



Healthline

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Welcome, Dr. Joe Andris!



Write it on your heart that EVERY DAY is the BEST day of the year!

—Ralph Waldo Emerson



May 2007 be a healthy, happy, prosperous year for all of you.

Welcome, Dr. Joe Andris! We are excited to announce the addition of Dr. Joe Andris to our clinic beginning in January. He brings with him experience in all types of chiropractic care.

After graduating from Logan College of Chiropractic in St. Louis, MO, Dr. Joe worked as an associate chiropractor in Port Huron, MI. For the past two years, he has been practicing in Ohio and looks forward to returning to Michigan.

Our thriving practice will benefit from Dr. Joe's experience. One of his primary interests in chiropractic is the rehabilitation of the spine and extremities. He focuses on state-of-the-art techniques and is continually reading the latest research and literature as it

becomes available. His goal is to enable patients to avoid surgery through rehabilitation to the lumbar and cervical discs. In addition, Dr. Andris finds that migraine headaches can be resolved using his approach.

In addition to his interest in rehabilitation, Dr. Andris has pediatric experience, especially with newborns who have problems such as reflux and not sleeping well. He enjoys working with children.

Dr. Andris is currently working towards getting certified in Sports Chiropractic. He's already completed part of the training and looks forward to certification. He is also familiar with Standard Process products and looks forward to learning more clinical nutrition.

Dr. Andris is married to Mecha and they have two cats — no children yet. Mecha is an LPN and is originally from Port Huron, MI. As for Dr. Joe...he's originally from Ohio, the Cincinnati area, and the time he spent here in Michigan convinced him that Michigan would be a great place to call "home."

Personally, Dr. Joe plays the guitar and drums, although not currently in any band. He loves reading and traveling. He and Mecha are involved with an organization

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It's Cleansing Time Again!

Now that the holidays are over and we're all feeling overstuffed, it's time to take matters into our own hands and give our systems a rest. That means that it's cleansing time again!

Our supplement special for

January and February is the Standard Process Cleansing Program. This three-week program allows your body to rebalance itself by getting the toxins out.

Most bodies cleanse naturally every fall and spring —

that's why we get colds at those times of year. The body needs to rid itself of the accumulated toxins. Since the holidays are a time of overeating and eating lots of junk-type foods, now is an ideal time to cut out the junk

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A Smattering of Success Stories for 2007

Neck Pain Gone

I just had a phenomenal adjustment from Dr. Johnson! I have no neck pain, no restriction in my mobility. I haven't been able to see behind me in a car for years. Now I can! This is GREAT! I feel like spitting nickels! I never had an adjustment like that before."

L.N., Sterling Heights



Wheat Can Be Toxic

Dr. Johnson told me to **give up wheat**. I did. I didn't switch to other grains, I just stopped eating anything with wheat in it. As my **energy increased**, I started walking and doing some weight lifting; and now, nine months later, **I've lost 50 pounds and I feel great!**

P.T., Shelby Twp.

Chiropractic Helps Autistic Child

My daughter Jena is **autistic**. At seven and a half years old, she is an active, energetic child. I brought her to Dr. Johnson to see if chiropractic could help her. She just had her first adjustment last week. **After two adjustments, she is a different person**. Her teacher even asked what we were doing. Jena's more focused, more verbal (she talks all the time), more alert, and makes eye contact now. She says she's happier.

M.O., St. Clair Shores



Great Results for Migraines

For years I've suffered from **migraines**, which included loss of balance, and arthritis. 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.

M.E.V., Sterling Heights



Childbirth & Hormones

Recently I gave birth to our first child. It was a **difficult delivery** and I lost a lot of blood. In fact, the day after I got home I was rushed back to the hospital because I was anemic and dehydrated. After a nutritional evaluation, Dr. Johnson told me that **my hormones weren't balanced**. He recommended some supplements that would build my blood and balance my hormones. **Within three days, I noticed that I was feeling better and I continued to improve**. Now, ten weeks later I'm 100% and feel like a million dollars.

E.G., Shelby Twp.



Motion Sickness Gone!

I told Dr. Johnson about my motion sickness problem that I've had all my life. He suggested that I get an allergy elimination treatment for 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.**

L.C., Rochester Hills

Recipes

Sautéed Salmon with Tomato

-2 ripe tomatoes cut into one-inch cubes

-2 Tbsp.. Olive oil

-4 salmon steaks

-2 tsp. Balsamic vinegar

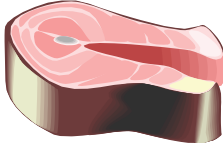
-Juice of 1 lemon

-1/8 cup pitted black olives

-1 clove garlic, minced

-1/4 cup of chicken broth or white wine

-Salt and pepper to taste



Combine tomatoes, 1 Tbsp. of the olive oil, olives, vinegar, and garlic. Mix gently and add salt and pepper to taste. Set aside. Heat 1 Tbsp. olive oil in a large nonstick skillet over medium-high heat. Add salmon and sauté 5 minutes on each side. Season with salt and pepper. Add broth and let reduce down to about 1 Tbsp., about 5 more minutes. Remove salmon from heat. Place 1/4 tomato mixture on each plate. Top with a salmon steak and sprinkle with lemon juice. Serves 4.

Cream of Walnut Soup

-2 cloves garlic, peeled and end trimmed

-1 1/2 cups walnuts

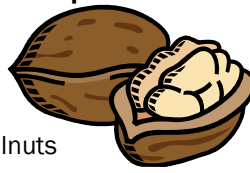
-3 cups homemade turkey stock

-1/2 cup dry white wine

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

-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.



Check out our recipes for cold winter nights (and days)!

Organic Spelt Now Available

Spelt grain was grown in Europe over thousands of years ago. It was mentioned in the old testament in Exodus 9:31-32 and in Ezekiel 4:9. Spelt was a common grain in medieval Europe. After the 19th century, it became less common partly because it had a lower yield than wheat and was harder to dehusk.



Organic spelt grain is now available through The Plain Grain Company in Leonard, MI. It is a non-hybrid whole grain variety of spelt and can be pur-

chased through www.carasmaternalconnections.com. This particular spelt grain is a selection from the Oberkulmer variety of spelt. It is a winter spelt and currently only available in Michigan.

Cara Muntean, owner, says she processes her spelt grain as recommended in Sally Fallon's *Nourishing Traditions*. The Weston Price Foundation claims that spelt when used in a traditional sour dough enhances digestibility. It certainly is more easily digested than wheat and is a great alternative.

MASSAGE THERAPIST AVAILABLE IN THE CLINIC

Diane Rotha, CMT is available for massages in our clinic evenings and Saturdays — by appointment only.



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

Please call the office for your appointment —

586-731-8840

Policy Regarding Missed Appointments

If you are unable to keep your appointment, please let us know within 24 hours of your scheduled time. A \$39.00 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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called Kids Alive International — a group that specializes in rescuing orphans in third world countries. Dr. Joe traveled to Zambia in Africa in 2004 on a fact-finding mission and got to see firsthand the massive number of children who have been orphaned because of the AIDS pandemic. He hopes to return again someday and continue helping. Kids Alive specializes in providing supplies and building new places for orphans.

Please welcome Dr. Joe Andris when you see him. He's an exceptional person and we're excited to have him as part of our practice.

Bits & Pieces:

What about Diet Soda?

A recent article in the Macomb Daily discussed artificial sweeteners and the possibility that they can trigger a craving for sugar-laden carbohydrates. The article mentioned a group at the University of Texas Health Science Center in San Antonio. This group did research and came up with some interesting information.

For many years, Dr. Johnson has provided information regarding the fact that aspartame and other artificial sweeteners are toxic and harmful. Now we have additional data to consider.

The study found that for each can of diet soda consumed throughout the day, the risk for obesity increased by 41 percent. One theory indicates that the body learns to predict caloric intake by the taste and texture of certain foods. When artificial sweeteners are introduced, the body sends the appropriate sweet signals to the brain, but never delivers the sugar punch.

This could explain why the more diet soda one



drinks, the more unhealthy food cravings he or she eventually gives in to, such as French fries and potato chips.

Dr. Johnson has always advocated that any "diet" foods are harmful. Foods listed as "low fat" usually contain extra sugar to provide taste and foods labeled "Sugar-free" contain artificial sweeteners and/or extra fat for the same reason.

Our advice: Always choose healthy, natural foods. They provide good vitamins and minerals and keep the body healthy.

Arthritis Pain Relievers

With the recent news about added warnings to acetaminophen, ibuprofen, and aspirin, people with arthritis pain need to re-evaluate their programs.

One of the main culprits of arthritis is inflammation. Inflammation signals our immune system to do its job and heal. However, chronic inflammation causes the opposite to occur. With chronic inflammation, our immune system thinks it is under constant attack.

Dr. Johnson is recommending some of the following changes be made in one's lifestyle to help alleviate chronic inflammation:

- **Change diet.** Increase omega-3's. Eat more fatty fish, include flax seed in the diet, and snack on walnuts.
- **Take 2 or 3 grams of fish oil daily.**
- **Increase mineral intake.** Ask Dr. Johnson which mineral supplement is best for you.
- **Take Vitamin D.** This vitamin is essential for immune function, bone health, and joint health. Lower intake of vitamin D predisposes one to both rheumatoid and osteoarthritis.
- **Exercise** is crucial or joint pain will get worse. If you haven't been exercising, it would be best to start with water aerobics since it rarely incurs pain.

Smarter Babies

DHA is an important omega-3 fatty acid oil in fish oil, which is needed for the development of infants' brains, nerves, and eyes.

A Canadian study was conducted on 83 infants who were enrolled within two weeks of birth and exclusively breast fed for four months by mothers whose diets were supplemented to increase the DHA content of their breast milk.

The infant's visual acuity was tested at 2, 4, 6, 9, and 12 months. Their mental and motor skills were tested at 6 and 12 months, and language development at 9 and 14 months.

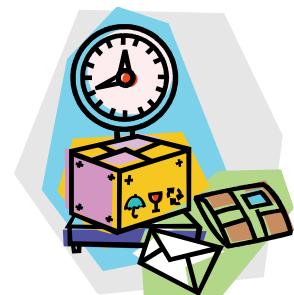
Researches found that DHA related favorably to:

- Visual acuity
- Vocabulary production
- Vocabulary
- Comprehension



Dr. Johnson highly recommends Carlson's Lemon-flavored cod liver oil and/or fish oil as a supplement to increase omega-3 fatty acids.

Need Supplements?



Did You Know...We Ship!!
Give us a call & tell us what you need or request a mail order form. Visa & MasterCard Accepted
(586) 731-8840

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and let the body rid itself of the poisons it has ingested during the holidays.

To do this successfully and with the least amount of discomfort, a three-week cleanse that allows you to eat good, healthy foods is ideal.

The Standard Process Cleanse is recommended for that very purpose. Standard Process has put together a cleansing program that allows you to eat eggs, meat, fish, poultry, and many vegetables. It also includes rice as a starch, many fruits, and lots of pure water. You will not starve on this cleanse. The goal is to rid your body of unwanted, unneeded chemicals and toxins.

Do you need to do a cleanse?

- Do you or have you eaten processed foods?
- Do you eat non-organic fruits and vegetables?
- Do you eat meat and poultry that is not free-range?
- Do you consume genetically altered food?
- Do you or have you ever used artificial sweeteners?
- Do you drink pop?
- Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- Do you drink coffee regularly?
- Do you drink alcohol?
- Do you drink tap water?

If the majority of your answers are yes, then it is most likely that you would benefit from a cleanse like the Standard Process Purification Program.

Need Supplements?



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

Give us a call & tell us what you need or request a mail order form. Visa & MasterCard Accepted

(586) 731-8840

Supplement Special January-February, 2007

Standard Process Purification Program

**3 week program
Regularly \$223.00**

10% discount

**January & February only
\$200.00**

SP Complete—2 jars

SP Cleanse—1 bottle

SP Green Food—1 bottle

SP Gastro Fiber—2 bottles

SP Complete: Mix with water and fruit or vegetables to make a nutritious supplement shake—completely portable.

SP Cleanse: Contains phytonutrients from 20 different whole foods and botanicals to help the body eliminate toxins.

SP Green Food: Made from whole food complexes to support normal growth and development, immune system response, antioxidant protection and detoxification activities.

SP Gastro-Fiber: Contains phytonutrients and botanicals that function synergistically to help cleanse and lubricate the intestines, encourage regular elimination, and promote pH balance.

**A new year —
a new you!
Do a cleanse
and feel the
difference!**

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E-mail your questions and concerns to
info@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.

Words to Live By

Good health isn't a gift; it's a habit you can cultivate.

Happiness is a choice—one you can make every day!

Stay connected to the natural world. It will feed your soul.

A healthy, fit body is not enough—true fitness engages mind and body.

Nurture your spirit. It's the real source of your strength.

Do You Know Anyone Who Could Benefit from Chiropractic Care?

There are many people among us who continue to suffer needlessly from spinal pain, headaches, and other similar forms of ill-health. For whatever reason, they have not had the benefit of trying chiropractic — the largest, non-drug healthcare discipline in the country. If you happen to know one or more of these people (a Friend? Co-worker? Family member?), you can do something about it. Below is a complimentary certificate that is good for one exam and office visit. Simply cut it out, and give it to your friend. What a great way to start the new year!

This coupon entitles you to

Consultation, Examination, and X-rays (2 views)* at the

Chiropractic & Nutrition Wellness Center

51735 Van Dyke Avenue, Shelby Township, MI 48316

Cost: \$50.00

Call (586) 731-8840 Appointment Necessary** Expires: 02/28/07

*Additional views at normal fees.

**This coupon could save you up to \$250.00. Adjustments not covered by coupon.