



Summer, 2003
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Director
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Special Notice

Dr. Nick Hartop, our Wednesday afternoon chiropractor, was in a serious motorcycle accident Memorial Day Weekend. His injuries will require several months in the V.A. hospital in Ann Arbor. Anyone wishing to send Dr. Hartop well wishes, a note or card can send it to the clinic and we will forward it to Dr. Hartop. Dr. Johnson and the staff wish him all the best and hope he's back with us again in the future.

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And the Winners Are...

Grand Prize Winner of 1 year of free chiropractic wellness care is...KIMBERLY LINDBERG.

Congratulations to you, Kimberly. We hope you enjoy your year of wellness care.

Kimberly's mom brought her to Dr. Johnson two days after she was born. She's been a practice member ever since. Kimberly just turned five years old. She enjoys a very active life and loves her tap dance classes each week. She'll be going to zoo camp at the Detroit Zoo with her sister this sum-

mer. At the zoo, she'll visit her favorite animals — penguins, giraffes, and the butterfly house.

Kimberly's family have been practice members since 1997 and enjoy weekly chiropractic visits. Kim's favorite thing at the clinic? The Standard Process Chocolate "green" bars.

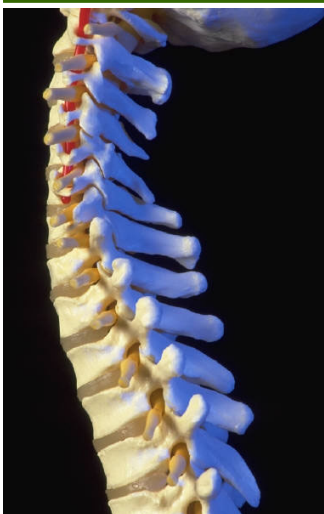
First Prize Winner of 6 months of nutrition care is...NANCY LUDLOW.

Nancy has been a chiropractic practice member since 1997. She and her family enjoy regular adjustments

and an exciting life style. Nancy home schools her five children, providing exciting opportunities for learning — such as first hand learning about chiropractic and anatomy and doing essays on them.

Nancy has already made dietary changes for her family. They have eliminated a lot of sugar and changed to healthier snacks. Nancy's found that her family is healthier and happier now. She's really looking forward to her nutrition care and will probably turn that into lessons for her children too.

Dr. Johnson and the staff want to thank everyone who participated in our 20th Anniversary Celebration. It was a great party and now we look forward to another 20 great years serving Shelby Township and all of south-eastern Michigan.



How's Your Chiropractic Lifestyle?

By Karl R.O.S. Johnson, DC, L.C.P. (hon)

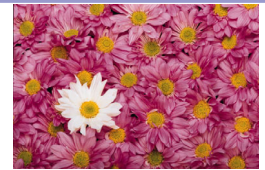
As many of you are aware, just over 20 years have passed since I graduated from Chiropractic College. Over those years many practice members have mentioned that their MD's have told them that chiropractic is not beneficial and, at times, dangerous. I still hear this today from some practice members because they have

heard some unfavorable research study mentioned in the news. If chiropractic was as dangerous as it is portrayed by the medical profession, there would be no chiropractors to deliver care. Why do I say that? Who gets the most adjustments over their lifetime? Chiropractors of course — so if anything bad were to hap-

pen, it certainly would be more likely to occur to a chiropractor.

The main focus of chiropractic is working with the musculoskeletal system to influence the balance or integrity of the nervous system. A balanced nervous

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Success Stories

Massage Therapy
Jenny Passalacqua,
 certified massage therapist, is available on **Thursdays and Saturdays** to handle all your massage requests. For an appointment, call the office at **(586) 731-8840.**



Recently, I was feeling very weak from what started as a summer cold and sore throat. While on vacation, I had been exposed to some indirect cigarette smoke and at the same time some very cold air conditioning, which made me weaker. I had to go slow returning home and was concerned that I would once again have to take antibiotics to recover.

I saw Dr. Johnson. He checked me over and said I had a strep reflex. I've benefited from CRA since 1974, but didn't realize that Dr. Karl had extended the benefits of CRA and his expertise to areas traditionally reserved for "antibiotics". Of course, to be fair, physicians in general are shying away from them due to their long-term side effects.

Right away, Dr. Johnson put me on Bactrex plus other supplements that reflect the relationship between the adrenal glands and respiratory illness. Although it took a few extra days, for the first time, I was able to recover without the use of antibiotics. Thanks, Dr. Johnson. I'm grateful for the full recovery and more importantly, for instructing me on a much better approach to healing respiratory illnesses.

Blair Moores,
 Clinton Township, MI

My son Marco was very healthy until the age of two. He then began suffering from recurrent ear infections. In fact, in one year when he was two to three years old, he was treated for 10 ear infections in 12 months. I had taken Marco to the pediatrician and it was determined that he should have tubes in his ears. The ears, nose, and throat specialist agreed.

We were getting ready for the surgery when I went to a New-comers meeting (we had just moved to Michigan). Dr. Johnson was the speaker that night and, although I don't remember what he talked about, I remember thinking that maybe he could help Marco. I really believe that the less invasive any treatment is the better.



I called the office and brought Marco in for an exam to see what could be done. Dr. Johnson was very thorough. He used Contact Reflex Analysis (CRA) and determined what supplements Marco needed. Marco took the supplements and did not have the surgery. In the past several years since being under Dr. Johnson's care, he has only taken antibiotics once for "swimmer's ear."

I'm so happy we didn't go ahead with the surgery. I've heard so many things about

ear tubes — that you can't take baths or swim normally or without ear coverings as well as other bad side effects. In addition, I had no idea how bad antibiotics were until my second son had something in his eye and we went to the doctor. The doctor told us he had a double ear infection and offered to give him antibiotics. When I asked her if I MUST give the antibiotics, she said no, that 80% of ear infections go away by themselves.

Marco's been doing very well. He's now getting NAET (allergy elimination) treatments and fighting the effects of all the antibiotics he took over the first few years of his life. Dr. Johnson has really been terrific. He's helped Marco tremendously. I certainly would recommend him for all children, especially those with ear infections.

Lynne Micheletta,
 Sterling Hgts., MI



Everything worth doing is exhausting.

John Polanyi

Looking toward the future is important, but if we ignore the present, before we know it, the future will sneak right by and become the past.

Mort Crim

Policy Regarding Missed Appointments

If you are unable to keep your appointment, please let us know within 24 hours of your scheduled time. A \$36.00 Missed Appointment Fee will be charged to those who miss appointments without notifying the Clinic.

Recipes

Barlean's Bio-Electron Smoothie



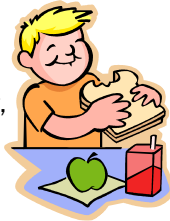
- Combine in blender:
- 1/2 cup rice or soy milk
 - 1Tbs. Barlean's Organic Flaxseed Oil
 - 3 Tbs. (heaping) plain yogurt
 - 1 orange (peeled & sliced)
 - 1/2 apple, sliced
 - 1 frozen banana (sliced)
 - 4 ice cubes

Protein powder (optional)
Add 1/2 to 3/4 cup of one or more of the following fruits, fresh or frozen, as a dominant flavor: strawber-

ries, blueberries, blackberries, raspberries, peaches, pineapple. Blend on high until smooth. Makes 2-3 servings.

Tuna Salad Supreme

- 1 6 1/4 oz. can water packed, no salt tuna, drained
- 2 red radishes, sliced
- 1 stalk celery, chopped
- 1 Tbs. Barlean's Flax Oil
- 1/8 tsp. cayenne
- 1 scallion, chopped
- 1 Tbs. no-salt mustard



Place tuna in a medium bowl and add remaining ingredients, mix well. Serve with a sprig of parsley or use as a

sandwich spread. Serves 1-2.

Apple Muesli

- 2 Tbs. oatmeal
- 4 tsp. water
- 2 apples
- 2 1/2 Tbs. wheat germ
- Juice of 1/2 lemon
- 3/4 cup yogurt
- 1 Tbs. raisins
- 2 Tbs. Barlean's Flax Oil
- 2 Tbs. raw honey
- 3 Tbs. chopped walnuts



Soak the oatmeal overnight in the water. Grate the apple or process in a food processor. Combine all ingredients and mix well. Eat immediately. Serves 2.

July-August Specials 10% Discount

Antronex
\$8.10—90 Caps
\$27.00-330 Caps

When histamine production is stimulated, it creates antigen-antibody reactions often involving the respiratory and immune systems. Antronex contains Yakriton, a bovine liver fat that has been shown to help maintain a health liver via its blood filtering and effect on histamine. Histamine is released when tissues become damaged, inflamed or are the subject of an allergic reaction.

Traumagesic Complex \$18.00-90 Caps

Traumagesic Complex contains enzymes and herbs designed to reduce inflammation by breaking down inflammatory products, such as fibrin, which promote swelling and pain. Bromelain has been shown in numerous studies to reduce inflammation and promote healing of traumatized tissues when given orally. The specific herbs included have been used traditionally for pain, inflammation, and muscle spasm.

What's New for Summer Snackin'

Summertime lends itself to snacking. Obviously, the best snacks are fresh, raw fruits and vegetables. However, these are not always available.



For a quick snack while on the go try a StandardBar from Standard Process Labs. These bars come in several flavors, three of which we carry here in the clinic.

Natural Cocoa StandardBar and Natural Peanut Butter StandardBar

A whole-food health bar that delivers Catalyn, wheat germ oil, and essential fatty acids. It's a 40-30-40 type bar that carries a low glycemic index and contains only complete vitamin-mineral complexes. Each bar supplies one tablet

of Catalyn and one Wheat Germ Oil perle. The bar contains 200 calories and 25 grams of carbohydrate.

Cocoa Cherry StandardBar

For those looking for a low carbohydrate bar, these are for you. The Cocoa Cherry bar has a net carbohydrate count of 5. Only 5 grams of carbs need to be counted toward your total daily carbohydrate intake. The remaining 15 grams of carbohydrates come from glycerin, maltitol, and fiber — all of which have a negligible impact on blood sugar levels.

Besides tasting great, the cocoa cherry bar provides significant energy for active

people of all ages, helps support and maintain healthy weight in conjunction with a balanced diet and regular exercise, and provides a high-protein, carbohydrate-controlled, and easily accessible alternative to high-calorie, refined-ingredient, carbohydrate- and sugar-loaded snacks.

Add to these, two bars from Pure De-lite. Both bars contain imported pure Belgian chocolate and less than 3.5 grams of carbohydrate. The bars are low-carb and sugar-free, making them ideal snacks for sugar cravers. The milk chocolate bar contains lactose, while the dark chocolate bar does not. The dark chocolate bar also contains only 1.1 grams of carbohydrate.

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biotics. Raw butter from pasture-fed cows is even better.

REPLACE PROCESSED VEGETABLE OILS WITH TRADITIONAL FATS

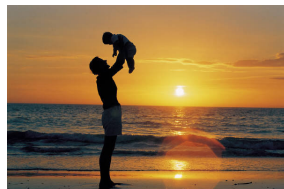
In the process of producing vegetable oils, toxic chemicals and high temperatures are used to extract the oil from the seed or bean, destroying virtually all of the nutritional value, not to mention that the high temperatures turn the oil rancid before you even bring it home. Most of the vegetable oils that end up in packaged foods have been hydrogenated, a process that artificially "saturates" vegetable oils to increase their shelf life. Not only are these difficult to digest, they contain trans fats which are harmful to our health. Make sure to include flax oil, ground flax seed and olive oil in your diet to help balance your Omega 3 and Omega 6 fatty acids. If you have trouble digesting fats, talk to Dr. Johnson. He can steer you in the right direction to healthy eating and digesting.

Office News

Winners One & All...

Beach Week Winners:
A tie resulted in our Annual Beach Week contest this year. So.....**Pam and Tim Blakely** win a \$25.00 credit to their account and **Kyle and Ken Lampar** win a \$25.00 credit to their account.

Congratulations to our super swimmers and beach goers!



(Continued from page 1)

system is the main foundation for optimum human potential (think of Christopher Reeve). On top of this foundation for health, one must add sound nutritional principles, exercise, psychological comfort and adequate rest.

The main focus of allopathic care or the traditional symptom and disease treatment approach most people are familiar with is to treat unwanted symptoms or disease. One of the most common unwanted symptoms in our society is back pain. Most back pain is caused by musculoskeletal malfunction.

Interestingly and sadly, as evidenced by the recent finding from medical journals, 82% of medical residents could not even pass an examination on the musculoskeletal system. Further-

Easter Egg Designing Contest Winners:

Congratulations to all the wonderful Easter eggs and their artists. This year resulted in a super display of artistic talent and our gallery was full of delightful eggs.

And the winners are...

- Melody Warda**, age 2 to 4;
- Olivia Becker**, age 5 to 7;
- Mariah Passalacqua**, age 8 to 10;
- Rachelle Galang**, age 11 to 13;
- Nancy Ludlow**, age 14 and up.

Each winner received a



\$5.00 bill and had her picture taken with their prize Easter Egg and their winnings.

All the eggs were great and we look forward to another excellent crop next year.

People may doubt what you say, but they will always believe what you do.

more, medical students lacked knowledge about what chiropractic was (0.08 out of a rating scale of 10)! This lack of knowledge hardly presents a position of authority on the benefits or dangers of chiropractic care.

Just remember that as you see more medical doctors, osteopaths and physical therapists offering musculoskeletal care – it is NOT chiropractic care. **Chiropractic doctors focus on wellness not illness. Their Job is to keep healthy people healthy and help those who suffer from dis-ease to find the health within that often gets distorted. Chiropractors honor the Innate Intelligence we all have within by simply removing nervous system interference to allow full expression of true health.** A growing portion of the medical community is attempting to offer "chiropractic care" or "manipulative therapies" –

but be wary. These services are offered without the amount of training or experience in musculoskeletal conditions or adjustive techniques equal to that of the chiropractor. They are definitely offered without the same philosophies regarding the health that is only found within!

Stick with the real "McCoy." Continue the process of the chiropractic wellness lifestyle. Aspects of this lifestyle include adopting regular exercise, eating lots of fresh fruits and vegetables, drinking pure water and putting positive, uplifting thoughts into your mind daily.

Please share this article with friends and family and be proud to be at the leading edge in health care by being a chiropractic practice member for life.

**Need Supplements?
Did You Know...
We Ship!!**

Give us a call & tell us what you need — or request a mail order form.

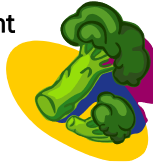
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(586) 726-KIDS**

Bits & Pieces

Food Choices May Fight Cancer

From *Today's Chiropractic* comes this information regarding our food choices.



these genes when used as a combined treatment.

"As a result of this research, we hope to begin a human cancer prevention trial next year. It opens up new possibilities for functional foods, food supplements or simply new guidelines for healthy eating," says Dr. Yongping Bao, senior researcher at the IFR.

New research at the Institute of Food Research shows that two food components recognized for their ability to fight cancer are up to 13 times more powerful when put to work together. The results are published in the international journal *Carcinogenesis*.

The study focuses on genes that play an important role in tumor formation, tumor progression and the spread of tumor cells. The food components sulforaphane and selenium were found to have an increased impact on

Sulforaphane is found at high concentrations in broccoli, sprouts, cabbage, watercress and salad rocket. Selenium-rich foods include nuts, poultry, fish, eggs, sunflower seeds and mushrooms.

The plant chemical sulforaphane is recognized not only

for its powerful role in cancer prevention, but also as a potentially useful curative cancer drug. The research demonstrates the complex interactions between food components and the limitations to studying them in isolation.

Kids Receiving More Psychotic Drugs Than Ever

Scientific journals and news reports have repeatedly warned about the dangers of giving children drugs to treat so-called "psychiatric" disorders such as Attention-deficit/hyperactivity, yet the prevalence of such medication use among children and teenagers increased by two- to three-fold from 1987 through 1996, according to



an article in the January 2003 issue of the *Archives of Pediatric & Adolescent Medicine*.

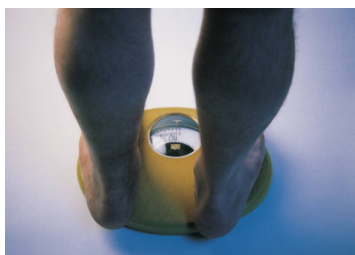
According to background information in the article, increased use of psychotropic medication (drugs normally used to treat psychiatric disorders, such as depression and other mood disorder, and attention-deficit/hyperactivity disorder) for treating behavioral and emotional problems in children and adolescents has received widespread attention in the past decade. But rather than reversing the trend, the medical profession is increasing the number of children and teens being subjected to these drugs. *Today's Chiropractic*, May/June 2003.

Fear of FAT

"Low Fat" and "Fat Free" seem to be today's "buzz" words. Everyone wants to be healthy — but how many of us truly know what will make us healthy? Most people on low fat diets do not feel healthy. Here are some truths about low fat diets from an article by Lori Lipinski:

LOW FAT DIETS MAKE YOU HUNGRY

Fat actually sends a signal to your brain to tell you when to stop eating. So if you do not



get enough fat in a meal, you will never feel completely satisfied and will usually end up overeating.

LOW FAT = HIGH CARB

Low fat diets generally tend to mean high carbohydrate, which leads to low blood sugar, leading to a slowing down of metabolism. Plus, eating high carb foods triggers the release of insulin, which tells your body to store fat and drop your energy levels.

LOW FAT = LOW PROTEIN

People on low fat diets typically avoid protein foods from animal sources because they contain saturated fats. The only complete source of protein found in nature comes from animals. Not getting enough protein in your body

can lead to symptoms like weakness, fatigue, dry/brittle nails and hair, slow healing wounds, chronic infections, and sugar handling problems. Most people on low fat diets find it impossible to lose weight or build muscle, no matter what they do. Why? Because they lack the protein they need to build strong muscles.

The fact is that eating fat does not make you fat.

Fat is essential to our health. The human brain is over 65% fat, our hormones are made from fat as is the outer layer of every single cell in our bodies. Fat keeps skin healthy, enhances the immune system, stabilizes blood sugar and prevents diabetes. **Good**

fats benefit the heart, normalize blood fats and cholesterol, and even prevent cancer. Here are some steps to follow:

Avoid reduced fat products. Don't be afraid to eat real food. The closer to nature, the better it is for you. Do your best to avoid processed, prepackaged foods, especially "reduced fat" products.

Replace margarine with butter. Butter is natural, margarine is an artificial concoction of chemicals. Not only does butter taste good, it is good for you. It's a source of fat soluble vitamins A, D, E and K and important trace minerals manganese, zinc, chromium, and iodine. Purchase organic butter produced without the use of hormones, steroids, and anti-

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Join us on the web—
www.wellnesschiro.com
See Healthline in color

and much more!

To contact Dr.
Johnson:

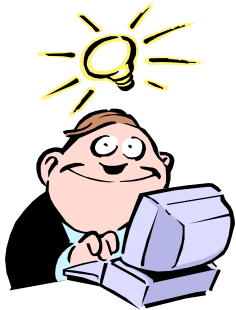
(586) 731-8840

or (586) 726-KIDS

Email:

info@wellnesschiro.com

Fax: (586) 731-9550



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.

For us,

*Patriotism is the same as the
love of humanity.*



Summer Sun & Fun = Sunburn



It's that time of year again. Summer dropped in on us rather quickly this year and since we're all so anxious to get as much of that sun as we can, many of us don't take the proper precautions. That means sun screen. Have you been using yours? How does yours work?

Have you tried **Beaver 43**? It's Dr. Johnson's choice for summer protection.

Beaver 43 WILL ...

- give you full UV-A and UV-B protection;
- stay on all day, even in salt water;

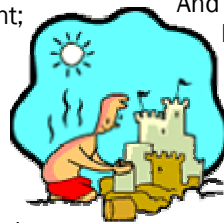
- provide SPF of 30+;
- and be easily removed with soap and water.

Beaver 43 WON'T ...

- sweat off;
- sting your eyes or taste bad on your lips;
- leave a greasy film on skin or equipment;
- clog pores.
- And it's PABA free.

Beaver 43 is designed to be applied as a micro-thin layer; that makes it compatible with many different approaches to skin care. **Beaver 43** is quite concentrated. Most topical and-cream looking products that you typically find on your drug store or super market shelves are 60-80% water. Because **Beaver 43** contains no water, it may be four to five times more concentrated

than the simple sun screens you are used to. Thus, applied properly, you may expect to get as much or more protection from one tube of **Beaver 43** than you would from eight to ten ounces of a more common product.



And it's safe for children. Pediatric dermatologists recommend caring parents should always test a new topical for their children by applying a very small amount to a quarter-size area on the child's forearm, then wait twenty minutes to see if there is any negative reaction. For children under two years old, check with your physician before using any new product. Parents have discovered that a **Beaver 43** application for their children every morning is the best

skin insurance they can provide because of its broad base protection and all-day durability.

As far as we know, the only way to get **Beaver 43** at this time is to sent a business size SASE (self-addressed, stamped envelope) to ...

Whetstone Labs
P.O. Box 2267
Crested Butte, CO 81224

The will send you the name of the nearest dealer or a special mail order form. For more information, check the website:

www.beaver43.com

