

HEALTHLINE

Chiropractic Wellness Center
Of Macomb

Volume 13, Issue 1

Wellness Opportunity Weeks!

It's time!

Now's your chance to give your family and friends the opportunity to experience the healing power of chiropractic and nutritional counseling.

From March 18 through March 29, Dr. Johnson will offer his services to new as well as current practice members not seen during the past four months for a **\$35.00 donation to Oklahaven Chil-**

dren's Chiropractic Center.

The Center offers care to children who have nowhere else to turn. These children are sick and disabled. Their parents have exhausted all traditional medicine, have spent all their money, are in heavy debt, and have also lost jobs and hope.

They come to Oklahaven as a last resort; and there the children and the parents see miracles happen that help their children reach meaning-



ful lives.

Oklahaven has operated for over 35 years on donations only — without federal, state or United Way funding.

Check out the flyer on page 5 to see how you can help the "kids" while helping yourself and your community.

Doc, Why Do I Hurt?

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



This time of year seems to bring more complaints of pain in various parts of the anatomy. Sometimes practice members describe their pain as one that travels around the various joints. Other practice

members describe their pain as a deep gnawing pain in a specific part of their body, especially the mid back or hip area. Usually these practice members also indicate that sitting or laying down on these areas make the pain

worse. A trial of additional adjustments usually proves ineffective at helping these individuals. Why am I hurting, Dr. Johnson? Deeper testing is needed.

Almost invariably, body reflex testing such as Contact Reflex Analysis (CRA) shows an active reflex that indicates weak bone structure. After testing the individual to find what type of bone building nutritional supplement would help, I prescribe the appropriate one for them. Over 90% of the time, the practice member will report after a couple of weeks that their pain is gone or signifi-

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Correcting Digestive Problems with Nutrition

Thursday, March 21, 7:00 PM

Shelby Junior High School

Through UCS Continuing Education

\$18.00 plus \$5.00 Materials Fee

Call (586) 416-2782 to register.

SUCCESS STORIES

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

“For years I was my medical doctor’s guinea pig. I suffered from severe headaches, migraines almost daily for four years after my child was born. My doctor gave me prescription after prescription for allergy pills. I got very little relief and my allergies kept increasing.

“My mom is a patient at Dr. Johnson’s and she highly recommended him to me. I’ve been coming for about four months now and I’m noticing a big difference already. I haven’t used any pills or nasal sprays for about three months now. I have more energy and only about one migraine every other week.

“My 10-year-old daughter also suffers from allergies and has been coming to Dr. Johnson for about 3 months now and she is also doing much better with care from Dr. Johnson.

“I’m happy to recommend Dr. Johnson to everyone. He’s really been a great help.”

Kristine Kot, New Haven, MI

**Need
supplements?**

Did you know...

We ship!

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

Visa & MC

accepted

(586) 731-8840



*I’ve learned that I can
always pray for someone
when I don’t have the
strength to help him in
some other way.*

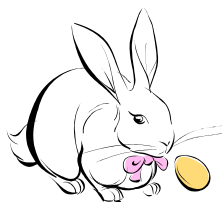
“Several months ago my medical doctor told me that I was a borderline diabetic. I knew I suffered from low blood sugar because I was shaky in the afternoon. I also suffered from acid reflux and wanted to get rid of that.

“ I decided the best way was to get rid of sugar and white flour in my diet. I read the book, “Protein Power” by Michael Eades and decided to follow the program. I was allowed 30 grams of carbohydrate per day, so there went all the things I loved to eat.

“In the past four months, I’ve lost 30 pounds and still counting. I follow the program and take the supplements Dr. Johnson recommended. I’ve been losing between 1 and 2 pounds per week.

“Needless to say, I’m not diabetic, I’m not shaky in the afternoon, I have no acid reflux anymore. I’m getting my adjustments, taking my supplements, following my diet — and I feel great!”

Deanna Fitzgerald, Rochester Hills, MI

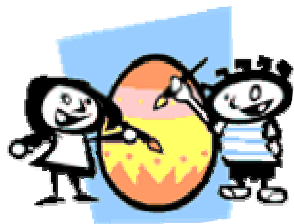


Eggs are good for you, especially eggs from free-range chickens. Check at the office for the next delivery of these great organic eggs.

Office News and Notes

Egg Designing Contest:

The Annual Easter Egg Designing Contest will run during the month of March. Prizes are awarded to the best designs in five age groups: 2-4, 5-7, 8-10, 11-13, and 14+. \$5.00 is awarded to the best egg in each age group.



MASSAGE THERAPIST NOW AVAILABLE IN OFFICE

Please welcome **Jenny Passalacqua** to our office. She will be available for massages beginning March 1.

Jenny offers several types of massage: deep tissue, Reiki (involves energy work), myofascial release, and Swedish massage.

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

Jenny's rates are —

\$55.00 — 1 hour

\$70.00 — 1 1/2 hours

\$90.00 — 2 hours



Please welcome our new massage therapist, Jenny Passalacqua. She will be available on Thursdays and Saturdays. Call today for your appointment.

MAR/APR SPECIAL: SP CLEANSE

The March/April special is a new product from Standard Process Labs. SP Cleanse is a unique vegetarian, systemic, detoxification supplement, formulated specifically to assist the body in removing toxins.

It combines over 20 different whole food and botanical ingredients to provide robust systemic support from natural sources.

The cayenne pepper in SP Cleanse offers multiple nutrients and works to enhance the efficiency of the other herbal and nutritional ingredients found in the product.

SP Cleanse keeps you healthy by encouraging healthy kidney function, supporting blood purification processes and lymphatic system function, encouraging healthy gastrointestinal elimination, and promot-

ing healthy liver detoxification functions.

Spring is the perfect time to cleanse the body and the purity of the Standard Process supplements makes them ideal for this purpose. Ask Dr. Johnson if this supplement is for you.

Regularly \$22.00, **during March and April, get a 10% discount — now only \$19.80.**



I've learned that every day you should reach out and touch someone. People need and love human touches — holding hands, a warm hug, or just a friendly pat on the back!

RECIPES

Cream of Walnut Soup

-2 cloves garlic, peeled and end trimmed

-1 1/2 cups walnuts

-3 cups homemade turkey stock

-1/2 cup dry white wine

-1/2 cup soy, rice, or almond milk

mond milk

-Salt and pepper

-3 scallions, thinly sliced

Puree garlic in a food processor. Add walnuts and, while adding 2 cups of turkey stock, grind the nuts. Pour mixture into saucepan with remaining cup of stock. Add wine

and soy milk and heat through. Season to taste with salt and pepper. Sprinkle with scallions before serving. Serves 4 to 6.

This recipe from *Cook Right 4 Your Type* is beneficial for blood types O and AB and neutral for blood types A and B.



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cantly diminished. The added benefit is that they hold their adjustments better.

There are many reasons why these individuals end up with weak bone structure. Most of the time the weak bone structure is due to poor nutritional habits and even more commonly FALSELY ADVERTISED “GOOD NUTRITIONAL PRACTICES.”



If you have “been with me” for very long, you have heard me explain how over-consumption of cow’s milk products and eating too many “white-trash junk foods” ruin one’s health. Basically, these practices equate to killing oneself slowly over time — unfortunately with much ill-health during that time span.

I have often promoted a website that explains the problems with over-consumption of dairy products. I was working on one of our practice member’s nutritional exam report of findings and revisited the site (www.notmilk.com) and found this great article. Here are some excerpts from it. Read and take heed. (For a copy of the complete article, contact Diane at the office and she will send it to you.)

CALCIUM AND BONE DISEASE

A study published in the January, 2001 edition of the *American Journal of Clinical Nutrition* examined the diets of 1,035 women, particularly focusing on the protein intake from animal and vegetable products. Deborah Sellmeyer, M.D. found that ANIMAL PROTEIN INCREASES BONE LOSS. In her study, women with a high animal-to-vegetable protein ratio experienced an increased rate of femoral neck bone loss. A high animal-to-vegetable protein ratio was also associated with an increased risk of hip fracture.

Why does animal protein cause bone loss? According to Dr. Sellmeyer, “Sulphur-containing amino acids in protein-containing foods are metabolized to sulfuric acid. Animal foods provide predominantly acid precursors. Acidosis stimulates osteoclastic activity and inhibits osteoblast activity.”

Sellmeyer’s remarkable publication reveals that MEAT EATERS HAVE MORE HIP FRACTURES. “Women with high animal-to-vegetable protein ratios were heavier and had higher intake of total protein. These women had a significantly increased rate of bone loss



than those who ate just vegetable protein. Women consuming higher rates of animal protein had higher rates of bone loss and hip fracture by a factor of four times.”

Milk has been called “liquid meat.” The average American eats five ounces of animal protein each day in the form of red meat and chicken. At the same time, the average American consumes nearly six times that amount (29.2 ounces) per day of milk and dairy products.

How ironic it is that the dairy industry continues to promote the cause of bone disease as the cure. Deborah Sellmeyer’s brilliant work is supported by a grant from the National Institutes of Health. Dr. Sellmeyer may be reached by email:

dsellmeyer@psg.ucsf.edu.

A tour through a typical American supermarket reveals aisles dedicated to specific food groups... There are fresh fruits and vegetables in one section and meats and poultry in another. Rice and grains are kept separate from beans and canned vegetables. Milk and dairy products (which represent America’s most sought after foods) are usually placed furthest from the market’s front door. Junk foods are conjointly placed in the same aisle with cookies and potato chips. These high calorie/low fiber snacks are stacked within walking distance of both artificially sweetened and high sugar sodas.

Common knowledge of osteoporosis is based upon false assumptions. American women have been drinking an average of two pounds of milk or eating the equivalent milk in dairy products per day for their entire lives. Doctors recommend calcium intake for increasing and maintaining bone strength and bone density which they call bone mass. According to this regimen recommended by doctors and milk industry executives, women’s bone mass would approach that of pre-historic dinosaurs. This line of reasoning should be equally extinct. Twenty-five million American women have osteoporosis. Drinking milk does not prevent osteoporosis. Milk contains calcium. Bones contain calcium too. When we are advised to add calcium to our diets we tend to drink milk or eat dairy foods.

Society stresses the importance of calcium, but rarely magnesium. Yet, magnesium is vital to enzymatic activity. In addition to insuring proper absorption of calcium, magnesium is critical to proper neural and muscular function and to maintaining proper pH balance in the body. Magnesium, along with vitamin B6 (pyridoxine), helps to dissolve calcium phosphate stones which often accumulate from excesses of dairy intake. Good sources of magnesium include beans, green leafy vegetables like kale and collards, whole grains and orange juice. Non-dairy sources of calcium include green leafy

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Wellness Opportunity Weeks
March 18 through March 29

Your \$35.00 Donation
Benefits
Oklahaven Children's
Chiropractic Center

Call for your appointment today!

Help yourself,

Your friends,

Your community!

Help us help the kids
and help yourself, too!

NEW CHIROPRACTIC PRACTICE MEMBERS RECEIVE:

Health history, consultation & Exam, 2 x-ray views (most insurances cover additional views if needed) Adjustment not included. (Value \$130.00)

NEW NUTRITION PRACTICE MEMBERS RECEIVE:

Health history, computerized symptom survey, consultation and exam, designed clinical nutrition program (supplements not included), and a heart rate variability test. (Value \$60.00)

CURRENT PRACTICE MEMBERS RECEIVE:

One regular office visit and adjustment or nutrition consultation and the Heart Rate Variability Test or the Body Composition Test (value \$66.00)

MEMBERS NOT SEEN IN THE PAST 4 MONTHS RECEIVE:

An update exam and an adjustment (value \$96.00)



Chiropractic Wellness Center of Macomb

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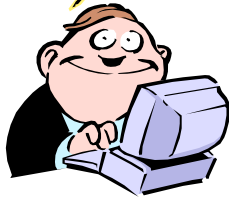
www.wellnesschiro.com

Join us on the web.

See *Healthline* in color and much more!

**To contact Dr. Johnson —
(586) 731-8840 or**

Email: info@wellnesschiro.com



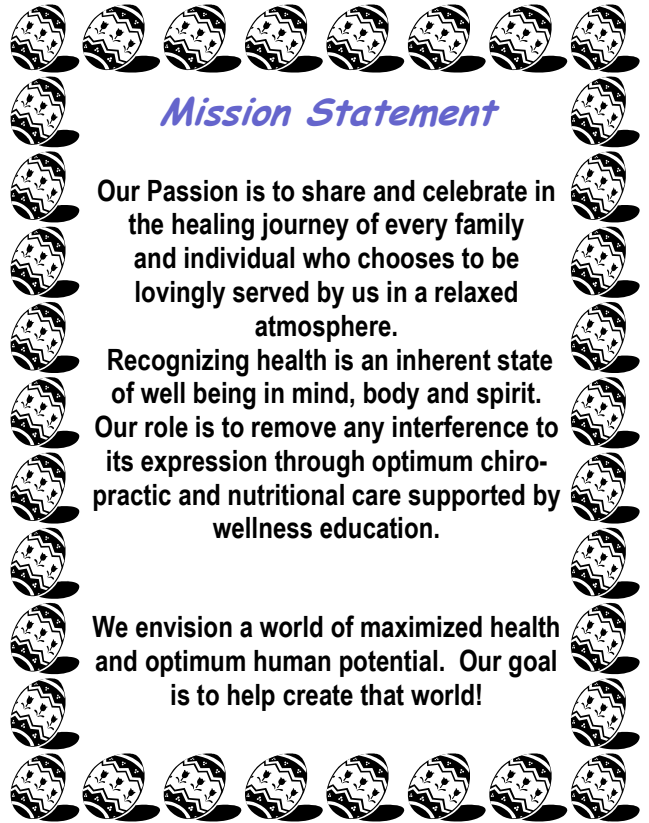
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vegetables, almonds, asparagus, broccoli, cabbage, oats, beans, parsley, sesame seeds and tofu.

Osteoporosis is NOT a problem that should be associated with lack of calcium intake. Osteoporosis results from calcium loss. The massive amounts of protein in milk result in a 50 percent loss of calcium in the urine. In other words, by doubling your protein intake there will be a loss of 1-1.5 percent in skeletal mass per year in postmenopausal women. The calcium contained in leafy green vegetables is more easily absorbed than the calcium in milk, and plant proteins do not result in calcium loss the same way as do animal proteins. If a postmenopausal woman loses 1-1.5 percent bone mass per year, what will be the effect after 20 years? When osteoporosis occurs, levels of calcium (being excreted from the bones) in the blood is high. Milk only adds to these high levels of calcium which is excreted or used by the body to add to damaging atherosclerosis, gout, kidney stones, etc.

Bone mass does not increase after age 35. This is a biological fact that is not in dispute by scientists. However, this fact is ignored by marketing geniuses in the milk industry who make certain that women this age and older are targeted consumers for milk and dairy products. At least one in four women will suffer from osteoporosis with fractures of the ribs, hip or forearm. In 1994, University of Texas researchers published results of an experiment indicating that supplemental calcium is ineffective in preventing bone loss. Within 5 years of the initial onset of menopause, there is an accelerated rate of loss of bone, particularly from the spine. During this period of time, estrogen replacement is most effective in preventing rapid bone density loss.

For more information, contact Diane at the office. She will be happy to send you the entire article, including a list showing the calcium content of foods, so you can substitute calcium-rich foods for milk and dairy. If you have any questions, please contact the office at (586-731-8840).



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!

Thank You, One & All!

I would like to thank everyone for the wonderful gifts and cards that you sent to Brandon. Your thoughtfulness is greatly appreciated.

There were so many wonderful gifts that I never found the time to sit down and write to each of you, so I am doing it this way.

Brandon, Steve, and I all thank you all for your kindness.

Sincerely,
**Kim and Steve
And Brandon**

