



# HEALTHLINE

News & Notes to Help Improve the Quality of Your Life



Volume 11, Issue 2

## COMMUNITY APPRECIATION DAYS

Your Opportunity to Introduce Your Friends & Family to Better Health

**It's time for you, your family and friends to experience the benefits of chiropractic and nutritional counseling.**

Each year Dr. Johnson donates his fees during Community Appreciation Days to help a worthwhile, community-related charity. This year all donations (\$25.00 minimum) will be donated to the Oklahaven Children's Chiropractic Center, a center devoted to helping handicapped children.

This year our Community Appreciation Days are from May 8 through May 20. Appointments can be made for current and new practice members by calling the office at (810) 731-8840.

For your \$25.00 donation you will receive:

### For NEW Chiropractic Practice Members:

- ◆ Health History
- ◆ Consultation & Exam
- ◆ 2 X-ray Views (most insurances cover additional views if needed) Adjustment not included.



### For NEW Nutrition Practice Members:

- ◆ Health History
- ◆ Consultation
- ◆ Exam & Nutrition Program (supplements not included)

### For Current Practice Members:

- ◆ An Adjustment
- ◆ Body Composition Testing

### For Practice Members Not Seen for 4 Months or Longer:

- ◆ An Updated Health History
- ◆ An Update Exam
- ◆ An Adjustment

These special rates are available to everyone. It is Dr. Johnson's desire to help both our community and the children of Oklahaven, who go there as a last resort when all else has failed to help them. Their parents are financially exhausted from trying everything possible to

*(Continued on page 5)*

## YOU ARE WHAT YOU EAT

Special Rescheduled Seminar May 8 at 7:30 PM

As many of you know, the April Seminar was canceled because of a gas leak in the library. That has now been rescheduled to **Monday, May 8 at 7:30 at the Utica Public Library.**

Derek Webber from Standard Process Labs will be Dr. Johnson's

guest speaker on the topic of "You Are What You Eat." He will discuss foods of yesterday and today, what's happened to them, the vitamins we have today and where they come from, organic foods and whole food vitamins.

With a broad background in vitamin supple-

mentation, Derek brings a wealth of information with him to share with you. Information will be presented that will enable you to better evaluate your own supplement program and the foods you consume. Call for reservations today — **(810) 731-8840.**

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### Calendar

**Monday, May 8:**

"You Are What You Eat!" Guest speaker, Derek Webber of Standard Process Labs. 7:30-9:00 pm, Utica Public Library. No Charge. This is the last seminar until September.

**Community Appreciation Days:**

**May 8 through 20**  
(See article this page)

**Call for Information**

**& Reservations**  
**(810) 731-8840**  
**(810) 726-KIDS**

*Having is giving,*

*And*

*Giving is living.*

*—e.e. cummings*

## SUCCESS STORY: Here are some stories about babies for your pleasure.



My son, Aaron, was first adjusted when he was two weeks old. He has had regular adjustments ever since. Aaron is now 18 months old. He has never had an ear infection or been on antibiotics. He is a very healthy baby who loves fruits and vegetables. We gave him some ice cream recently and he didn't like it.

Some of Aaron's favorite foods are grapes, broccoli, and chicken. We feed him very few processed foods. Obviously, we are doing something right because he is never sick. On the other hand, my nephew (approximately the same age) has been in and out of medical doctors' offices and on antibiotics frequently.

We thank Dr. Johnson for being there for all of us, and especially for our alert, happy and very healthy baby boy.

—K.A., Macomb, MI



Please share these articles with friends and family and be proud to be at the leading edge in health care by being a chiropractic practice member and adopting a health supporting lifestyle for life.

—Dr. Johnson

My baby, Abby, had suffered from colic for about six weeks before we came to Dr. Johnson. "Normal" life was non-existent from 7:00 p.m. to 10:00 p.m. It was constant screaming that sometimes lasted even longer. We tried the pediatrician, different formulas, mylacon drops, car rides, walking, swinging, rocking, music, etc. — nothing worked.

Because most of my family goes to Dr. Johnson on a regular basis, I wasn't skeptical at all and I was willing to try anything. We found the office visit and the staff pleasant; and Dr. Johnson was very thorough and careful. That pleased me because Abby was so young.

After two treatments, I could see results. After two weeks Abby had improved tremendously. I would definitely recommend Dr. Johnson and chiropractic care to others.

— D.F., Chesterfield

My first pregnancy was four years ago and I had a full-term stillborn baby. I had low back pain throughout 34 weeks of the 40 weeks I was pregnant, severe nausea for the first trimester, was extremely fatigued, and gained 45 pounds. The low back pain did not go away after the pregnancy.

Two years later I became pregnant again and had a miscarriage. I did not feel physically ready to have another baby at that time, but I was in my mid-thirties so I thought I'd better try again if I wanted any children.

A few months later I attended a seminar by Dr. Johnson called "Using Your Intelligence & Energy to Feel Good." He demonstrated Contact Reflex Analysis (CRA) and it made sense to me. I went to him to see if he could find anything wrong with me. He did and cleared that up with food supplements. He also used chiropractic for my low back pain.

Four months after starting to go to Dr. Johnson, I finally felt strong enough to have another baby. During this last pregnancy, I saw Dr. Johnson for Chiropractic and Nutrition for the entire pregnancy. I did not have any back pain. The nausea was not nearly as bad and only lasted one month. I was fatigued only during the nausea period and I only gained 33 pounds.

My baby is now five and a half months old and very healthy. I also recovered much faster from this last pregnancy. Thank you, Dr. Johnson.

R.M., Romeo



## News for Moms and Babies

### How Does Chiropractic Fit In?

The following excerpt was taken from a 1974 issue of the *Journal of American Osteopathic Association*, yet 25 years later, this information is still far from mainstream:

"Manipulation keeps the segments of the pregnant woman's structure freely and normally movable. It permits a constant flow of all body fluids and a normal venous supply to control function...manipulation results in an easier pregnancy and an easier delivery."

This is important information considering the growing infant relies upon its mother's adequacy to supply oxygen and nutrients to the placenta during pregnancy through this "venous supply" system. During labor, the contracting uterus depends upon these fluids in order to do its job — dilating and contracting to allow the baby to pass. Another bit of information from Dr. Joan Fallon at the Proceedings of the World Chiropractic Congress in 1991: "It can be demonstrated that chiropractic care significantly reduces the mean labor time. (First-time birthing) subjects receiving chiropractic care averaged 24% shorter labor times, and (subsequent birth) subjects receiving chiropractic care averaged 39% shorter labor times versus control subjects." Think about what that would do to epidural and cesarean statistics if women didn't suffer through long labors with a subluxated pelvis and less than optimal blood flow throughout their bodies and, in turn, to their babies.

### More Reasons to Breast-feed

For some time it has been widely known that breast-

feeding infants transfers immunity to infections from the mother, significantly reducing diarrhea, vomiting, cough and wheezing in the first six months of life. Reuters Health News Service back on December 31, 1998 reported that the greater percentage of breast milk infants are fed, the lower the rate of illness. Now a number of other benefits are being reported.

University of Minnesota researchers found breast fed infants had lower risk of leukemia, a cancer of the white blood cells. One month of breastfeeding lowered the risk by 21% and six months lowered risk by 30%.<sup>1</sup> Then University of Kentucky researchers reported that breastfeeding increases cognitive development and increases IQ (intelligence quotient) by about five points. They found that the bonding between the mother and child accounted for part of that (perhaps 40%) but that the nutritional value of the breast milk was responsible for 60% of the gains in intelligence.<sup>2</sup>

If that is not enough, children benefit from breastfeeding simply by avoiding cow's milk. The *New England Journal of Medicine* reported that infants and children are often intolerant to cows milk, which they linked to diarrhea, allergies, sinus infections, asthma, eczema, and chronic constipation.<sup>3</sup> And CNN reported on June 28, 1999, that the American Academy of Pediatrics recommended parents wait at least a year before giving babies milk from cows. They linked cow's milk to increases in allergies, iron deficiency and slight intestinal bleeding which makes a child anemic. They noted also that many

formulas contain broken down cow milk products.

If all that isn't enough, it seems even the mother benefits with lower blood pressure due to the release of the hormone oxytocin from breastfeeding.<sup>4</sup> Chiropractic doctors have been strongly recommending that infants be breastfed for decades. We still urge parents to choose it whenever possible. The scientific world is finally documenting the numerous benefits, and hopefully the next generation of children will reap the benefits.

<sup>1</sup>I. Robinson, October 20, 1999, *Journal of the National Cancer Institute*.

<sup>2</sup>J. Anderson, September 24, 1999, Reuters Health news service.

<sup>3</sup>October 15, 1998, *The New England Journal of Medicine*.

<sup>4</sup>March 17, 1999, Reuters Health news service, reporting of a study presented at the American Psychosomatic Society annual meeting.

### Vegetarian Pregnant Women

Women who follow vegetarian diets during pregnancy should know that such diets put their babies at risk. A new study comparing infants born to vegetarians and omnivores found that birth weight, head circumference and length were lower in the infants born to...vegetarians, even after adjusting for maternal height, duration of gestation, parity, gender of infants and smoking habits. In addition, the vegetarian babies had less DHA in their plasma and cord artery phospholipids than babies born the omnivores. DHA, a long chain, highly unsaturated fatty acid found in fish and shell fish, egg yolks and organ meats, is vital for the proper development of the brain, eyes and nervous system; and low birth weight is linked with increased health problems of every sort. (*Eur J Clin Nutr* 1994 May;48(5):358-368)

Dr. Karl Johnson  
Is certified by the  
International Chiro-  
practic Pediatric As-  
sociation to offer  
care to both infants  
and pregnant women.  
Call Dr. Johnson to  
find out how he can  
help you and yours  
during this special  
time of life.

If you're pregnant,  
have an infant, baby,  
or child, or know  
someone who fits this  
description, show  
them these articles.  
Our Community Ap-  
preciation Days in  
May are a perfect  
time to introduce a  
loved one to the many  
benefits of chiroprac-  
tic and nutritional  
therapies.



### Colic...Chiropractic Can Help!

Colic is defined as an unexplainable and uncontrollable crying in babies from 0 to 3 months old, more than 3 hours a day, more than 3 days a week, for 3 weeks or more, usually in the afternoon and evening hours. The incidence is thought to be about 22.5%. Colic places babies at a high risk for child abuse, including CNS damage or death from shaken baby syndrome.

A recent study in the



(Continued from page 3)  
Journal of Manipulative and Physiologic Therapeutics<sup>1</sup> has concluded, "Spinal manipulation is effective in relieving infantile colic." For a period of two weeks, half of the subjects underwent chiropractic spinal manipulation, while the other half received the drug dimethicone. All of the adjusted babies stayed in the study, while only 64% of the dimethicone babies completed the two-week study. In

the course of study, the children being adjusted saw a 67% reduction in crying and the drug therapy group saw only a 38% reduction in crying. The mean number of adjustments given during the two-week study was 3.8.

One might question the effect of the dropouts from the drug group. The authors commented on this as follows: "By excluding data from the dropouts, we are

excluding more severe cases from the dimethicone group, and this has the effect of making that group appear better than it actually was. Thus we are introducing a serious bias *against* showing a positive effect of spinal manipulation, and despite this, the manipulation group did significantly better."

For more information, contact the office at (810) 731-8840.

~May/June Special~  
Allergy Season Is  
Upon Us

(see article on Page 6)

**ALLERPLEX**

Save 10%

Small (40 caps)—  
\$6.30

Large (150 caps)—  
\$19.80

As a 100% organic whole food concentrate, Allerplex aids in maintaining proper pH balance, helps maintain a healthy immune system, helps maintain healthy function of the sinuses and lungs, and helps maintain cellular health.



## RECIPES

### Rita's Gluten Free Baking Mix

(If you have wheat or gluten allergies, use this mix in place of wheat and bean flour. Adding extra protein in the form of eggs helps produce a lighter product.) Check your health food store for these products.

3 cups brown rice flour  
1 cup tapioca flour  
2/3 cup corn flour  
2 tsp. Xanthan gum  
1 1/2 cups potato starch flour  
1 cup pinto bean flour  
1/2 cup teff flour (for brown color)  
(For ultra-sensitive celiacs, omit teff)

### Spicy Black Bean Taco Salad

1 large tomato, chopped  
1 small red/green bell pepper  
3 green onions, chopped  
1 4 1/2 oz. can olives  
1/2 c. cooked brown rice  
3 c. cooked, drained black beans  
1/2 c. alfalfa sprouts  
1 head shredded romaine lettuce  
1 c. grated cheese (opt.)

Corn chips or flour tortillas

Mix salad ingredients and place over corn chips. Or wrap in heated flour tortillas or spoon into pita pockets. Top with Taco Sauce or Spicy Hot Ranch Dressing.

NOTE: These recipes from *Country Beans* by Rita Bingham (\$14.95 from Natural Meals Publishing, (888) 232-6706 or [www.naturalmeals.com](http://www.naturalmeals.com).



### Salmon Salad

1 cup flaked poached salmon  
1/4 cup Homemade Mayo  
1/4 cup minced parsley  
1-2 Tbls. Honey-sweetened pickle relish  
2 tsp. Lemon juice  
Lettuce leaves or spinach

In a large bowl, mix the salmon, mayo, parsley, onions, relish and lemon juice. Serve on lettuce

leaves or spinach.

### Homemade Mayo

2-3 egg yolks  
2 Tbls. Lemon juice  
1 Tbls. Vinegar  
1 teas. Dijon-style mustard  
2 cups oil

Place the egg yolks, lemon juice, vinegar and mustard in a blender or food processor. Process about 30 seconds. With the machine running, add the oil in a very slow thin stream until the mayonnaise starts to thicken. Then pour the remaining oil in gradually. Transfer to a glass jar and store in the refrigerator. Keeps for 3 weeks. Makes about 2 cups. (NOTE: all ingredients should be at room temperature. If making mayonnaise is new to you, use three egg yolks to insure success.)

These recipes are from *The Allergy Self-Help Cookbook*, Marjorie Hurt Jones, Rodale Press, 1984. Available at health food stores.



## BITS & PIECES

### Put an End to Sinus Problems

Nasal irrigation has been used for centuries to soothe swollen sinuses, to ease allergies and even to prevent cold viruses and bacteria from taking hold. The moisture provided through irrigation helps to empty the sinuses of thick, infected mucus which collects there. Irrigation helps to restore normal sinus function and provides relief from head and nasal congestion, headaches, sore throats and sinus pain. For more information, call Sue Matus at (810-651-8597 and ask about the "Neti Pot."

CAD...

*(Continued from page 1)*

help their children. And when they finally bring their children to Oklahaven, these families find not only financial help (because Oklahaven does not focus on money from its patients) but also help for the children. That is what Oklahaven does best — help children who have lost hope of recovery lead more meaningful and productive lives.

Please call for your appointment today.

**(810) 731-8840**

### Grape Juice and Red Wine Help Combat Arterial Disease

The *Journal of the American Heart Association* reports in the Sept. 7, 1999 issue that flavonoids, a compound found in purple grape juice and red wine, help arteries increase blood flow. In addition, LDL (the bad cholesterol) oxidation was slowed, which means less build up of fatty plaque in the arterial walls.

### Heading toward Injury

Mild head injuries represent between 4% and 22% of all injuries in the game of soccer.

The American Psychological Association showed that soccer players who "headed" the ball an average of ten times or more per game scored lower on tests designed to measure attention, concentration, and overall mental functions. MRI studies have also shown that soccer players often have many spots on their brains in these images that could represent scar tissue or fluid-filled spaces that form when brain tissue breaks down following trauma to the head. The growing popularity of the sport has opened the door for a greater number of athletes to be injured, and given the number of "pee-wee" leagues, at an increasingly younger age. (*ICA Review*, February 1998)

### Supplement Alert

Some herbal remedies may be dangerous if taken before surgery. The most common supplements that can cause problems are ginkgo biloba, garlic, and ginger—all of which can prevent blood clots from forming. They have also been associated with prolonged bleeding. Two others, St. Johns Wort and Kava Kava, may prolong anesthesia's sedative effect.

The American Society of Anesthesiologists suggests that patients stop taking such products at least two weeks before elective surgery, if possible, and that they keep doctors informed of all their medications and supplements.

### Living Healthy & Loving It

By Anna Sinclair (Grade 6)

*Living longer and loving it. Do you want to live longer? I bet you do. Well, I can help you. All you need to do is eat healthier (things that are good for you like nuts, grains, fruits and vegetables), exercise more, get enough sleep and follow the eight health laws. You will feel better. Doesn't that seem good?*

*Nutrition*

*Exercise*

*Water*

*Sunshine*

*Trust in God*

*Air*

*Rest*

*Temperance*



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**(810) 726- KIDS**

### What's Up With Doc!

Dr. Johnson's busy finishing up his Honorary degree program at Palmer Chiropractic College in Davenport, IA. This summer he will be awarded the Legion of Chiropractic Philosophers Medal and Award. Before then, he will finish his thesis, *Innate Control of Body Function and the Role of Serous Circulation Plays in Subluxation and Homeostasis*. The paper went for editorial re-

view April 1 and the final is due by May 1. In August, he will go to Grand Rounds in Davenport. At that time the class will be divided into four groups and a different proctor will ask questions of each individual to test their knowledge of the program. Then it's on to graduation.

In addition, Dr. J. will be attending an advanced learning seminar in ART (Autonomic Response Testing) in May in New York with Drs. Fred Ulan and Lester Bryan.



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## ALLERGIES AND YOU

Allergic reactions are really an overreaction. As impaired immune systems panic over harmless peanuts, pollen or pet hairs, they release powerful chemicals called histamines to engulf imagined invaders in inflamed and swollen breathing passages.

People can inherit allergic tendencies, but not allergies. They can become sensitized to cow's milk, nuts or other allergens while still in their mother's womb. Or they can spend a lifetime developing a sensitivity to something they're used to being around. Then one morning — boom! — they wake up allergic to their cats. Or they die of anaphylactic shock an hour after a bee sting, or a bite of birthday cake made with peanut oil.

Recent research indicates that allergies and chemical

sensitivities seem to be rising as fast as human immune, nervous and detoxification systems are breaking down. **Allergies now affect about one in four people in North America.** While some 35 million people on this continent suffer from hay fever or more serious asthma, many others have come to regard constant aches and colds as normal. At least one in ten North Americans awakens nearly every morning to perpetual flu-like symptoms called perennial rhinitis. An increasing number wonder if they are as sick as the "sick buildings" that have become a staple of coffee-break conversation.

Because allergic risks and reactions vary drastically according to individual susceptibility, there are no "safe" levels of potentially

### 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.**

**Recognizing health is an inherent state of well being in mind, body and spirit. Our role is to remove any interference to its expression through optimum chiropractic and nutritional care supported by wellness education.**

**We envision a world of maximized health and optimum human potential. Our goal is to help create that world.**



harmful substances. Depending on inherited propensities and the current well-being of their immune system, everyone reacts differently. Illness, anxiety and second-hand cigarette smoke further lower the threshold for allergic reactions which — like a constantly ringing alarm — are themselves one of the biggest stresses on human systems.

Chemical allergies are some of the most common allergies. Confronted by undiagnosable symptoms, some physicians are pointing to the 10,000 new chemicals introduced into North America each year. Many of these compounds are known carcinogens. Others are potent immune-system suppressants. None are tested for the "enhanced potency" resulting from their random recombination with each other — and when used with rising levels of electronic and ultraviolet radiation.

Some of the most harmful chemicals today are found in perfumes. Perfume's non-water-soluble, highly toxic benzenes and other petrochemicals pass right through the skin of the wearer — as well as into nearby noses — to accumulate in the fatty tissue of those who dab or inhale these artificial aromas. There are over 4,000 different chemicals used in fragrances and cosmetic manufacturers are not required to test for toxicity or

list ingredients. Chanel went 100% synthetic in late 1995. Now a woman can really make an entrance by triggering allergic reactions 10 feet away and leaving petrochemical fumes lingering 20 minutes she's left the room. But personal fragrances are just the tip of a scented iceberg. **Fully 80% of the scent industry's revenue — more than \$18 billion annually — comes from perfuming plastics, fabrics, rubber tires, car interiors, tobacco, garbage bags, medicine, and cleaning products.**

Learning can be lethal when students are exposed to more than new ideas. Studies show that carbon dioxide buildup can cause shortness of breath, dizziness, drowsiness and fatigue. Toxic fumes from copiers, art supplies and construction materials used to ensure the longevity of school buildings may also be jeopardizing the health, learning abilities and longevity of children confined to classrooms.

Tests show that the formaldehyde found in carpeting and insulation, vehicle emissions, deodorizers, particle-board, toothpaste and aluminum is one of the most troublesome of all the chemicals to which we are regularly exposed.

Dr. Johnson, using the ART method, can help detect allergies from chemicals as well as many other things. Call him. The life you save may be your OWN. (Information in this article is from an article by William Thomas regarding Dr. Stan Sperling and Dr. Tom Bowen.)