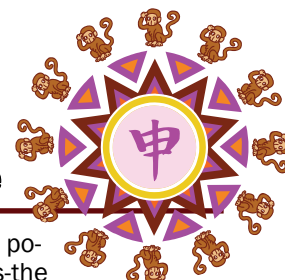




Healthline~ Healthy Alternatives for Life

The Hundredth Monkey & Considerations for the Future



The Hundredth Monkey¹

By Ken Keyes, Jr.

The Japanese monkey, *Masaca fuscata*, has been observed in the wild for a period of over 30 years.

In 1952, on the island of Koshima, scientists were providing monkeys with sweet potatoes dropped in the sand. The monkeys liked the taste of the raw sweet potatoes, but they found the dirt unpleasant.

An 18-month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream. Her



playmates also learned this new way and taught their mothers too.

This cultural innovation was gradually picked up by various monkeys before the eyes of the scientists.

Between 1952 and 1958 all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable.

Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing

sweet potatoes—the exact number is not known.

Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes.

Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

THEN IT HAPPENED!

By that evening almost everyone in the tribe was washing sweet potatoes before eating them.

The added energy of this hundredth monkey

(Continued on page 5)

IT'S THAT TIME OF YEAR AGAIN!!

The school calls and your child is sick. "Please pick him up." Once again, you rush off to care for a sick child, or perhaps it's a sick spouse (who certainly doesn't want your undivided attention and chicken soup). Soon,

you too are feeling "out of sorts."

This is the time of year our immune systems are stressed to the fullest. Colds, the flu, viruses — they all congregate in your house or office. There is an easy way to

deal with seasonal changes and how they affect the immune system.

Use Dr. J. as your first line of defense. Nutritional supplements offer a holistic approach that

(Continued on page 4)

Inside this issue:

Success Stories	2
Recipes from Standard Process	3
Tired of Fad Diets	3
Annual Giving Tree	4
Supplement Special for Dec/Jan	4
Are Flu Shots Safe?	5
Bits and Pieces	6

Annual Giving Tree

December 2—20

Get \$10.00 credit for a like donation to the Stevenson High School Christmas Food Drive. See article for more details.





Success Stories



After not feeling up to myself for a couple of months, I decided to try the hair analysis that you offer. My objective was to see what my body was lacking in order to improve how I was feeling. The process was painless and the results came back within a week.

To my surprise I had an over-abundance of sodium, calcium, and magnesium. The analysis report kept stating to check my water. A few years back, I had a reverse-osmosis system put into my house from Wright Way Water that you had recommended and we use Culligan water at work, so I was very confused as to why the water I was drinking should be checked.



I contacted Terry Wright from Wright Way Water to see why my reverse-osmosis system may not be working and after informing him of the results of the hair analysis he asked me if I drink any other kind of water. I told him that we had Culligan water at work and he started to tell me what it had in it before I could say anything else. To my surprise, the water at work carries sodium, calcium, and magnesium. These types of minerals, in this fashion do the opposite of what they normally do. The body does not process them in this form.



I am happy to report that I bring my water to work every day and my taste buds have a new taste for everything because they are not being blocked from doing their job. The food I consume actually tastes better.

Without the hair analysis, I would still be feeling bloated and lethargic. Thank you, Dr. Johnson, for always keeping an open mind and listening to your patients. And also, for trying to improve each patient's quality for a better life.

Carol Marshall, Shelby Township, MI



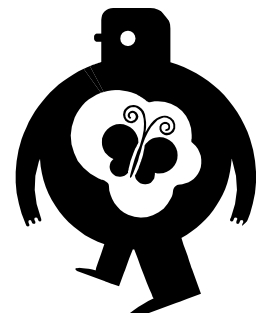
For several years I've suffered from migraines, which included loss of balance, and arthritis. The migraines were severe and would make me sick for at least four days. I saw several medical doctors. I've been in the emergency room at least three times. The neurologist put me on drugs which helped the migraines, but I still felt horrible. So I switched meds a year ago.

When the doctors wanted me to see a psychiatrist, I finally said STOP. My water aerobics teacher recommended Dr. Johnson to me. I thought, "What have I got to lose?"

Since I found Dr. Johnson, I've had tremendous improvements in many areas. My stamina is increased and I've had no sinus infections. I'm allergic to a lot of things including wheat, dairy, and mold. Dr. Johnson is treating me with NAET for these and other allergies. He also checks me using CRA to make sure I'm on the right supplements.

Dr. Johnson has been a real life saver for me. I'm also bringing my son in for care. I plan to start chiropractic adjustments soon too. Thanks, Dr. Johnson for all your help.

Mary Ellen Van Slembrouck, Sterling Heights, MI



Recipes for Healthy Living from Standard Process Complete

SP Complete™ Supplement Shake Recipes:

The Original Shake

-2 rounded Tbsp. (scoops) of SP Complete

1–2 cups of water

1/2 cup of your favorite fresh or frozen fruit (berries, bananas, peaches, apples, cherries, etc.)

2 tsp. high quality flaxseed oil

Blend all ingredients together. Wait a few minutes and then add additional water and/or fruit until you achieve the desired consistency and flavor. You may make a large enough batch to last 1 or 2 days, but keep it refrigerated and remix it before pouring.

For a veggie drink use fresh veggies instead of fruit.

Tropical Paradise

2 rounded Tbs. (scoops) SP Complete

1/2 cup water or 1/2 cup soy or rice milk

1/2 cup pineapple-orange or pineapple coconut juice

1/2 cup fresh or frozen pineapple

1/2 banana (may be frozen)

Handful of ice cubes

Mix as for Original Shake.

Apple-Cinnamon Surprise

2 rounded Tbs. (scoops) of SP Com-



plete

1 cup water

2 Tbs frozen apple juice concentrate

1/2 banana (frozen)

1/2 tsp. cinnamon

Handful of ice cubes

Mix as for Original Shake.

Hot, Healthy Morning Drink



2 heaping Tbs. of SP Complete

1/2 cup tomato or V8 juice

1 Tbs. of Worstershire sauce

2 tsp. regular or toasted sesame oil

Add 1 1/2 cups of hot water after the mixture is blended.

Chocolate-Banana Milkshake



2 rounded Tbs. (scoops) of SP Complete

1/2–1 cup almond, rice, or soy milk

1–2 Tbs. carob powder to taste

1/2 banana (frozen)

Handful of ice cubes

You can substitute chocolate rice milk for the almond, rice, or soy milk and the carob powder.

SP Complete™ by Standard Process Labs is available in the clinic. It comes in a 28-ounce container or a box of 30 single serving packets. Ask for it at the reception desk.

Coming in January

A special Nutrition Seminar to get 2003 off to a healthy start. Learn how to take off the extra pounds and get the toxins out for a healthier you in the coming year.

Monday, January 13, 2003

7:30–9:00 PM

Utica Public Library

Tired of Fad Diets?

Dr. Johnson now has available **Why Can't I Lose Weight?** and the **Why Can't I Lose Weight Cookbook** by Lorrie Medford, CN. These user friendly books can help you find the causes for those unwanted pounds. Many of the items covered in Lorrie's books have been addressed by Dr. Johnson at his seminar last fall. Be-



cause Dr. Johnson feels that weight loss is more than just a diet, he is offering a special seminar **Monday, January 13 from 7:30 to 9:00 p.m. at the Utica Public Library.** Join Dr. Johnson to begin the year in search of a healthier, thinner you the right way — by discovering your nutritional deficiencies so you can safely, permanently lose those unwanted pounds. Call the office for more information (586) 731-8840.

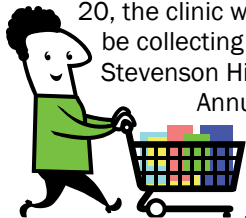
2002 Giving Tree

At Thanksgiving we give thanks for all the blessings we have received throughout the year. Now, at Christmas, we give blessings to others by helping those in our community who are less fortunate.

From December 2 through December 20, the clinic will once again be collecting donations for Stevenson High School's Annual Christmas Food Drive.

Each year Dr. Johnson offers \$10.00 credit to any current practice member — nutrition or chiropractic — who brings donations for the Giving Tree.

If you haven't been in for over four months, \$30.00 and your donation will get you an update exam and an



adjustment (a \$56.00 value).

New chiropractic practice members can bring a donation and \$30.00 to receive a health history, consultation, exam, and 2 x-ray views. Additional x-rays are covered by most insurances. The adjustment is not included (value up to \$125.00).

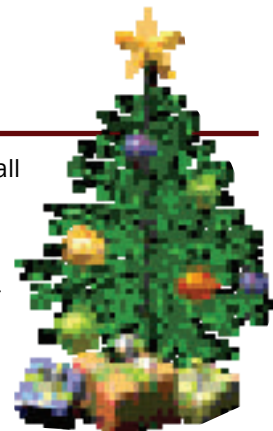
New Nutrition/Allergy practice members will receive a history, consultation, exam, heart rate variability test for \$30.00 plus their donation (value \$60.00).

When you're out shopping for your donations, please remember that non-perishable foods are required. Cash donations can be made for perishable goods. Also, the school is asking for blankets, new or in extremely good condition.

We appreciate all the help you've given us in the past and look forward to helping our community again this year with your support.

Please bring in your items and donations by 4:00 p.m. on Friday, December 20 for pick up by 5:00 p.m.

Dr. Johnson and the staff extend a heartfelt thank you for your continued support of all our activities. We look forward each year to helping others less fortunate than ourselves. With your help, we can continue to do so. We hope you and your loved ones have a safe, healthy, happy holiday.



(Continued from page 1)

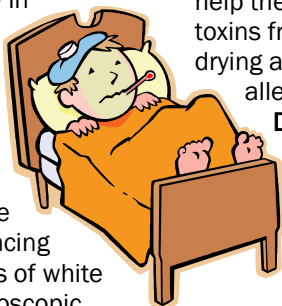
often works faster and better than conventional medicines.

Give us a call. We know what's "going around" and can offer valuable information about what supplements work quickest and best for each condition. Better yet, if one of your family is symptomatic, call us immediately and we will let you know what supplements will work best and arrange for them to come in as soon as possible.

Some of the supplements we use at times like these include:

Echinacea-C from Standard Process supports the immune system by enhancing the ability of various types of white blood cells to engulf microscopic invaders.

Immuplex® (again from Standard Process) supports the entire immune system by nourishing each of the organs and tissue systems that work together in the body's immune alli-



ance.

Congaplex® from Standard Process supports the patient's hormone-dependent tissue functions until the tissue is able to do so itself.

Thymex® from Standard Process will kick start the thymus gland, which is the center of the immune system.

Other Standard Process supplements that will help when sniffles and sneezes strike include: **Antronex** to help the lymphatic system drain the toxins from the body and act as a drying agent for a runny nose; **Iplex** to alleviate sinus problems; and **Drenamin** to help the adrenal glands help the stress of dealing with the ailing body.

Ask Dr. Johnson what his favorite supplements are, which ones would benefit you to have on hand for yourself and your family. That way, you can call when colds and flu strike and we can help you get a handle on proper care immediately. Let us help you help yourself.

December/January Special 10% Discount

IMMUPLEX®

A formula designed to increase immune system response, Immuplex combines vitamins A, C and E with vitamin B12 folic acid, zinc, copper, chromium, iron, selenium, and more to protect the body against the damage of reactive and poisonous oxygen molecules called "free radicals."

150 caps—\$35.10

40 caps—\$9.90



(Continued from page 1)

somehow created an ideological breakthrough!

But notice.

A most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over the sea--

Colonies of monkeys on other islands



and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes.

Thus, when a certain critical number achieves an awareness, this new awareness may be communicated from mind to mind.

Although the exact number may vary, this Hundredth Monkey Phenomenon means that when only a limited number of people know of a new way, it may remain the conscious property of these people.

But there is a point at which if only one more person tunes-in to a new awareness, a field is strengthened so that this awareness is picked up by

almost everyone!

¹ Reprinted from the book, "The Hundredth Monkey" by Ken Keys, Jr. This book is not copyrighted and material from it may be reproduced in whole or in part.

Considerations For The Future

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

When I first heard of this Hundredth Monkey Phenomenon in Chiropractic College, I was caught up in wonderment about the possibilities.

For example, what if a certain percentage of the population got turned on to chiropractic and wellness-based health care — then the Hundredth Monkey Phenomenon would occur. What if a certain percentage of the population rediscovered politeness, courtesy, joy and genuine concern for ones fellow human beings? My prayer for Thanksgiving and the New Year is that each one of you reading this article will:

1. Continue or rediscover chiropractic and wellness-based health care and share the concept with another friend, loved one or neighbor.
2. Continue or rediscover being polite. Rekindle those words — please, thank you, excuse me and I beg your pardon — with all those you come in contact with.

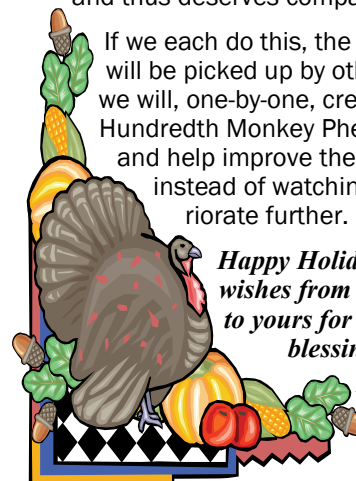
3. Continue or rediscover practicing courtesy; let someone out on Hall Road when you are stopped by a parking lot entrance/exit; let that person in line at the grocery store with only three items go in front of you if you have a full shopping cart; hold a door open for the next person coming in behind you, etc.

4. Continue or rediscover the joy of living; look at all your blessings, give thanks and rejoice.

5. Continue or rediscover the incredible miracle of your fellow human beings; project love, non-judgementalism and appreciation that God made each one of us in His image and that each person is special and unique. (But also full of flaws and thus deserves compassion).

If we each do this, the behaviors will be picked up by others and we will, one-by-one, create the Hundredth Monkey Phenomenon and help improve the world instead of watching it deteriorate further.

Happy Holidays with wishes from my family to yours for abundant blessings and prosperity.



Are Flu Shots Safe?

From Dr. Tedd Koren:

"According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our times (nearly 850 papers in peer review journals), if an individual has had five consecutive flu shots between 1970 and 1980 (the years studied) his/her chances of getting Alzheimer's Disease are ten times higher than if they had one, two or no shots.



"I asked Dr. Fudenberg why this was so and he said it was due to the mer-

cury and aluminum that is in every flu shot (and most childhood shots). The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction.

"Is that why Alzheimer's is expected to quadruple?"

Are you one of those who received flu shots or suspect you might be? If so, call the office to schedule a nutrition check up with Dr. Johnson and help your immune system by taking two Immuplex daily (see note on Page 4 about our special for December and January).



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



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

Diane L. Radtke, Editor
50258 Van Dyke, Suite E,
Shelby Township, MI 48317



Join us on the web—
www.wellnesschiro.com

See Healthline in
color

and much more!

To contact Dr. Johnson —

(586) 731-8840

or (586) 726-KIDS

Email: info@wellnesschiro.com

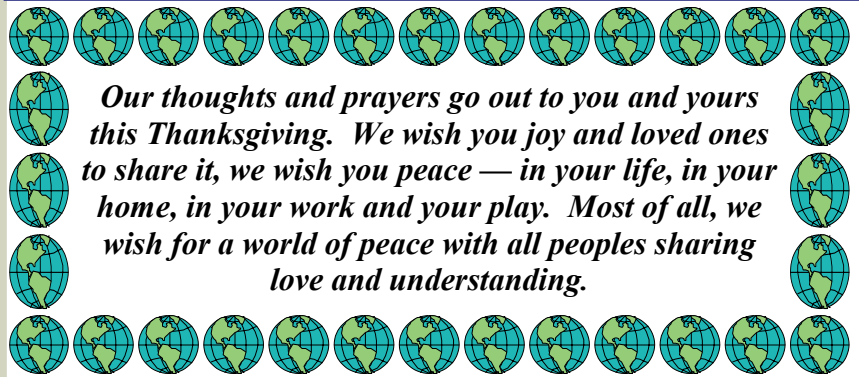
Fax: (586) 731-9550

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.



Our thoughts and prayers go out to you and yours this Thanksgiving. We wish you joy and loved ones to share it, we wish you peace — in your life, in your home, in your work and your play. Most of all, we wish for a world of peace with all peoples sharing love and understanding.

BITS & PIECES

KID BITS from the International Chiropractic Pediatric Association:

Another Reason to Avoid Ear Surgery

According to researchers at Children's Hospital of Pittsburgh and the University of Pittsburgh, inserting tubes in the eardrums of children under the age of 3 has no measurable effect on improving speech, language, cognitive or psychosocial development.



The researches studied 588 3-year-olds from infancy and concluded that their findings provided no evidence that the insertion of ear tubes improves a child's developmental progress. Approximately 280,000 children under the age of 3 have tubes

inserted annually.

Breast Milk Protection

Recent studies have raised concerns about the effect of environmental toxins on breast milk, but according to a recent international conference on pollution and lactation, there is no need to worry. "levels of chemical contaminants in breast milk are very low" says the director of the Center for Children's Health and the Environment at Mount Sinai School of Medicine, Dr. Philip Landrigan M.D. Breast milk itself may protect against contamination.

A Dutch study of approximately 400 infants found that while exposure to PCBs in utero could cause motor and cognitive problems by age 6, it showed up only in formula-fed kids — even though breastfed babies were exposed to PCBs in the milk. Researchers advised that breastfeeding counteracts the adverse developmental effects of PCBs, but it is still prudent to reduce exposures before, during and after pregnancy.

Holding Premies is Better for Bonding and Infant Neurological Development

The authors of a paper on Kangaroo Care concluded: "Kangaroo Care" (holding a baby skin to skin) had a significant positive impact on the infant's perceptual-cognitive and motor development and on the parenting process. We speculate that KC has both a direct impact on infant development by contributing to neurophysiological organization and an indirect effect by improving parental mood, perceptions, and interactive behavior.

Feldman R, Eidelman AI, Sirota L, Weller A. Comparison of skin-to-skin (kangaroo) and traditional care: parenting outcomes and pre-term infant development. *Pediatrics* 2003 Jul; 110 (1 Pt 1): 16-26

