Less than 10 percent of unvaccinated children in the survey have allergies of any kind
- .2 percent suffer from asthma
- 1.5 percent have hay fever
- 2 percent have the autoimmune disorder neurodermatitis
- ADHD is present in only 1-2 percent of unvaccinated children in the survey
- Less than .5 percent had ever had middle ear infections; less than 1 percent had sinusitis

And the biggie:

- Only FOUR children out of 7600+ total surveys reported having severe autism – and in all four cases, the mothers tested very high for mercury

source: <http://blogs.mercola.com/sites/vitalvotes/archive/2011/09/02/are-unvaccinated-children-healthier.aspx>

Eight Health Benefits of the Often Ignored BEETS!

Beet juice is alkaline and helps stave off acidosis, a harbinger of all diseases

Beet juice helps stimulate liver cells and cleanse and protect bile ducts. It also helps relieve the kidneys of stress to help cure gout. It also helps relieve constipation.

Beets help cleanse the blood and create more red blood cells. They are useful for treating and curing anemia. Heavy daily beet consumption has even been used to treat leukemia and other cancers. With normal consumption, one can benefit from beets' anti-carcinogenic properties.

Red beets and their leaves are a high source of folate, which is the natural base of folic acid. Folate helps build tissue and red blood cells. Folic acid from folate is more beneficial for pregnant women than folic acid synthetically derived. It is healthier long term to depend on folate rather than to use folic acid supplements. Unfortunately, the two terms are misused interchangeably.

Beets contain lots of lutein and zeaxanthin, both of which help prevent or even cure macular degeneration and other age related eye issues.

Beets are a high source of phytonutrients called betalains. Beet betalains provide strong antioxidant, anti-inflammatory, and detoxification support.

Beets help lower blood pressure, maintain blood vessel elasticity, and even help eliminate varicose veins.

Beets are high in fiber, potassium, magnesium, niacin, calcium, iron, and biotin.

source: http://www.NaturalNews.com/033287_beets_nutrition.html

Here are 10 reasons to add turmeric to your diet:



- 1.) It's a natural liver detoxifier
- 2.) It is a potent natural anti-inflammatory and helpful in treating arthritis and rheumatoid arthritis
- 3.) Turmeric may aid in fat metabolism and help in weight management
- 4.) Studies indicate that turmeric may help in preventing prostate and breast cancer, and may prove

helpful in reducing the risk of childhood leukemia. Other studies show that turmeric may be helpful in

presenting metastases from occurring in different types of cancer and may stop the growth of new blood vessels in tumors.

- 5.) It may prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain
- 6.) It's a natural antiseptic and antibacterial agent - useful in disinfecting cuts and burns
- 7.) Turmeric has shown promise in slowing the progression of multiple sclerosis in mice
- 8.) It may help in the treatment of psoriasis and other skin conditions
- 9.) It speeds up wound healing and assists in repair of damaged skin
- 10.) Turmeric may lower cholesterol

source: http://www.4yourtype.com/2011_newsletter_v8n7.asp#Ann



HELPFUL HOUSEHOLD HINTS

HAPPY HALLOWEEN!!



For some family fun, please feel free to use this pumpkin carving stencil. Simply cut out, tape to your pumpkin, use a poking tool to create the outline of all of the black pieces (you will be cutting these out). Carve out these pieces and enjoy!

SUPPLEMENT SPECIALS

Supplement Special
September - October 2011

TVIVI®
10% Discount
\$21.60

Functions as an effective formula for submicroscopic infective agents.

Supplement Special
September - October 2011

Congaplex®
150 Caps
10% Discount
\$24.30

Supports a healthy immune response

Provides antioxidants

Supports the thymus gland

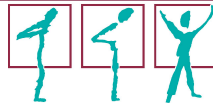


Our Mission Statement

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.helpmychronicpain.com/blog/

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: 10/31/2011

***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 \$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

Front Desk Assistant

Luke Wheldon

Office Expeditor

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