

# HEALTHLINE

News & Notes to Help Improve the Quality of Your Life



Volume 12, Issue 1

## On the Horizon...Special Seminars!

Dr. Karl Johnson will once again be conducting some special seminars for practice members and any interested parties.

The first of these is a special look at events and processes as related to health. He'll discuss what blocks our ability to heal ourselves and how we can destroy that block. This seminar, **Health! It's What You Know That Isn't So!**, will be presented at no charge on Monday, February 19. See Calendar for times and location.

Then, on March 1 and March 15, Dr. Johnson will present two classes through the Utica Community Schools Adult Education Program. The first,

**The Effects of the Modern Diet on the Body**, looks at the foods we eat and will be presented on Thursday, March 1 at 6:30 pm. Next is **Improving Children's Health Naturally** on Thursday, March 15. Since these classes are offered through the school system, there is a charge of \$18.00 (\$15.00 Seniors) plus a \$5.00 materials fee for each class.

Finally, on Monday, April 9, Dr. Johnson will discuss **Healthy Bones**, or preventing and/or controlling osteoporosis. Included will be the 84 warning signals and the 6-point plan to restore the nutritional balance to bones. This free seminar is at the Utica Public Library.



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### Calendar

**Monday, Feb. 19:**  
"Health! It's What You Know That Isn't So!" Utica Public Library, 7:30-8:30 pm. No charge.

**Thursday, Mar. 1:**  
"The Effects of the Modern Diet on the Body" Shelby Junior High, 6:30-8:00 pm \$18.00 (Seniors, \$15.). Materials Fee, \$5.00.

**Thursday, March 15:**  
"Improving Children's Health Naturally" Shelby Junior High, 6:30-8:00 pm. \$18.00 (Seniors, \$15). Materials Fee, \$5.00.

**Monday, April 9:**  
"Healthy Bones" Utica Public Library, 7:30-9:00 pm. No Charge.

**Reservations  
Required  
Call Today!  
(810) 731-8840**

## Peer Hypnotism

By Karl R.O.S. Johnson, D.C., L.C.P., (Hon.)

About a month ago I was talking with a couple of "seasoned" citizens at their regular adjustment visit. Our dialogue was centered on how many of her friends were on multiple prescription drugs. This couple uses no drugs. There are several other practice members that come into our office who take no drugs either. The fact that they consume no drugs is quite amazing to most folks!

During our conversation the topic of *peer hypnotism* and America's drug culture came up. In fact that was the term coined by this practice member to describe the automatic reliance on drugs for every health problem one experiences because "everyone" else does the same thing.

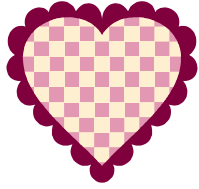
You can tell when someone is under the trance of peer hypnotism. One way is when a person you are talking to mentions they are experiencing a health problem and you try to

explain that there is a non-drug way to handle it and they totally ignore your comment. Or you talk to them about ways you have been able to handle the same type of problem they are having and they change the subject. This can be especially daunting when you are excited about the wonderful benefits you have received from your chiropractic care program or your nutritional natural health improvement program and the person you are talking to gives you the evil eye when you suggest that they might be helped too.

Why are people like this? There are at least 3 reasons.

1. The drug industry in America is the most profitable industry—Period.
2. The allopathic medical model is based on Aristotle's concept of mechanism, whereby the body is thought of as being a machine. As the machine breaks down, the good mechanistic medical doctor or osteopath recommends a prescription drug which forces the body in an opposing manner to do what the doctor thinks the body should do. For example, someone has depression

*(Continued on page 5)*

**Have-A-Heart****\$1.00 each**

During February, we at the clinic ask for your help and support for **OKLAHAVEN Children's Chiropractic Center.**

Buy a heart, sign it, and post it on the door. Help us help the kids!

**SUCCESS STORIES:**

From the time my son Cory was born, he had temper problems. He would throw tantrums and yell. My husband and I thought it was "parenting problems," so we tried all sorts of techniques to help him get some control. Although he showed some improvement and his symptoms seemed to lessen as he grew older, he always displayed his temper.

By the time Cory reached the third grade, he was somewhat better but had trouble with his temper and with focusing. We had him tested. Unfortunately, we never received a diagnosis from the psychologist. His teacher thought he was suffering from ADD (Attention Deficit Disorder), but we never got a complete report or recommendation. He was borderline we were told.

At a gathering at Dr. Johnson's, I spoke to his wife. She advised me to bring him in and see what Dr. Johnson could find. We took him in two days before school started and Dr. J. gave him supplements. From that time, he's been cool and calm — a completely different child!

I know it's hard to believe, but he hasn't had a single temper outburst in school, he's getting along better with his siblings and friends, and has turned into a healthy child (no colds or flu so far this year). Cory also made the Honor Roll and had his best report card ever this year. He takes Catalyn, OPC Synergy, Min-Chex, and flax seed oil. And he's been healthy and happy! Thanks, Dr. J.

Alyson Juresich, New Baltimore, MI



For over two and a half years I suffered from low back pain and left hip pain. I'd been to another chiropractor with very little results. My aunt suggested I try Dr. Johnson.

I've been getting adjusted for a month now and I've really improved. I can go up steps now and I'm at least 100 times better than I was before Dr. Johnson. I can do things better and I find my job easier to do. Thanks, Dr. Johnson!

Kevin Duprey, Macomb, MI

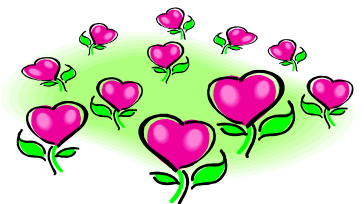
When I came to Dr. Johnson, I had been feeling tired and suffered from headaches, back pain, right shoulder and wrist pain. My right wrist kept falling asleep.

Dr. Johnson examined me and put me on a program. Over the next several months, I improved steadily. After about three months, I really felt a lot better. Dr. Johnson adjusted me regularly and recommended several supplements, which also helped a great deal.

Now my wrist has greatly improved along with my shoulder (the shoulder more so than the wrist), I have fewer headaches; I have less tension and require less sleep each night. I also have more energy and feel more alert.

I've recommended Dr. Johnson to others because I believe he can really help.

Paul Gjeldum, Shelby Twp., MI

**FEB. SPECIAL****CARDIO PLUS****SAVE 10%****90 tabs —****\$ 9.90****330 Tabs. — \$35.10**

Help maintain, support, and strengthen your cardiovascular system with this combination supplement.

**MAR/APR SPECIAL****LIVAPLEX****90 caps — \$16.20**

This liver support works to promote healthy enzyme production in the liver. These enzymes help the body naturally convert potentially harmful substances into less toxic compounds.

## The ABC's of Vitamins By Eric Hall

### ABC's of Vitamins, by Eric Hall

**(Editor's Note:** 13-year-old Eric is the co-winner of our Fall essay contest. Here is his essay.)

#### What Vitamins Are

Vitamins are substances that our bodies use in very small amounts. Just like tools in a workshop, they make it easier to make something, but they are not consumed in the process. Scientists still don't understand the way vitamins act on the body (Let's Be Healthy, pg. 100). Some basic things we know vitamins do are help metabolism, protect health and help with growth in children. Vitamins also help in the formation of hormones, blood cells, nervous-system chemicals, and genetic material. The different vitamins are not chemically related, and most of them differ in their actions (Microsoft Encarta, "Vitamins", pg. 1).

Nutritionists have identified thirteen vitamins and have put them into two different categories. These two categories are based on the ability to be absorbed in fat or water. Fat-soluble vitamins include: A, D, E, and K. These vitamins are usually eaten and stored in fat so you don't have to worry about eating these every day. The water-soluble vitamins include

the eight B vitamins and vitamin C. Water-soluble vitamins cannot be stored in the body, so you must eat them *nearly* everyday to get the right amount to maintain a healthy body.

Your body can only make vitamin D, so all the other vitamins must come from the other foods that are in your diet. In order for you to know how much of each vitamin you must have each day, you should check the recommended dietary allowances list published by the Food and Nutrition Board of the National Research Council. This has been published in the U.S. since 1940. This list is especially helpful for today's growing number of people who do not eat regular meals because they are so busy. Busy people often also eat prepared foods and need to know the ingredients that are in them.

Having a well-balanced diet is the best way to get all the necessary vitamins your body needs. Many people take vitamin supplements (man-made) believing they will "cure" diseases, from colds to cancer, but in fact, the body gets rid of most of these preparations without using them. Also the fat-soluble vitamins (A, D, E, K) can block the effect of other vitamins and cause poisoning if you get too much (Microsoft Encarta 2000, "Vitamins", pg. 1).

#### What Vitamins Do

Let's look at the main vitamins, how we get them and what they do for your health:

#### Vitamin A

Vitamin A is essentially normal for growth and development, promotes good eyesight and healthy skin. Also, it helps your immune system against colds and infection. Vitamin A comes from foods such as liver, fish, butter, whole milk, cheese, eggs, cantaloupe, sweet potatoes, carrots, tomatoes, spinach, chard and fish-liver oils. Some of these foods, such as spinach, carrots, sweet potatoes and cantaloupe contain a pigment called carotene, which the body makes into vitamin A (Let's Be Healthy, p.100). A vitamin A deficiency (not enough vitamin A) can cause blindness, or extremely dry skin (Microsoft Encarta 2000, "Vitamin & Mineral Table", pg. 1).

#### Vitamin B

The eight B vitamins work together to help convert food to energy. They are important for many things including: making red blood cells, keeping teeth, gums and blood vessels healthy. Remember vitamin B is a water-soluble vitamin so you have to eat enough of it each day (Let's Be Healthy, pg. 100). Let's look at which foods give us our B vitamins — see the attached chart of foods containing all the B Vitamins (Chart from "Foods High in Essential

Nutrients", Parker Chiropractic Resource Foundation, 1992 —available in Dr. Johnson's office). Not getting enough of the B vitamins can cause many health problems including: Beriberi (weakened heart and muscles), eye and skin cell irritation, Pellagra (skin and gastrointestinal disorders, nerve inflammation, mental disorders), fatigue, convulsions, kidney stones, depression and nausea (Microsoft Encarta 2000, "Vitamin and Mineral Table", pg. 1).

It is interesting to note here that sometimes people think they are getting good vitamins in their food when in reality the vitamins have been lost due to the over processing of foods. An example is when the Germans invented a machine to polish rice; which is what we know as "white rice". The vitamin B, Thiamin, gets stripped off in this process, so eating plain white rice will not give you your daily need of that vitamin. Many people are beginning to understand this problem and are going back to eating unpolished rice or "brown rice" (Let's Be Healthy, pg. 101). It is important for people to understand that processed foods can lose their vitamin value for your body.

#### Vitamin C

Another water-soluble vitamin, vitamin C cannot be stored in the body and needs to be consumed often. Vitamin C keeps your connective tissue healthy especially in the skin, teeth and bones. It helps prevent

*(Continued on page 5)*

## For Sinus Relief

2" piece of fresh ginger  
Pinch cayenne pepper  
Pinch cinnamon  
Pinch cloves  
3 cups water  
1 Tbsp. Honey  
Juice from 1/2 lemon

Steep for 5 minutes,  
strain to drink.

## Additional sinus aids:

No sugar  
No white flour  
No Anger  
Bathe in Epsom salts

—from Renee Schulte,  
Practice Member

## OFFICE NEWS



Thank you to all who donated to our annual Giving Tree. We were happy to send **several bags of food plus \$185.00** to the Stevenson High School Food Drive. We hope you all had a super holiday.



Check the office for new reading material. We have a reading list available of Dr. Johnson's choices for everyone. Just ask for it. And if anyone borrowed

our copy of the **Guinness Book of Records**, please return it.



Tired of snow? Of cold weather? Ready for summer? It's here — at least for one week, March 5 through 10 at the Clinic. Join Dr. Johnson and the staff for a fun-filled week of heat, summer fun, and prizes for the best summer outfits you wear to the office. So get out your sun-

glasses, your best summer shirt (loud & crazy), your shorts and sandals. We'll provide some heat, refreshing drinks, summer smiles and good old summertime hospitality.

Call (810) 731-8840 and make your appointments now! Remember — fun and surprises await you March 5 – 10 at our Beach Party!



## Broccoli Salad

From Debbie Jacobs

1 Bunch fresh broccoli  
1/2 med. Red onion  
1 cup raisins or dried cherries  
1 lb. Bacon or turkey bacon

Cut broccoli in bite-size pieces, cut onion in small pieces, fry bacon and crumble over salad. Add raisins (or dried cherries). Optional: add walnuts or sunflower seeds.



## Dressing

1 cup mayonnaise  
1/4 c. Sucanat (unprocessed sugar)  
2 Tbsp. Apple cider vinegar

Mix together & refrigerate. Mix with salad when ready to serve.

## RECIPES

## Asparagus &amp; Apple Salad with Toasted Walnuts

1 1/2 lbs. Asparagus, trimmed  
2 Tbsp. Wine vinegar  
1 Tbsp. Vegan (dairy-free) mayonnaise  
2 Tbsp. Fresh minced basil  
1 Tbsp. Olive oil  
1 large red apple, cored, quartered and cut into 1/2-inch pieces  
1/4 cup walnuts, toasted  
1 small head radicchio

Steam asparagus until barely tender and bright green, about 4 minutes. Drain, cool and transfer to a large bowl. In a small bowl, combine vinegar, mayonnaise and basil. Gradually whisk in oil. Season with salt and pepper. Add apples to asparagus. Add dressing, and toss



to combine. Mix in walnuts and adjust seasonings. Line a medium bowl with radicchio leaves, add salad and serve. Serves 4.

*Better Nutrition, October, 2000*



## Georgia Peach

6 peaches  
Juice of 1/2 lemon



1 qt. Of apricot juice  
1/2 avocado

Cut up into blender.

Blend until smooth. You can add protein powder if so desired. This is a good breakfast drink.

*If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.*



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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



(Continued from page 1)

so an anti-depressant is prescribed. Or, someone else has inflammation so an anti-inflammatory is prescribed. It is basically a system of opposites. We all grew up inside this system.

3. As B.J. Palmer wrote. "The world is indoctrinated in medicine. People are conceived and born in a medicine cabinet. They grow up in a drugstore. Their priests and their tin gods are the AMA. They have been brainwashed, hypnotized, mesmerized and drugged to believe their life-force comes from the Outside-In. Chiropractic must un-brainwash the public and demonstrate that **health comes from the Inside-Out.**"

The bottom line is that America is a country that is based on a DRUG CULTURE. We consume more drugs than any other country on the

planet, yet we are only 40th in the world in health according to the World Health Organization. The reason: the fundamental belief that health comes from **OUTSIDE** the body. The logic then is that we have to take something in a pill or a potion to restore health.

Chiropractic, like other vitalistically based healing methods, is based on the truth that health comes from **INSIDE** the body. In other words, the natural, normal tendency is for your body to be healthy. What needs to be done is to simply find what is **INTERFERING** with the body's natural healing wisdom. The most common interference is vertebral subluxation (abnormal spinal function with nerve interference). Stressors that are **too powerful for your body to adapt to** cause vertebral subluxations. These stressors can be in three basic categories:

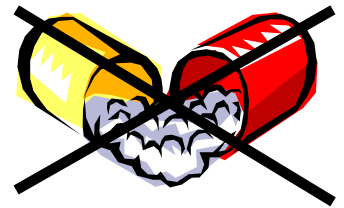
1. Physical stress
2. Chemical stress
3. Emotional stress

In the vitalistic paradigm, one seeks to remove or reduce the stressor that is identified as being the cause of interference and then the body naturally heals itself to the degree possible (based on how much damage was done while the stress was wreaking havoc). In chiropractic, we adjust subluxations. In nutrition, we teach people about whole foods and use food supplements to help rebalance body chemistry. Healthy lifestyle choices also include exercise, mental relaxation, adequate sleep, good friends and socializing, limiting negativity and violence from media and participating in altruistic opportunities in the community and world.

In closing, the next time you encounter someone you want to help who is suffering with a health problem and is subject to peer hypnotism, try to wake him or her up. Two methods seem to work well. One is to shake them up a little with facts. For example, prescription drug reactions are the fourth leading cause of death in the U.S. and

account for 290 deaths per day. That would be equal to having a jumbo-jet crash every other day all year long!! If they keep telling you about their problem, ask them: "Are you just complaining or do you really want some help?" Or try the feel, felt, found method: – I know how you feel, I felt that way myself, I found out it could be handled with chiropractic and/or nutrition, exercise, stress reduction – what ever you found helped with your health challenge.

The only way we are going to get people to wake up from the drug culture peer hypnotism is to get more people living a healthy lifestyle. Let's make it a priority. Check out our upcoming seminars and bring some friends.



(Continued from page 3)

the disease called scurvy and multiplies in resistance to infections. This vitamin is found in many fruits such as: papayas, oranges, grapefruits, lemons, limes and strawberries. It is also abundant in fresh green vegetables like: broccoli, raw cabbage, brussel sprouts, green peppers, spinach, tomatoes and potatoes. Since a lot of the vitamin C is destroyed by cooking, it is much better to eat these foods while they are still raw (Let's Be Healthy, pg. 102).

**Vitamin D**

Vitamin D is a fat-soluble

vitamin so you do not have to eat it every day. Vitamin D is also known as the "sunshine vitamin," because sunshine shining on your skin changes a kind of cholesterol to vitamin D (Let's Be Healthy, p. 102). Vitamin D is not found in a lot of food, but it is included in salmon, sardines, fortified milk, egg yolk and organic meats. An important benefit to Vitamin D is that it helps your body use calcium, which protects your teeth and bones. A lack of vitamin D can cause Rickets (bone deformity) (Microsoft Encarta 2000, "Vitamins", pg. 3).

**Vitamin E**

The exact use of Vitamin E to the body is not clearly

known. It somehow helps in forming red blood cells and other tissue. Vitamin E also protects other vitamins from being destroyed by oxygen. Vitamin E is



found in: vegetable oil, peanuts, what germ, liver, and leafy green vegetables (Microsoft Encarta 2000, "Vitamin", pg. 4).

**Vitamin K**

Vitamin K is necessary to help your blood to clot. You will get vitamin K if you eat alfalfa sprouts and leafy green vegetables (Microsoft Encarta 2000, "Vitamin", pg. 4).

A vitamin K deficiency can result in uncontrollable bleeding (Microsoft Encarta 2000, "Vitamin", pg. 7).

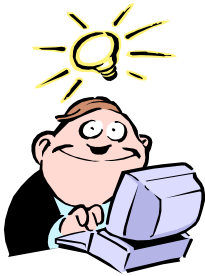
Although we have now explored the most important vitamins, it is important to note that many other important vitamins (vitamins F, P, T, U) exist in foods you eat. Your body also needs about twenty different minerals including: calcium, iron,

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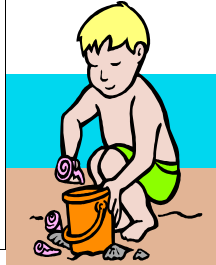
### Mission Statement

**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.**

**Recognizing health is an inherent state of well being in 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.**

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ception desk, complete it and return it when you bring your child in for an adjustment. One of our staff will take your child's picture and the completed card will be sent to you.

*(Continued from page 5)*  
potassium, sodium, iodine, and magnesium. All of these can be found in a well-balanced diet. It is also extremely important to drink at least six large glasses of water everyday (Let's Be Healthy, pg. 103-107).



### Makin' Miracles Child Safety ID Photos

Have you read a good book lately? Dr. Johnson has a great list of books for you. It's on his website:

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

Once you review the list and decide what you want, just click on the Amazon.com button and you can order your books and any other items you want right there.

Reading lists are also available at the office

Do you have a child safety ID card for your children? The Makin' Miracles program gives you a laminated card for you or an older child to carry for identification purposes. We also offer a finger printing kit with the card so you will have complete ID information should you ever need it.

Dr. Johnson is offering these ID cards to all children who are practice members at no charge. Simply pick up the information sheet at the re-

ID cards are also available to all children. For those children who are not practice members there is a \$4.00 processing fee. This fee is donated to the International Chiropractic Pediatric Association for Children's Research.

For more information, call Diane at the clinic, (810) 726-KIDS.

Makin' Miracles ID cards will also be available at the Life Time Fitness Center's Spring Open House, Saturday, March 24.

**What You Should Do**  
Now that you know the ABC's of vitamins, you should be diligent in eating the right kind of healthy foods. Check food labels to be sure you are eating natural foods. Drink water instead of pop or other artificial beverages. Try to eat more raw foods, and less processed foods. For many people, really increasing the amount of fruits and vegetables eaten every day will greatly help! Your health in the area of getting the right amount of the right vitamins really depends on your well-balanced diet!

