

Healthline



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New Treatment Methods Offer Blessed Relief for Fibromyalgia Sufferers... by Dr. Karl Johnson

(and for chronic dizziness, migraines, insomnia, restless leg syndrome, sciatica, shoulder and arm pain)

Always on the search for "tools" to help patients who aren't expressing health in an optimal way, I discovered an approach that provides miraculous results. Back in September, when I went to a conference in Atlanta, Georgia, I was reunited with a former classmate of mine from Palmer College of Chiropractic, Dr. Mike Johnson.

Because of chronic health issues he developed Dr. Mike went on a search for

the elusive cure for his migraines and sciatica. After getting training in many chiropractic techniques, he was introduced to Carrick Institute for Graduate Studies in Chiropractic Neurology.

Many hours of post-graduate training later, Dr. Mike became a chiropractic neurologist. Through the methods he learned, Dr. Mike rid himself of his chronic health challenges brought on by various stressors. He is now one of country's top leading experts on fibromyalgia. Dr. Johnson wrote a book entitled, *What Do You Do When the Medications Don't Work?—A Non-Drug Treatment of Dizziness,*

Migraine Headaches, Fibromyalgia and Other Chronic Conditions.

Dr. Mike Johnson was one of the presenters at the conference in Atlanta and I decided his treatment program was a perfect fit for what we already offered at Chiropractic & Nutrition Wellness Center. **After several months of studying the material and gathering up the diagnostic tools and treatment equipment, we are excited and ready to offer this valuable service to our patients who have chronic health issues that are resistant to our standard chiropractic and nutritional health services.**

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What is Fibromyalgia? By Dr. Joe Andris

Have you ever had the flu? Think of how you felt. Sore and achy all over, right? This is what fibromyalgia feels like for most people—like you've had the flu for a really long time and can't get rid of it. Along with whole body soreness, you might also suffer from insomnia and chronic fatigue. The

traditional thinking is that fibromyalgia is a problem that comes only from muscles. The most recent research has found that there is more to it than that. Fibromyalgia is actually a nervous system disorder. Remember that the nervous system is the "master" system of the entire body and

any interference to proper nerve expression will lead to disease anywhere in the body and sometimes, as in the case of fibromyalgia, the entire body. Below the back part of your brain sits the cerebellum ("little brain"). The cerebellum controls balance and coordination, spi-

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Raising Healthy Drug Free Children

A seminar presented by:

Dr. Joe Andris

When: July 19th

7:00 PM

Where: Whole Foods Market (in Rochester, on Walton near Liver- nois)

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Sucess Story



My story begins over 15 years ago when I was diagnosed with fibromyalgia at the age of 28. My symptoms started out gradual and then worsened in a short time. I thought I had arthritis and, when those tests came back negative, my doctor started testing me for lupus and MS. Finally I went to a specialist who told me I had fibromyalgia. Years ago, there was not much known about this illness or the causes. My treatment for the next 14 years centered on treating the symptoms. I spent 7 years on anti-depressants and went faithfully to a chiropractor. I lived on Tylenol when I had flare ups and spent many years being fatigued and in much pain. Exercise was out of the question even though my doctor would tell me it would help. If I tried anything even walking, I would hurt for days and not want to get off of the couch. I would eat sweets for breakfast to give me an energy boost because most days I woke up feeling like I had been hit by a truck. I would continue that pattern throughout the day – craving sweets and eating them for the quick energy they provided. Being a mom of 3 small children, I spent my days doing the best I could to take care of them; and I always took a nap when they did just so I could make it through the day. Very few of my friends knew what I was going through because I kept it to myself. I would put on a happy face when I was with them. When I felt really bad, I would just stay home and be extremely depressed and not want to be around anyone not even my family. I kept praying for a miracle!!! My fatigue had gotten so bad that I would get up at 7 am to get my kids off to school and need to take a 2-3 hour nap by noon to be ready for them when they got home from school. Life had become a vicious cycle for me!!

A year ago, I was visiting at someone's home and heard a gal talk about her fatigue and how this doctor had helped her. I had been praying for a new doctor that might be able to help me so I began to ask her all kinds of questions. I was intrigued by her answers and that her doctor used natural supplements to help her fatigue. I got Dr Johnson's number and made my appointment. At first, I was really skeptical of the whole idea of NAET testing. It sounded weird and, even though Dr. Johnson explained it well, I could not see how something so simple could help me but I was desperate and truly felt God had lead him to me so I paid for my first 12 appointments.

After my first appointment, he recommended supplements. In my mind I had a made a commitment to give this a real try, so I bought everything and began my regimen just like he said. By day 3 my energy went through the roof and I was amazed!!! Both my husband and I could not believe the difference nor did we believe a supplement that my body was lacking could help like that!!! So my healing journey began and it has been a great adventure. I read the book *Say Goodbye to Illness* and now have recommended it to my friends. I faithfully take my supplements and stick by a restricted diet when needed and do my home treatments!! I am making an investment into my health and my future!! At the end of my first year I debated if I should continue but when Dr Johnson said he could get me 60% better, I was in!!! I have decided I cannot put a price tag on my health nor do I think you should either. I have grown to trust Dr Johnson and his wonderful staff!! I call him my Miracle Man and tell everyone who will listen about him and the results I have received!!

"Thank you, Dr Johnson, for changing my health and most importantly for changing the course of my life!!"

I do want to say that in my year's journey with Dr. Johnson I have had ups and downs. I have had weeks where I felt great and other weeks where I didn't. I would think at times this was not working and then he would explain to me again how healing works and that the ups and downs are part of the process. I have come to embrace that and realize my journey to health is like peeling an onion, I go layer by layer to get to the real juicy part!!! In the last few weeks, I have experienced huge leaps in my health!! I can go days now without ever having to nap in the middle of the day! This winter, I skied with my husband for the first time in 15 years and had a blast and no muscle achiness afterwards!!! I recently stood for 10 hours a day for 3 days at a health expo with my company and did wonderful!!!! Even my friend I was with was amazed at my stamina and saw a difference from an expo I had done with her 6 months earlier. I have started an exercise program for the first time in years and enjoy the benefit of increased energy not achiness!!! I can take my dog for long walks again and feel great afterwards!!! I don't think I truly realized how sick I was for so many years. I was in survival mode and that is not the way to spend your life!! At 43, I feel the best I have felt in years!!! My family sees the difference in me and so do my friends!! I don't have to put on a happy face anymore because now I wear one most everyday!! I am grateful to God for leading me to Dr. Johnson and I am grateful to Dr Johnson for his dedication to his patients and practice. Thank you, Dr. Johnson for changing my health and most importantly for changing the course of my life!!



Heather Shinsky, Shelby Township, MI

Recipes

Helping you stay healthy



FENNEL & CHICKEN FLATBREAD

NUTRITION PROFILE:

High Fiber | High Calcium | Diabetes Appropriate

2 teaspoons extra-virgin olive oil
1 bulb fennel, quartered, cored and thinly sliced, plus 1 tablespoon chopped feathery tops for garnish
1 red bell pepper, thinly sliced
8 ounces boneless, skinless chicken breast, very thinly sliced crosswise
4 6 1/2-inch whole-wheat pitas or eight 4-inch whole-wheat pitas
1 cup shredded provolone cheese
Freshly ground pepper to taste

1. Preheat oven to 500° F.
2. Heat oil in a large nonstick skillet over medium heat. Add fennel and bell pepper and cook, stirring often, until the vegetables begin to soften, about 5 minutes. Add chicken and cook another 5 minutes, stirring often, until the vegetables are tender and the chicken is cooked through.
3. Place pitas on a baking sheet and top each with an equal portion of the chicken and vegetable mixture; sprinkle with cheese and pepper. Bake until the cheese melts and turns golden, 10 to 15 minutes. Sprinkle with chopped fennel tops and serve warm.



PAPAYA- AVOCADO SALAD

NUTRITION PROFILE:

Low Calorie | High Fiber | Low Sodium | Low Cholesterol | Low Sat Fat | Heart Healthy

1 medium avocado, diced
3/4 cup diced jicama
2 tablespoons chopped toasted walnuts
2 tablespoons low-fat raspberry vinaigrette

Toss papaya, avocado, jicama, walnuts and raspberry vinaigrette in a medium bowl.



TEA-SCENTED MANDARINS

NUTRITION PROFILE:

Low Calorie | Low Carb | Low Sodium | Low Sat Fat | Heart Healthy | Diabetes Appropriate

2 cups mandarin orange or Clementine segments
1/2 cup hot black tea
2 tablespoons honey
Pinch of ground cardamom

Place orange (or Clementine) segments in a small bowl. Pour tea over them and drizzle with honey and sprinkle with cardamom.

Getting to know the office!! Getting to know the office!!

Welcome to our newest staff members

Stephanie Dewilde

joined the team in May. Many of you have, or will, see Stephanie at the front desk ready to assist you in any way she can. Stephanie was born on January 29th, 1986. She enjoys watching sporting events such as the Tigers, and also professional tennis players. In her free time she enjoys spending time with friends and family. Stephanie has earned a Medical Assist's degree and would eventually like to pursue a career as an x-ray technician.

Rachel Chisholm

is also an addition to our staff. Rachel is replacing Diane (who will be retiring at the end of August) as the new Marketing/PR Chiropractic Assistant. In addition to regular marketing duties, she will be ensuring the newsletter gets out to you on time. She was born on June 17, 1987. Rachel enjoys crafts such as painting and crochet. In her free time she is an active member of her church. She is currently pursuing a bachelors degree from Oakland University in public relations.

Get Rid Of Negative Thoughts And Have Some Fun By Reading This...

This month's "tip of the month" is designed to help you stop worrying and banish all negative thoughts – at least for a few moments.

And to do that we've printed a list of the top 10 April Fool's Day pranks ever pulled off. Says who? The pranks were judged by the San Diego Museum of Hoaxes for their "notoriety, absurdity and number of people duped."

And yes – we know April Fool's Day has already passed – but this is funny. And stop finding the negative in everything.... Sheez! Here's the list:

In 1957, a BBC television show announced that thanks to a [mild winter](#) and the virtual elimination of the spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. Footage of Swiss farmers pulling strands of spaghetti from trees prompted a barrage of calls from people wanting to know how to grow their own spaghetti at home.

In 1985, Sports Illustrated magazine published a story that a rookie baseball pitcher who could reportedly throw a ball at 270 kilometers per hour (168 miles per hour) was set to join the New York Mets. Finch was said to have mastered his skill – pitching significantly faster than anyone else has ever managed – in a Tibetan monastery. Mets fans' celebrations were short-lived.

Sweden in 1962 had only one television channel, which broadcast in black and white. The station's technical expert appeared on the news to announce that thanks to a newly developed technology, viewers could convert their existing sets to receive color pictures by pulling a nylon stocking over the screen. In fact, they had to wait until 1970.

In 1996, American fast-food chain [Taco Bell](#) announced that it had bought Philadelphia's Liberty Bell, a historic symbol of [American independence](#), from the federal government and was renaming it the Taco Liberty Bell. Outraged citizens called to express their anger before Taco Bell revealed the hoax. Then-White House press secretary Mike McCurry was asked about the sale and said the Lincoln Memorial in Washington had also been sold and was to be renamed



the Ford Lincoln Mercury Memorial after the automotive giant.

In 1977, British newspaper *The Guardian* published a seven-page supplement for the 10th anniversary of San Serriffe, a small republic located in the Indian Ocean consisting of several semicolon-shaped islands. A series of articles described the geography and culture of the two main islands, named Upper Caisse and Lower Caisse.

In 1992, US National Public Radio announced that Richard Nixon was running for President again. His new campaign slogan was, "I didn't do anything wrong, and I won't do it again." They even had clips of Nixon announcing his candidacy. Listeners flooded the show with calls expressing their outrage. Nixon's voice actually turned out to be that of impersonator Rich Little.

In 1998, a newsletter titled [New Mexicans for Science and Reason](#) carried an article that the State of Alabama had voted to change the value of pi from 3.14159 to the "Biblical value" of 3.0.

[Burger King](#), another American fast-food chain, published a full-page advertisement in USA Today in 1998 announcing the introduction of the "Left-Handed Whopper," specially designed for the 32 million left-handed Americans. According to the advertisement, the new burger included the same ingredients as the original, but the condiments were rotated 180 degrees. The chain said it received thousands of requests for the new burger, as well as orders for the original "right-handed" version.

[Discover Magazine](#) announced in 1995 that a highly respected biologist, Aprile Pazzo (Italian for April Fool), had discovered a new species in Antarctica: the hot-headed naked ice borer. The creatures were described as having bony plates on their heads that became burning hot, allowing the animals to bore through ice at high speed – a technique they used to hunt penguins.

Noted British astronomer Patrick Moore announced on the radio in 1976 that at 9:47 am, a once-in-a-lifetime astronomical event, in which Pluto would pass behind Jupiter, would cause a gravitational alignment that would reduce the Earth's gravity. Moore told listeners that if they jumped in the air at the exact moment of the planetary alignment, they would experience a floating sensation. [Hundreds of people](#) called in to report feeling the sensation.

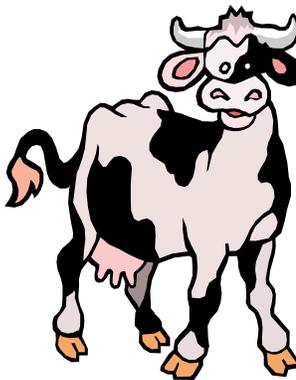
Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

CHIROPRACTIC
OPPORTUNITY WEEKS

JUNE 18TH—JUNE 30

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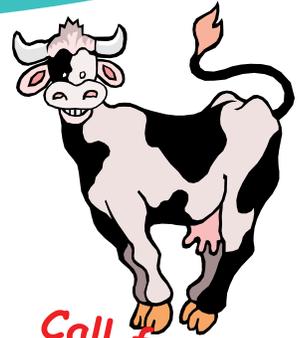
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AND FRIENDS FOR CHIROPRACTIC CARE —
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A PATIENT,**

DR. JOHNSON WILL SEND YOU A \$25.00
COUPON**

****TO BE USED TOWARD SUPPLIES AND SERVICES AT THE
CHIROPRACTIC & NUTRITION WELLNESS CENTER**

(Continued from page 1)

The program is based on neurological tests and treatments to help balance brain neurology combined with nutritional protocols that handle the imbalances causing the chronic symptoms the patient is suffering with. We are beginning our program with special attention on fibromyalgia, insomnia and vertigo sufferers.

Signs and symptoms of fibromyalgia can vary, depending on the weather, stress, physical activity or even the time of day. Common signs and symptoms include:

Widespread pain. Fibromyalgia is characterized by pain in specific areas of your body when pressure is applied, including the back of your head, upper back and neck, upper chest, elbows, hips and knees. The pain generally persists for months at a time and is often accompanied by stiffness.

Fatigue and sleep disturbances. People with fibromyalgia often wake up tired and unrefreshed even though they seem to get plenty of sleep. Some studies suggest that this sleep problem is the result of a sleep disorder called alpha wave interrupted sleep pattern, a condition in which deep sleep is frequently interrupted by bursts of brain activity similar to wakefulness. So people with fibromyalgia miss the deep restorative stage of sleep. Nighttime muscle spasms in your legs and restless legs syndrome also may be associated with fibromyalgia.

Irritable bowel syndrome (IBS). The constipation, diarrhea, abdominal pain and bloating associated with IBS are common in people with fibromyalgia.

Headaches and facial pain.

Many people who have fibromyalgia also have headaches and facial pain that may be related to tenderness or stiffness in their neck and shoulders. Temporomandibular joint (TMJ) dysfunction, which affects the jaw joints and surrounding mus-



cles, also is common in people with fibromyalgia.

Heightened sensitivity. It's common for people with fibromyalgia to report being sensitive to odors, noises, bright lights and touch.

Other common signs and symptoms include:

- Depression
- Numbness or tingling sensations in the hands and feet (paresthesia)
- Difficulty concentrating
- Mood changes
- Chest pain
- Dry eyes, skin and mouth
- Painful menstrual periods
- Dizziness
- Anxiety

The testing and treatment methods are unique and effective at eliminating symptoms in over 80% of individuals. If you would like a free report go to www.MIFibroReport.com

The treatment is based on a multiple-pronged attack on fibromyalgia, that to my knowledge, no other doctors have even heard about much less are doing. Fibromyalgia is a neurological condition. There are 3 parts to your brainstem.....top (called the mesencephalon), middle (called the pons), and bottom (medulla). NORMALLY, the brain fires impulses down to the lower two parts of the brainstem, (the ponto-medullary area) and that SLOWS DOWN the upper brainstem (mesencephalon). With the fibromyalgia patient, this is not happening!!! The lower part of the brainstem (ponto-medullary region) IS NOT SLOWING DOWN THE UPPER BRAINSTEM (mesencephalon). The various treatments we use are designed to slow down the upper brainstem. When the upper brainstem is firing at the proper rate and you are nutritionally sound your body works like it is supposed to and you enjoy all that life has to offer.

If you have any questions call us and by all means request your free fibromyalgia report by going to www.MIFibroReport.com.

Missed Appointments

If you are unable to keep your appointment, please let us know within 24 hours of your scheduled time. A \$39.00 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.

MASSAGE THERAPIST AVAILABLE IN THE CLINIC

Diane Rotha, CMT is available for massages in our clinic evenings and Saturdays – by appointment only.

The many benefits of massage therapy include the following:

- **Enhances the effects of a chiropractic adjustment**
- **Relaxes tense muscles and increases flexibility**
- **Normalizes blocked energy flow**
- **Relieves mental and physical fatigue**

Please call the office for your appointment –

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(Continued from page 1)

nal postural muscles, and terminates eye movements. Normally, when the cerebellum is working properly it sends signals to the front of your brain which sends signals to your lower brainstem, which in turn keeps the upper brainstem from being overactive. When the cerebellum is not functioning properly it can't send the right signals to the front of the brain which can't send signals to the lower brainstem which allows the upper brainstem to be overactive. When the upper brainstem is overactive different things begin to happen in the body in the form of symptoms such as the ones associated with fibromyalgia. The proper treatment of fibromyalgia is fuel and activation for the brain.

The fuel comes from glucose and oxygen which the brain requires to function properly and activation comes in the form of spinal adjustments to one side of the body, auditory stimulation to one side, auriculotherapy, visual stimulation, and others. With the proper evaluation and treatment many people have finally found relief from their years of suffering. Do you know someone like this? If so, send them in to see if their suffering can finally be relieved!

July-August Supplement Specials

Cat's Claw Complex

10% Discount = \$56.70

This supplement contains Cat's Claw inner stem bark, Pau d'Arco inner stem bark, and Echinacea root. These herbs and the compounds within them are designed to

- Enhance immune system function
- Support respiratory system health
- Maintain healthy mucous membranes
- Promote healthy responses to environmental stresses
- Regulate bowel function
- Promote healthy bowel flora
- Support and maintain healthy blood
- Provide antioxidant protection

SP Cleanse

10% Discount = \$20.70

Many different plants contain nutrients that support the body's natural efforts to remove toxins and other waste materials from the body. SP Cleanse is a combination of over 20 of these whole foods and botanicals that possess detoxifying properties.

The different nutrients found in SP Cleanse can help the body cleanse itself from the inside out — naturally, by:

- Encouraging healthy kidney function
- Supporting lymphatic system function and blood purification processes
- Maintaining healthy gastrointestinal elimination
- Promoting healthy liver detoxification functions

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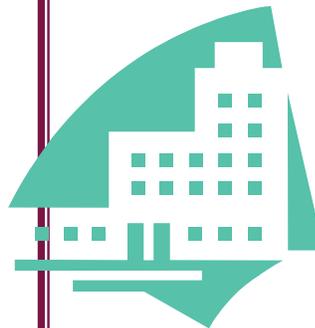
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New Statistics Affirm Seriousness of Hospital Infections in U.S.

Did you know? There are an estimated 4.5 hospital infections for every 100 patient admissions ...and nearly 100,000 people die as a result of a hospital infection. This information was published in Public Health Reports in the March– April 2007 edition, this information is so new that it is not yet posted to the public. The study concluded:

“These estimates are sobering and reinforce the need for improved prevention and surveillance efforts.” The studies findings result in numbers that “exceeded the number of cases if any current notifiable disease.” There were many interesting findings in the study, including that the overwhelming majority of hospital infections (1.2 million) occur

outside of the ICU, the focus of most infection control monitoring analysis today. Most patients survive a hospital– acquired infection, but not without a price. Many of the survivors endure years of treatment, multiple surgeries, and permanent disability. For more information on hospital infections go to : www.stophospitalinfections.org





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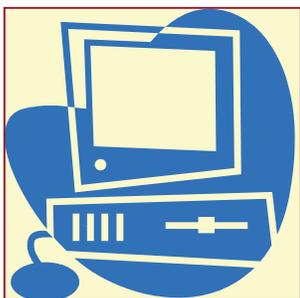
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We're on the Web!!!

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.

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.

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? Co-worker? Family member?), you can do something about it. Below is a complimentary certificate that is good for one exam and office visit. Simply cut it out, and give it to your friend. What a great way to start the new year!

This coupon entitles you to

Consultation, Examination, and X-rays (2 views)* at the

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Cost: \$50.00

Call (586) 731-8840 Appointment Necessary Expires: 06/30/2007**

***Additional views at normal fees.**

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