

Healthline

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Give Yourself More Life by Dr. Karl Johnson

Part One

First of all, I would like to thank all of you who have participated in the journey toward regaining and maintaining of your health. My purpose is to help as many people as I can in this endeavor – I revel in your improvements and this is the best joy one can share in. Thank you for allowing me to be part of your health team!

One struggle I wrestle with each day in my life is: How can I help more people know how to become healthier and know that the power of healing is already inside of them? Just recently I read an article that really sheds light on this subject and struck a harmonic chord in me. The article is entitled “Applying Einstein’s Words”, by Kevin Donka, D.C. In the article the famous quote from Einstein: **“You cannot solve a problem with the same level of thinking that existed**

when it was created” was discussed. The article went on to state that “Einstein understood that our beliefs (i.e., our level of thinking on a particular subject) determine which actions we will take and which we will avoid, and that these choices determine the circumstances we find ourselves in”.

Having stated this Kevin asked, “What do most people think chiropractic is about? Most believe it is about getting rid of some ache or pain, probably in the spine. Some believe it is concerned with helping to restore physical function and heal all illnesses. And some believe it is a system that helps us prevent the onset of health problems. But is that really all chiropractic is?”

This IS the problem we have in chiropractic – people really don’t get what chiropractic really is and therefore never get the most value out of it. Chiropractic is not just a method of health care - it is a way of thinking about life – one that was way ahead of its time, so much so that

many chiropractors have shied away from telling the truth about it or they didn’t get it themselves. Since I really can’t improve on what Kevin went on to explain I will quote his thoughts about changing the level of one’s thinking and thus one’s level of life expression:

“We all agree that we must change people’s level of thinking! BUT, what must we change their level of thinking ABOUT? About health? About medicine? About chiropractic? No, none of these things are the most important thing to change someone’s level of thinking about. There is only one thing we need to focus on shifting them with, and that is...

THEMSELVES!

That’s right! We must change the way they see THEMSELVES! What do I mean by this? The overwhelming majority of people have been brainwashed! They have come to believe certain things about themselves because of being raised in the

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Healthy & Nutritious Resolutions for 2005!

Author Michelle Ferchoff, a Wisconsin naturopathic physician, wrote this article a few years ago. It rings true today.

Aging is the accumulation of a lifetime of poor nutrition and inactivity. People who



exercise and incorporate a whole foods diet tend to be healthier and live longer. **B**reakfast is the most important meal. Active people who eat breakfast not only gain fuel for a high-energy day, but also tend to be wiser in their food choices the rest of the day. Eating a high protein break-

fast will provide you with the energy to get up and go.

Carbohydrates are the cause of many diseases including hypertension and hypercholesterolemia. Avoiding simple carbohydrates found in processed foods, pasta, bread, etc. will

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Success Stories



Josh—Spring, 2004

About eight months ago my grandson Josh began breaking out in what I thought were pimples with some dandruff. By the end of the month I noticed some scaling, then I happened to see a sore on his leg that looked bad. I took him to a dermatologist who diagnosed Josh with psoriasis and told me Josh would just “have to live with it for life.” The MD gave us prescriptions for some of Josh’s body parts, but the condition still got worse. The dermatologist refused to give any more meds and Josh continued breaking out, as his “before” picture indicates.

I took Josh to another chiropractor who refused to adjust Josh because of Josh’s skin condition. I got some “stuff” at the health food store and found another chiropractor who also knew about NAET. He referred Josh to still two more doctors. Finally, I got on the Internet and checked out NAET and psoriasis. I emailed three doctors and called two. Only Dr. Johnson replied and here we are.

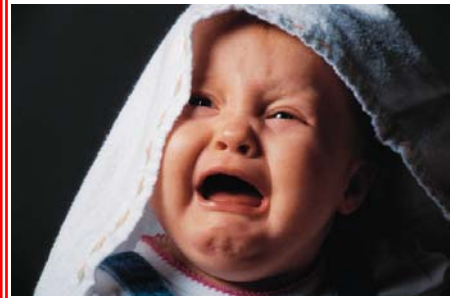


Josh—Sept., 2004

It was difficult for Josh in the beginning. Josh was upset and I was unsure. However, after two to three treatments, Josh’s body kicked in. In less than 2 months Josh was considerably improved. In fact, Josh had improved so much that he had his school pictures taken and you can see the difference.

Since coming to Dr. Johnson and getting NAET treatments, Josh has become more outspoken and outgoing, and has more self confidence. He even makes up good jokes now. Thank you, Dr. Johnson, **so much for giving my grandson back to me.**

Irene Davis, Hazel Park, MI



My daughter Karina has been coming to Dr. Johnson for several months. She suffered from chronic ear infections since she was a baby. Her ear infections were always major and she had bags and circles under her eyes. In addition, Karina was losing her hearing.

A friend at school recommended Dr. Johnson. It took several months of discussions before my wife and I decided to bring our daughter. Karina started improving immediately — at a slow pace then faster. She has not had any ear infections, the bags and circles under her eyes are gone, and she has much more energy.

Karina doesn’t miss school any more and she has plenty of energy to ride her bike, swim, and play with her dolls. She’s a happy, healthy girl. Thanks, Dr. J.

Mark Mangan, Macomb, MI

I’ve been coming to Dr. Johnson for many years. Several months ago I started allergy elimination treatments because I was always tired, fatigued and also overweight. Dr. Johnson tested me and said that I was allergic to sugar. He treated me for sugar and I was able to lose 20 pounds and I felt so much better. My fatigue was gone and I had more energy; in fact, I could stay awake all day.

I’ve always had a problem with motion sickness, especially if I read while traveling. Having had such great success with sugar, I mentioned this to Dr. Johnson. I told him that I couldn’t read in a moving vehicle and that I needed to sit in the front in order not to get nauseated. I never thought that one could be treated



for that; but Dr. J. said I could. I got the NAET treatment and soon I could read in a moving car. I recently took a 10-hour car trip and was able to read all the time. The kids slept, my husband listened to music, and I read. I loved it.

When we went on a field trip with the kids, I sat four rows back and was fine. I guess the only thing left is to try flying and see if it works there. I’m certain it will, but it’s a good excuse for a trip.

Thanks, Dr. Johnson, for all your help over the years.

Nancy Ludlow, Shelby Twp., MI

Recipes

Perfect Hot Chocolate

Adapted from *Pure Chocolate* by Fran Bigelow. Makes 2 servings



- 1 1/2 cups milk or soy milk
- 4 oz. semisweet or bittersweet chocolate, grated

Bring milk to simmer in a small saucepan. Remove from heat and stir in the chocolate until completely smooth. It takes about 1 minute for maximum smoothness. Pour into a serving cup and enjoy.

For extra flavor and froth, add a raw, split vanilla bean (or a few drops of vanilla extract) to the heating milk, whisk before serving and top with cinnamon. (*Body & Soul*, Nov/Dec 2004)

Caraway Cheese Dip

- 6 Tbsp. dry-curd cottage cheese, no salt added (less than 1/2 % milk fat)



- 1 Tbsp. low-fat plain yogurt
- 1/2 Tsp. caraway seeds, well crushed
- 2 Tsp. minced fresh parsley
- 4 dashes cayenne pepper
- 2 Tbsp. crushed pineapple in own juice, drained

In a small bowl, mash cheese together with yogurt, caraway seeds, parsley, and cayenne. Stir in pineapple. Chill. Spread on toasted, unsalted rice or wheat wafers. Yield: 3/4 cup; allow one tsp. per dip.

VARIATION: This is a tasty filling for hard-boiled egg whites, celery or crisp endive leaves.

Teriyaki Broccoli

- 4 or 5 thick broccoli stalks without florets
- 1 Tbsp. sesame or safflower oil, expeller pressed
- 1-2 cloves garlic, minced
- 2 Tbsp. tamari
- Squeeze of fresh lemon juice




Use carrot peeler to remove thick skin from outside of stalks. Cut stalks lengthwise in thin slices. In large skillet, heat oil. Add garlic, sautéing briefly. Add broccoli. Saute 3-5 minutes over medium-high heat, until tender. Toss in tamari and lemon.

**Jan/Feb
Supplement
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Chocolate — The New Health Food!



It has been written. And for millions of women, so it is! Chocolate is mood food. Because of its antioxidants, it's been touted as the "world's best health food."

Prior to becoming the "sweet" treat it is today, chocolate was primarily an herbal medicine. Researchers at the University of California have cataloged more than 100 descriptions of the medicinal benefits of chocolate throughout

the centuries. Legend has it that Aztec king Montezuma used it as a fortifier and aphrodisiac, while Europeans drank it to improve digestion and treat consumption. Long used as a milk mood lifter, chocolate contains several stimulants, including caffeine and anandamide, a compound that seems to mimic the effects of marijuana. Recent medical research has found that dark chocolate, which is highest in cocoa content, contains more cancer-preventing antioxidants than green or black tea, or red wine. Chocolate is especially high in epicatechin, a flavonoid that seems to keep cholesterol from gathering in the blood and lowers the chances of clogged arteries, accord-

ing to a study published in June 2004 by the School of Nursing at the University of California at San Francisco.

While the sugar and fat in chocolate are certainly not physically nutritious—a 1.4 ounce bar of dark chocolate has about 200 calories and 11 grams of fat — some studies suggest that they may help trigger the release of endorphins, which produce milk euphoria and a general sense of well-being.

Hot chocolate, in other words, can make you feel good—especially when it is simmered over a low flame and sweetened with affection, devotion, and a bit of glee.

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allopathic paradigm.

What kinds of beliefs have people developed about themselves? The first is that they have been given a body that is inherently weak, defective and prone to illness. The second is that there is really nothing that they can do about it. The last and most damaging belief they have developed is that health and sickness come from the outside. They easily believe this because of the first two beliefs they have accepted. After all, how could it possibly be any other way if these first two beliefs are true?

How did people get this way? They have been told literally non-stop from every aspect of society that these things are true. They are constantly reminded of just how deadly germs are. They are told that without their shots, they will become very sick and may die. Every time their bodies do something a little out of the ordinary they are told that it is a “mistake” and that some kind of remedy from the outside is necessary. They cannot watch a television program without the show reinforcing it in some way, and then they even get it from the commercials!

Again, our BELIEFS determine our actions. What actions do these beliefs people have developed about themselves cause many, if not most to take on a regular basis? We take medications, get vaccinated, smoke, take drugs and alcohol, eat junk foods/fast foods, abuse ourselves mentally and physically, allow others to abuse us, question the existence of a Higher Intelligence within ourselves and even whether or not there is a Higher Intelligence at work in the universe.

What things have become less important to us because of these beliefs? We are less interested in actively creating a happy and peaceful mindset, participating in health-producing activities, eating well and drinking enough water, getting enough rest/sleep, loving and helping others, loving and helping ourselves, exploring our purpose and potential in

life and actively engaging in a relationship with God.

We can try over and over again to tell people they need to **DO** things differently, but they will never do these things consistently until we change their idea of **WHO THEY ARE!**

Nevertheless, people are beginning to search for something new. Statistics are helping them to see that the current method of approaching health is not working. These statistics include the following;

- 1 of every 2 people dies of heart disease
- 1 of every 3 people gets cancer
- The U.S. is ranked 21st in infant mortality & morbidity
- The U.S. is ranked 37th in health care
- The U.S. is ranked 29th in life expectancy
- 36 million pills are taken in the U.S. EVERY HOUR!
- Medicines “properly prescribed and taken” kill 180,000 people in the U.S. every year – *roughly the equivalent of the 9-11 attacks EVERY SINGLE WEEK!* If we add malpractice deaths to the previous number, medicine becomes the leading cause of death each year in our country!

Because of these things, people are beginning to look for an alternative to medicine. They are sick and tired of being sick and tired – and afraid! They are tired of being told they are inherently weak. They are tired of being told there is nothing they can do about it, and they are tired of relying upon medications to get them and their families through the day. This is verified by; The Eisenberg studies in the New England Journal of Medicine

- Health club memberships are at an all-time high
- Spas are literally everywhere
- All grocery stores now have “natural food” and organic sections
- There is a massive focus on diet

Bottled water is a multi-billion dollar business.

WHY are they searching for something new? The Eisenberg studies said it is because “Alternative healthcare is more congruent with their VALUES, BELIEFS and PHILOSOPHICAL ORIENTATIONS toward health and LIFE.” They are seeing that the old way isn’t working! They definitely want something new but they aren’t sure what that is! So, they are trying lots of different things.

In the year 2000, people in the U.S. spent the following amounts of money OUT OF POCKET;

- Health Clubs = \$24 Billion
 - Supplements = \$40 Billion
 - Bottled Water = \$42 Billion
 - Organic Foods = \$45 Billion
 - Alternative Health Care = 37 Billion
 - 42% of the above was for chiropractic care = \$18 Billion
- TOTAL SPENT = \$188 BILLION**

There is a very big difference between simply being unhappy with your circumstances and actually making a shift in your belief system. I do believe people are fed up with what has happened with medicine, but I do NOT believe they have made the leap in their thinking that is necessary to begin looking from the inside-out.

People are still searching for something from the OUTSIDE-IN for their health because of their inherent BELIEFS about their bodies!

Let’s take a look at one more set of numbers to figure it out. In the year 2000, 188 Billion dollars was spent out of pocket on healthcare and health-related products. But, in that same year, approximately 230 Billion dollars (a very conservative estimate) was spent on entertainment. What does this have to do with anything?

Kevin wrote some powerful words about a powerful subject. In the next issue, we’ll continue looking at the health care dilemma facing people today.

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lower cholesterol, reduce the risk of a heart attack, and reduce body fat.

Diet and lifestyle are the most important factors contributing to health and disease. Learn to live by the slogan, “we are what we eat.”



Exercise should be part of your daily regimen. Exercise and physical activity can help you reduce the risk of developing heart disease, high blood pressure, high cholesterol, colon cancer, breast cancer, and diabetes; reduce or maintain body weight or body fat; build and maintain healthy muscles, bones, and joints; reduce depression and anxiety; improve psychological well-being; and enhance work, recreation, and sport performance.

Fat-free foods are fattening because they contain an abundance of carbohydrates.

Good nutrition starts at the supermarket. Make health conscious decisions about everything that goes into the cart.

Honor your hunger and stop eating when you're satiated.

Immune system strength is reduced by poor diet, polluted environment, stress, and drugs. Strengthening the immune system is not only vital for recovering from illness, but also for maintaining good health. Supplementing your body with herbs such as Astragalus, Baptisia, Echinacea, Hydrastis, Garlic, Cayenne, and Lentinus will aid in overall health. Vitamins such as A, E, B12, C, and folic acid, grade seed extract, flax seed oil, and minerals such as zinc, copper, chromium, iron, and selenium play a role in maintaining a healthy and strong immune system.

Juicing is not a healthy alternative to eating whole fruits. Eating whole fruits instead of drinking juices has a lower glycemic effect on the body.

Keep to an eating schedule determined by your body. Active people tend to get hungry often, so snacking on vegetables, nuts, and seeds throughout the day will keep you satiated.

Laughter stimulates the immune system. It lowers serum cortisol levels and increases the number of T cells, the amount of activated T lymphocytes, and the number and activity of natural killer cells.

Mental states influence the body's susceptibility to and its ability to recover from disease. Studies have shown that one is more likely to develop a disease after any stressful event. Stress is a growing plague but there is an antidote: joy, fun, and humor.

Nibble on your favorite foods — you don't need to eliminate them completely. Excluding foods from your diet leads to binge eating.

Omega 3 fatty acids are essential fatty acids found primarily in cold-water fish



such as tuna, salmon, and mackerel. Studies have shown the Omega 3 fatty acids have protective roles in arthritis, hypertension, cancer, and heart disease. Incorporate fish into your dietary regime at least twice a week.

Process. Achieving overall health is a process that involves a series of defined steps.

Quick meals should include wholesome foods from a protein and vegetable source.

Regular checkups by your health care professional will aid in disease prevention.

Supplements are meant to supplement healthy eating, not compensate for poor eating habits. Whole food supplements made from organic foods contain vitamins in their natural state. Research indicates that synthetic vitamins may actually cause nutritional deficiencies.

Target Heart Rate refers to the number of times your heart should beat per minute during a cardiovascular training session. Determine your goals and monitor your heart rate to improve your cardiovascular endurance. For health benefits, a minimum of 20 minutes per session is recommended 3 times per week.



Use it or lose it — that's the rule for muscle strength. Muscles boost your metabolism, making it possible to lose fat.

Vegetables such as broccoli, spinach, kale, carrots, sweet potatoes, peppers, and tomatoes are full of Vitamin A, C, niacin, Pantothenic acid, folate and folic acid. The deeper and darker the color, the richer the nutritional value.



Water encompasses 70% of our body's composition. The human body needs approximately 2.5 liters of water daily (10.5 glasses), but we only need to drink approximately 6 to 8 glasses a day, because we get some from food and about 25% from metabolism.



Xtra Vitamin E may protect against heart disease and cancer. Wheat germ oil is nature's richest source of complete vitamin E.

Yoga increases the efficiency of the heart, slows the respiratory rate, improves fitness, lowers blood pressure, promotes relaxation, and reduces stress and anxiety. It also improves coordination, posture, flexibility, range of motion, concentration, sleep, and digestion. Incorporating yoga into your cardiovascular program is a holistic approach to exercise.

Zeal is needed to fulfill you're a to Z New Year's resolutions. Extreme eagerness and dedication to becoming healthier in 2005 includes a willingness to go to any length to see that resolution come to fulfillment.



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Healthy Alternatives for Life



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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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 mem-
ber and adopting a health
supporting lifestyle for life.—
— Dr. Karl Johnson

8 Wonderful Gifts That Don't Cost a Cent

The Gift of Listening — But you must really listen. No interrupting, no day-dreaming, no planning your responses, nor second guessing. **Just Listen!**

The Gift of Affection — Be generous with appropriate hugs, kisses and pats on the back. Let these small actions demonstrate the love you have for your family and close friends.

The Gift of Favor — Every day, go out of your way to do something kind.

The Gift of a Written Note — It can be a simple "Thanks for the help" note or a full sonnet. A brief hand-written note may be remembered for a lifetime and may even change a life.

The Gift of a Compliment — A simple and sincere, "You look great in red," "You did a super job," or "That was wonderful," can make someone's day.

The Gift of Laughter — Clip and share cartoons and funny stories. Your gift will say, "I love to laugh with you."

The Gift of Solitude — There are times when you want nothing more than to be left alone. Be sensitive to that same need in others and give the gift of solitude when it seems needed.



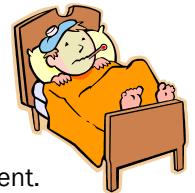
The Gift of a Cheerful Disposition — The easiest way to feel good is to offer a kind word to someone. Really, just a cheery "Hello," or "How are you?" can go a long way.

These are the eight wonderful gifts, but there is a ninth:

The Gift of Good Health — This is the gift you give to yourself when you eat properly, get plenty of rest, exercise, and get regular adjustments. There are four essentials of health — food, water, oxygen, and nerve impulse. To feel your best, attend to all of them.

From Dr. Johnson and the staff, our wishes for a wonderful holiday season and a healthy, happy 2005!

MOST PEOPLE ARE IMMUNE TO THE FLU



Natural immunity is *always* best. Take care of yourself and the flu will be mild or non-existent. Artificial immunity, if it works, is never as good. In fact, deaths associated with the flu continue to rise parallel with increased flu vaccine usage. No large population studies prove the flu vaccine even works.

Every year, 80-90% of the population is naturally immune from all forms of influenza like illnesses (ILI's). In fact, only 10-15% of those with ILI's actually have the flu! Natural immunity protects 96 to 98 people out of every 100 from contracting the flu. The flu vaccine can cause flu-like symptoms, joint and muscle pain (sometimes lasting for years), severe allergic reactions and even death.

Promote natural immunity to all diseases with a lifestyle that includes whole foods, elimination of toxins, chiropractic care, rest, and satisfying relationships. (from www.vaclib.org/basic/flu2004_short_ad.html)