



# HEALTHLINE



## Are YOU Cheating?

Dear Patients and Friends,

Are you cheating?

Are you reading this before you read the newsletter because you think you are going to get the “take home message” of this newsletter in just one page?

Well, you’re not going to get that here because there are several important “take home messages” in this month’s newsletter. You can only get them all by reading it.

There is one extremely important take home message we’ll give you here: **Chiropractic care is a safe and effective treatment for back pain.**

And for those of who you who just said to yourself “No way am I getting my back ‘popped’...make sure you read the whole newsletter. There’s a good chance you don’t even need an adjustment to get rid of your back pain.

In many cases, back pain sufferers rate Chiropractic care better than other medical treatments, prescription medications, over the counter medications and surgery.

Best of all, Chiropractic care does not come with the same side effects.

It is clear that Chiropractic should be one of the FIRST options when considering treatment for back pain – not just because it works, but because it’s conservative (not risky).

The biggest rule in medicine is to “first do no harm.” That’s why it makes sense to start with conservative and less risk...and if that doesn’t work...go to invasive and more risk.

But, in today’s fast-paced technology-driven world... we often forget what appears to be the simplest thing is actually the best solution.

So, if you’re having a problem... give us a call. We are here to answer your questions and give you the best possible solution available. (even if it’s not us).

And, if that solution is sending you to another doctor because they are better skilled to treat your individual problem – we will do that too.

Now stop cheating and go read the newsletter – it’s pretty good!

Blessings for Vibrant Health and Prosperity,

*Karl Ros. Johnson, D.C.*

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## Study: Unvaccinated children far less prone to allergies and disease than vaccinated children



It is commonly assumed that vaccinations are responsible for bringing about substantial improvements

in public health, and that humans were much more prone to developing serious disease prior to their advent. But a new survey released by *VaccineInjury.info* debunks this myth by showing that unvaccinated children are far less prone to developing allergies, autoimmune disorders, neurological problems, endocrine diseases, and other illnesses compared to the vaccinated .

German homeopathic practitioner Andreas Bachmair compiled health data on more than 8,000 unvaccinated children from at least 15 different countries, and compared it to health data compiled on more than 17,400 vaccinated children involved in a German study known as *KiGGS - The German Health Interview and Examination Survey for Children and Adolescents*.

The children involved in both studies ranged in age from 0 - 17, but most of the children involved in the unvaccinated study were eight years of age or younger. Both studies, however, used the same criteria for collecting

data on children's health, and both are considered to have arrived at valid results.

In every single health category evaluated as part of both studies, the overall health of unvaccinated children was leaps and bounds ahead of the vaccinated children. The allergy rate among vaccinated children, for instance, was **more than double** the allergy rate among unvaccinated children. And worse, vaccinated children were found to be nearly **eight times more prone to developing asthma or chronic Bronchitis** than were unvaccinated children.

Another significant difference between the two groups was observed in the category of autoimmune disorders. While less than half of one percent of unvaccinated children were found to have developed an autoimmune disease, roughly seven percent of vaccinated children developed one -- and according to the US National Institutes of Health (NIH), nearly 25 percent of Americans today suffer from at least one autoimmune disorder.

The other health categories where unvaccinated children fared better than vaccinated children included neurodermatitis, herpes, otitis media, hay fever, hyperactivity, scoliosis, epilepsy and seizures, migraine headaches, and thyroid disease. The only category where disease rates were roughly equal between the two groups was in the category of diabetes mellitus, a disease which affects only about 0.2% of children under 20 anyway.

source: [http://www.naturalnews.com/033858\\_unvaccinated\\_children\\_health.html#ixzz1ag6hjXZd](http://www.naturalnews.com/033858_unvaccinated_children_health.html#ixzz1ag6hjXZd)

### Please Don't Forget!

The Chiropractic & Nutrition Wellness Center is once again participating in the Extended Hand Christmas Food Drive. We will be accepting donations at our office of non-perishable canned/boxed food items as well as monetary

donations for the organization to purchase additional items they may need.

To donate, please stop in our office for a flyer listing what is needed and drop off anything you are able to give. Our office, along with Extended Hand, appreciates it very much!



## RECIPES FOR YOUR HEALTH

### PALEO DIRTY RICE

#### Ingredients

2 tablespoons olive oil  
 4 cloves garlic, minced  
 1 cup white onion, diced  
 2 celery stalks, chopped  
 1 cup green pepper, diced 1 cup red pepper, diced  
 1 bunch scallions, chopped  
 3 cups cauliflower, riced with your food processor or box grated  
 1 teaspoon fresh thyme  
 1 bay leaf  
 ½ teaspoon celtic sea salt  
 ½ teaspoon pepper  
 ¼ teaspoon chili powder  
 ½ teaspoon cumin  
 2 cups chicken stock or vegetable stock



1. Heat olive oil over medium heat in a large skillet

2. Add garlic, onion, celery, peppers and scallions; saute

until soft

3. Stir in riced cauliflower, adding thyme, bay leaf, salt, pepper, chili and cumin
4. Add in the chicken stock (or vegetable stock)
5. Allow to simmer over medium-low heat, stirring frequently, for 30 minutes or so or until liquid is cooked down

source: <http://www.elanaspantry.com/paleo-dirty-rice/#more-28785>

### Beet Hummus

#### Ingredients

4 medium sized beets, scrubbed, cooked and cubed  
 ¼ cup raw tahini paste  
 ¼ cup lemon juice  
 1 small clove garlic, pressed  
 ¼ teaspoon celtic sea salt

1. Place all ingredients in a food processor and pulse until smooth
2. Serve with your favorite gluten free crackers, bread, or raw veggies

source: <http://www.elanaspantry.com/beet-hummus/>

### Coconut Chicken Soup

#### Ingredients

3 cups chicken stock  
 1 fresh thumb-sized piece of ginger, sliced into thin coins  
 1 cup coconut milk (canned)  
 1 tablespoon fish sauce  
 2 teaspoons agave necture  
 6 ounces leftover chicken  
 1 cup mushrooms, rinsed, drained and sliced in half lengthwise  
 1 medium carrot, julienned  
 2 tablespoons lime juice  
 ¼ cup fresh cilantro, minced

1. In a pot, bring chicken stock and ginger to a boil, then reduce heat to low and simmer for 5 minutes
2. Stir in coconut milk, fish sauce, agave, chicken, mushrooms and carrot
3. Just before serving, stir in lime juice and cilantro

source: <http://www.elanaspantry.com/coconut-chicken-soup/>



## Blue Light May be Key to Fighting Winter Blues

Lack of sunlight during winter can lead to the condition known as seasonal affective disorder (SAD).

This can make you feel lethargic, gloomy, and irritable. However, while daylight as a whole is beneficial to fight off the syndrome, different colors of light seem to affect your body in different ways.

Blue light can affect your mind, including mood. And according to a new study, blue light might play a key role in your brain's ability to process emotions. The study results suggest that spending more time in blue-enriched light could help prevent SAD.

CNN reports:

*"Studies have shown that blue light improves alertness and mental performance ... [T]he researchers discovered that blue light, more so than the green light, seemed to stimulate and strengthen connections between areas of the brain involved in processing emotion and language."*

source: <http://articles.mercola.com/sites/articles/archive/2010/12/14/blue-light-may-be-key-to-fighting-winter-blues.aspx>

## Warning! -- Flu Shots Contain More than 250 Times the EPA's Safety Limit for Mercury

Thimerosal is a widely used vaccine preservative. It is present in the majority of flu shots. But thimerosal is 49% mercury by volume. Each dose of flu vaccine contains over 250 times the Environmental Protection Agency's safe exposure limit.

Mercury is a neurotoxin, and it is particularly damaging to young, developing brains. The health effects of mercury on a developing fetus are a cause for grave concern.

According to Infowars:

*"By recommending flu shots to the public, the CDC and vaccine manufacturers are ignoring the warnings of not only major studies conducted by prominent universities, but also the EPA ... In addition to a number of other 'recommended' vaccines, flu shots are dished out each year to the public, meaning that this exposure increases to 250 times the limit each year. Over a 10 year period, it is possible to exceed the limit by 2500 times simply by receiving a yearly flu shot."*

source: <http://blogs.mercola.com/sites/vitalvotes/archive/2011/10/04/warning--flu-shots-contain-more-than-250-times-the-epas-safety-limit-for-mercury.aspx>

## It's Cooold Out...and the Best Time to Work on Seasonal NAET's!

Nambudripad's Allergy Elimination Techniques, also known as NAET®, are a non-invasive, drug free, natural solution to eliminate allergies of all types and intensities using a blend of selective energy balancing, testing and treatment procedures. Many of our patients have benefitted from these techniques, so we wanted to suggest something helpful during these cold winter months.

As patients who have had NAET treatments before know, you must avoid the allergen you are treating for so it becomes difficult

during the high allergy seasons. In the spring and autumn when most people experience bad allergies, they want to treat for them for relief. The problem that arises with this is that it is quite hard to avoid the allergens then. This is why Dr. Johnson suggests that patients who have seasonal allergies come in during the winter months to treat for them.

This is the best time of year because all of the allergens are under a freeze so you can avoid them with no problem. This is not something that many people think about doing during the winter months since they are not being affected, but Dr. Johnson suggests that if you have seasonal allergies you make your NAET appointment today.



## 10 Ways to Stay Active in the Cold Winter Months

### 1. Fight the winter sloth.

Too many fall prey and regret their self-imposed captivity come spring. That hunkering down mentality isn't going to do you (your health or your social life) any favors. Winter is how many months where you live? Deal, and just live your life—all of it.

### 2. Dress for the occasion.

We're talking **layers**: Gore Tex, primaloft or down, thinsulate, fleece, and polypropylene long johns (with or without the attractive butt flap). Just make sure you have a "dri fit" layer next to your skin, and shed as you go.

### 3. Don't go it alone.

Recruit a friend or family member to brave the cold with you. (**Beg or bribe** if you must.) If he/she is outside waiting for you (probably cursing your name), you know you better get out there.

### 4. Join a gym or league.

Even the true diehard can honorably submit to the lure of the indoors. Take it as an opportunity to **vary your workout**, try a class, pick up an old sport, or just enjoy a social hour over sweaty equipment. (*Caveat*: There's still the cold walk to the car and back.)

### 5. Invest in some equipment or DVDs.

It won't give you all the options of a gym or the socialization. Nonetheless, there's no cold walk to the car, and the sweat is all yours.

### 6. Take a lap (around the pool).

If you liken the treadmill to a hamster wheel, try an indoor workout that allows for more than simulated movement. Sure, the thought of swimwear doesn't seem natural when you're trying to feel your toes beneath two layers of wool socks. But once you're gliding through that blue rush, it's **almost as good as summer**.

### 7. New season, new schedule.

If you find your workout time has been swallowed whole by winter darkness, you might find a motivation (and general health) boost by scheduling in some daylight.

### 8. Dive in!

So, the weather has upended your usual routine (and, perhaps, your mood). Lose the fixation! Quit fighting winter, and go with it. Strap on some skates, skis or snowshoes, and visualize yourself having fun.

### 9. Keep well.

Eat well, stay hydrated, and get enough sleep. If you maintain a **health-focused mindset**, your workout routine will feel more necessary.

### 10. One word: Sauna.

You think you have it so bad? Try those poor saps in Scandinavia! It's how they make it through, and they seem to fare the cold and darkness pretty impressively. Sauna: need to find one.... (Most larger gyms have them.) What better motivation can there be than the chance to finally **warm to the core**?

source: <http://www.marksdailyapple.com/winter-exercise/>

# SUPPLEMENT SPECIALS

Supplement Special  
November - December 2011

**T3®**

10% Discount  
**\$21.60**

Assists in handling bacterial issues, assuring cellular health. Rapidly engages appropriate body systems by increasing the action of any BioFunction Formula.

Supplement Special  
November - December 2011

**Andrographis Complex®**  
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Enhance immune system function  
Support healthy respiratory system  
Support and maintain normal body temperature  
Encourage adaptive response to occasional everyday stress

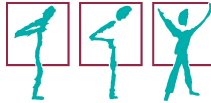


**Our Mission Statement**

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*

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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.helpmychronicpain.com/blog/](http://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: 12/31/2011**

**\*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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