

Chiropractic & Nutrition Wellness Center

Healthline



Did You Hear — We're Moving?

By Karl Johnson, DC

*When Health is absent,
Wisdom cannot reveal itself,
Art cannot become manifest,
Strength cannot be exerted,
Wealth is useless,
and Reason is powerless”*

—Herophiles, 300 B.C.

Yes, it's true. After 18 years in one location, the cramped, increasingly “quasi functional” space we now occupy has lived out its usefulness. That's fancy speak for, its time to move!

Eighteen year ago I designed our current office to house a chiropractor or two for chiropractic services only. My staff and I found that over time we needed more staff, but had no place for some to have a post. Moreover, I added additional services to better handle the health challenges our practice members came in with. Thus over time we have made do and resorted to shuttling practice members from one room to another along with other coping methods.

The following is an update on the current level of build-out.

The metal studs, room insulation and drywall are in place, lead is up in the x-ray room, electrical wiring is nearing completion, and the furnaces have been installed and are temporarily wired so the dry-wall “mud” can be slung. The



computer, telephone, security system as well as audio and video cabling have been installed. The plans are for us to be in the new location in May (hopefully the very beginning of May). Don't worry, the new office is very close – only .7 of a mile north at 51735 Van Dyke Avenue in Shelby Township. The office building

is part of the Stoneridge Professional Development. It is right in front of a golf driving range. Come early for your appointment and practice your swing – or stay after. If you hurt yourself, just come in and we'll fix you up!

We have new services and enhanced services in store for you now that we will have the needed space to offer them in. Massage, reflexology, reiki, personalized postural assessment and corrective exercise instruction you can do to improve your posture, prevent osteoporosis related hunchback and more.

I would like to take a moment to highlight one new service - **the Posture Pro evaluation**. . What's your posture number? Only the Posture Pro knows for sure! Gravity never sleeps.

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Healthy Choices for Kids By Diane Radtke

Last December the Detroit Free Press featured an editorial about children called “Young and Overweight.” The response from the community brought many comments and suggestions, which are discussed here.

One teenager suggested that it is the fault of the parents



for bringing home the wrong foods. He recommends that parents learn about food and make healthy choices, that students learn about food and take responsibility for making healthy choice both at school and at fast food restaurants. It is a wise teenager who realizes that

he/she has the responsibility for keeping his/her body healthy.

Learning about nutrition begins in the home. Children are taught to eat what is put on the table – or they used to be. Now many children make their own choices and parents give in to avoid conflict. Nutrition begins at home and is the responsibility of the parents.

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Success Stories

I normally get several colds in the fall and winter months. When catching a cold, generally I will be coughing for at least a month afterward.

At my next appointment with Dr. Johnson, I told him how I was feeling and he suggested that I take Antronex® and Vivi (after testing me to see what my body needed). I took the Vivi in the morning and at night and the Antronex® every two hours. In 24 hours I was all better.

What a relief. Thanks, Dr. Johnson.

Laurie Capoferi,
Sterling Heights, MI



On July 27, 2004, I was at a meeting and had pizza for dinner, and then I broke out in a rash. From there it was all downhill. I developed hives and itchiness all over my body. That sent me to many doctors to find a cure. I saw my family doctor, then I saw two different allergists and ended up at the University of Michigan. I was in the emergency room three times because I couldn't breathe.



The doctors at U of M told me that it could go away in two weeks, or maybe two months, or maybe two years, or maybe never. In other words, they didn't know what was causing the hives and itchiness. At this point a friend of mine referred me to Dr. Johnson.

I came to Dr. Johnson a little over four months ago. He checked me out using muscle testing and recommended several supplements and allergy elimination treatments. I was ready to try anything to get some relief.

What a difference! I haven't had any hives or severe itchiness in seven weeks. It's amazing! I'm really grateful to Dr. Johnson for all his help and I highly recommend him.

Michael Scott, Clinton Township, MI

For several months, Dr. Johnson has been treating me for hip and leg pain. It was especially painful walking in the am and evening after work.

Dr. Johnson tested me and the results showed that my right leg was a quarter inch shorter than my left. Dr. Johnson suggested ordering orthotics for my shoes.

What a difference! Even my big toe turned from purple back to its normal color within two days. Thanks, Dr. Johnson, for your continued help.

June Mac Pherson,
Troy, MI



This past fall I was in the hospital for ten days for congestive heart failure. I had been taking water pills and they brought on an attack of gout. I couldn't walk or put weight on my foot for six weeks. I got a new MD who checked my blood levels — my uric acid level was high. My foot swelled to the point where my skin peeled off. So I was sent to the hospital.

I was diagnosed with congestive heart failure and taken off my supplements. The second and third days in the hospital I gained 10 pounds each day. Fortunately, the extra weight was water and came off before I left the hospital.

When I got home, my chest hurt. So I started taking my supplements. Even my extremities got cold, ice cold, from bad circulation. But after three days on my supplements everything was ok. I'm doing much better now. I'm still on oxygen and need a walker. I can't drive yet and have a visiting nurse come in to help me.

When I was so sick, I couldn't even load the dishwasher. Since getting back on my supplements, now I can. What a difference the supplements make! I wouldn't be here without them. Thanks, Dr. Johnson, too for all your help over the years.

Connie Curtis, Romulus, MI

RECIPES

This issue's recipes come from the book *Low Fat Lies* by Kevin Vigilante and Mary Flynn

Lemon-Garlic Rice*

- 2 Tbsp olive oil
- 1/2 cup white onion, minced
- 2 Tbsp. garlic, minced
- 1 cup long-grain white rice
- 2 cups water
- Salt
- Juice of 1/2 lemon
- Grated or minced zest of 1 whole lemon
- Freshly ground black pepper



about 5 minutes. Add the garlic and cook for 1 minute. Add the rice and toss to coat with the oil. Pour in the water, a pinch of salt, and lemon juice. Bring to a boil. Cover and reduce the heat to low. Simmer until the rice is cooked and the liquid is absorbed, 20-25 minutes. Remove from heat and fluff with a fork. Toss with the lemon zest, season to taste with salt and pepper, and serve immediately.

2 servings—185 calories per serving.

*From the *White Dog Café Cookbook* (Running Press, 1998)



Chicken Noodle Soup

- 1 Tbsp olive oil
- 1 Tbsp garlic, chopped
- 1 large onion, chopped
- 2 medium carrots, chopped

- 6 stalks celery, chopped
- 1/2 pound cooked chicken, cubed
- 1/4 cup dry white wine
- 1 1/2 quarts chicken stock
- Salt and pepper to taste
- 6 Tbsp parsley, chopped
- 1 Tbsp chopped thyme
- 4 ounces dry noodles (or any cooked pasta)

Heat the oil in a large pot over medium heat. Add the garlic, vegetables, and chicken and reduce heat. Cook for about 5 minutes. When vegetables start to change color, add wine and stock. Bring to a boil and reduce heat to simmer. Simmer for 20 minutes. Season with salt, pepper, parsley, and thyme. Serve hot.

8 servings—146 calories per serving

Christopher Martins, New Haven, CT

(Continued from page 1)

Other community responses to the article put the blame in many places, but not on themselves. Some of the suggestions included the following:

- Get rid of the junk foods and beverages in schools (that would include pop, candy, pizza, hot dogs, and hamburgers)
- Parents need to work with PTAs and demand healthier meals, snacks, and vending machine items.
- Make it mandatory for children to learn about nutrition in school. (If



the parents won't teach children, the schools should!)

- A two-step solution: 1. Turn off the computer, the console video game player, the cell phone, the instant messaging, the Xbox, the text messaging, the voice-over Internet protocol phone service, the iPod, the hand-held video game, the in-car DVD player, the home entertainment center's plasma television, and the air conditioning. 2. Go outside and play.

It's obvious that parents need to be in control in raising their children. Many children are involved in after school activities, such as

soccer and baseball. Other parents insist their children play outside after school if the weather permits. It's wonderful to see kids outside riding bikes, playing games, running, and enjoying the fresh air.

Perhaps the children need to help the parents, encouraging them to buy healthier food. When children get healthy, nutritious food, they want to run and play.

One responder summed it up well. She said, "Childhood can and should be a ton of fun, not tons of fat. What do you think? Let Diane know. Call her at (586) 731-8840. We'll let you know the responses we get.

March/April Special

VIVI
VIVI Tincture
Save 10%

VIVI
30 caps = \$23.40
VIVI Tincture
1 ounce = \$21.60



Many people are suffering from various viruses this winter. One of the best supplements to combat viruses is VIVI Virox and Virox Tincture from Systemic Formulas.

VIVI is a natural anti-viral for combating flu, herpes, and general viral and staph infections.

TVIVI or Virox Tincture is the liquid form of VIVI and is rapidly assimilated to fight viral and staph infections.

Ask Dr. Johnson which is best for you!

(Continued from page 1)

This relentless force pulls our bodies downward 24 hours a day. These forces are minimized when the posture is neutral, as seen in the picture at the far left. But as a person's posture worsens, the gravitational forces put additional stress and tension on muscles, joints, tendons and ligaments. Certain muscles will shorten



and become weak, and others will get longer and become weak. A vicious cycle of tension, pain, and weakness continues until you do something about it.

Did you know that research published in the *Journal of the American Geriatric Society* states that, "Older men and

Kyphosis



women with hyperkyphotic posture, have higher mortality rates."? Or that according to an article published in *Physical Therapy*, "Subjects with kyphosis and rounded shoulders had an increased incidence of interscapular pain; those with a forward head posture had an increased incidence of cervical, interscapular, and headache pain."? The good news is you don't have to be a victim of these problems. Knowledge and proper ACTION are the key. We are

here to help guide you and give you the information you need to help yourself.

The head, about the shape and weight of a bowling ball, is subject to the same Laws of Physics as other objects. As the head moves outside its natural stable point, gravity takes hold and wants the head to hit the floor. Think of a bowling ball with a cut-off broom handle stuck in one hole. The ball will balance, but tilt it slightly forward and it will fall to the ground. Because gravity never sleeps, this effect is present whenever the person with forward head posture (FHP) is in an erect position. Each inch the head is held forward of neutral requires the exertion of 15 to 30 pounds of extra muscle tension, which means that much less muscle strength is available to support outside loads. And, of course, this extra muscular load is transmitted down the spine, increasing chronic loading on the vertebrae as well as the intervertebral discs. This leads to early spinal degeneration and the resultant nerve and health damage.

The shoulders' back-and-down position of proper posture is also optimal for load bearing. With this position, when a weight is held in the hands or supported by the shoulders, the shoulders will be pulled downwards, but not forwards. When a forward shrug occurs, it is much less efficient. When fatigue resistance drops, the spine is more vulnerable to injury.

We are very excited about the Posture Pro software and the help it will help us give to our practice members. We will have enough room in the new office to perform the Posture Pro assessments.

Look for more information about our move in the office and in our email newsletter. To receive our email newsletter and email updates, sign up for them at the front desk.

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

When I let go of what I am, I become what I might be.

—Lao Tzu

Dr. Johnson at the Troy Newcomers Club

Recently Dr. Johnson was asked to speak to the Troy Newcomers Club at their monthly luncheon. One of our Practice Members, **June Mac Pherson**, had experienced some great successes with Nambudripad's Allergy Elimination Techniques (NAET). She told the club about her elimination of allergies and many of them were experiencing the same problems — allergies that were not under control.



Dr. Johnson spoke about NAET to over 30 interested women. Many asked questions and all enjoyed the demonstrations of how allergies are determined (muscle testing). "Rosie" was a big hit as usual. (If you don't know "Rosie," ask Dr. Johnson to meet her on your next visit.) After the presentation, Dr. Johnson answered many questions while the ladies completed their evaluation forms and requested appointments.

Dr. Johnson is happy to spread the word about healthy living and the way to achieve it. If you belong to a group that would benefit from hearing Dr. Johnson speak, please contact Diane at (586) 731-8840.

Office News

Easter Egg Design Contest

Once again it's time for the annual Easter Egg Design Contest. This year's contest will run from March 13 through Good Friday, April 14. There will be winners in five different age groups: 2 to 4 years old, 5 to 7, 8 to 10, 11 to



13, and 14 and up. The winner in each age group will get \$5.00 cash. All you have to do is design and color the full-page Easter egg. Give your completed Easter Egg to the receptionist to hang on our gallery wall. Winners will be announced by the end of April and listed in the next newsletter.

Anniversary Open House & Grand Opening Celebration

As you saw on Page 1, we're



moving in May. Dr. Johnson will also celebrate his 23rd year as a chiropractor. This all adds up to "Party Time"!

Watch for details of our big, big combination open house, coming in June or July. We want to welcome all our current and past practice members to our new facility. It's just .7 miles north of our current office. We'll have more space and more services to help you be the best you can be.

Do you need iodine therapy?

During the first half of the 20th century, iodine therapy was considered a panacea for all human ills. In today's world, iodine therapy has been avoided like the plague!

Today the holistic world is once again embracing iodine therapy. Basically,

the treatment consists of using elemental iodine supplements until the thyroid gland and all other iodine-sensitive sites in the body have reached iodine sufficiency.

A recent article in **Health Alert**, the monthly health newsletter by Dr. Bruce West, discusses this new application of iodine therapy.

Dr. West indicates that iodine therapy is useful for treating fibrocystic breasts, polycystic ovary syndrome,

hypo- and hyperthyroid conditions, brain fog, constipation, obesity, diabetes, hypertension, and even some heart problems—most notably irreversible arrhythmias like atrial fibrillation.

Although commonly thought of as only involving the thyroid gland, iodine is

actually found in every organ and tissue in the body. It is found in high levels in the thyroid gland, liver, lung, heart, and adrenal glands. Its highest concentrations are found in fat and muscle tissue.

Do you need iodine supplementation? Here's an easy way to find out:

Buy a bottle of Tincture of Iodine at the drugstore and paint a 2-inch square spot on your inner arm. If the spot disappears in less than eight hours, you desperately

need iodine. If it disappears in 24 hours, you also need iodine. If it simply stays on your arm and begins to slowly fade in color after a full 24 hours, you have already reached iodine sufficiency.

Dr. Johnson can also test you using Nutrition Response Testing. We do have iodine supplementation available from Standard Process Labs here in the office.

What if you are allergic to iodine? Dr. Johnson is certified in Nambudripad's Allergy Elimination Techniques, so an allergy treatment would be in order.

With all the wonderful things iodine can do, it would be advisable to perform the iodine patch test on yourself to see if you would benefit from iodine therapy.



MASSAGE THERAPIST AVAILABLE IN THE CLINIC

Diane Rotha, CMT is available for massages in our clinic on Thursdays 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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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.

The Butterfly Effect

It's been said by meteorologists familiar with chaos theory that under certain circumstances, a butterfly can flap its wings (5/100 of a second) in the Indian Ocean and cause a hurricane in the Caribbean Sea.



The application of this "butterfly effect" becomes appar-

ent when you consider what happens after you leave the chiropractor's office. After your adjustment, perhaps your improved reaction time will enable you to avoid an accident by responding just quickly enough to a hazard on the road — possibly saving people from being hurt or killed.

A slight tune-up of your reaction time — as subtle as the flap of a butterfly's wings — may be sending beneficial ripple effects well beyond the walls of Dr. Johnson's office.

Do You Know Anyone Who Needs 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

50258 Van Dyke, Suite E

Shelby Township, MI 48317

***\$185.00**
Value for
\$25.00

***\$185.00**
Value for
\$25.00

Appointment Necessary.

Call (586) 731-8840. Expires: 4/28/2006