



Diane L. Radtke, Editor

# HEALTHLINE

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1



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## A Parent's Guide to Chiropractic Care for Children

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### Calendar



- \* **March 8—12:** Beach Week. Win prizes. See article.
- \* **March 15—April 9:** Easter Egg Designing Contest. See article.
- \* **April 19 (Monday):** Raising Drug-Free Healthy Children, Macomb Christian Church. See article.
- \* **May 10—21:** Spring Wellness Opportunity Weeks.

For this issue of Healthline, I would like to reprint an excellent article on chiropractic care for children written by one of my colleagues who also specializes in pediatric chiropractic like myself. In fact, some of my classroom work in this area was taught by Dr. Fysh. The original article can be found at <http://www.chiroweb.com/archives/12/16/19.html>

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

### A Parent's Guide to Chiropractic Care for Children

Considerable media coverage has been provided in the past year or two for the chiropractic treatment of spinal problems in children. This coverage has frequently attempted to dramatize chi-

ropractic spinal adjusting for children as being unsafe and unnecessary. Reported cases have bordered on the sensational, with untrue "facts" and impressions frequently being conveyed in an apparent endeavor to boost program ratings. Media coverage of the availability of spinal care for children, rather than dissuading parents from bringing their children to chiropractors, in many cases, has actually resulted in more parents seeking chiropractic care for their children.

This article attempts to answer the questions asked by many parents about their

children's spinal health. Just as many concerned parents take their children to the dentist for regular check-ups, so it is that many parents who are already chiropractic patients themselves are bringing their children to chiropractors to have their spinal development checked.



The first question relates to the need for children to have regular spinal checks. Frequently parents may ask, "What could my children have wrong with them that they would need to see a chiropractor?" The answer to that question is the trauma of a child's daily life. The spine consists of 26 verte-

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## Raising Drug-Free Healthy Children

Join Dr. Johnson at the Macomb Christian Church on Monday, April 19 at 7:30 pm



for a special seminar on "Raising Drug-Free Healthy Children."

Dr. Johnson will address issues of concern for most parents today: how to strengthen your child's immune

system, what to do about ear infections, how to handle children's fevers, the effects

of milk, dairy, and sugar on your child's system, why your child is getting obese, and what to do about diabetes and your child.

For more information or reservations, contact the office at (586) 731-8840



I was feeling tired all the time. My stomach ached and I was run down with dry spots on my skin. I felt like a mess. I went to the medical doctors and they gave me multiple tests including an endoscopy, upper G.I. and many more. All my test results

came out fine. I was treated for allergies as well as food allergies. I received shots and more shots. I found out I was allergic to a lot of foods. The shots were not helping and as a result I started getting a lot of yeast infections. I truly was a mess.

While searching the Internet for help, I found Dr. Johnson's website and learned about allergy elimination with Nambudripad's Allergy Elimination Techniques (NAET). I made an appointment and was not surprised to learn that I was allergic to practically everything.. Also, my energy level was low and my adrenal glands were "zero." No wonder I felt so bad.

I started treatments a few months ago and have had great results. It feels good to eat the food that I used to be allergic to. I recommend everyone I know to Dr. Johnson. Thank you, Dr. Johnson, for all your help.

Erin Sanchez, Washington, MI

I suffered from Seasonal Affective Disorder (SAD) for almost forty years as has most of my family. When winter and dark, short days came, I became severely depressed and lacked all ambition. I just wanted to crawl back into my bed and hibernate.

Dr. Johnson has been my chiropractor for many years. I told him about my SAD problem and he had me complete a nutritional survey. He then asked me to take several supplements every day. I did and within a week I was better. It was a virtual, instantaneous success! My symptoms went away and I felt 100% better.



Thanks, Dr. Johnson for all your help over the years and especially for ridding me of SAD.

Ron Toomer, Sterling Heights, 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.



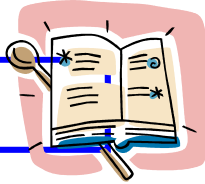
When the doctors wanted me to see a psychiatrist, I finally said STOP. My water aerobics teacher recommended Dr. Johnson to me. I thought, "What have I got to lose?"

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



We found this recipe on the inside of the lid of a box of Celestial Seasonings tea.

### Lemon Zinger® Dill Dressing

3 Celestial Seasonings® Lemon Zinger tea bags  
1/2 cup white vinegar  
1 cup olive oil  
2 tsp. dill



Combine Lemon Zinger tea bags and vinegar in a jar with a tight-fitting lid. Allow to steep for 10 minutes, then remove tea and gently squeeze the remaining drops of lemony flavor into vinegar before discarding the bags. Add olive oil and dill. Shake well and serve.

(from the *Cooking with Tea* cookbook by Jennifer and Mo Siegel)

## Survey: Even Infants and Toddlers Have Poor Eating Habits

The Feeding Infants and Toddlers Study (FITS), financed by baby food manufacturer Gerber Products, consisted of random telephone interviews with 3,022 parents or caretakers of infants between the ages of 4 months and 2 years. Survey participants were asked to name, among other things, what types of foods their children had consumed in the past 24 hours and whether their children were “very,” “somewhat,” or “not” picky eaters. Among the survey’s startling findings:

- The average infant or toddler was fed seven times per day. Breakfasts were higher in nutrients than other meals; and “patterns” of eating breakfast, lunch, and dinner were well established by 9 months of age.
- Children between the ages of 1 and 2 consumed an average of 1,220 calories per day—nearly

30% above the estimated daily requirement of 950 calories. Children between 7 months and 11 months of age consumed fewer overall calories, although still almost 20% more than required.

- By 6 months of age, only 17% of children received their total caloric intake through breastfeeding. 29% consumed solid foods before the age of 6 months; 17% consumed juices. One in five infants consumed cow’s milk before 12 months of age. These findings are in direct conflict with the guidelines promoted by the American Academy of Pediatrics, which recommends, along with exclusive breastfeeding for the first six months, that solid foods should not be introduced before 4-6 months; that cow’s milk should not be introduced before 12 months; and that infants should consume no more than 6 ounces of juice or other sugary drinks a day.
- Consumption of carbonated soft drinks, fruit drinks and juices rose considerably as infants aged. By age 19 to 24 months, 10% of children consumed carbonated beverages; almost 40% consumed fruit drinks, and nearly 60% consumed juices. These increases were associated with a slight decrease in the amount of milk consumed, resulting in lower intakes of iron, calcium and vitamin C as children got older.
- On an average day, between 18-33% of infants and toddlers under the age of 2 consumed no vegetables daily. For those who did eat a vegetable, the most common type for children under 15 months was French fries (if you consider that a vegetable). In fact, more than 20% of children ages 19 months to 24 months ate French fries at least daily.
- Up to 1/3 of all infants and toddlers consumed no fruits on a daily basis.
- More than 60% of one-year-olds ate a dessert or candy at least once per day, and 16% ate a salty snack (such as potato chips). Those numbers rose to 70% and 27% respectively by



19 months of age. Consumption of these foods led to increased overall intake of proteins, carbohydrates, fats and sodium from 9 months to 18 months.

“Food choices of infants and toddlers transition rapidly,” noted an overview of the Gerber study. “By 24 months, [eating] patterns [in children] look startlingly similar to some of the ‘problematic’ American dietary patterns.”

As the results of the FITS study show, many American adults are unaware of the value of healthy eating habits, and to make matters worse, they are passing those traits on to their children, resulting in generation after generation that may end up suffering from obesity and its related conditions.

If you’re concerned about your children and/or grandchildren (or any children you know), attend Dr. Johnson’s seminar *Raising Drug-Free, Healthy Children* on April 19 at the Macomb Christian Church on 22 Mile Road just east of Schoenherr. For more information on this study, go to [www.eatright.org](http://www.eatright.org), the American Dietetic Association’s website.



## Massage Therapy

**Jenny Passalacqua, certified massage therapist, is available on Thursdays and Saturdays to handle all your massage requests. For an appointment, call the office at (586) 731-8840.**



## OFFICE NEWS

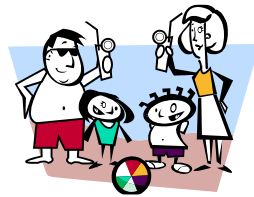
### WOW Helps the Kids

Congratulations and thank you! **Our Fall Wellness Opportunity Weeks received \$1,120.00 for the International Chiropractic Pediatric Association's (ICPA) Children's Research Fund.** This money will be used to further research in the area of Children's Chiropractic. Research has already shown that chiropractic adjustments help children with asthma, bed wetting, ongoing ear infections, and more.

We'll be back in May with more Wellness Opportunity Weeks.

### The Annual Beach Week Competition — Join the Fun!

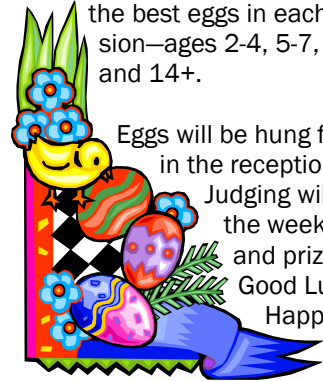
Once again we are giving you the opportunity to bring out those summer clothes—you know, swimsuits, beach clothes, and inflatable swim rings—for our annual Beach Week competition.



Prizes of \$25, \$15, and \$10 credit will be given to the top "beach" outfits seen in our office from **March 8th through the 12th.** Previously, our winners have arrived arrayed in swimsuits, inner tubes, beach towels and brought their beach toys with them.

### Easter Egg Decorating Contest

Once again, it's time to creatively decorate Easter eggs. From March 15 through April 9, blank egg forms will be available to design and decorate. This annual contest is open to all patients. Prizes of \$5.00 each will be awarded to the best eggs in each age division—ages 2-4, 5-7, 8-10, 11-13, and 14+.



Eggs will be hung for all to see in the reception room. Judging will take place the week after Easter and prizes awarded. Good Luck and Happy Decorating!

### Drug Labels Found Inaccurate

Patients may be receiving misleading information regarding the contents of prescription drugs, says a report by the World Chiropractic Alliance. Although drug companies are required by law to include leaflets containing scientifically accurate information with new and refill prescriptions, research shows that drug companies are neglecting this duty.

Part of the problem is that the US Food and Drug Administration (FDA) allows the drug companies to dictate the content of the information patients receive

with their prescriptions. A 1996 law by Congress outlined an FDA timeline for drug companies to design and implement patient information leaflets. According to Sidney Wolfe, MD, Director of Public Citizen's Health Research Group, the FDA should be regulating the content of the leaflets, not the drug companies.



A study conducted by the University of Wisconsin, Madison, for the FDA found that none of approximately 1,300 leaflets studied for four common drugs pre-

sented useful, scientifically accurate drug information. In 2002, Public Citizen examined 23 popular drugs, which are required to carry black-box warnings, and found that none of the leaflets carried the warnings. Information on the leaflets was found to be incomplete data downloaded from the Internet.

Dr. Johnson recommends that when you must take a drug, you investigate and research that drug. Better yet, see Dr. Johnson for an in-depth check up of your problem. Most health challenges can be handled with natural supplements. Check it out!



### March/April Special

**ALLERPLEX**  
Save 10%

40 Caps — \$6.30

150 Caps — \$19.80

The arrival of spring brings air full of nature's new life — pollen!

**Allerplex is a special combination product formulated to support the body's immune system response to seasonal, environmental, and dietary stresses.**

**Allerplex contains vitamin A and C complexes which have been shown to be important supporters of the immune system. It has also been formulated to maintain healthy liver function — the body's natural cleansing system.**

### Need Supplements?

**Did You Know...We Ship!!**

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

**Visa & MasterCard**

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**(586) 731-8840**

**(586) 726-KIDS**



(Continued from page 1)

bral segments which can be jammed or misaligned causing minor spinal problems called spinal subluxations.

### How Can a Young Infant's Spine Be Traumatized?

A young spine, with few exceptions, usually develops perfectly by the end of pregnancy. It's what happens around the time of birth and in the months thereafter which can sometimes upset the normal functioning of the spine. Spinal segments can be pushed out of place or jammed by the position of the baby in the womb, or can suffer similar problems during labor from the trauma of the trip through the birth canal, or from the birthing process itself. Medical research has identified the fact that many problems early in a child's life can come from birth trauma (See "'KISS' Syndrome" in Dynamic Chiropractic, 6/3/94).

Spinal problems can also occur as a result of the frequent falls suffered by young infants in the first months of life. A fall from a bed, a sudden stop in an automobile, or any significant unsupported movement of the head and neck in an infant can induce excessive movement in the spine causing vertebral subluxations. At the other end of the spine, the act of learning to walk, and the number of simple falls encountered in this way, can induce trauma to the lower spinal segments and to the large sacroiliac joints of the pelvis. Young children learning to walk also fall and hit their heads. These apparently innocent, frequently occurring events can also create spinal subluxations.



### How Can Parents Recognize Childhood Spinal Problems?

Unless a child has an obvious problem, it can be difficult for parents to recognize when a child has spinal subluxations. It is not always easy for someone other than a chiropractor, highly trained in evaluating the spine, to determine if the child has a problem, just as it is

difficult for someone other than a dentist to determine if a child has any cavities. Both cases take the skills of a trained specialist to perform a thorough evaluation.

There are some signs however which parents may look for which can be an indicator of a child with a spinal problem. Common indicators of spinal problems may include the child's head consistently being tilted to one side; restricted head or neck motion to one side; disturbed sleeping patterns where the child sleeps for only an hour or two at a time; feeding difficulties in the very young infant; the infant may have difficulty nursing at the breast on one particular side.

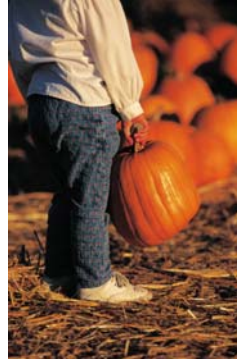
Common childhood disorders can also sometimes indicate a spinal problem. Persistent earaches, sore throats, colic, headaches, bed-wetting, and growing pains are but some of the more common problems for which parents bring their children to the chiropractor.

### Can My Child's Pediatrician Find and Treat These Problems?

This is a reasonable question for parents to ask, since the community generally considers the medical profession to have all the answers to every medical problem. Unfortunately, when it comes to subtle spinal problems, your child's pediatrician is not a trained specialist. The medical profession does have doctors who specialize in spinal problems, known as orthopedic surgeons, but these doctors generally work on the more serious spinal conditions. Few medical doctors, be they orthopedic specialists or pediatricians, are trained to recognize the subtle spinal problems which can cause the conditions listed above.

Take the example of Tiffany, the daughter of Donald Trump and Marla Maples, who was being treated by a chiropractor

for colic. Several well respected medical professors from UCLA were reported in a national tabloid as saying that spinal problems could not have anything to do with colic. This is an example of not being aware of the medical research



studies which have clearly identified a definite link between colic and problems in an infant's spine. Because the scientific literature identifying the benefits of spinal manipulation for children's problems is not extensive, it is understandable that medical doctors may not be up to date in this specialized area.

### How Are Children's Spinal Problems Treated?

The first thing your chiropractor will do is to conduct a careful and thorough evaluation of your child's spine. Most chiropractors are trained to evaluate pediatric spinal problems and will use gentle, specific skills to identify, evaluate, and treat any involved spinal areas.

### What Does the Treatment Involve?

Spinal adjustments for infants and young children involve very light fingertip adjustments to correct malfunctioning spinal structures. A light spinal adjustment, using no more than two pounds of pressure, is usually sufficient to restore mobility to spinal joints which have become locked and are causing interference with the normal function of the nervous system. Most adjustments make a "popping" sound when the spinal joints are moved; however, this sound is not always heard when children's spines are adjusted.

### Does It Hurt?

Generally, no. However, very young infants sometimes take momentary fright at the sudden movement and may cry for a few seconds.

### How Many Treatments Are Required?

Children's spines are a lot more mobile than those of adults and, as a result, usually require only a few adjustments to restore normal function. The actual

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Healthy Alternatives for Life



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

## 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.

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.

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number of adjustments, however, may vary depending on the length of time that the condition has been present.

### What Risks Are Involved in Having My Child's Spine Adjusted?

The risk of a child suffering a permanent injury from a spinal manipulation is extremely rare. Chiropractors have been adjusting children's spines for most of the 100 years since chiropractic was first established, and has an excellent safety record. A check of some of the largest insurance carriers, who provide malpractice insurance coverage for chiropractors in the United States, has identified that despite the recent adverse media coverage, not one claim for injury to a child has been filed in the past five years.



Peter Fysh, DC  
San Jose, California

My daughter Vickie has been coming to Dr. Johnson since last spring. She had been suffering from headaches since she was 6 and is 9 now. She felt bad, her head hurt all the time she told me.

When I brought her to Dr. Johnson, I was pleased with the care given her. She was checked thoroughly and began having adjustments two or three times a week. Within a month her headaches subsided. In addition to this and along with the adjustments, Vickie's energy levels increased. She had been suffering from low energy levels, far too low for a child of her age.

Now, Vickie has few if any headaches and a good energy level along with more endurance. Thanks, Dr. Johnson, for helping my daughter as well as the rest of my family.

Marie Schatz,  
Shelby Township, MI

## Policy Regarding Missed Appointments

If you are keep your ment, us know hours of scheduled



unable to appoint- please let within 24 your 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**