



You Did Good, Honey, Have Some Poison... by Karl R.O.S. Johnson, DC, LCP (hon)

I was doing some of my technical reading the other day and ran across a very interesting article by Dr. G. Douglas Anderson. The article was a commentary about a recent study about kids ages 10-14 who had some pretty awful blood chemistry profiles. As you can see in the table below, the children had dramatic changes in their profiles in just two weeks. The interventions used to make these changes were having the kids be aerobically active daily along with eating foods that were unrefined, unprocessed, high fiber, low fat, low sugar, low sodium and low cholesterol (think vegetables, whole grains and some fruit and fish, and lean meats).

	Baseline	Two Weeks Later
Total cholesterol	164 mg/dl	117 mg/dl
LDL	124 mg/dl	79 mg/dl
HDL	38 mg/dl	40 mg/dl
Triglycerides	141 mg/dl	80 mg/dl
C-reactive protein	4.15 mg/l	1.9 mg/l
Insulin	22.6 U/ml	15.5 U/ml

There are no supplements that could make these changes this fast – but a lifestyle change can - as seen in these results.

What’s the point? Well, everybody is looking for a magic pill to help with the obesity in kids that we see these days. Obesity has doubled in kids and teens since the 1970’s. Most everyone could pass a quiz on what is healthier – see how you do:



The “Which Food Is Healthier? Quiz”

- Bran flakes or frosted flakes?
- Apples or apple pie?
- Grilled chicken or grilled cheese?
- Strawberry yogurt or strawberry ice cream?
- Carrots or carrot cake?
- Walnuts or donuts?
- Brown rice or brownies?



Obviously this was a silly quiz, but this brings up a very important point. Often times parents of children that come to visit our office state that it is hard to eat right. This

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Success Stories

Three years ago I separated my shoulder. I went through physical therapy, but it still bothered me. Three or four months ago, my medical doctor suggested surgery on the shoulder. I didn't want that!



I've been seeing Dr. Johnson for several years. I told him about my shoulder and he adjusted it. One visit and my shoulder is better. Two minutes, that's all it took! Thanks, Dr. Johnson.

Wilson Born,
Macomb Township, MI

Dr. Johnson has been my chiropractor for over 15 years. However, last March I had surgery on my knee. I was on crutches for a while and couldn't get in for my regular adjustments.

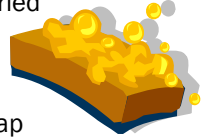


During that time, about four months, I became depressed, my energy level dropped, and I lost my appetite. I lost eleven pounds, which I didn't need to lose. I felt so bad that I didn't even feel like coming in for an adjustment when I could.

Finally, I made it in and Dr. Johnson adjusted me. After a few adjustments I'm doing fine! My energy levels are back up; I feel better and have more ambition. Now I get up and do things around my house like cleaning. I'm sleeping better now too.

I know how important it is to keep my adjustment appointments. The adjustments are helping the pain in my knee too. Thanks, Dr. Johnson, for all your help. Barbara Broughton, Macomb Township,

Everywhere I went I got poison ivy — all the time — for years! I carried special creams and fels naphtha soap with me all the time. Every trip, every vacation — I always ended up with poison ivy.



I told Dr. Johnson about my problem and he suggested we try some allergy elimination on it. He checked me and I was allergic to both poison ivy and poison oak. It took two treatments and it was all gone. This past summer we went vacationing and biking and I didn't get any poison ivy. It was really great! Thanks, Dr. J.

Pat Newman,
Shelby Township, MI



A few weeks ago, I came to see Dr. Johnson because I had endometriosis, suffered from fatigue and had sweet cravings all the time. My parents recommended Dr. Johnson because they have been patients for a long time and he has helped both of them.

Dr. Johnson put me on several supplements and recommended that I follow the Blood Type Diet for my A type blood. I got the book and decided to comply.

I love it! It's perfect for me. I don't struggle, don't feel hungry, and I'm losing weight. I'm already down two dress sizes and my clothes are getting loose again. I usually snack on little things like carrot sticks, peanuts, raisins, soy chips (organic), blueberries, blackberries, broccoli, and peanut butter and celery.

My endometriosis is better. I used to be in lots of pain during the daytime. Now it's much better. And my periods are getting less painful and easier.

My energy levels are up. I used to fall asleep anywhere, but now I have more energy. My cravings have decreased. Recently we went to Mackinaw Island. I love their fudge, but I didn't want any. I did bring some home for my son and I didn't want any of that.



I haven't had any problem with no meat. I eat chicken and salmon a lot. I'm really impressed with everything. I feel fifty times better and I'm exercising — doing more bike riding and walking the dog. I can't believe how much better I feel! Thanks, Dr. J.

Wendy Mann, Sterling Heights, MI

For years, ever since I can remember, I have suffered from motion sickness. I could never ride in the back of a car, I always had to drive. If I was in the front seat, I couldn't even turn around to look in the back seat without getting sick. When our children were little, my husband had to ride in the back with them. I couldn't.



I told Dr. Johnson about my problem and he suggested that I get an allergy elimination (NAET) treatment for it. I wasn't sure it would work; after all, I had had the problem all my life! But I agreed to try it.

What a change. I had the NAET treatment. Then I tested it out. I rode in the back seat — I was okay. On a return trip from up north, I read a book. Wow! I didn't get sick. It's so great that I don't have to drive all the time now. Thanks Dr. J.

Linda Chaloult,
Rochester Hills, MI

FALL WELLNESS OPPORTUNITY WEEKS

October 17 through October 29, 2005

Donation: \$35.00 Benefiting:

Children's Chiropractic Research Foundation of the
International Chiropractic Pediatric Association
(I.C.P.A.)

The Children's Research Foundation is dedicated to finding natural cures so our children won't have to rely on drugs. The Foundation's work includes research on ear infections, attention deficit disorder, auto-immune diseases and learning disabilities.

CURRENT CHIROPRACTIC PATIENTS RECEIVE:

An adjustment and Heart Rate Variability Test worth \$71.00.

CHIROPRACTIC PRACTICE MEMBERS NOT SEEN IN OVER 4 MONTHS:

An update exam and an adjustment worth at least \$66.00.

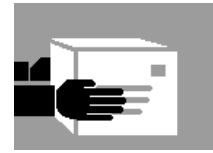
NEW CHIROPRACTIC PRACTICE MEMBERS RECEIVE:

- *A preliminary consultation and health history.
- *A Chiropractic physical examination including motion palpation (to determine how structure may be irritating delicate spinal nerves).
- *X-rays — 2 views (additional views at normal fees, most insurances accepted for additional views). This entire package is valued at more than \$150.00.

NEW NUTRITION/ALLERGY ELIMINATION PRACTICE MEMBERS RECEIVE:

A health history, consultation and exam, a computerized Symptom Survey, a designed clinical nutrition program (supplements not included), and a Heart Rate Variability Test valued at \$60.

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HELP YOURSELF, YOUR FRIENDS,
OUR CHILDREN



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Diane Rotha is available for massages in our clinic on Thursdays and Saturdays — by appointment only.

Massage enhances the effects of a chiropractic adjustment, relaxes tense muscles and increases flexibility, normalizes blocked energy flow, and relieves mental and physical fatigue

Please call the office for your appointment.
(586) 731-8840

Backpack Safety

With school starting again, it's time to review backpack safety rules. Many children are treated each year in emergency rooms for injuries related to backpacks.

1. Distribute the weight evenly.
2. Wear both shoulder straps unless your pack is an AirPacks, which is designed for use on one shoulder.
3. Have padded or air-filled straps.
4. Use a waist belt unless you are wearing an AirPacks bag.
5. Lift it right. Bend your knees when you pick up your heavy backpack.

6. TAKE ONLY WHAT YOU NEED TO SCHOOL!

"Children are very likely to experience low back pain if the backpacks are carried on one shoulder or if the straps are too loose and the weight is allowed to rest near the small of the back," says Dr. Johnson.

Call the office for more information on the best back packs for children or stop by for a brochure. If you suspect your child is having problems, have Dr. Johnson check the child's back.

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is not a very good excuse. It's hard to eat a pear, but not a cookie? Or I can't figure out what to put in my kids lunch – so chips, and packaged crackers accompanied by plastic cheese and a pop goes in instead of yogurt, mini carrots and tuna or chicken salad and whole grain crackers. What one needs to think about is do we set our kids up for a lifetime of poor health by getting them started on poor dietary habits at a young age or do we teach them while they are young what is healthy and good? It has to start with the parents eating good and that starts with what you bring home from the grocery store.



shows love to our youngest by giving them the unhealthiest foods we produce. We further confuse them by using these same foods as a reward for reaching a goal, accomplishing a milestone or behaving well. For example, if you win a title, pass a test, or clean your room, you get cake. But then we tell them too much cake is not good. However, kids think, "I do good, I get cake, so how can it be bad?"

We brought our children up saying that McDonalds, and other fast foods were poison and that pop, candy, deserts, etc were just trash foods that are full of white sugar – which we call poison. You won't find pop in our house except if some of our family or friends are coming over that we know have a "habit." Our kitchen counter always has a variety of fruit on it and all the cereals, snacks that we purchase have whole grain ingredients without the long list of other ingredients you have a hard time pronouncing. Our hope is that when our children leave our influence that they have a foundation of good eating habits and knowledge of what is and isn't real food. Sure they will experiment and go off on junk food binges now and then, but they will have the foundation to come back to.



Next time you are in the office ask for our **healthy food shopping list** and start to make some shopping changes. While you are at it, start making some thinking changes too. As Dr. Anderson said in his article,

"On holidays, birthdays, and special occasions, why do we let our kids have food and drinks that we know are detrimental to their health? Do we tell our children that since it's a holiday, they don't have to wear seat belts in the car? Or allow them to boat without a life jacket? Or ride their bike without a helmet?" Or because they are watching their favorite TV show, they don't have to go to their chiropractic or dental appointment?

He goes on to comment, "Our culture

September—October 10% Discount Special

IMMUPLEX
40 CAPS—\$9.90
150 CAPS—\$35.10

Immuplex supports the entire immune system by nourishing each of the organs and tissues that comprise the body's immune alliance. Immuplex contains thymus PMG extract and zinc for thymus support and white blood cell production; selenium, required for function of important antioxidant enzymes; vitamin B6, an essential component of two key immune system substances; and vitamin C for normal immune maintenance.

**ALLER-
PLEX**
40 CAPS—\$6.30
150 CAPS—\$19.80



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.

Office News

Blue Cross Blue Shield Cards

Many of you will be getting new Blue Cross Blue Shield Cards. When you get your card, please bring it into the clinic on your next appointment so we can properly bill your insurance.

Looking for a new drink!

Celestial Seasonings fruit-flavored teas make excellent drinks for both adults and kids.



Dr. Johnson says to try the Tangerine Orange Zinger tea made as sun tea. Dr. J said that this one is good

enough to replace all those sugary sweet summer drinks that kids love. To make the sun tea, put 3 to 6 tea bags of your favorite Celestial Seasonings fruit-flavored tea into a glass container and set it outside in the sun or just leave it on your kitchen counter. A few hours later, it's done. Pour over ice and enjoy. Kids will even enjoy this in place of juice and other sugary drinks.

Drug Safety Issues Lead Consumers to Consider Natural Alternatives

The Food and Drug Administration (FDA) recently announced the formation of a Drug Safety Oversight Board to manage drug safety issues and provide emerging information to health care professionals and patients about the risks and benefits of medicines. For more information about the FDA's plan, please visit <http://www.fda.gov/oc/factsheets/drugsafety.html>



Standard Process whole food supplements and MediHerb herbal products are available from Standard Process as alternative choices.

- **Glucosamine Synergy®** is a unique blend of glucosamine sulfate, Boswellia serrata extract, manganese, carbamide, and Protomorphogen™ and Cytosol™ extracts to support and maintain healthy bones and joints.
- **Myo-Plus®** helps support the muscular system. It is a special combination product containing bovine heart PMG™ extract, a source of naturally occurring Coenzyme Q10, a vitamin-like substance, well established in scientific literature as an important nutrient in maintaining

healthy cardiovascular function.

- **Boswellia Complex** helps support the normal function of the kidneys to clear acidic waste product effectively, maintains and supports healthy joints, promotes the body's normal resistance function, supports healthy circulation, supports healthy response to environmental stresses, and provides antioxidant protection.
- **Saligesic** helps maintain and support healthy joints, support and maintain normal body temperature within a normal range, promote the body's normal immune and resistance function, promote vitality and stamina, support musculoskeletal system health, and promote relaxation in muscle tissue.

While the FDA has taken action to better inform health care professionals and patients about their concerns, many lack confidence and are looking for natural alternatives. The following

Bits & Pieces

Baby Foods

From Nicole Banton of Sanford, Florida in *Real Simple* magazine (June, 2005) comes this info: "When my daughter started eating solid food, I worried about the ingredients in prepared baby foods, as well as the texture and taste. So I decided to **make my own baby foods, using a simple do-ahead system** a friend suggested: When you cook for yourself, cook extra, then puree it or cut it into chunks, depending on your child's stage. Freeze it in an ice-cube tray, then place the cubes in labeled, dated freezer bags. Thaw them in a saucepan or the microwave when you need them. Freezing works with fruit as well. Just thaw it in the refrigerator or at room temperature."



more likely to have elevated C-reactive protein (CRP) levels (a marker of chronic inflammation that may lead to heart disease), compared with those who met the recommended daily intake of 400 mg. *Self defense*: Aim for 400 mg of magnesium daily, from supplements or from foods such as pumpkin seeds (187 mg per on-quarter cup). . .spinach (151 mg per cup). . .or navy beans (107 mg per cup). Ask your doctor if you should have your CRP level checked. (BottomLine health, Volume 19, #7 July 2005)



Napping improves mental performance

A new study reveals that healthy men and women, ages 55 to 85, either napped or stayed awake between 2 pm and 4 pm each day for three days. Those who napped for 10 minutes to almost two hours performed up to 15% better on computerized mental tests than those who



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Policy Regarding Missed Appointments

If you are unable to keep your appointment, please let us know within 24 hours of your scheduled 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 waiting for appointments

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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.

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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only relaxed. The improvement, which was seen immediately following the nap, was maintained throughout the next day. *If you feel decreased daytime alertness:* Try adding a nap to your routine.

Scott S. Campbell, PhD, professor of psychiatry, Weill Cornell Medical College, White Plains, New York in *Bottom Line health* July 2005

Drinking Tomato Juice protects the heart. People with type 2 diabetes or impaired glucose tolerance (a precursor to diabetes) who drank 8.5 ounces of tomato juice a day for three weeks experienced a 30% to 40% reduction in platelet aggregation, a key to the clot formation that can trigger heart attack. This benefit is believed to apply to healthy people as well. Bonus: Tomato juice also reduces risk for deep vein thrombosis (DVT), dangerous blood clots that can occur after sitting for long hours. Helpful: drink 8 ounces of low-sodium tomato juice each day.



Manohar L. Garg, PhD, associate professor of nutrition and dietetics, University of Newcastle, Australia in *Bottom Line health*, July 2005.

Recipes

PUMPKIN BREAD

1 1/2 cups bean flour
1 1/2 cups rice flour
1 tsp. salt
1 tsp ground cinnamon
1 tsp. nutmeg
2 tsp baking soda
3 tsp Xanthan gum
2 cups pureed, cooked, or canned pumpkin
1 cup honey
1 cup corn oil
1/2 cup water
4 eggs



Grease and flour 2 loaf pans. Stir together in a large bowl, flour baking soda, salt, and spices. Stir together pumpkin, corn oil, honey, and water. Add eggs one at a time, beating well. Make a well in the center of the flour mixture. Add pumpkin mixture and stir. Pour into prepared pans. Bake at 325 degrees for 1 hour, but check at 45 minutes.

POTATO-BEET HARVEST CASSEROLE

- 3 red potatoes, washed and sliced—1/8" to 1/4" thick
- 6 beets, peeled and sliced 1/8" thick
- 1/2 medium-sized red onion, peeled and French cut. (cut onion in half, starting from bottom stem. Lay the onion on it flat side, and make slices about 1/8" thick)
- 2 tart apples, peeled, cored, and sliced 1/8" thick
- 1 Tbsp. ground fennel seed
- 1 Tbsp. celery seed
- 1/2 cup apple cider vinegar (organic)



Combine all the ingredients in a casserole dish. Bake the dish covered in 350 degree oven for 1 hour. Stir the casserole 2 or 3 times during cooking.

Today's Thought

*All that is gold does not glitter.
Not all those who wander are lost.
The old that is strong does not wither,
Deep roots are not reached by the frost.*

— J.R.R. Tolkien