

# Healthline

Healthy Alternatives for Life



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## Happy Holidays Give Way to New Year's Resolutions



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As the holidays approach us, we will all be revving up our keen sense of looking for that "just right" gift for our friends and loved ones. Soon, we will again be eating bountifully

just as we did at our Thanksgiving feasts. And of course, those unwanted pounds will accumulate. We can understand THAT weight gain as we

over-consumed and were not as active in our typical exercise routine because of the hectic holiday schedule. But many of those who seek care at the Chiropractic Wellness Center of Macomb come in with a concern about weight gain, despite not "overeating" and/or despite exercising regularly.

There are many things we all want to change from

year to year. Many of us make resolutions to make changes and accomplish goals in the New Year. If you have a goal to lose weight and want to do it by

understanding and learning about the many hidden reasons you can't, make plans to attend our seminar on this topic January 13. We had

such a wonderful response to this seminar in October that we felt obliged to bring it back in January. In the first seminar, we covered a lot of ground and found that the seminar really needs to be broken up into at least 2 sessions. Our seminar in January will focus on the first half and will cover the concerns about digestion, colon health and the function of glands that improve your

fat-burning ability. So, if one of your goals is to lose weight, join us to learn what you can do to help yourself. You won't be learning about some magic pill or some crazy starvation diet. No! You will learn how the body is supposed to function and learn what your particular problem area is with complete notes and information you can use to implement the very next day.

My wish for all of you this holiday season is for you to experience vibrant health and increased prosperity and that you will assume a take-charge attitude to help yourself achieve these things. Enjoy your friends, family, loved ones and the holiday foods and traditions this season.

Yours in love and life,

Dr. Karl Johnson



Holiday Wishes to You and Yours  
From Dr. Karl Johnson & the Staff:  
Sandy, Deb, Terri, Jackie, Diane, Kim  
And Dr. Riffel





# Success Stories



For quite some time I've had trouble turning my neck. I've been coming to Dr. Johnson on a regular basis for two years. Recently, when my neck got really bad, he suggested I do my spinal warm-ups and molding. The girls showed me how to do these simple exercises and I did them faithfully.

At first I thought my neck would fall off. However, after one month I had more movement in my neck and less pain. Now I'm a whiz at it. I enjoy laying there for my 20 minutes and it's no longer painful.

I'm happy I listened to Dr. J. I have more movement, a better curvature, and I like it. I highly recommend these exercises for everyone. They really helped me.

Edith Brissette, Shelby Township, MI

## January/February

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My job was really getting to me. I was stressed out, had no energy and felt like I was in a fog most of the time. I was ready to retire at the end of the year because I couldn't handle it anymore.

My wife is one of Dr. Johnson's patients and made me come to see him. Since I had nothing to lose, I agreed.

Dr. Johnson put me on a series of supplements and after two weeks I began to feel better. I've been on the supplements for three months now and I am doing great. I'm no longer stressed out and have more energy.

Mel Handlen, Sterling Heights, MI

Ever since I was a young child, I have suffered from motion sickness. I was really sick — throwing up sick — every time I was in a car, or airplane or boat. Ten years ago my husband wanted to take a cruise and again I was sick, sick, sick.

Recently my husband said he wanted to go on another cruise and I said I would ask Dr. Johnson if anything could be done. I've been coming to Dr. Johnson for six years now and I trust his judgment. He suggested we try Nambudripad's Allergy Elimination Techniques (NAET) on my motion sickness.

He did. It worked. I went on my cruise and had a great time. Not only did I not get sick on the cruise liner, I also was able to go on the small boat tours that were pounding up and down in the rough surf. I felt great! Thanks, Dr. J.

Lorraine Beavon, Rochester Hills, MI

## Recipes

### Spanish Style Chicken Casserole

(Serves 4)  
 2 Tbsp. light olive oil  
 1 1/2 pounds chicken drumsticks  
 1 1/2 pounds chicken thighs  
 1 large onion, chopped  
 2 cloves garlic, crushed  
 2 tsp. sweet paprika  
 1 large red pepper, sliced  
 3/4 cup dry sherry  
 1 14-oz. can peeled tomatoes  
 2 Tbsp tomato paste  
 1 cup water  
 3/4 cup green olives, pitted and halved  
 1 tsp sweet paprika, additional for garnish

Preheat oven to 350 degrees. Heat oil in a large frying pan, add the chicken in batches, and cook over medium heat for 3 to 4 minutes or until browned. Transfer to a 4-quart flameproof casserole. Add the onion, garlic, paprika, and red pepper to the frying pan and cook for 5 to 8 minutes or until softened. Add the sherry and cook for 2 minutes or until liquid is slightly reduced. Add the tomatoes and tomato paste, stir well, and cook for 2 minutes. Pour the



tomato mixture over the chicken, and add 1 cup water.

Bake, covered, for 1 hour and 15 minutes, then uncover and continue baking for 15 more minutes. Add the olives, and let sit for 10 minutes. Garnish with the extra paprika and serve with rice.

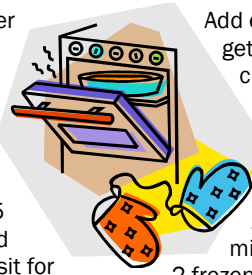
Body & Soul, November/December 2002 from *Bowl Food: Comfort Food for People on the Move* by Laurel Glen Publishing, 2002

The following recipes are from the booklet, *What Are We Feeding Our Children?* By Linda Kent, M.Ed., N.C. Linda works with families in the Detroit area helping them become better by eating better. For more information on Linda's workshops, contact Diane at the office — 586-731-8840.

### Non-Dairy Ice Cream

1 frozen banana  
 Rice Dream  
 Frozen non-sweetened strawberries

Blend 1/2 to 1 slightly softened frozen banana and 10 slightly softened frozen strawberries.



Add enough Rice Dream to get the consistency if ice cream.

### Date or Strawberry-Almond Milk Shake

1 cup fresh almond milk  
 2 frozen bananas  
 6 pitted dates or 6 frozen strawberries

Place almond milk and fruit in a blender. Blend until thick and creamy. For thinner shakes, use 1 and 1/2 bananas.



### Stick-to-the-Ribs Breakfast

1 ripe banana  
 8 almonds  
 1 Tbsp. Sesame seeds  
 1 Tbsp. Sunflower seeds  
 4 chopped dates  
 raisins

Grind nuts and seeds to a fine powder. A mini-blender works well. Mash banana with a fork on a plate and spread the seed and nut mixture over it. Place raisins and date pieces on top of the nut-seed mixture. Enjoy!



All stress is first felt by the nervous system... Chiropractic builds resistance to stress.

### Top 10 Foods for Longevity

1. Tomatoes
2. Olive Oil
3. Red Grapes
4. Nuts
5. Whole Grains
6. Salmon & other fatty fish
7. Blueberries
8. Garlic
9. Spinach
10. Tea

## Standard Process Obtains Organic Certification

Dr. Royal Lee, founder of Standard Process, was a firm believer that the whole foods used as the foundation for health should be organic; and therefore, Standard Process has always practiced organic farming. Recently, a new law has been established requiring producers and handlers of organic foods to be certified by a USDA-accredited certifying agent in order to see, label,



or represent their products as organic. Standard Process is proud to announce that they are certified by two agencies — MOSA (Midwest Organic Services Association) and OCIA (Organic Crop Improvement Association). Both of these agencies were on the very first USDA-accredited list compiled.

In accordance with their certification, Standard Process follows strict organic guidelines

to grow the plants that are used in their supplements. They keep detailed records of their farming practices, such as crop rotations, organic seed supply, cultivation practices, and soil fertility results. Their farmland and crops are monitored annually to ensure that only the highest quality farming practices are taking place.

Dr. Johnson is proud to recommend Standard Process Supplements. Their high quality products help our practice members obtain excellent results.







## Tis The Season for Giving and Getting

The gift of reading is one of the most important gifts one can give or get. Books always play an important part of Christmas – at least they do in my family. How about yours?

Some of the staff would like to share their favorites with you. Consider adding one or more of these treasures to your collection.

### Diane Radtke:

I highly recommend ***The Artist's Way*** by **Julia Cameron**. It's a 12-week pathway to discovering your own creativity – whether it be in business, homemaking, arts, music, crafts, or whatever. Follow the guidelines, spend 45 minutes a day for 12 weeks (or longer if you like), and find the real you. It's fun, enlightening, and could change your life.

### Deb Monterosso:

Winter is the best time of year to have a great new book to curl up with. As an avid reader, I have a long list of personal favorites when it comes to books. One that readily comes to mind is ***Mutant Message Down Under*** by **Marlo Morgan**. The reader gets to travel with a tourist visiting Australia who has the rare honor of being chosen to go for a walkabout with some native Aboriginals. Through her, we get to experience a culture that is in complete harmony with its environment. A culture that exemplifies Faith, Faith that our Creator has de-

signed everything in such brilliant perfection that all things must be treated as sacred to preserve the balance. The book reads easily in spite of the large importance of its message. This book would appeal to almost anyone. Anyone who lives with great respect for life, or who lives in Faith with God would appreciate the beauty of the journey we get to experience with one of (if not *the*) oldest surviving cultures in the world. I know that this book is easy to find in any bookstore for about \$12.00, or one can purchase it easily from Amazon.com and have it delivered right to the door.

### Dr. Karl Johnson:

Currently, I'm recommending the following books for their ability to help each person discover his/her own health challenges and how to cope with and conquer them:

***Why Can't I Lose Weight*** by **Lorrie Medford, C.N.** deals with many of the problems people have that keep them from losing weight. The ideas in this book will be part of our January 13th nutrition seminar. Join us to learn more about them.

***Adrenal Fatigue, The 21st Century Stress Syndrome*** by **James L. Wilson, N.C., D.C., Ph.D.** explains why so many people "don't feel good" or are "always tired." It's a must-read for anyone with stress in their lives.



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. Johnson

## Office News

### HIPAA Goes Into Effect January 1, 2003

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) will go into effect in our clinic on January 1, 2003. In order to offer more protection to you, you will be asked to sign several new forms when you come in. Please be patient with us as we adhere to these new laws. We thank you in advance for your patience and understanding.

### Insurance Deductibles

It's that time of year again. Many of our practice members begin a new year for their medical insurance. As always, we will bill your insurance for you until your deductible has been met, but you must pay at time of service for your care.

### January Nutrition Seminar

Monday, January 13, 2003 at 7:30 p.m. Dr. Johnson will answer the question, "Why Can't I Lose Weight?" as well as giving informa-

tion regarding cleansing the body and feeling good in 2003. Join us at the Utica Public Library. Call the office to register for this no-charge seminar.

### Coming In February

Once again we will have our "Doctors with a Heart" campaign. We will have hearts available to purchase for \$1.00. The monies go to help the children at Oklahaven. We hope you'll add your heart to our door of hearts.

### Look Out for May!

Dr. Johnson will celebrate his 20th anniversary as a chiropractor next May. We'll be having a BIG celebration for that one! How many remember the picnic for the 15th? More information will be coming in future issues. But be prepared for a blast!



## 10 TIPS TO KEEP YOU & YOUR CHILD HEALTHY THIS WINTER

Winter colds and flu are a fact of life for many children but do not have to be. Why is it that most children under 6 have an average of 7 colds a year while older children tend to have only 4 or 5? A better question is why do some kids have fewer if any colds? The answer has to do with the child's immune system response to the environment rather than what we've all been led to believe...the nasty flu bug.

So here are 10 tips to help normalize and bolster your

child's immune system:

1. Zinc lozenges help ease a sore throat.
2. Ginseng boosts the immune system.
3. Echinacea is a natural antibiotic.
4. Beta-carotene helps heal mucous membranes.
5. Vitamin C is an anti-inflammatory.
6. Garlic helps detoxify the body.
7. Ginger tea increases perspiration.
8. Sage tea breaks up congestion.
9. Fluids help prevent dehydration.
10. Regular chiropractic care has a proven record of boosting the immune system.

When in doubt, call Dr. Johnson. We're here to help you reach your optimum health potential.

## Eating for Health by Diane Radtke

Regular chiropractic adjustments are one of the best things we do for ourselves and our bodies. However, adjustments alone are not enough. As has become apparent in recent years, nutrition, as well as adjustments and exercise, plays an important part in a program of total wellness.

For the past several years, we've been advising people to "Eat Right for Your Blood Type" based on the book by Peter J. D'Adamo. For many people this book has led to increased health and well being. Then Dr. D'Adamo came out with *Cook Right for Your Type*, designed to help people easily adjust to eating for their blood types. Now, there is *Live Right for Your Type*, which goes further into foods and their effect on your body.

### Why Eat for Your Blood Type?

Studies have been done and are continually being done to determine the effect of this type of eating. Your own experience with the program

will be your best guide.

Reports have included a wide range from no benefit to complete success, from no weight loss to small weight loss to great weight losses. You need to try the plan yourself to discover how great you can feel. At the very worst, you won't feel any different — but I haven't found anyone like that yet.

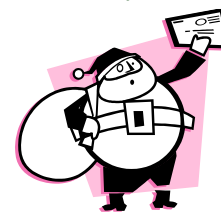
Most people using the blood type eating program will see a reduction in symptoms. This is due primarily to the fact that when you follow the eating plan, you eliminate those foods that are poisonous to your system. How does that happen?

A little science here if you please. A chemical reaction occurs between your blood and the foods you eat. Your digestive and immune systems still maintain a favoritism for foods that your blood type ancestors ate. The reaction involves lectins,

abundant and diverse proteins found in foods. These lectins agglutinate (become a kind of super glue) to various organs in the body (kidneys, liver, brain, stomach, etc.) Lectins can be both good and bad.

Good lectins can snatch up bacteria and parasites. Bad lectins however can destroy. When you eat a food containing protein lectins that are incompatible with your blood type antigen, the lectins target an organ or bodily system and begin to agglutinate blood cells in that area. Most lectins are not life threatening, but they can cause a variety of other problems, especially if they are specific to a particular blood type. The key here is to avoid those lectins that agglutinate your particular cells, which is determined by your blood type. For example, gluten, the most common lectin found in wheat and other grains, binds to the lining of the small intestine, causing sub-

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stantial inflammation and painful irritation in some blood types, especially Type O. Lectins vary widely, according to their source. The lectin found in wheat has a different shape from the lectin found in soy, and attaches to a different combination of sugars; each of these foods can be harmful for some blood types, but beneficial for others.

The bottom line here is that lectins gum up the works, interfering with digestion, insulin production, food metabolism, and hormonal balance. By following the proper blood type diet for you, you can:

- Avoid many common viruses and infections.
- Lose weight, as your

*(Continued on page 6)*

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Healthy Alternatives for Life

**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.*

*Recognizing health is an inherent state of well being in mind, body and spirit. Our role is to remove any interference to its expression through optimum chiropractic and nutritional care supported by wellness education.*

*We envision a world of maximized health and optimum human potential. Our goal is to help create that world.*

**Can You Take the Plunge?**

Recently, I read a short article by Mort Crim ("Second Thoughts," *Detroit Free Press*, December 9, 2002) on fear and courage. In it, Mort made some interesting observations.

For most of us, courage is something special, something soldiers do in battle, something firemen do in fighting fires, something above and beyond. For the most part, we tend to consider courage beyond our reach.

But each of us is courageous in our own ways. The mother who handles family, husband, home, and a job is a shining example of courage. A friend who knows the value of good health, chiropractic care, and proper nutrition and shares that information is courageous; especially in today's world where many refuse to lis-



ten and cling to the old medical ways in everything.

It's so easy for us to simply not say anything when we see family and friends suffering

and know that they will reject anything we say regarding alternative health care. I've heard many times, "Yeah, it's good. But when are you going to a "real" doctor?" Have you heard that too? It's easy to give in to fear and say nothing; but it's better for you and those you care for if you "jump right in" and tell them of your successes.

Give them Dr. Johnson's phone number and tell them to get the facts for themselves. We're here to serve and to help. We only need you to put your fears aside and "jump in." As Mort Crim said, "Is there a better way for any of us to deal with our fears than to simply take the plunge?"

*(Continued from page 5)*

body rids itself of toxins and fats.

- Fight back against life-threatening diseases such as cancer, cardiovascular disease, diabetes, and liver failure.
- Avoid many of the factors that cause rapid cell deterioration, thus slowing down the aging process.

Here is a list of foods to avoid for all blood types. These foods act like poisons in the system, their lectins simply are not agreeable to any blood type.

**Dairy:** American cheese, blue cheese, ice cream

**Fruit/Fruit Juice:** Coconut, coconut milk.

**Herbs:** Pepper (black/white).  
Vegetable/Vegetable Juice: Black olives, rhubarb.

**Oils:** Coconut oil, corn oil, cottonseed oil, safflower oil.

**Fish:** Barracuda, conch, lox, octopus.

**Meat:** Bacon, ham, pork, goose.

**Miscellaneous Beverages:** Liquor (distilled), diet soda, cola, miscellaneous flavors.

**Condiments:** Ketchup.

All these foods contain lectins that are not suitable for any blood type.