

# HEALTHLINE

News & Notes to Help Improve the Quality of Your Life



Volume 12, Issue 3

## Dr. Johnson Adds New Health Assessment Tools

For many years now, I have been learning methods of determining the body's imbalance signals. Our overall goal with the care at Chiropractic Wellness Center of Macomb is to help our practice members regain balance with their health. To that end, I have been searching for the best teachers who get consistent results in "cracking tough cases." After all, what drives most good doctors are the patients who come in and get results but don't fully recover. We now have an awesome system of health assessment tools that help us get to the root of most, if not all, the problems we encounter with those who seek our care. I am not trying to say we are the only answer — the only practitioner of healing one would need to see — but we are primarily concerned with helping our practice members achieve optimal health.



*Dr. Johnson & Dr. Devi Nambudripad*

With the combination of:

- ❖ Contact Reflex Analysis (CRA)
- ❖ Autonomic Response Testing (ART)
- ❖ Heart Rate Variability Analysis (HRVA)
- ❖ Nambudripad's Allergy Elimination Techniques (NAET)
- ❖ plus our special methods of chiropractic analysis;

I now have the tools to know when our practice members need the services of a holistic dentist or holistic medical practitioner, who are also skilled in special health assessment techniques. I am very excited about the result our practice members are getting using NAET with

their problems caused by allergies.

### What Are Nambudripad's Allergy Elimination Techniques (NAET)?

Nambudripad's Allergy Elimination Techniques or NAET for short, is a holistic, non-invasive treatment used in eliminating food and environmental allergies permanently. NAET was developed by Dr. Devi S. Nambudripad, a California acupuncturist, chiropractor, kinesiologist and a registered nurse, in an attempt to relieve herself of severe allergic symptoms suffered since her birth in Kerala, South India. Dr. Nambudripad began conducting re-

search in 1984. Her goal: Solve physical problems that had plagued her since birth and help others with similar problems. Her research resulted in the development of a new and effective approach for diagnosis and elimination of allergies of all types. Dr. Nambudripad utilized existing medical knowledge from various fields of medicine and combined this with her own discoveries.

While working on her Ph.D. at Samra University of Oriental Medicine in Los Angeles, she observed that people presenting allergic symptoms often responded favorably to acupuncture or acupressure treatment. After recognition of the systemic relationship between contact with an allergen and the resulting neuro-physiological effects produced in the body, she began to discover the key to the mystery of how the brain may be reprogrammed in its response to what it once took to be harmful

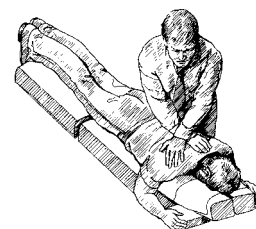
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### Calendar

Look for our Fall Schedule in the August issue.

June-July  
Free spinal checks for children under 16 years of age.  
Call for Appointment



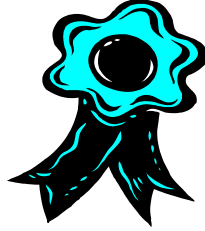
*"Do what you can, with what you have, where you are."*

— Theodore Roosevelt

*(Continued on page 5)*

### SUCCESS STORIES:

I can't believe the effectiveness of the NAET treatments. Two days ago Dr. Johnson cleared me for sugar. Today I came in for my recheck and I was fine.



THEN I had to stop at my favorite bakery to pick up a birthday cake I had ordered. Now please understand that I couldn't go near that place without buying a ton of goodies. However, today — well, today I passed it all up. I didn't want any of it. I can't believe it! I actually did not want any sugar, which I dearly love and had always wanted.

This is a great new treatment. I look for nothing but exceptional results and super health! Thanks, Dr. J.

Linda Ziembo, Sterling Hgts., MI



For over 20 years I suffered from stomach problems, tiredness, low energy, weight gain and not feeling good. I had to retire as an English teacher even though things were gradual, being sick from now and then to all the time. It got to the point that each time I ate I got sick. In six months, I also gained 30 pounds. My doctors thought I had a thyroid problem, but all the tests were normal. I was sent to Mayo Clinic and they couldn't figure out what was wrong with me either — so I lived with it.



I noticed that I always felt terrible about two hours after I ate. Then I began waking up at 3:00 a.m. with my heart racing and feeling hyper. By the time I was able to get back to sleep, it was time to get up and go to work in my father's dermatology clinic. Driving went from being a joy to a complete disaster. I'd have episodes where I would have to pull over. I'd somehow manage to get home, sleep for an hour and wake up feeling fine.

Soon, whenever I ate certain foods, I would fall asleep (popcorn was one). My neurologist said that I was allergic to wheat and sent me to Boston General Hospital for further testing. So I went from Michigan to Boston and found out that I was indeed allergic to wheat. From there, I found Dr. Davey in Ann Arbor who put me on an elimination diet, which is where I've been for the past 15 years.

A few months ago, a friend told me about Dr. Jantz in Grosse Pointe Woods; so I went twice a week for light treatments. With my fear of driving and living in Chesterfield, the trip to Grosse Pointe Woods was hazardous to my health. I had read about NAET and wanted to try that. I thought it would be a quicker solution to my problems. I called the Macomb Chiropractic Referral Service and they recommended Dr. Johnson. He began treating me with supplements and shortly added NAET.

Now I wish I'd come to Dr. Johnson sooner. After all the testing I've been through over the years, I know I'm a fairly healthy person except for my allergies. I know I'm allergic to wheat, dairy, beef, corn, iodine, and alcohol. NAET is helping find other things and then reprogramming my body to deal with those allergies.

I've seen a lot of improvement with the NAET. I'm driving again, eating many more foods now without getting sick. I even went to Red Lobster and had scallops and lobster (the first time in 15 years) and I didn't get sick. My family is very supportive, especially as they see results. Dr. Johnson and NAET have been the best thing that's happened to me. I'm recommending Dr. Johnson to everyone. Thanks, Dr. J.

Cathy Magreta, Chesterfield, MI

### JUNE/JULY SPECIAL



10% Discount on IPLEX



150 capsules Regularly \$26.00 Now \$23.40

Spring allergy season has hit us especially hard this year. Iplex will help with sinus headaches and pressure as well as allergies.

### LIFETIME FITNESS CENTER

### MEMBERSHIP AVAILABLE

Dr. Johnson has a membership available for LifeTime Fitness Center in Shelby Township. You can save \$125.00 on the enrollment fee if you act soon.

Call Diane at the office for details. (810) 731-8840



## BITS & PIECES

### Charlie Chaplin for Allergic Reactions

A study from Japan published in a letter in the *Journal of the American*



*Medical Association*

(February 14, 2001)

suggests that laughter

speeds recovery from allergic reactions.

Twenty-six allergy-sensitive volunteers were injected with allergens to produce welts and skin rashes, then spent 87 minutes watching television. Half watched a Charlie Chaplin comedy, the other half watched weather reports. At the end of that time, the skin reactions of those who had seen the movie had shrunk; the weather viewers showed no such effect. This work was inspired by other reports (particularly those of author Norman Cousins) that laughter has a healing effect.

### Low-Fat Strokes

Researchers from the Harvard School of Public Health, analyzing results from a health study of nurses that began in 1980, report a possible link between very low saturated fat diets and a particular type of stroke. They found that the risk of an intraparenchymal hemorrhage was doubled in these women, compared to those who consumed a moderate

amount (25 to 36 grams per day) of saturated fat. Because the strokes occurred primarily in women with elevated blood pressure, the authors speculate that the **low-fat diet led to a structural weakness in the vascular system**, resulting in a rupture of a blood vessel (*Circulation*, February 1, 2001). The research was inspired by findings from Japan, where the incidence of hemorrhagic stroke has been observed at twice the normal rate in regions that consume very little saturated fat.

### Any Exercise Is Good

If those recommendations to exercise an hour a day, four or five days of the week scare you away from exercising, you might take heart in a Harvard study of some 40,000 women. Compared to women who did not walk regularly, women who said they walked at least one hour per week reduced their risk of heart disease by 14 percent. Increase that only slightly to 1.5 hours per week walking at a moderate 3 miles per hour, and their risk of heart disease dropped a whopping 51%. (*JAMA*, March 2, 2001)

Those who thought you had to get out and vigorously exercise every day need to think again. You



can take that hour and a half walk on the weekend or your day off and still vastly improve your health. Virtually everyone can walk. Why not find a friend to walk with to mutually encourage each other to go, and just do it.



### Antibiotics Don't Help Sinusitis

Antibiotics do not help most children with acute sinusitis, according to a study in *Pediatrics*. Investigators studied 180 youngsters, aged 1 to 18 years, with acute sinusitis. The children were divided into three treatment groups: 1) amoxicillin, 2) amoxicillin-clavulanate, or 3) placebo. Treatment lasted 14 days. 79% of the youngsters on amoxicillin improved after 14 days, as did 79% of those taking placebo pills and 81% of those on amoxicillin-clavulanate.

"Most children with prolonged cold-like symptoms suggestive of acute sinus disease get better within three weeks, without antibiotic therapy," explains chief investigator, Jane Garbutt, MB, ChB. "Our study suggests that, for children with uncomplicated acute sinusitis, it makes sense to delay antibiotic treatment and watch carefully."

"Antibiotics are expensive

and can cause side effects, most commonly diarrhea," Garbutt says. "Another concern is that they are an important factor in the emergence and spread of antibiotic-resistant bacteria."

*Garbutt JM, Goldstein M, Gellman E, Shannon W, Littenberg B. A randomized, placebo-controlled trial of antimicrobial treatment for children with clinically diagnosed acute sinusitis. Pediatrics 2001; 107: 619-625*

Dr. Johnson is always happy to answer questions about articles in Bits & Pieces. Give the office a call and schedule a phone conference with him to discuss your concerns.

### What's in a Portion?

If your diet calls for "standard portions" of food, here is what you can expect to eat:

- ◆ **Medium Potato** — the size of a computer mouse
- ◆ **Average bagel** — the size of a hockey puck
- ◆ **Cup of fruit** — a piece of fruit the size of a baseball
- ◆ **Cup of lettuce** — 4 leaves
- ◆ **3 Ounces of boneless, trimmed, cooked meat, poultry, or fish** — the size of a deck of cards
- ◆ **One ounce of cheese** — the size of 4 dice
- ◆ **One teaspoon of peanut butter** — the size of one die
- ◆ **One ounce of snack food (pretzel, chips)** — will equal a large handful

Consider this: On an average day in the U.S., 965,000 people consume a Coke for breakfast.



**Welcome to the Clinic**

Please welcome **Maryellen Morgan** to our office. As our new chiropractic assistant, she will be assisting at the reception desk and also for exams and x-rays.

Maryellen was born in New York (Brooklyn to be exact) and comes to us by way of New Jersey, California (the San Fernando Valley), and finally back to Michigan.

While in California, Maryellen worked for a chiropractor and clinical nutritionist like Dr. Johnson for almost ten years.

# OFFICE NEWS

**Easter Egg Designing Contest Winners**

Once again the Egg Designing contest was a big success. Each year it gets harder to select winners in each age group. However, Dr. Johnson and his staff selected the winners from the many, many excellent eggs. This year's winners include:

Ages 2-4 **Phillip Warda**  
Ages 5-7 **Irene Vandenberghe**  
Ages 8-10 **Miriah**

**Passalaqua**  
Ages 11-13 **Eric Hall**  
Ages 14+ **Amy Ruddick**

Congratulations to all the winners. Each was given \$5.00 for their efforts.

**MS150 Bike Tour for MS**

Once again Dr. Johnson will be biking through the western hills of Michigan on the MS150 Bike Tour for Multiple Sclerosis the weekend of June 9 and 10. Anyone wishing to make a donation in his name is welcome to

do so. Please contact the office for particulars.

**California Here He Comes**

Dr. Johnson will be in California during June for advanced training in NAET (Nambudripad's Allergy Elimination Technique). For more info on this excellent treatment, see his article on Page 1.



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



"A successful person is one who can lay a firm foundation with the bricks that others throw at him or her."

—David Brinkley



## RECIPES

**Spinach Salad**

-8 cups torn fresh spinach  
-3 green onions, washed, ends removed, sliced  
-2 pts fresh strawberries, washed, sliced  
-3 large ripe bananas, peeled, cut into 1/2 inch slices  
-2 oz. slivered almonds, toasted  
-1 cup fat free poppy seed salad dressing



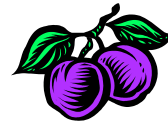
In a large salad bowl, combine the spinach, green onions, strawberries, bananas and almonds. Drizzle with dressing; toss to coat. Serve immediately. Makes 8 servings. From the *Detroit Free Press*, May 29, 2001.

**Plum Barbecue Sauce**

-6 oz. All-fruit plum jam  
-2 oz. Pineapple juice  
-3 Tablespoons tamari sauce  
-2 cloves garlic, put through a press

-2 scallions, thinly sliced  
-2-inch piece fresh ginger, grated

Combine all ingredients in a small bowl and stir until blended. Good coarse or smooth. Blend to the consistency you desire. Makes 1 1/2 cups. Highly beneficial for all blood types. Delicious on chicken and fish, especially a rich tuna steak. If you try to grill with this, it will burn, so reserve for the last few minutes of cooking or serve it on the side. (From *Cook Right for Your Blood Type* by Dr. Peter J. D'Adamo.

**Honeyleaf Multigrain Muffins (Wheat-free, Sugar-free, Fat-free)**

Dry ingredients:  
-1 1/2 cup Mixed whole-grain flour (1/2 cup each: barley, rice, spelt flour)  
-1/2 cup almond meal

-1 tsp. Baking soda  
-1 tsp. Baking powder  
Wet Ingredients:  
-1 cup prune juice (can substitute apricot or pear)  
-1/4 cup honey  
-2 Tbls. Oil (optional)  
-1 egg beaten  
-2 Tbls. Green Stevia ("Honeyleaf") powder (stir into wet ingredients)

Mix dry and wet ingredients separately, then combine, mixing only enough to blend evenly; do not over-stir. Spoon into oiled muffin tins. Bake 17 minutes in preheated 350 degree oven. Transfer to cooling rack. Makes 9 muffins. (From Karl Mincin, Consulting Nutritionist, Nutrition Resource Center, Concrete, WA (360) 853-7610)



(Continued from page 1)

or toxic.

Her own experience and personal interest led her to develop the method later referred to collectively as NAET and to specialize exclusively in the diagnosis and treatment of allergies. She has trained more than two thousand medical practitioners from all over the world (chiropractors, acu-

puncturists, allopathic medical doctors, dentists, doctors of osteopathy, and doctors of veterinary medicine are some among the group). To date, thousands of patients have been treated successfully with permanent and amazing results.

Various studies to prove the effectiveness of NAET are now underway.

So, if you have felt discour-

aged about your health problems not progressing as you would like, call us for these comprehensive assessments. You too may experience the great results we are finding with others. See the Success Stories on page 3.

"An error doesn't become a mistake until you refuse to correct it."  
 — O.A. Battista



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## Tips for Improved Ergonomic Fitness

Dr. Johnson firmly believes in helping yourself improve the quality of your life. If your work habits are not where they should be, please follow these "Tips" for improved health.

1. When sitting, vary your body position as much as possible to relieve tension on your back, neck and shoulders.
2. Give your eyes a break by frequently looking up from your computer and focusing on a distant object.
3. Keep your wrists in a straight position, rather than flexed or bent, while typing. Position your keyboard so your wrists and forearms are parallel to the floor.
4. Take short breaks every 30 to 60 minutes. Stand up, stretch or walk for a few minutes.
5. Reposition your monitor to avoid glare. Position the top of your monitor slightly below eye level.
6. Help reduce exposure to electromagnetic emissions from your computer by sitting 20 to 28 inches away from the front of the monitor.
7. Sit well back in your chair and place your feet on the floor to prevent posture-related problems. Use a footrest if your feet are not flat on the floor.
8. Avoid neck strain by locating your monitor directly in front of you. Place documents in the same vicinity so you



9. Keep clutter away from your computer to avoid eye fatigue caused by what you see using your peripheral vision.
10. Schedule regular chiropractic adjustments to correct any problems that computer use may have irritated.

"The change of one simple behavior can affect other behaviors and thus change many things."  
 —Jean Baer

Every day, assembly line workers, keyboard operators, grocery store clerks, and many others, receive microtraumas to their hands and wrists. Vibration and repetitive motions, when combined with spinal problems and other joint dysfunction, can result in a condition known as carpal tunnel syndrome.

The major nerve controlling the thumb, index, and parts of the middle and ring finger is called the median nerve. From the tip of your fingers, it travels through the bones in your wrist, past your elbow, up your arm, through your shoulder and neck, and finally to your spinal cord. Problems can develop in one or more of these areas.

(Continued on page 6)

## How Fit Are Your Work Habits?

Answer "yes" or "no" to the following statements:



1. I sit at my desk for long periods of time.
2. Most of my work involves staring at a computer.
3. I bend my wrists when I type.
4. I rarely take breaks when I work.
5. Glare on my computer monitor gives me a headache.
6. I sit less than an arm's distance away from my monitor.
7. I sit forward on my chair.
8. I often stretch my neck and turn my head to read things.
9. I keep a lot of reminder notes taped around my computer monitor.

Total your "yes" answers to see your score.

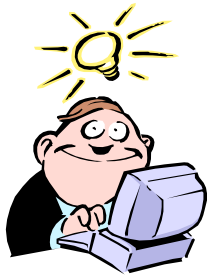
- 0 Your work habits are exceptional!
  - 1-3 Pretty good, but there is room for improvement.
  - 4-6 You need to work to be more ergonomically fit.
  - 7-9 Your job is a hazard to your health!
- Chiropractically Speaking*

Karl R.O.S. Johnson, D.C.  
Director  
Diane L. Radtke, Editor

50258 Van Dyke, Suite E  
Shelby Township

Phone: (810) 731-8840  
Fax: (810) 731-9550

Email: [chirokarl1@earthlink.net](mailto:chirokarl1@earthlink.net)



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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.

*(Continued from page 5)*

The carpal "tunnel" is formed by bones in the wrist. The median nerve, tendons, and blood vessels pass through this opening. If one or more of the bones forming this tunnel should collapse, inflammation, nerve pressure, and painful symptoms in the wrist can result. The median nerve connects to the spinal cord through openings between bones in the lower neck. When these spinal bones lose their normal motion or position, they can cause problems in the fingers and wrist.

After a thorough examination, Dr. Johnson can perform specific adjustments where needed to help normalize structure and reduce nerve irritation. When given time, conservative chiropractic care by Dr. Johnson has produced excellent results with carpal tunnel problems — without drugs or surgery.

*(from Chiropractically Speaking About...Carpal Tunnel Syndrome)*



## The Best Sun Block

May was Skin Cancer Awareness month, and summer is just around the corner. Make sure you use a good sun block—and the best sun block on the market is still *Beaver 43*. Designed by research chemist Dr. Otto Beaver, it blocks both UV A and UV B rays. It is not greasy, goes on easy, and a little goes a long, long way. It won't burn your eyes, it is water-proof, you can't sweat or swim the stuff off but it washes off easily with soap and water.

There has been some fuss about Beaver containing benzophone,

a chemical that supposedly has been banned around the world. This is an urban legend. Beaver contains zinc oxide, titanium dioxide, Octyl methoxycinnanlate, Octyl dimethyl paramino benzoic acid (not PABA), and benzophone-3. FDA testing indicating these as safe goes back decades. Once the FDA identifies safe and effective levels, they cut those *in half* for sun block formulators.



Get ready for summer and use the sun block I use every day. Order Beaver 43 for \$7 per tube. You can order three tubes for \$20 or four for \$25. And Sierra

Labs will even pay the airmail postage. A tube goes a long, long way, but if you're like me, you'll probably want the three-pack. Send your check for \$7, \$20, or \$25 to Sierra Labs, 4839 B Greenway, Suite 159-W, Scottsdale, AZ 85254. I have no share in this product, and I simply know it is the best. Still don't believe me? Sierra Labs will even send you a free sample. Just send them a full-size #10 stamped, self-addressed business envelope to the same address. They'll send you a free sample. But why waste time—just place your order today. Beaver is the best!

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