

Healthline



Use EWOT To Reduce Blood Pressure, Stress, and Weight (and live longer) Without Drugs— By Dr. Karl Johnson

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What if you were having difficulty getting your blood pressure under control or you were feeling stressed and overweight, tired and irritable? You don't want to be on dangerous antidepressants or blood pressure medications, but you need to see results quickly. EWOT can be your answer – and it's here at the Chiropractic & Nutrition Wellness Center. What is EWOT (pronounced ee-watt), you ask? Well it's an acronym for **Exercise With Oxygen Therapy** and I will explain more about it as you read on. We now have this awesome service available and have found it very effective to help patients reduce blood pressure and feel more zestful or relaxed. One patient started with blood pressures in the 160/110 range and now after 6 sessions is down to the 117/85 range!

The reason it works is based on the ability for EWOT to slow down the mesencephalon. There are 3 parts to your brainstem.....top (called the mesen-

cephalon), middle (called the pons), and bottom (medulla). NORMALLY, the brain fires impulses down to the lower two parts of the brainstem, (the ponto-medullary area) and that SLOWS DOWN the upper brainstem (mesencephalon). With many cases of high blood pressure, fibromyalgia, insomnia, dizziness, migraine headache, this is not happening!!! The lower part of the brainstem (ponto-medullary region) IS NOT SLOWING DOWN THE UPPER BRAINSTEM

(mesencephalon). EWOT can slow down the upper brainstem. When the upper brainstem is firing at the proper rate and you are nutritionally sound, your body works like it is supposed to and you enjoy all that life has to offer. If this "brain talk" sounds familiar, it is because I first introduced this concept in our last newsletter. Since discovering the importance

of the overfiring mesencephalon, it has changed the outlook of the doctors here at Chiropractic & Nutrition Wellness Center. One of the reasons we moved to our new larger office was to be able to provide a greater variety of services that would enhance the health of our patients. We simply needed more room to do this and now we are able to provide this awesome service called EWOT!

The other super benefit of EWOT is its anti-aging ability. This is due to the enhanced air or oxygen that is part of EWOT. Without the three basic nutrients light, water, and oxygen planet earth could not exist as a home for living things. Everybody knows that walking in fresh air does you good. It promotes the capacity of

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Back to School!!!!



Call us about our backpack special...

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Improve Your Posture in Just Five Minutes a Day- By Dr. Joe Andris

Yes, you read that correctly. It takes only 5 minutes a day to see tremendous improvements in your posture in a short period of time. You must be wondering "How is that possible?" I'll explain, but first let me touch on why many of us have poor posture

to begin with. Think about it. How many of us have jobs where we sit all day long looking at a computer screen or have our necks bent to one side so the telephone doesn't slip from between our shoulder and ear? How many of us have to use repetitive motions

all day long so that one side of our body becomes stronger than the other? And the list goes on and on... The answer to poor posture is what we call "Active Neuromotor Programming" which consists of three

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Success Stories

Almost a year ago I had a bladder infection. My medical doctor gave me antibiotics, then more antibiotics, then more antibiotics — and the infection never really went away! So the doctor ordered tests — CT scan, ultrasound, bladder scope. After all that, he said, "You're fine! Nothing's wrong."

For two more months, I had symptoms, then a friend of mine recommended I see Dr. Johnson. When I saw Dr. Johnson last October, he put me on Arginex® from Standard Process Labs and some probiotics. My symptoms decreased gradually and last March after five months, I was completely symptom free.

I can't believe I went through all those tests for nothing! It was ridiculous! Dr. Johnson helped me when nobody else could. I recommend Dr. J to all my friends. Even though my insurance doesn't cover the cost, when you're in pain, you don't care. Thanks, Dr. Johnson.

Laurel Sprang, Ray, MI

For a couple of months my sleeping patterns were off. I wasn't tired at night, then would be tired and fall asleep during the day. In addition, my thinking was foggy.

I told Dr. Johnson about my problem and he suggested NAET treatments. I had several treatments, then one day — like turning on a switch — I was unblocked. I had more energy, felt better, and my foggy thinking was gone.

Thanks, Dr. Johnson, for helping me get back to my old self again.

Laura LaBroski, Almont, MI

Recipes

From our health in a hurry menu!



ARTICHOKE CHICKEN

NUTRITION PROFILE:

Low Calorie | Low Carb | High Fiber | Low Sat Fat | High Potassium | Heart Healthy | Healthy Weight

- 1 cup reduced-sodium chicken broth**
- 1 teaspoon Dijon mustard**
- 1/2 teaspoon salt**
- Freshly ground pepper to taste**
- 2 teaspoons plus 1 tablespoon flour, divided**
- 1 pound thin-sliced chicken breast cutlets**
- 1 tablespoon extra-virgin olive oil**
- 8 ounces sugar snap peas, cut in half (2 cups)**
- 1 14-ounce can quartered artichoke hearts, rinsed**
- 1/4 cup sprouted beans, optional**
- 3 tablespoons minced fresh herbs, such as chives, tarragon or dill**
- 2 teaspoons champagne vinegar or white-wine vinegar**

1. Whisk broth, mustard, salt, pepper and 2 teaspoons flour in a small bowl until smooth.
2. Sprinkle both sides of the chicken with the remaining 1 tablespoon flour. Heat oil in a large nonstick skillet over medium-high heat. Cook the chicken in two batches, adjusting heat as necessary to prevent burning, until golden, about 2 minutes per side. Transfer the chicken to a plate; tent with foil to keep warm.
3. Increase heat to high; stir the broth mixture and add to the skillet along with snap peas, artichoke hearts and sprouted beans. Bring to a simmer, stirring constantly. Reduce heat to maintain a gentle simmer and cook until the snap peas are tender-crisp, about 3 minutes.
4. Return the chicken to the pan, nestling it into the vegetables, and simmer until heated through, 1 to 2 minutes. Remove from heat; stir in herbs and vinegar.



EGGPLANT SANDWICH

NUTRITION PROFILE:

Low Calorie | High Fiber | High Calcium | Diabetes Appropriate

- 2 tablespoons reduced-fat mayonnaise-**
- 2 tablespoons chopped fresh basil-**
- 2 tablespoons extra-virgin olive oil, divided**
- 8 1/2-inch slices eggplant (about 1 small)**
- 1/2 teaspoon garlic salt-**
- 8 slices whole-grain country bread**
- 8 thin slices fresh mozzarella cheese**
- 1/3 cup sliced jarred roasted red peppers**
- 4 thin slices red onion**

1. Preheat grill to medium-high.
2. Combine mayonnaise and basil in a small bowl. Using 1 tablespoon oil, lightly brush both sides of eggplant and sprinkle each slice with garlic salt. With the remaining 1 tablespoon oil, brush one side of each slice of bread.
3. Grill the eggplant for 6 minutes, turn with a spatula, top with cheese, and continue grilling until the cheese is melted and the eggplant is tender, about 4 minutes more. Toast the bread on the grill, 1 to 2 minutes per side.
4. To assemble sandwiches: Spread basil mayonnaise on four slices of bread. Top with the cheesy eggplant, red peppers, onion and the remaining slices of bread. Cut in half and serve warm.

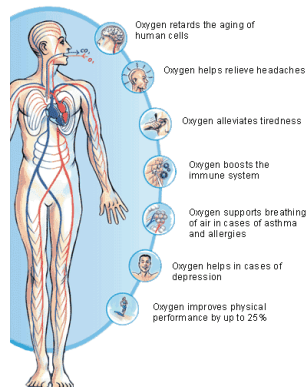
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things: correcting your specific abnormal posture pattern, prescribing exercises that stimulate weak muscles using dynamic resistance, and finding the best functional position in which to train the weak muscles. Improving your posture is also dependant on having a good foundation: the feet. You've heard about "fallen arches" or "flat feet" which we call excessive pronation. When your feet are excessively pronated your foundation is off and just like the foundation of a house, everything above becomes affected, in this case your ankles, knees, hips, low back, etc. One of the first things we do is examine your feet and determine if the foundation needs work (orthotics). Then we do an in-depth posture examination to specifically determine what your postural abnormalities are. Then we design a rehabilitation program that is specific to your needs. This is the program that usually takes about 5 minutes a day. That's it. It's as simple as that! Get scheduled today for your evaluation!



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thinking and improves efficiency. A deep breath raises our energy levels within a short time. Even after physical exercises we feel more active and fresh, although a lot of energy has



been used up.

One major reason for aging is the failure of enzymatic systems that are responsible for our body's

uptake and utilization of oxygen. When our cells don't get enough oxygen, they degenerate and die. Lack of mobility, infections, and toxins make our oxygen status worse and this worsening produces illness. This degeneration is connected with a noticeable reduction of physical and mental powers, especially in old age. Lack of oxygen causes a critical decrease of the cardiac output; less oxygen is transported through the body. For example, the oxygen supply of an 80 year-old person can go down as far as 66% of the maximum amount. Human beings can take a lot of punishment, mentally and physically; so these frequent drops in our ability to utilize oxygen efficiently are not going to kill anyone immediately. But each level of oxygen deprivation takes its toll, and if a few cells die here and there due to constant external (or internal) stress, it begins to add up. The end result is premature aging. So, if a simple system can be used that constantly provides the body with additional oxygen, these stress factors can be, to a certain extent, neutralized. With EWOT that system is easily available. This method of prolonging your life is so simple that it's hard to believe it could work, but it does.

EWOT was invented by Manfred von Ardenne, physicist, researcher and inventor, state award winner of the USSR, national award winner of the

GDR. He had about 600 national and international patents. Von Ardenne was one of the pioneers of the television, developing the broadband amplifier and the electron ray tube in its modern form. At the Radio Exhibition of 1931, Ardenne presented the first worldwide television set. Professor von Ardenne was also the inventor of the Raster electron microscope. Later in life he turned to medicine, and developed two classic EWOT techniques ('Oxygen Multi-Step Therapy' and 'Systemic Cancer Multi-Step Therapy.')

Von Ardenne found that stress of any type can cause a decrease in the ability to absorb oxygen into the blood, which can result in decreased oxygen to the tissues. EWOT can help reverse this by increasing the amount of oxygen in the blood and plasma, and also in the tissues. This increased level of tissue oxygen has several beneficial effects. It has been used successfully for a multitude of conditions, including:

- * Heart failure
- * Cardiomegaly (enlarged heart)
- * High blood pressure
- * Cancer
- * Wellness and anti-aging
- * Emphysema
- * Stress of all types

How and Why EWOT Works

Exercising while breathing oxygen dramatically increases the amount of oxygen in the blood plasma (the portion of the blood outside the red and white cells). The oxygen content of plasma fluid can be dramatically increased and oxygen pushed into the body's cells without the aid of the red cells. It's called the *Law of Mass Action*. If the concentration of a certain component in a chemical mixture is high enough, chemical combining will take place with other elements of the mixture that ordinarily wouldn't happen.

After even 15 minutes of EWOT, there is a dramatic 'pinking up' of a patient's skin. This can be seen easily by simple observation, and illustrates that the tiny capillaries (vessels tinier than a strand of hair) are carrying extra oxy-

gen to cells of the body. Presumably every organ is being bathed in these extra amounts of life-sustaining oxygen including the brain and the brain is the most oxygen hungry organ in the body (especially the cerebellum or back part of the brain). The exercise portion of EWOT provides activation to the cerebellum (which in turn slows down the mesencephalon) while the oxygen provides fuel to the brain (a super combination that makes EWOT work like "magic"). EWOT technique is very simple to employ. You should wear light, comfortable clothing with EWOT.



Manfred von Ardenne
1907-1997

Your doctor will first determine your level of physical fitness. If you are quite fit, you might begin by exercising on an upper body ergometer (UBE), which is like a bicycle for the arms, or on an elliptical exerciser for 15 minutes while breathing oxygen from an oxygen concentrator. If you are less conditioned, you may have to work up to using the UBE or elliptical exerciser, very often by beginning EWOT with vibration therapy instead.

Before and after treatment we will monitor your heart rate, oxygen concentration, and blood pressure. For the prescribed period of time, you simply perform your exercise, all the while breathing in 90-95% oxygen from an oxygen concentrator. Our medical doctor prescribes the oxygen for you for this purpose.

After EWOT, you'll find yourself invigorated, renewed, and clear-headed. EWOT can be used therapeutically via multiple sessions over a short period of time for acute therapy, or employed periodically over a longer period of time to treat chronic stress, injury or illness. You will find me using EWOT almost every morning before I start seeing patients.

So if you are stressed, depressed, have high blood pressure or just are interested in the anti-aging function of EWOT, [ask for a free trial session](#) (your only cost will be a nominal one for your personal oxygen canula).

Supplement Special — August 2007

Drenamin®

10% Discount= \$9.00 (90 tabs)
\$31.50 (360 tabs)

Drenamin® is a special combination product from Standard Process Labs formulated to help maintain the healthy functioning of the adrenal glands, which are involved with innumerable physiological functions inside the body.

Organically Bound Minerals®

10% Discount= \$10.80 (90 tabs)

This Standard Process Labs supplement is a multi-mineral product containing potassium and a variety of alkaline ash minerals. Potassium is a key nutrient for the healthy functioning of many of the body's systems including the cardiovascular and parasympathetic nervous systems.

Backpacks and Back to School



As Doctors of Chiropractic, Dr. Johnson and Dr. Andris are acutely aware of the damaging affects backpacks have on children. Forty million students carry backpacks to school each year; most of these packs are overstuffed and too heavy. The US government and health-care professionals advise individuals to carry no more than 10-15% of their body weight on their backs. Many children are treated in the emergency room each year for backpack related injuries. For this reason, our clinic will be conducting Backpack Safety Awareness during September and October. In the office we will:

- *Conduct backpack weigh-ins
- *Show a backpack awareness video
- *Discuss issues of proper backpack use

*Send home a brochure on how to prevent backpack injury as well as how much weight your child is carrying.

We are pleased to be able to provide this service promoting education for such a critical issue effecting the health of our children. Here are some tips: Distribute the weight evenly, wear both shoulder straps (unless you have an AirPack), Have padded or air filled straps, use a waist belt (unless you are using AirPack), lift your backpack right by bending your knees when you pick it up, and finally 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 clinic for more information on the best backpacks for children or stop by for a brochure. Whether or not you suspect your child is having problems, have dr. Johnson check your child's back with and without the backpack.



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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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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.

We're on the Web!

www.wellnesschiro.com

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.

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: 08/31/2007

*Additional views at normal fees.

** This coupon could save you up to \$250. Adjustments not covered by coupon.