

HealthLine

Fantastic Health, Fantastic Services

A guide to the services at Chiropractic & Nutrition Wellness Center.

By Karl R.O.S. Johnson, DC, FICPA, LCP, FIFHI

Happy New Year and my wishes to you and your family for vibrant health and a prosperous future starting now! Traditionally January is the month we all re-think our priorities and often re-commit to making healthier choices return to the “front burner” of our To Do List. We want to help you achieve a quantum leap in your health this year.

The Chiropractic & Nutrition Wellness Center offers a plethora of services to enhance your health in a friendly professional atmosphere. Services include **Traditional (Vitalistic) Chiropractic Care**, **Pediatric Chiropractic and Pregnancy Holistic Health Care**, **Brain-Based Therapy (Fibromyalgia, Dizziness/Vertigo and other chronic condition treatment)**, **Clinical Nutrition (NRT, CRA)**, **Nambudripad’s Allergy Elimination Techniques (NAET)**, **Exercise with Oxygen Therapy (EWOT)** and **Whole Body Advanced Vibration Exercise (WAVE)**.

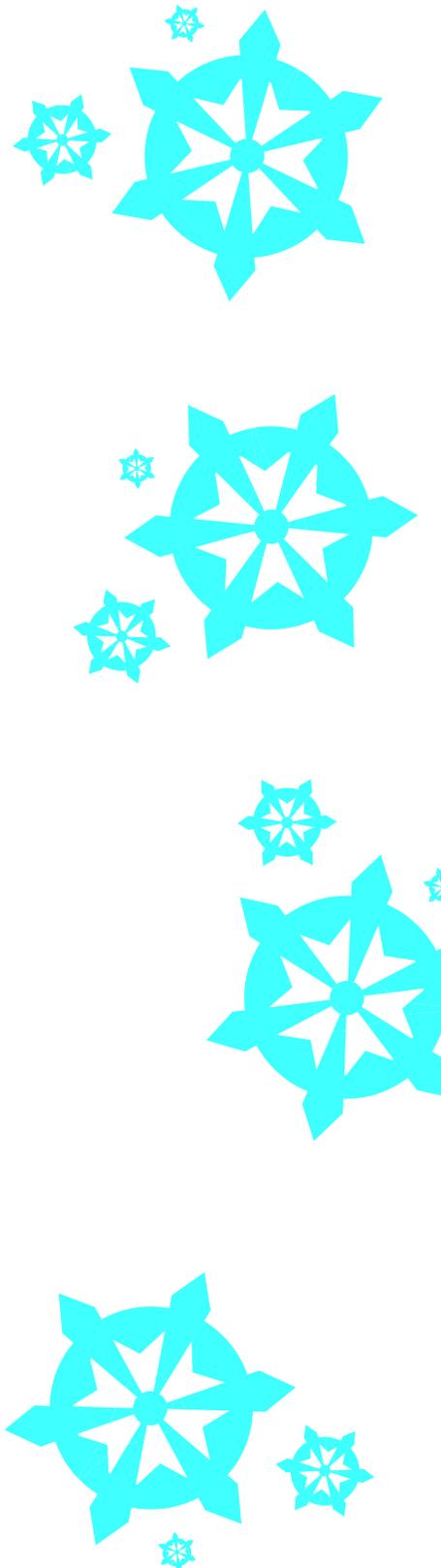
Realizing we have so much to offer, and that not all our practice members know we provide these ser-

vices or what they are for, I thought it would be a good idea to briefly outline them in this article.

Traditional (Vitalistic) Chiropractic Care. This is the foundational service that we have offered since our offices’ inception in 1983. The primary job of the Doctor of Chiropractic is to detect, reduce, and help prevent the Vertebral Subluxation Complex using chiropractic adjustments. In simplest terms, a subluxation (a.k.a. Vertebral Subluxation) is when one or more of the bones of your spine (vertebrae) move incorrectly (or don’t move when they should) and as a result, create pressure on, or irritate spinal nerves. Spinal nerves are the nerves that come out from between each of the bones in your spine. This pressure or irritation on the nerves then causes those nerves to malfunction and interfere with the signals traveling over those nerves. How does this affect you? Your nervous system controls and coordinates all the functions of your body. If you interfere with the signals traveling over nerves, parts of your body will not get the

proper nerve messages and will not be able to function at 100% of their innate abilities. In other words, some part of your body will not be working properly. It is the responsibility of the Doctor of Chiropractic to locate subluxations, and reduce or correct them. This is done through a series of chiropractic adjustments specifically designed to correct the vertebral subluxations in your spine. Chiropractors are the only professionals who undergo years of training to be the experts at correcting subluxations. Applying a carefully and precisely directed pressure to the spine in a quick manner by hand or special instrument, the Doctor of Chiropractic is able to restore normal motion and function to the spine, thereby reducing or eliminating the Vertebral Subluxation Complex. Adjustments can be safely used throughout life from birth to old age.

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Success Stories

I saw an ad in the paper claiming there was a doctor who could help with fibromyalgia, which I was previously diagnosed with. When I first came in I was skeptical, but in about three weeks I noticed a lot of pain gone from my arms and all over my body. In another three weeks much of the pain I felt in my legs was gone, and then all the pain from fibromyalgia disappeared. I can actually say I have no pain from fibromyalgia at all. I have always had dry eyes and had to wear sunglasses, sometimes even in the house. In the past 2 weeks I have not had to wear sunglasses. My eyes are not dry anymore and I don't have to use Restasis like I have for the last 5 years. I used to wake up throughout the night from pain, and now I can sleep all night. I have had so many benefits from this program in only a short time! Helen Malek

I have had fibromyalgia for 14 years. One of the worst things about fibromyalgia was never being able to sleep or get to sleep. I would get to sleep and couldn't stay asleep. But since I have been having this EWOT treatment, I have been sleeping at night. I can go to sleep very easily and stay asleep all night! It is really incredible just to be able to sleep. I also have muscle problems that are improving, but the sleeping is wonderful! Lorraine Beavon

I came to Chiropractic and Nutrition Wellness I couldn't stand, sit or walk any period of time. Only a couple months later I went to the dream cruise for two days and walked 5 miles! I hurt my back in December and I have been in such severe pain I couldn't bend, walk or drive. I was dizzy and nauseated. Everything I have been doing with Dr. Johnson has helped me tremendously. Eating right for my diet, being adjusted and oxygen therapies, exercising at home, and nutrition has helped take away that pain. I even lost 30 pounds in the process! I was not able any of those things for over two years. People with these problems should definitely check it out here because out of all the medical doctors and million things I have done this, is the only place I found relief. Phyllis Campeau

Recipes

Soba Noodles with Shrimp, Snow Peas, and Carrots



Forget takeout – this quick Asian noodle salad packs all of the flavor and a fraction of the fat of its restaurant counterpart

1/4 cup(s)	creamy peanut butter
2 teaspoon(s)	peeled fresh ginger, grated
2 tablespoon(s)	low-sodium soy sauce
1 tablespoon(s)	distilled white vinegar
1 teaspoon(s)	Asian sesame oil
1/2 teaspoon(s)	cayenne pepper sauce
	Salt
1 package(s)	(8 ounces) soba noodles, (100% buckwheat)
1/2 bag(s)	(10 ounces) shredded or matchstick carrots, (about 1 1/2 cups)
1 pound(s)	large shrimp, shelled and deveined, with tail part of shell left on if you like
4 ounce(s)	snow peas, strings removed
1/2 cup(s)	(packed) fresh cilantro leaves, chopped, plus additional sprigs for garnish

1. In small bowl, place peanut butter, ginger, soy sauce, vinegar, sesame oil, and cayenne pepper sauce; set aside.
2. Heat covered 5- to 6-quart saucepot of water and 1 teaspoon salt to boiling over high heat. Add noodles and cook 4 minutes. Add carrots and cook 1 minute. Add shrimp and snow peas and cook 2 minutes more. Reserve 1/2 cup pasta cooking water. Drain noodles, shrimp, and vegetables into large colander. Transfer noodle mixture to large bowl.
3. With whisk, beat reserved cooking water into peanut-butter mixture until well blended. Add peanut sauce and chopped cilantro leaves to noodle mixture in bowl and toss until evenly coated.
4. To serve, spoon into 4 large bowls; garnish each serving with a cilantro sprig.

Spaghetti Makeover!

Rhu's Marinara Sauce

1 tablespoon olive oil
1 cup diced onion
1 cup sliced mushrooms
1/4 cup diced green bell pepper
6 garlic cloves, crushed
3/4 cup dry red wine
3/4 cup water
1/4 cup chopped fresh parsley
1 tablespoon sugar
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon pepper
1/4 teaspoon salt
2 bay leaves
1 (28-ounce) can whole tomatoes, undrained and chopped
1 (6-ounce) can tomato paste



Heat olive oil in a Dutch oven over medium-high heat. Add onion, mushrooms, bell pepper, and garlic; sauté 5 minutes or until tender. Add remaining ingredients, and bring to a boil. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.

Turkey-Veggie Meatballs

1 1/2 pounds ground turkey
1/2 cup dry breadcrumbs
1/2 cup (2 ounces) finely shredded fresh Parmesan cheese
1/3 cup finely chopped green onions
1/4 cup coarsely shredded carrot
1/4 cup coarsely shredded zucchini
1/4 cup chopped fresh parsley
1/4 teaspoon salt
1/4 teaspoon pepper
1 large egg white
2 garlic cloves, crushed
Cooking spray

Preheat oven to 400°.

Combine all ingredients except cooking spray in a bowl; stir well. Shape mixture into 30 (1 1/2-inch) meatballs. Place on a broiler pan coated with cooking spray. Bake at 400° for 15 minutes or until done.

Fantastic Health, Fantastic Services *continued from page 1*

Key Benefits of Adjustments

- Improves the ability of your body to heal itself
- Reduces or eliminates the vertebral subluxation complex
- Increases your flexibility and ease of movement
- Reduces irritation to delicate nerves
- Increases the expression of life force through the body

Pediatric Chiropractic and Pregnancy Holistic Health Care.

After attending certification training through the International Chiropractic Pediatric Association (ICPA) many years ago, Chiropractic & Nutrition Wellness Center put a greater emphasis on the importance of locating and correcting the vertebral subluxation complex in infants and children as well as the pregnant mother. Dr. Johnson and Dr. Andris love working with kids and sometimes the parents can't tell who is the "bigger kid" - Dr. Johnson or their child. Often unruly children become mesmerized with some "toy" or gadget that the doctors have and forget they are seeing the doctor and by then their treatment is complete. Parents love seeing their children get well without drugs or surgery the way nature intended. Children can't "believe in chiropractic" and therefore are the ultimate proof that the body heals itself when the interference to the healing process is removed with natural chiropractic care.

Mothers-to-be enjoy a more comfortable pregnancy with less chance of breech presentation thanks to specialized training and certification in Webster's In-Utero Constraint Technique. The Webster Technique has been shown to reduce constraint to the mother's uterus 82% of the time, allowing the

baby to get into the vertex position for birth. Chiropractic care is essential for the pregnant mother. Her systems and organs are now providing for two and their optimal function is critical for the baby's healthy development. The mother's spine and pelvis undergo many changes and adaptations to compensate for the growing baby and the risk of interference to her nervous system is increased. Specific chiropractic care throughout pregnancy works with enhancing nervous system function providing greater health potential for both the mother and baby. Another important reason for care throughout pregnancy is to help establish balance in the mother's pelvis. Because of a lifetime of stress and trauma to her spine and pelvis, her pelvic opening may be compromised, resulting in a less than optimum passage for the baby. Williams Obstetrics Text tells us that, "Any contraction of the pelvic diameters that diminish the capacity of the pelvis can create dystocia (difficulty) during labor." They further state that the diameter of the woman's pelvis is decreased when the sacrum is displaced. Dr. Abraham Towbin, medical researcher on birth tells us that the bony pelvis may become "deformed" this way by trauma. Chiropractors define this displacement/ deformation as spinal misalignment or subluxation primarily caused by the stress of trauma.

Key Benefits of Pediatric and Pregnancy Chiropractic Care

- Improves the ability of the child's body to heal itself/improves immune system (**get off the sickness-antibiotic-sickness cycle**)
- The Webster Technique has been shown to reduce constraint to the mother's uterus 82% of the time, allowing the

baby to get into the vertex (head down) position for birth.

Brain Based Therapy

The doctors and staff are very excited about this treatment regime that has been instrumental in helping thousands of patients across the United States who have tried everything else. My good friend and colleague, Dr. Michael Johnson has been training chiropractors all around the country in the practical aspects of functional neurology. Brain-based therapy is a revolutionary new treatment program based on the work of the country's leading chiropractic neurologist, Dr. Fredrick Carrick. The therapy is neurologically based and the treatments have been clinically proven to help patients with chronic pain and dizziness. If you would like more information on a specific condition, please go to Dr. Michael Johnson's site at

www.askdrjohnson.com. We currently treat patients with fibromyalgia and dizziness and will expand our treatment to include failed back surgery, and treatment for those who don't want to resort to back surgery. Brain Based Therapy is exciting for the patients as they finally get the help they need instead of only having the medical standard of drug therapy for symptomatic relief (and all the side effects that go with it). Rather, the malfunctioning parts of their brain that are causing the myriad of symptoms, are treated with various therapies, unilateral (one sided) adjustments, and enhanced air. To view many testimonials of patient's successes see

www.lifechangingcare.com

More on the Services

offered at C&NWC

In the next Issue of

HealthLine

"Dr. Johnson has helped me more than once. I'm proof and I know he can help you."

- Rosemary Sandor
Avoca, MI

Supplement Specials

Supplement Special
January-February, 2007

**Standard Process
Purification & Weight
Management Program®**

3 week program
Regularly \$223.00

10% discount
January & February only
\$200.00

SP Complete—2 jars
SP Cleanse—1 bottle
SP Green Food—1 bottle
SP Gastro Fiber—2 bottles

SP Complete®: Mix with water and fruit or vegetables to make a nutritious supplement shake—completely portable.

SP Cleanse®: Contains phytonutrients from 20 different whole foods and botanicals to help the body eliminate toxins.

SP Green Food®: Made from whole food complexes to support normal growth and development, immune system response, antioxidant protection and detoxification activities.

SP Gastro-Fiber®: Contains phytonutrients and botanicals that function synergistically to help cleanse and lubricate the intestines, encourage regular elimination, and promote pH balance.

*A new year — a
new you!
Do a cleanse
and feel the
difference!*



Now that the holidays are over and we're all feeling overstuffed, it's time to take matters into our own hands and give our systems a rest. That means that it's cleansing time again!

Our supplement special for January and February is the Standard Process Cleansing Program. This three-week program allows your body to rebalance itself by getting the toxins out.

Most bodies cleanse naturally every fall and spring — that's why we get colds at those times of year. The body needs to rid itself of the accumulated toxins. Since the holidays are a time of overeating and eating lots of junk-type foods, now is an ideal time to cut out the junk and let the body rid itself of the poisons it has ingested during the holidays.

To do this successfully and with the least amount of discomfort, a three-week cleanse that allows you to eat good, healthy foods is ideal.

The Standard Process Cleanse is recommended for that very purpose. Standard Process has put together a cleansing program that allows you to eat eggs, meat, fish, poultry, and many vegetables. It also includes rice as a starch, many fruits, and lots of pure water. You will not starve on this

cleanse. The goal is to rid your body of unwanted, unneeded chemicals and toxins.

Do you need to do a cleanse?

- Do you or have you eaten processed foods?
- Do you eat non-organic fruits and vegetables?
- Do you eat meat and poultry that is not free-range?
- Do you consume genetically altered food?
- Do you or have you ever used artificial sweeteners?
- Do you drink pop?
- Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- Do you drink coffee regularly?
- Do you drink alcohol?
- Do you drink tap water?

If the majority of your answers are yes, then it is most likely that you would benefit from a cleanse like the Standard Process Purification Program.

Need Supplements?

Did You Know...We Ship!!



Give us a call & tell us what you need or request a mail order form. Visa & MasterCard Accepted

(586) 731-8840



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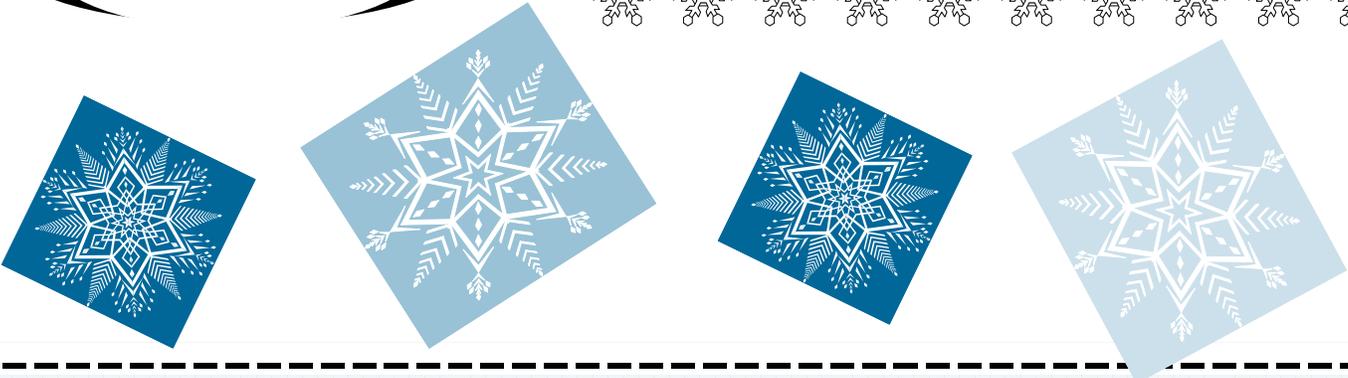


MISSION STATEMENT

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.



This coupon entitles you to:

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

Chiropractic & Nutrition Wellness Center
51735 Van Dyke Avenue, Shelby Township, MI 48316

Cost: \$50.00

Call (586) 731-8840 Appointment Necessary** Expires: 2/29/2008

*Additional views at normal fees.
**This coupon could save you up to \$250.00. Adjustments not covered by coupon.
*** Coupon not applicable to Medicare patients (due to federal guidelines and rules)