

“Earth teach me to forget myself as melted snow forgets its life. Earth teach me resignation as the leaves which die in the fall. Earth teach me courage as the tree which stands all alone. Earth teach me regeneration as the seed which rises in the spring”.

-William Alexander



Inside this Issue:

Success Stories	2
Recipes	3
Gain and No Pain with Spinal Decompression continued	3
Supplement Specials	4
Bits & Pieces	5
Easter Egg Contest	5
Contact Information and Coupon	6

Imagine yourself lying on a stretcher, tied up, an IV running through your veins, no pillow, no comfort- just an ambulance and two assistants who forcefully push you into a dark tunnel- the ambulance. Your back gave out and you ended up falling down the stairs. You are now on your way to the hospital for back surgery.

Now... imagine yourself lying on a comfortable padded table, specifically designed to accommodate all areas of your body. There are even pads around your shoulders! Again, your back gave out and you ended up falling down the stairs. Instead of being shoved into an ambulance, you are now gently escorted by your family member who comforts you and informs you that you will be better. Your neck and back have been in pain for a long time and

now you are worried about your back and neck injuries due to your fall. Your family member gently holds your hand while he/she positions you in the car. Eventually, you arrive at your destination. Instead of the hospital, you are now at Chiropractic & Nutrition Wellness Center lying on a comfortable table with your family member again holding your hand. Dr. Johnson explains that your recent fall down the stairs does not need surgical attention. He explains to you that instead of surgery, you can stop your back and neck pain *once and for all* by using Non-Surgical Spinal Decompression combined with Neuro-Structural Integration (NSI).

Moreover, some of you may have heard of Non-Surgical Spinal Decompression and some of you may not have. Either way, we are

truly excited to now use this incredible method of pain relief in our 25<sup>th</sup> Anniversary year!

To understand how Spinal Decompression works, we can look at the analogy of an NASA article titled “My How You’ve Grown” that explains the concepts of Non-Surgical Spinal Decompression for elementary school educational purposes. The article points out that astronauts gain up to 2 inches in height while they are in space. This height gain is due to the elongation of the spine that occurs during the anti-gravity state of space travel. Of course, the spine regains its original form once it returns back to earth. This elongation of the spine in space is perhaps a thought that led to the development of Non-Surgical Spinal Decompression. (Continued on page 3)



FDA Warns Medications May Be Causing Musculoskeletal Pain; Bisphosphonates Can Cause Bone, Joint, and/or Muscle Pain in Patients

The U.S. Food & Drug Administration (FDA) recently sent out an alert informing doctors and patients of the possibility of severe and sometimes incapacitating bone, joint, and/or muscle pain in patients taking bisphosphonates, a class of drugs used in the prevention and treatment of osteoporosis and other conditions that feature bone fragility. Musculoskeletal pain may occur within days,

months, or even years after starting bisphosphonates. Some patients reported complete relief after discontinuing use.

The alert states: “The association between bisphosphonates and severe musculoskeletal pain may be overlooked by health care professionals, delaying diagnosis and prolonging pain and/or impairment.”

Bisphosphonates are marketed under the names of Actonel, Actonel+Ca, Aredia, Boniva, Didronel, Fosamax+D, Reclast, Skelid, and Zometa.

Source: Food and Drug Administration Alert, January 2008; www.fda.gov/medwatch





## Success Stories...



### I Can Touch My Toes and Grow My Bones!

I have been a chiropractic and nutritional patient of Dr. Johnson's since 1996. In August of 2007, I had a bone density scan as recommended by my M.D. The bone density tests of the spine showed osteoporosis and the bone density levels of the wrist were close to osteopenia. The M.D. prescribed Fosamax, as well as recommending nutritional supplements and exercise. I did not want to take Fosamax due to its side effects, but I did start taking Magnesium, Calcium and Vitamin D.

After consulting with Dr. Johnson about my condition, he informed me of the benefits of Whole Body Vibration in building bone density. I started the WAVE therapy in November and used the machine three times a week for 4 months. My follow-up bone scan showed an increase of 1.9% in the density of the spine! This is now just osteopenia, and *not* osteoporosis. The wrist bone scan is now normal density.

Other benefits that I have noticed from using the Wave are: I have more energy, I can touch my toes (which I could not even do as a child), and I have firmed up all over my body. I will be continuing on with this type of exercise, as I love the results!

*-Aline Colbert, Washington Township, MI.*

### Pain Gone — Golfing Again!

I'm a golfer. I like to play on a league once a week. However, about a month ago I started having a sharp pain that went up my back and through my ribcage, especially when I twisted or rotated my body. Naturally, this affected my golf game. I tried to play, but it hurt too much. I could sit, stand, walk, and lie down — but I couldn't swing a golf club.

Dr. Johnson adjusted me three times a week for a few weeks. I felt better by the end of the first week. Now I feel great! In fact, I just played golf today and did pretty good too.

Thanks, Dr. Johnson for all your help.

*-M.H., Shelby Township, MI.*



### Sinus Pain Goes

I had heard about chiropractic adjustments relieving sinus pain. After 3 or 4 adjustments, I began to notice changes. The main change was that my sinus started draining. They drained constantly for about 5 days. Now my head is clear in the morning when I get up.

Thanks, Dr. Johnson. I'm enjoying being free of the constant sinus pain.

*-A.W., Troy, MI.*





### Bragg® & Olive Oil Swordfish

(Can substitute with Halibut, red snapper or boneless skinless chicken breast\*)



### Garden Vegetable Soup

Serves 8:

- 3 tablespoons olive oil
- 4 cups onion, chopped
- 3 celery stalks, chopped
- 11 cups water
- 2 cups broccoli, chopped
- 1 cup carrots, chopped
- 1 cup cauliflower, chopped
- 2 cups zucchini, chopped
- 1 1/2 cups brown rice
- 1 large potato, diced
- 2 tablespoons granulated garlic
- 1/2 cup tamari sauce
- 1/4 cup Bragg® Liquid Aminos
- 2 tablespoons dried parsley



Instructions:

Heat olive oil in a large pot over medium heat. Add onion and celery and cook until soft, about 5 minutes. Add remaining ingredients. Bring to a boil. Reduce heat to low, cover and cook for 1 hour. Uncover and cook for an additional 30 minutes (Henner, Marilu *Body Victory Cookbook* 2003).

Serves 1:

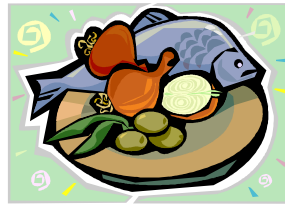
- 1 (6-8 ounce) swordfish steak
- 1 Tbsp. olive oil
- 1 Tbsp. Bragg® Liquid Aminos

Instructions:

Preheat grill or broiler on high. Poke swordfish with a fork. Whisk olive oil and Bragg® Liquid Aminos together in a small bowl. Coat swordfish with mixture on both sides so that it seeps into holes. Grill or broil to desired doneness.

- Can serve with vegetable salad
- Chicken breast cooking time is 5-6 minutes on each side

Source: (Henner, Marilu *Body Victory Cookbook* 2003).



### Curried Tuna Salad

Serves 4:

- 1/2 cup plain soy yogurt
- 1/2 cup Nayonaise® or Vegenaïse® (mayonnaise substitute)
- 1-2 tablespoons mild curry powder
- 2 (7 ounce) cans tuna packed in water, drained and flaked\*
- 1/4 cup pickle relish
- 2 tablespoons green onions, minced
- 3/4 cup cucumber, peeled, sliced and cut into quarters
- Minced fresh Italian parsley for garnish



Instructions:

In a small bowl, combine soy yogurt, Nayonaise®, lemon juice, and curry powder. Blend well and set aside. In a larger bowl, combine tuna, onion and cucumber. Stir in soy yogurt dressing to taste. Transfer to a serving bowl or mound on a platter or individual plates and sprinkle with parsley (Henner, Marilu *Body Victory Cookbook* 2003).

(Gain and No Pain with Spinal Decompression continued...) Spinal decompression allows us to create a stable elongation of the spine without entering space at all. Spinal Decompression makes this possible by re-hydrating



your spinal discs and all in all, making them healthier and more functional. With Spinal Decompression, discs can be restored back to their natural state which eventually stops your pain as you go through a healing process that is achieved through the use of Spinal Decompression. The healing process starts by the enlargement of your disc space, the reduction of herniations, the strengthening of outer ligaments to help move herniated material back into place, and the reversing of the high intra-disc pressures through the application of negative pressure.

According to a study in the *American Journal of Pain Management*, Spinal Decompression provided good to excellent results for 86% of patients with herniated or ruptured discs and 75% of patients with facet arthrosis.<sup>2</sup> Other main conditions that Spinal Decompression has been successful with are back pain, sciati-

ca, herniated and/or bulging discs (single or multiple), degenerative disc disease, a relapse or failure following surgery, spinal stenosis, and facet syndromes. More importantly, Non-Surgical Spinal Decompression has been successful even with the most severe cases...when NOTHING else has worked, even after failed surgery.

To conclude, we are honored to use Non-Surgical Spinal Decompression to heal your back and leg pain and we are confident you will like the results! We are also honored to use Neuro-Structural Integration (NSI) which is a propriety treatment we use that includes both the evaluation and treatment of physical dysfunctions and neurological dysfunctions. Our NEW *painkilling* machine - the Triton DTS- combined with NSI- allows us to achieve the full power of natural healing without drugs and/or surgery. By using our new Triton DTS Non-Surgical Spinal Decompression Table and NSI, you will get the ultimate healing power of your back and leg pain. Our office is the ONLY office in Southeastern Michigan that combines oxygen with the Triton DTS Non-Surgical Spinal Decompression along with Neuro-Structural Integration (NSI). So, what are you waiting for? Come try our NEW Triton DTS Non-Surgical Spinal Decompression table!

By using the Triton DTS, your pain will dissolve day by day. Spinal decompression will allow you to choose to hold your loved one's hand and be healed *naturally*, not forcefully. You will feel better, look better, breathe better, and even think better! All without drugs and surgery! You can't beat that! So, when you think you need an ambulance, you might not! Therefore, the Triton DTS will be your safest, most durable option in healing your pain naturally and permanently. What have you got to lose?...Absolutely NOTHING! Call 586-580-7558 for a FREE CD and DVD information packet.

Sources:

1. Naguszewski, Gose E. *Outcome Study: Vertebral Axial Decompression Therapy for Pain Associated with Herniated or Degenerated Discs, or Facet Syndrome*. Journal of Neurological Research, Vol. 20, Apr. 1998.
2. Shealy, Norman C. *Decompression, Reduction, And Stabilization Of The Lumbar Spine: A Cost-Effective Treatment For Lumbosacral Pain*. American Journal of Pain Management 1997; 7: 63-65.
3. Bigos, et al. *Acute Low Back Problems in Adults*, Clinical Practice No. 15. Rockville, MD: U.S. Public Health Service & Human Services.

May-June

10% Discount Special

**Ligaplex® I**

150 caps.- \$23.40

40 caps.- \$7.20

*Getting back into sports and gardening*

Ligaplex® I works to strengthen your ligaments. Those with herniated discs, flat feet, chronic low back problems, and hypermobility of the spine benefit from using Ligaplex® as it provides proper ligament strength, supplies anti-oxidant protection, maintains healthy cartilage and maintains overall cellular health.



## A Cure For Dandruff

Steer clear of traditional shampoos and conditioners which can contain dandruff-causing chemicals like sodium lauryl sulfate and paraben.

Next, start a regime that will help balance your hair's oils since the most common cause of dandruff is the overproduction of a yeast-like fungus called malassezie, which lives off of the oil produced by your hair follicles.

To bring balance to your scalp: Supplement with a daily EFA like fish oil to balance oils

secreted by your skin. Clarify with a fungus-killing apple cider vinegar rinse once or twice a week after shampooing. It'll also help nix excess oil.



Heal by mixing several drops of organic tea tree oil (a natural antimicrobial agent) into a small amount of organic jojoba, which replenishes moisture. (March 2008, *Natural Solutions* magazine)

*Jojoba organic, 8 oz. available from Camden-Grey Essential Oils.*

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. Karl Johnson

May-June

10% Discount Special

**Mediherb Albizia®**

40 Tabs.- \$22.50

*Allergies*

Albizia contains compounds that help assist your breathing during seasonal irritation and stresses (seasonal allergies). Albizia helps your immune system function better and promotes healthy upper respiratory, gastrointestinal, and skin functions.



## Health Implications of Fluoride In Your Drinking Water

This quick Fluoride Action Network video shows us some of the major concerns of fluoride in drinking water. Check out the warning label on your toothpaste tube. It notes that the amount of fluoride in a single brushing (.25 mg)



should not be swallowed, and if so, the label says you should contact a Poison Control Center. Interestingly, that's the same amount that's in an average glass of tap water. Learn more and watch:

[http:// www.fluoridealert.org/](http://www.fluoridealert.org/)

## Flowers, and Grass, and Trees-Achoo!



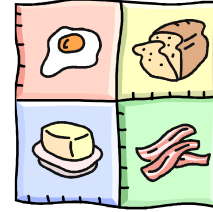
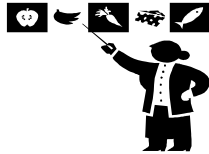
Welcome to spring. Flowers bloom, grass grows, and trees begin to blossom. But, lurking in all this beauty is the nemesis of spring-pollen. These tiny spores are given off by flowering plants and circulate in the air. For those sensitive to pollen, this time of year can be unbearable. Itchy, watery eyes, headaches, sneezing, and coughing are all problems associated with pollen overload. Products such as Allerplex, Antronex, Fen-Gre, Cal-Amo and Drenamin all help keep pollen in check and ward off seasonal challenges (*MediHerb Standard Process Newsletter*, April 2008).

## The Effortless Yet Often Forgotten Smile...



Babies smile 200 times a day, and women smile nearly eight times more than men. According to the book *Smile!* by Jonathan B. Levine and Jane Larkworthy, the average man smiles just eight times daily. So grab your guy and get grinning! (Lorimer, Nicole *Positive Living Magazine*).

## Bits & Pieces



### Nutrition Myths and Facts

**Myth:** For good health, serum cholesterol should be less than 180 mg/dl.

**Truth:** The all-cause death rate is higher in individuals with cholesterol levels lower than 180 mg/dl (Circulation, 1992; 86 (3): 1026-1029).

**Myth:** Animal fats cause cancer and heart disease.

**Truth:** Animal fats contain many nutrients that protect against cancer and heart disease; elevated rates of cancer and heart disease are associated with consumption of large amounts of vegetable oils (Fed Proc., 1978; 37: 22-15).

**Myth:** Children benefit from a low-fat diet.

**Truth:** Children on low-fat diets suffer from growth problems, failure to thrive & learning disabilities (Food Chem News. 10/3/94).

**Myth:** A low-fat diet will make you "feel better" and increase your joy of living."

**Truth:** Low-fat diets are associated with increased rates of depression, psychological problems, fatigue, violence and suicide (Lancet 3/21/92;339).

**Myth:** To avoid heart disease, we should use margarine instead of butter.

**Truth:** Margarine eaters have twice the rate of heart disease as butter eaters (Nutrition Week, 3/22/91; 21:12).

**Myth:** Americans do not consume enough essential fatty acids.

**Truth:** Americans consume far too much of one

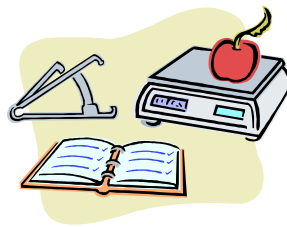
kind of EFA (omega-6 EFAs found in most polyunsaturated vegetable oils) but not enough of another kind of EFA (omega-3 EFAs found in fish, fish oils, eggs from properly fed chickens, dark green vegetables and herbs, and oils from certain seeds such as flax and chia, nuts such as walnuts and in small amounts in all whole grains) ((American Journal of Clinical Nutrition, 1991; 54: 438-463)).

**Myth:** A vegetarian diet will protect you against atherosclerosis.

**Truth:** The International Atherosclerosis Project found that vegetarians had just as much atherosclerosis as meat eaters (Lab Invest. 1968; 18:498).

**Myth:** Low-fat diets prevent breast cancer.

**Truth:** A recent study found that women on very low-fat diets (less than 20%) had the same rate of breast cancer as women who consumed large amounts of fat (NEJM. 2/8/96).



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

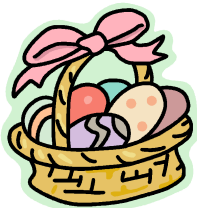
**Give us a call & tell  
us what you need -  
or request a mail  
order form.**

**Visa & MasterCard  
Accepted**

**(586) 731-8840  
(586) 726- KIDS**

## A Loud Hoppity Hop Applause to Our *Easter Egg Contest Winners!*

Ah...the smell of ham, the smell of pie, and...the smell of eggs! What else could get your stomach more excited for Easter than that??...How about the smell of crayons (and/or markers) combined with the opportunity of winning prizes?! Yes, you heard me right!...We'd proudly like to congratulate our Easter Egg Contest Winners for their dedication, contribution and for being the wonderful artists that they truly are. Let's give a warm congratulations to our winners: Maci Chamberlain (age 5), Clayton Yocca (age 11), Rachel Cedroni (age 12), and Nina Jahr (adult). We thank you and congratulate you for your beautiful artwork!



**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.**

**Notice to Families:**

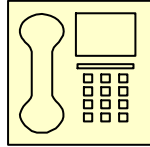
**Please notify the clinic whenever one or more members of your family will be unable to keep their regularly scheduled appointments. In this way, we can accommodate others waiting for appointments.**





Karl R.O.S. Johnson, D.C., *Director*  
Diana N. Vancea, *Editor*  
51735 Van Dyke Avenue  
Shelby Twp., MI. 48316-4451

**Phone:** (586) 731- 8840  
or (586) 726- KIDS  
**Fax:** (586) 731- 9550

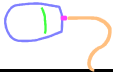


***Were on the Web!***

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

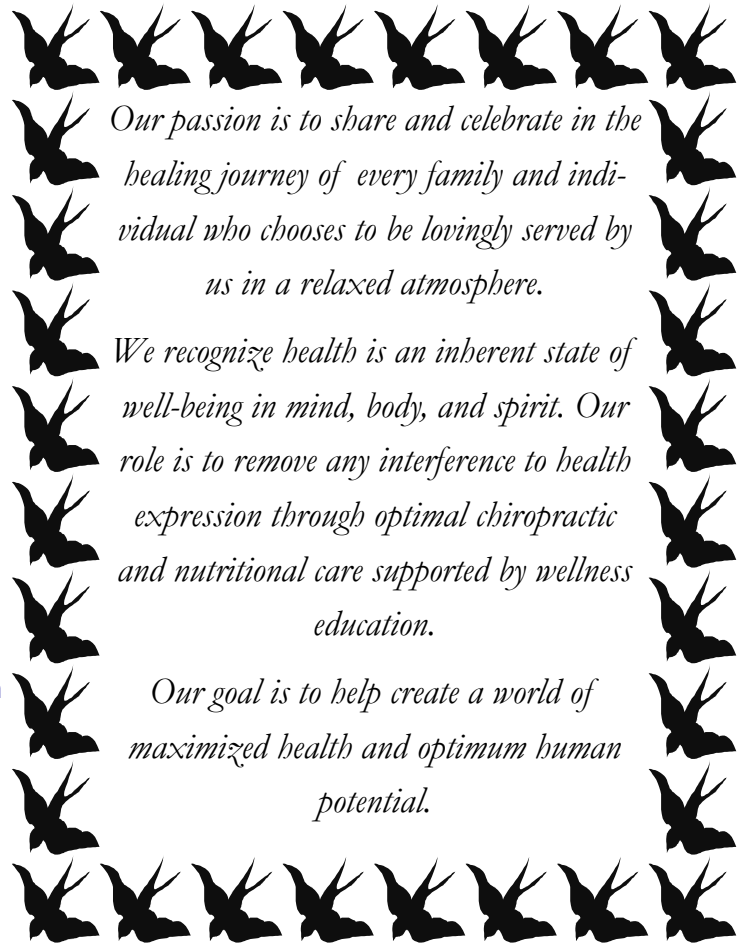
***Email:***

[info@wellnesschiro.com](mailto:info@wellnesschiro.com)



*"Most of the shadows of this life are caused by our standing in our own sunshine"*

**-Ralph Waldo Emerson**



*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.



**This coupon entitles you to:**

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

**Chiropractic & Nutrition Wellness Center**

**51735 Van Dyke Avenue,**

**Shelby Township, MI 48316**

**Investment: \$35**

**Call (586) 731-8840**

***\*Appointment Necessary\****

**Expires: June 22, 2008**

**\*\*This coupon could save you up to \$250!\*\***

***\*Adjustments NOT covered by coupon\****

***\*Additional views at normal fees\****

***\*Coupon NOT applicable to Medicare patients due to Federal Regulations \****

