

# HEALTHLINE

News & Notes to Help Improve the Quality of Your Life



Volume 11, Issue 3

## CHIROPRACTIC AND YOU

By Dr. Karl Johnson

As I was sitting on my porch this morning, enjoying the early morning sounds of rain and baby birds being fed by their parents, I gave thanks for the wonders of each day. There are so many things we all take for granted and one of the most vital is that of our health.

I feel very blessed to have been chosen to be a chiropractor. The concept of chiropractic and the tools and techniques that were developed over the years have helped millions around the world live a happier, more fulfilled life.

In interactions with practice members I realize that sometimes the bigger picture of what chiropractic has to offer is not understood. Chiropractic

exists to help add life to years and years to life. I understand that you don't live for chiropractic like I do but instead use chiropractic to live – to allow you to more fully enjoy your hobbies, work or make everyday life more enjoyable.

I was reading a great article by the president of Palmer College of Chiropractic, Guy Riekeman, D.C. In the article he discusses the basic beliefs that define a chiropractor. I would like to share them with you.

1. The subluxation is at the core of a patient's relationship with a chiropractor. We are competently trained to deal with other health care issues that arise from that core. We possess the necessary ex-

pertise to identify problems and, based upon professional responsibility, refer patients to an appropriate alternative practitioner when necessary.

2. The Vertebral Subluxation Complex (VSC) has at least a neurological and biomechanical component.
3. Chiropractic care is more than just condition-based. It also encompasses the overall health of the patient, which has to do with function and adaptation.
4. Lifetime care should be a part of a person's overall approach to wellness and development.

The Palmer University system uses the diagram

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### Calendar

Watch this space for Dr. J.'s new seminar schedule this coming fall. Topics will include hyperactivity and osteoporosis.

## Have You Given Yourself Permission to Be Healthy?

Sometimes we need a little push, sometimes we need a swift kick, but mostly we need to give ourselves permission to be healthy. If you've been raised in the allopathic (medical) mode, you might be inclined toward negative thinking about your health. So here is your permission slip. Use it wisely every day for the full benefits.

### PERMISSION SLIP

I, \_\_\_\_\_, hereby give myself full permission to create and enjoy maximum health and happiness in my life. I will take responsibility for learning more about my body, my health, and the many ways I can further heal myself and improve my health every day of my life. In addition, I shall nurture myself with the people, places, and things I enjoy most. In so doing, I move toward accepting myself fully, as I am... **and loving myself unconditionally.**

Signature \_\_\_\_\_

(Post this personal promise in a prominent place, to remind yourself of your new commitment to your health and happiness.)



## SUCCESS STORIES:



I originally came to Dr. Johnson on the recommendations of both my husband and a friend because I had a sleep problem. But he has helped me with far more than just my sleep problem.

I'd had a sleep problem all my life. I just couldn't sleep. I'd go for over a week without sleeping. The doctors all gave me sleep drugs and anti-depressant drugs, and muscle relaxants, and more. Going through menopause at the same time complicated all this. However, nothing worked. I just couldn't sleep. Naturally, I became desperate and I didn't want to be on drugs anymore!

After just three weeks of supplements and adjustments, I slept. It was May 20, 2000 and the first time in three and a half years that I slept through the night. Oh, I awoke a couple of times, but this time I was able to return to sleep quickly. It used to be that about 3:00 p.m. I would start worrying about whether or not I would be able to sleep. Now I don't.

For years my doctor has had me taking calcium carbonate. I developed "phantom" pain in my ribcage, from my shoulder to my elbow — actually, I hurt from my waist up. Dr. Johnson switched me to Cal-Ma Plus, and after one day the pain was gone and hasn't returned. I couldn't believe that the difference in the types of calcium could affect one so. Now my neck is better too.

Some other positive changes include following the blood type diets. I gave up wheat, diet pop, and most of my coffee. The result was that I lost 31 pounds and now feel so much better. I exercise every day now too.

When I decided to come to Dr. Johnson, I made the decision that I'm worth every penny that I will have to spend to get well. Our insurance didn't cover any of the costs here at the clinic. But...I wanted to get healthy, feel good and function normally again. The financial investment and the time investment have been well worth it. I'm very, very pleased! The staff is wonderful and I can't tell people enough about Dr. Johnson. I share his card with everyone I meet.

Mary Wade, Sterling Heights, MI



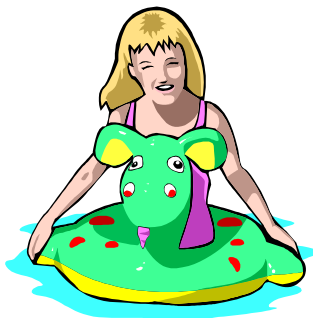
My daughter Mariah suffered from severe headaches and vomiting for over five years. At first, it was every two months or so, then as she grew older, the headaches and vomiting began happening weekly.

Since our family had been getting adjusted by Dr. Johnson for years, we were quite perplexed. About three months ago, Dr. Johnson started treating Mariah's headaches in a different way. He tested her using the new Autonomic Response Testing (ART) then gave her special supplements and a special diet. He said, "NO WHEAT or wheat products!"

What a difference! Her headaches and vomiting stopped immediately. We've gone to rice products and spelt bread, also Ezekiel bread. We're trying many new foods and finding that we like them. There is life without wheat.

Over the years we did everything Dr. Johnson recommended and he never proved to be wrong. Whatever he said to do, we did, and it worked. It's certainly nice not to get up with a sick Mariah in the middle of the night. Thanks, Dr. J.

Jenny Passalaqua, Warren, 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

# OFFICE NEWS

## New Office Equipment

In our efforts to bring you the latest in non-invasive testing equipment, Dr. Johnson has added the "Nerve Express" to our line of quality testing machines. This new instrument is a fully automatic Heart Rate Variability analysis system specifically designed to objectively assess our nutritional practice members' Autonomic Nervous System activity and their level of physical fitness in less than 10 minutes.

This test enables Dr. Johnson to detect early signs of heart disease or the presence of a functional heart disorder — both of which may not be revealed by an ordinary physical examination.

Although we'll be using this with our nutritional practice members, it is also available for chiropractic practice members for a modest fee.

Ask about testing for your Heart Rate Variability analysis today.

## Egg Decorating Winners

Easter was a while ago; however, it is never too late to congratulate the winners of our Annual Easter Egg Decorating Contest. Congratulations and \$5.00 to each of our winners:

- Phillip Warda** (2—4 years)
- Kelsey Geromin** (5—7 yrs.)
- Rachelle Galang** (8—10 yrs)
- Ida Lowback** (11—13 yrs.)
- Nancy Ludlow** (14+ yrs.)

And a special award for religious design to **Jason Hall**.

## Practice Members Business Advertising

Over the years many of our Practice Members leave business cards and flyers in our office. Dr. Johnson wants everyone to know that those who have information to share with other Practice Members are invited to advertise in our newsletter. Rates are \$30.00 for a business card size ad, 1/8 page for \$50.00, 1/4 page for \$75.00, 1/2 page for \$100.00, and Full Page for \$150.00.

For information on placing ads, please contact Diane

Radtko at the office (810) 731-8840.

## Community Appreciation Days

We're happy to report that our Spring Community Appreciation Days enabled us to send a check for \$350.00 to Oklahoma Children's Chiropractic Center in Oklahoma. This facility treats children who have no other place to turn. It has helped many children live a more productive and meaningful life. Dr. Johnson is always eager to help this worthwhile cause.

As a reminder, Fall Community Appreciation Days will be coming up in October. If you have suggestions for other charities, please let Diane know.

## MS150 Breakdown

June 10 and 11 were the dates for this year's MS150 Bike Ride benefiting the Multiple Sclerosis Society. Dr. Johnson and his team of 7 rode from Grand Rapids to Holland and back with everyone finishing the ride and earning over \$2,000.00 for MS.

*(Continued on page 4)*

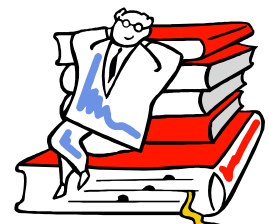


## SCHOLARSHIP AWARDS

Dr. Johnson is offering a scholarship award in the form of a \$100.00 savings bond to the author of the best essay written about chiropractic and/or nutrition.

Papers need to be at least 1000 words or 4 double spaced pages (with 1-inch margins) and will be due September 30, 2000. Awards will be announced in the October issue of *Healthline*.

The contest is open to Junior and Senior High School students. For more information, call Diane at the office at (810) 731-8840.



*(Continued on page 4)*



## FLUORIDATION PERILS

Canada's leading fluoride authority and primary promoter of the controversial additive announced last April that "children under three should never use fluoridated toothpaste or drink fluoridated water. And baby formula must never be made up using (fluoridated) tap water. Never."

When asked why, Dr. Hardy Limeback said, "We have been dumping contaminated fluoride into water reservoirs for half a century.

The vast majority of all fluoride additives comes from Tampa Bay, Florida smokestack scrubbers. The additives are a toxic byproduct of the super phosphate fertilizer industry.

Tragically, that means we're not just dumping toxic fluoride into our drinking water. We're also exposing innocent, unsuspecting people to deadly elements of lead, arsenic and radium, all of them carcinogenic.

A recent study at the University of Toronto confirmed Dr. Limeback's worst fears. "Residents

of cities that fluoridate have double the fluoride in their hip bones vis-à-vis the balance of the population. Worse, we discovered that fluoride is actually altering the basic architecture of human bones."

Skeletal fluorosis is a debilitating condition that occurs when fluoride accumulates in bones, making them extremely weak and brittle. The earliest symptoms? "Mottled and brittle teeth according to Dr. Limeback. "in Canada we are now spending more money





*(Continued from page 3)*  
treating dental fluorosis than we do treating cavities.”

Dr. Limeback believes there is a proof-positive comparison between any two Canadian cities. For example, Toronto has fluoridated for 36 years, yet has a higher cavity rate than Vancouver, which has never fluoridated. Research indicates that cavity rates are low all across the industrialized world, including Europe

which is 98% fluoride free. Why? Because of improved standards of living, less refined sugar, regular dental checkups, flossing and frequent brushing. Now less than 2 cavities per child Canada-wide, he said.

Although the Centers for Disease Control (CDC) in Atlanta said that fluoride was better than “sliced bread,” they are basing their information on data

that is 50 years old and questionable at best. Dr. Limeback believes that America will catch up and realize the “death knell of the deadly toxin” is at our door. For more information, contact Citizens for Safe Drinking Water at (800) 728-3833 or www.saveteeth.org or www.nofluoride.com This article by Barry Forbes appeared in *Health & Healing Wisdom* from Price-Pottenger Nutrition Foundation.

~July/August  
Special~  
Our Recommended  
Daily Supplement  
**CATALYN**

Save 10%  
Small (90 tabs)—  
\$8.10  
Large (360 tabs)—  
\$28.35

A multiple vitamin, mineral, trace mineral, and enzyme concentrate — a food-based package of nutrients in the most potent and “bioavailable form” — its natural state.

Stock up now and  
save!



From Allyn’s Kitchen in the Price-Pottenger Nutrition Center comes this healthy summer salad. Horseradish stimulates liver function and has a strong diuretic effect. It also stimulates circulation and respiration. Dill promotes milk production and deepens sleep, in addition to its settling effect on the stomach. Celery acts as a calmativ to the nervous system. It is an aid to fluid retention, constipation, bronchitis, kidney and liver disorders. Cucumber is another aid to fluid retention and kidney disorders, but it distinguishes itself in its anti-hypertensive effect and its ability to soothe and rejuvenate troubled skin.

**CELERY, CUCUMBER & DILL SALAD**

- 1 bunch celery
- 1 cucumber (organic, unwaxed)
- 1 small bunch fresh dill
- 2-3 Tbsps “good” mayonnaise
- 1/4 cup rice wine vinegar
- 1-2 tsps horseradish sauce

Clean celery and slice into thin lengthwise slivers. Set aside. Clean cucumber, removing ends and some peel, but not all. Slice into halves, lengthwise, then holding both halves together, slice crosswise into

**RECIPES**

coins. Set aside. Clean fresh dill, removing any debris, and snip into little bits. Set aside.

Dressing preparation: Combine mayonnaise, horseradish and rice wine vinegar. Blend well. Add dill and cucumber, toss. Set aside.

Prepare and ice bath and a pot of boiling water simultaneously. Once water is boiling, plunge celery slivers into water for approximately 30-90 seconds, just long enough for it to begin to become limp. Immediately remove celery slivers and plunge into ice bath to blanch. Next, remove from ice bath, drain well and mix into salad. Serve immediately or store in refrigerator until ready to serve.



**SUMMER DRINKS:**

**Lime Soda (1 serving)**  
8 oz. Sparkling mineral water  
1/2 fresh lime  
Stevia to taste

**Lemonade (4 servings)**  
4 cups water  
Juice of 3 to 4 lemons  
Stevia to taste

For both drinks, mix and serve over ice.



**Papaya Deluxe**

- 10-15 strawberries
  - 1/2 medium papaya
  - 1 pint unsweetened pineapple juice
  - 1/2 avocado
- Blend until smooth.

**Georgia Peach**

- 6 peaches
  - Juice of 1/2 lemon
  - 1 qt. Apricot juice
  - 1/2 avocado
- Blend until smooth.

Both of these drinks can serve as breakfast drinks or as an anytime snack.



*(Continued from page 3)*

Dr. Johnson is already signed up for MS150 2001 on June 9 and 10. If you’re interested in joining a winning team and helping a good cause, please let us know.

# ☯ BITS & PIECES ☯

## Mel Gibson & Chiropractic

From [www.tvguide.com](http://www.tvguide.com) comes these words from Mel Gibson:

“Appearing in films like *The Patriot* and *Braveheart* has taken its toll. You get hurt all the time. All you gotta do is just like eight takes of running down a hill and you twist an ankle. I got a chiropractor to come along to the (*Patriot*) shoot, because they can actually stick you back together within 15 minutes. He used to come every other week, from Los Angeles to South Carolina — spend a week and work on the entire crew. All the stunt guys were like,

‘Oh, fix my disc.’ He’s putting their discs back in. The guy’s amazing.”

## The Nature of the Disease

Asthma is a chronic disease characterized by episodic breathlessness with chest tightness and fluctuating airflow obstruction. The predominant theory is that asthma is allergy-induced — inhaled pollens, dust, and the like which cause a sympathetic reaction causing broncho-spasm. What is known for sure is that there is an imbalance somewhere in the feedback loop that tells the lungs to function a certain way and tells the brain what the lungs are do-

ing. This is exactly what chiropractic care addresses. Chiropractic care focuses on maximizing nervous system function — improving the quality and quantity of the messages sent **from** the brain to all parts of the body from muscles and organs, to the glands that release neurotransmitters and hormones, to the very cells that make up every part of our body, and **back** to the brain again. This means that a subluxation can affect every aspect of a person’s physical and emotional well-being. There are many studies that show dramatic improvements in asthmatic patients’ symptoms, as there are many studies that show dramatic improvements in all sorts of body functions and

illnesses as well as quality of life.



If you or someone you know suffers from asthma, contact Dr. Johnson to find out what chiropractic can do. For more information about studies on the benefits of chiropractic care for various diseases and conditions, visit the International Chiropractic Pediatric Association’s website at [www.4icpa.org](http://www.4icpa.org).



(Continued from page 1) below to depict the above tenants:



In order to live your life to the fullest, chiropractic needs to be a part so your nervous system can operate at top efficiency. Your nervous system is your interface with the world and is what adapts you to your environment. Accurate adaptation is the way you stay healthy. For example, recently I had some chili at a local restaurant. Later in the evening, I experienced abdominal cramping and

diarrhea. My first thought was wow, my nervous system detected that something I consumed was poisonous, so it wants to remove it quickly — hence the diarrhea — a purging of unwanted material before it had a chance to enter my bloodstream. What an incredible intelligence resides in each of us! If my nervous system wasn’t smoothly functioning because of subluxation, I could have become ill. This is similar to a computer with virus protection software that is not up-to-date with the latest virus definitions. Without the latest information, your computer can be affected in a major negative way by one of the malicious viruses that are created almost daily.

In addition, having the multi-nutrient needs of your cells met is critical to

daily adaptation and high-level health and healing. The cells of our body need certain chemicals, vitamins, minerals and enzymes in order to carry out the directions they receive from the nerve system. The Contact Reflex Analysis and Autonomic Response Testing procedures give me a way to ask your body what is needed by using the incredible intelligence inside of you that already knows. Your nervous system is the interface between you and I during this testing.

It awes me be a witness to the miracles of healing that go on in your life. Continue to do what it takes to reduce or eliminate the interferences to the life force that runs your body, including getting checked for subluxations and adjusted. Be sure to take a look at emotional, mental, spiritual and physical interferences as



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they all can reduce your quality of life. Now go experience the beauty of your life as it unfolds moment by moment. Blessings for vibrant health

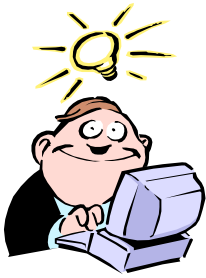


Karl R.O.S. Johnson, D.C.  
Director  
Diane L. Radtke, Editor

50258 Van Dyke, Suite E  
Shelby Township

Phone: (810) 731-8840  
Fax: (810) 731-9550

Email: [chirokarl1@earthlink.net](mailto:chirokarl1@earthlink.net)



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[www.wellnesschiro.com](http://www.wellnesschiro.com)

## 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 I  
n 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.



adults both to be fidgety,  
nervous, and hyper.

- ◆ There are 11 teaspoons  
of sugar in one 12-  
ounce can of soda.

Sodas are brain poison. They  
are made up of phosphoric  
acid, caffeine, sugar, aspar-  
tame, saccharin, caramel col-  
oring, carbon dioxide, and alu-  
minum. These ingredients can  
so upset the body's metabolic  
balance that kids who con-  
sume these regularly don't  
even have a chance.

Other dangers especially from  
sugar include depleted chro-  
mium levels, increased rate of  
infection and yeasts in the  
gastro-intestinal tract, cause  
red blood cells to clump, and  
wreak havoc on the develop-  
ing hormonal system of a  
child.

Adding insult to injury, there is  
the boom "diet" drink craze.  
Here are some things to keep  
in mind about the "diet" foods  
and drinks on the market, es-  
pecially the ones containing  
aspartame (*Nutra Sweet* and  
*Equal*):

- ⇒ Testing revealed that  
drinking diet drinks one  
day caused increased  
calorie consumption in the  
form of carbohydrates the  
next day.
- ⇒ Some problems associ-  
ated with aspartame in-  
clude headaches, mi-  
graines, seizures, hives,  
cramps, vertigo, dizzi-  
ness, tinnitus, joint pain,  
depression, anxiety at-  
tacks, slurred speech,  
blurred vision, and mem-

ory loss. It is also con-  
nected to multiple sclero-  
sis and systemic lupus.

- ⇒ Aspartame changes the  
brain's chemistry.
- ⇒ Aspartame keeps blood  
sugar out of control, es-  
pecially dangerous for  
diabetics.
- ⇒ There are 92 docu-  
mented symptoms of  
aspartame poisoning  
from headaches to  
coma to death.

So how do we quench our  
thirst this summer? First and  
most important increase water  
consumption, preferably pure  
water. Second, use caffeine-  
free herbal teas to make iced  
tea (try some in our office on  
your next visit). Third, drink  
diluted juices (at least 50%  
water, 50% juice; more water  
if you can). Fourth, make  
some stevia drinks as listed  
on page 4. Fifth, when you  
need a sweetener, use stevia.  
For a free sample, come to  
the office; or to order it, call 1-  
888-783-8482. It comes plain  
or in special high-energy  
drinks as well as other prod-  
ucts.

For a high energy sports drink  
for those times the body is  
depleted, don't turn to drinks  
like *Gatorade*, use our *Sports  
Toddy* — it's healthy and  
keeps you going.

For more information, contact  
Diane at the office. We want  
you to have the healthiest,  
thirst-free summer ever!

## SUMMER THIRST

It's summer time and, as  
usual, fluid intake is increas-  
ing. The long, hot days of  
summer plus all the sum-  
mertime activities (residing  
in hammocks notwithstand-  
ing) require increased fluid  
intake to keep the body bal-  
anced.

**But the type of fluids  
makes a BIG difference!**  
So many resort to soda pop  
(soft drinks) — a bad choice  
since it does not quench  
thirst. Sodas usually make  
one more thirsty and can do  
a great deal of damage.

Did you know...

- ◆ The U.S. ranks first for  
soda consumption.
- ◆ **The per capita con-  
sumption of soft  
drinks is in excess of  
150 quarts per year (3**
- ◆ Soda consumption in  
children also poses a  
significant risk factor for  
impaired calcification of  
growing bones.
- ◆ Too much phosphorus  
causes children and

**quarts per week per  
person).**

- ◆ Increased soda con-  
sumption is a major fac-  
tor for **osteoporosis**.
- ◆ The phosphate content  
of sodas (like Coke and  
Pepsi) is very high and  
they contain virtually no  
calcium. This is re-  
quired for dissolving the  
sugar and contributing  
to the taste.
- ◆ This leads to lower cal-  
cium levels and higher  
phosphate levels in the  
blood causing calcium  
to be pulled out of the  
bones.
- ◆ Soda consumption in  
children also poses a  
significant risk factor for  
impaired calcification of  
growing bones.
- ◆ Too much phosphorus  
causes children and