

“Springtime is the land
awakening. The March winds
are the morning yawn”.

- Lewis Grizzar

HealthLine

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NEW 2009 OFFICE HOURS:

Mon.: 8:45am -1pm & 3pm-7pm

Tues.: 3pm - 6pm

Wed.: 8am -12pm & 2pm -6pm

Fri.: 8am -12pm & 2pm -6pm

Alternate Saturdays: 8am-11am



Chiropractic Wellness Care

Our existing healthcare crisis is a significant challenge facing the new administration.

Healthcare spending in the United States exceeded \$2 trillion in 2006, and is projected to reach \$4.2 trillion by 2017. Despite the tremendous cost of healthcare, the United States ranks 37th in overall health system performance of 191 countries evaluated by the World Health Organization.

Relatively little of this money goes to “healthcare.” It supports sick care. Economist Paul Zane Pilzer summarized the situation well: “The sickness business is reactive. Despite its enormous size, people become customers only when they are stricken by and react to a specific condition or complaint... the wellness business is proactive. People voluntarily become customers - to feel healthier, to reduce the

effects of aging, and to avoid becoming customers of the sickness business. Everyone wants to be a customer of this earlier-stage approach to health.” Thankfully, there is a strategy that could have profound impact on the healthcare crisis.

The results of several patient-based studies suggest that chiropractic care may result in significant savings of healthcare dollars. One small study of an insurance database compared persons over 75 years of age receiving chiropractic care with non-chiropractic patients. The authors noted that persons receiving chiropractic care reported better overall health, spent fewer days in hospitals and nursing homes, used fewer prescription drugs, and were more active than non-chiropractic patients. Chiropractic patients reported 21 percent less time in hospitals over the previous three years. *(Continued on page 3)*

Always A Team, Always A Friend, Always A Family: Our Staff



What makes our office run smoothly every day? Our staff members eagerly helping every day! At the front desk, Sherly and Paige warm up the start of the day with their humor, smiles and laughter. Their dedication and pursuit for continuous improvement is but just a small portion of who they are.

Moreover, popping out of almost every corner, you will spot our technical assistants -Pam, Pattie, Jan, and Jane- working diligently to provide

you the best results through all your therapies and/or nutritional commitments. Never hesitate to ask these ladies about other concerns!

On the other hand, there is also Diana and Luke...hiding in a back office in their own little utopia they like to call “The PR Room” or the Public Relations room. Working side by side, Diana and Luke keep the office noticed, organized, informed and full of flyers on certain occasions :) If you have any technical, postal, organizational and/or marketing concerns, ask Diana and Luke and they will gladly be of service to you.

To conclude, the office would not be the same without two major rocks making it all stand firm- Dr. Johnson and Sandy. Together, for 25 years, the office has been able to run through their hard work, dedication and passion to helping and serving you. Without these two rocks, the office would be literally tipping over. So, with all of us working together, we are happy to say that we are confident we will keep you satisfied at all times. Our 25 years of commitment is evidence that we don't give up on your satisfaction and that we look forward to continue to grow together with you and your family.



SUCCESS STORIES



Thank You for Curing Me Dr. Johnson!

“My experiences involving Dr. Johnson and his staff are very positive in many facets of Dr. Johnson’s practice.

For the chiropractic part, the series of adjustments Dr. Johnson had done to my neck and back provided greater freedom of movement for me and has allowed me to turn my head and shoulders easily while driving my car in reverse.

For the nutrition part, I now have a higher energy level and this benefit is attributed to Dr. Johnson’s supplements he provides but I also reserve the majority of the benefits to my eating habits and my lifestyle choices which have improved ever since I came to Dr. Johnson.

For NAET, I have uncovered various items that I was allergic to and resolved them through using NAET. The most dramatic part of using NAET was finding out my reaction to cold and humid temperatures in the winter with my very dry hands. Thank you again for curing my allergies and curing my dry hands problem!”



-John Przybycien
Clarkston, MI



I Can Walk Again Without Pain!

“I have always been a very active person until I started having a problem with my neck. I have been coming to Dr. Johnson for about 7 to 8 years for lower back problems which has been kept under control by using the Cox table and regular manipulation. However, about a year ago, I started having problems with my neck and shoulder and ended up getting an MRI in which I found out that I had 2 bulging discs and 3 herniated discs. This caused me so much pain that it hurt me to drive. I had to stop playing tennis, I stopped walking, I found that I was sleeping a lot and I was just laying in bed with no relief. I couldn’t even lay on regular bed pillows as it would hurt to lay on them. Then, I started getting migraine headaches.

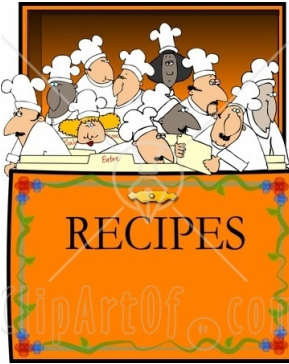
I decided I needed some help so I started getting treated with physical therapy. The physical therapist gave me some nice massages, and got me to move a little better by stretching my cramped muscles, but, it did not get me out of pain. So, as soon as I found out that Dr. Johnson got this new Non-Surgical Spinal Decompression table, I just had to try it to see if it would relieve my pain. It did and it was a miracle!

The Cox table gave me relief for only a couple of days but with Dr. Johnson’s Non-Surgical Spinal Decompression table, I can go for months without pain. I just had 8 treatments over a couple of months and it really got me moving again; I started walking again and I feel so great that playing tennis is just around the corner again. I think if I was just doing the Cox table it would have been a much slower recovery for me. With Dr. Johnson’s Non-Surgical Spinal Decompression table, my results are maximized and my recovery is fast. Thank you Dr. Johnson for introducing me to the Non-Surgical Spinal Decompression table, it is wonderful and amazing!”

- Heidi Kanan
Grosse Pointe, MI



For more information visit: http://wellnesschiro.com/triton_DTS_nssd_with_nsi.htm



Tilapia Almondine

- 1/4 cup rice flour
- 1 lb. tilapia fillets
- 1 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/4 tsp. turmeric
- 1 cup roasted unsalted almonds
- 1/2 cup almond milk



- Approx. 3 Tbs. of olive oil for sauté
- Fresh lemon juice to taste

Directions: Shake flour and spices in a plastic bag to combine. Grind almonds in food processor until medium fine. Put them on a plate. Put almond milk in a bowl. Put the fish in the bag and coat with flour then briefly put in almond milk. Put on the plate with almonds and coat well. After all fillets are coated, put a large pan on medium heat. When pan is hot, add oil and about 3-4 fillets at a time. Turn once when a peek of the underside of a fillet is golden. Then finish cooking the other side for another few minutes (Approx. 5 min.). Serve with lemon if desired.

Source: <http://www.dadamo.com/typebase4/recipepictor7xc.cgi?686>

Lentil Patties

- 8 ounces drained lentils
- 1 egg
- 1 tsp. paprika
- 1/2 tsp. sea salt
- 1/2 cup onion, diced
- 1 carrot, grated
- 1 cup herbs & veggies chopped (chives, parsley etc.)
- 2 Tsp. rye or amaranth flour
- 1 Tsp. olive oil



Directions: Whisk eggs until fully blended. Add all other ingredients to the eggs such as paprika, onions, carrot, herbs, veggies and flour. Form into patties. Cook patties in olive oil, pressing down well from time to time to encourage flat patties. Cook the patties until they become quite brown and become quite crisp on both sides.

Source: <http://www.dadamo.com/typebase4/recipepictor7xc.cgi?438>

(*Chiropractic Wellness Care continued*)... A larger study surveyed 311 chiropractic patients, aged 65 years and older, who had received chiropractic maintenance care for five years or longer. Chiropractic patients, when compared with U.S. citizens of the same age, spent only 31 percent of the national average for healthcare services. The chiropractic patients also experienced 50 percent fewer medical provider visits than their comparable peers. The health habits of patients receiving maintenance care were better overall than the general population, including decreased use of cigarettes and decreased use of nonprescription drugs.

Blanks, Schuster, and Dobson published the results of a demonstrative assessment of subluxation-based chiropractic care on self-related health, wellness, and quality of life. This is one of the largest studies of its kind ever undertaken regarding a chiropractic population.

After surveying 2,818 respondents in 156 practices, a strong connection was found between persons receiving a form of chiropractic care and self-reported improvement in health, wellness, and quality-of-life. Ninety-five percent of respondents reported that their expectations had been met, and 99 percent wished to continue care.

Significant decreases in the utilization of medical services, and their attendant costs, were noted when DCs or

other “CAM-oriented” practitioners were used as primary care providers. In an Independent Physician Association (IPA) which permitted patients to select a doctor of chiropractic as their primary care physician, clinical and cost utilization based on 70,274 member months over a seven year period demonstrated decreases of 60.2 percent in hospital admissions, 59.0 percent hospital days, 62.0 percent outpatient surgeries and procedures, and 85.0 percent pharmaceutical costs when compared with conventional medicine.

As human beings, we have the ability to control the modulating factors in our lifestyles. We can choose to experience social support, spirituality, happiness, humor, and love through a nervous system free of distortion and interference. We can exercise control, commitment, and respond to challenges through biomechanisms, which are not compromised.

We also have the ability to empower others to lead healthful lives, and move our culture into one of worldwide wellness. Chiropractic wellness care is an essential component in any long-term solution to our healthcare crisis. Call us at 586-731-8840 and come into our office today to make an appointment— don’t wait until it is too late and costly! Don’t wait until you are *sick*.

Source: <http://www.chiroeco.com/news/chiropractic-news.php?id=7223§ion=127&title=Chiropractic%20wellness%20care>

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 member and adopting a health supporting lifestyle for life.
-Dr. Karl Johnson



Incontinent Memories

A study from Chicago's Rush University Medical Center suggests people taking anti-cholinergic drugs face a risk of memory and cognitive problems. Such drugs are used to treat high blood pressure, asthma, Parkinson's disease and incontinence. Those taking the medications showed a 50% faster decline in cognitive skills and memory. Source: *Associated Press, April 2008.*

Exercise: Calories Burned at Rest!

Our bodies burn calories as a result of workouts, increased daily activity, and something called "afterburn", which is an added attraction of strength training exercise. "Depending on how hard you work out, your metabolism can stay elevated for up to 48 hours after you've finished lifting." Source: *Gary R. Hunter, PhD, University of Alabama at Birmingham.*



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Eight Signs of High-Quality Food

1. Grown *without* pesticides and chemical fertilizers (organic foods fit this description, but so do some non-organic foods).
2. Not genetically modified.
3. Contains no added growth hormones, antibiotics, or other drugs.
4. Does not contain artificial anything, nor any preservatives.
5. Fresh—such as organic food or fresh conventional food.
6. Did not come from a factory farm.
7. Grown with the laws of nature in mind (meaning animals are fed their native diets, not a mix of grains and animal byproducts, and have free-range access to the outdoors).
8. Grown in a sustainable way (using minimal amounts of water, protecting the soil from burnout, and turning animal wastes into natural fertilizers instead of environmental pollutants). Source: <http://articles.mercola.com/sites/articles/archive/2009/02/12/Your-Best-Options-to-Eat-Locally-in-the-Winter-Wherever-You-Live.aspx>



"Health is a large word. It embraces not the body only, but the mind and spirit as well... and... not today's pain or pleasure alone, but the whole being and outlook of a person".

-James H. West

This Fat is Saving Children's Lives

When Ellie Brogan was just a day old, doctors warned her parents that she would probably need a liver transplant or die by her first birthday. Ellie was born missing a fraction of her small intestine and some of her colon.

Two and a half years later, Ellie is one of more than 100 children with "short bowel syndrome" who have received a therapy pioneered at Children's Hospital in Boston. It uses fish oil to keep their livers healthy, and doctors and Ellie's parents say it helped save her life.

Babies like Ellie lack the ability to digest food or absorb nutrients. They need to be

fed intravenously, but the IV nutrition can also damage their livers. But, experiments recently showed that using a supplement made with fish oil instead of the standard soybean oil, did not cause liver damage.

So far, 112 children at Children's Hospital have been given the fish oil. The treatment is now available at 70 hospitals around the world. Although the data have not yet been published, more than 90 percent of the Children's Hospital patients are alive - a remarkable rate for this serious illness, especially considering that the hospital often sees children who arrive from elsewhere in very bad shape. Source: *Boston Globe, Jan. 2009.*

Supplement Special
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Allerplex® supports the body's immune system response to seasonal, environmental, and dietary stresses. It maintains healthy liver function—the body's natural cleansing system. Allerplex® is just the right kick-start to seasonal change.

Safest Healthcare Approaches

There are generally two approaches to healing. One approach is the Mechanistic or medical approach. This approach sees symptoms as problems that need to be eliminated. Got a fever? Take an aspirin. Got pain - have a pain-killer. Infection? Take an antibiotic. Nauseous? Here's a pill. Diarrhea? Got something for you. High blood pressure? Depressed? Anxious? Shy? Low energy? Here's a chemical to suppress your symptoms.

Of course none of these drugs gets to the cause of your problem. For example, no one has ever discovered an aspirin or Prozac deficiency - these drugs affect symptoms only.

Moreover, there is another approach to healthcare. That approach is the expressive or Vitalistic approach. Vitalists see symptoms as the way your body cleanses, heals, repairs and rebalances itself.

These symptoms may be very uncomfortable. After all, who likes spending time in bed with a fever? Who enjoys diarrhea or vomiting? Rashes or skin eruptions? Pain or discomfort? Nausea, coughing, muscle aches and pains, chills, anxiety, sore throat, weakness and fatigue? No one!

You'd do anything to get your child and yourself well. Yet, interfering with symptoms, while creating comfort in the short run, could actually interfere with one's healing ability and lead to health damage in the long run. Vitalistic healers (such as chiropractors) understand that suppressive healthcare drives disease deeper so that it may never leave the body. Children and adults who let their acute illness run its course are, overall, healthier than those who take drugs to suppress their symptoms.

Fever and other dramatic symptoms are powerful tools

by which a body resolves illness. Although uncomfortable, they will pass. In fact, suppressing fever may make you stay sick longer. In one study, adults who had the flu stayed sick 3 ½ days longer if they took something to lower their fever.

Other studies have shown that acute infections in childhood result in less cancer and heart disease later in life. Interfering with symptom expression may cause a temporary, acute illness (cold, flu, fever, malaise) to become chronic - a lifelong condition that never resolves.

At times, drastic interventions requiring drugs or surgery may be needed. However, that is relatively rare; most people who suffer from acute illness do best with watchful waiting. It is however especially important that a child (or adult) be free of subluxations so their body may function optimally.

For that reason, all sick individuals need chiropractic care. Additionally, you may want to investigate homeopathy, acupuncture, aromatherapy, enemas or other natural means to work with the body to help promote true healing that strengthens the body so it is better able to cope with future infections.

- Sources: 1. Plaisance KI et al. Effect of antipyretic therapy on the duration of illness in experimental influenza A, Shigella sonnei, and Rickettsia rickettsii infections. *Pharmacotherapy*. 2000;20(12):1417-1433.
 2. Albonico HU, Braker HU, Husler J. Febrile infectious childhood diseases in the history of cancer patients and matched controls. *Medical Hypotheses*. 1998;51(4):315-320.
 3. Schlehofer B, Blettner M, Preston-Martin S et al. Role of medical history in brain tumor development results from the international adult brain tumor study. *International Journal of Cancer*. 1999;82:155-160.
 4. Pesonen E et al. Dual role of infections as risk factors for coronary heart disease. *Atherosclerosis*. 2007;192(2):370-375.



Policy Regarding Missed Appointments

If you are unable to keep your appointment, please let us know within 24 hours of your scheduled time. A \$44.00 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.

"The more you move toward what makes you feel good, and move away from those things which bring you distress and pain, the healthier you will be." - *Christiane Northrup, M.D.*

"Always laugh when you can. It's cheap medicine."
- Lord Byron



"Health and good humor are to the human body like sunshine to vegetation."
- Massillon

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30 tabs (Large) - \$23.85
Euphrasia Complex® maintains healthy mucus secretion, a healthy response to environmental stresses, maintains healthy breathing, and healthy respiratory tract function.
With Euphrasia Complex®, Spring can really be a breeze.

"Life is not living, but living in health". - *Martial, Roman poet*



**Chiropractic & Nutrition
Wellness Center**
Healthy Alternatives for Life

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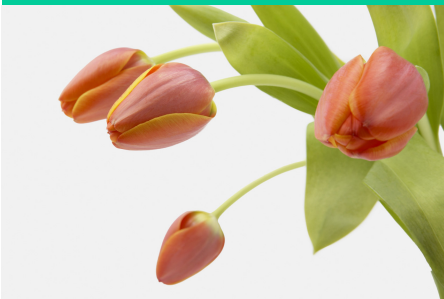
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"Find tranquility in nature and you will find tranquility in yourself".

- Anonymous



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.

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 a consultation, exam and x-rays. Simply cut it out, and give it to your friend.

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