

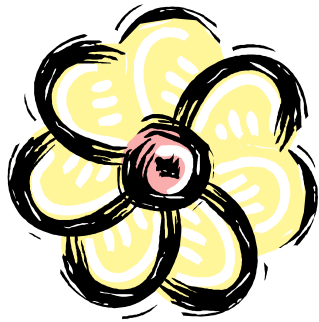
HealthLine

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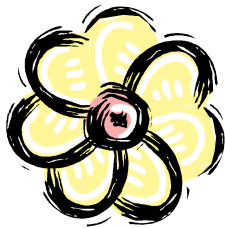
Fantastic Health, Fantastic Services

A Guide to the Services at Chiropractic & Nutrition



Special points of interest:

- Continue learning about the Wonderful Services offered here at C&NWC
- Easy, Healthy, and Fun Recipes for Everyone
- Supplement Specials



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Clinical Nutrition Using Functional Neuromuscular Testing Combined with Dietary Guidance

Both Nutrition Response Testing (NRT) and Contact Reflex Analysis (CRA) are utilized to find and correct underlying nutritional inadequacies using whole food and full spectrum herbal supplements. In addition, dietary guidance based on the blood type concept developed by Peter J. D'Adamo, are utilized in this part of our service to our practice members. Dr. Johnson studied and became a fellow of the Institute for Human Individuality. The Institute for Human Individuality (IHI), a non-profit organization under the auspices of Southwest College of Naturopathic Medicine, has as its prime goal the fostering of research in the expanding area of human nutrigenomics and epigenetics. These emerging sciences seek to provide a molecular understanding for how common dietary chemicals affect health by altering the expression or structure of an individual's genetic makeup.

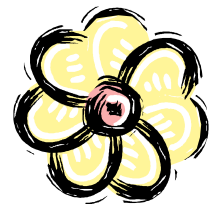
The five basic tenets of nutrigenomics are:

- Improper diets are risk factors for disease.
- Dietary chemicals alter gene expression and/or change genome structure
- The degree to which diet influences the balance between healthy and disease states may depend on an individual's genetic makeup.
- Some diet-regulated genes (and their normal, common variants) are likely to play a role in the onset, incidence, progression, and/or severity of chronic diseases.

- "Intelligent nutrition" - that is, diets based upon genetics, nutritional requirements and status - prevents and mitigates chronic diseases.

Intelligent nutrition combined with Nambudripad's Allergy Elimination Techniques (NAET[®]), using Clinical Nutrition and Functional Neuromuscular Testing along with dietary guidance, has been helpful in aiding our practice members eliminate allergies to various substances (environmental; grass, pollen, mold, perfumes, smoke, etc.), get rid of motion sickness, improve relationships with children, spouses, coworker and others, as well as improving their ability to adapt to their particular environment. Nambudripad's Allergy Elimination Techniques, NAET[®] was developed in 1983 to eliminate food allergies, allergic reactions, and diseases arising from a variety of allergens. NAET[®] treatment protocols mainly encompass procedures that are modified from chiropractic, acupuncture and/or acupressure, and nutritional disciplines. NAET[®] treatments mainly consist of non-invasive spinal manipulative therapies along with acupuncture and/or acupressure on specific acupuncture points in the human body. NAET[®] has been found to be very effective for many acute and chronic conditions that are a result of hypersensitivity reactions. It is to be clearly understood that NAET[®] is not a solution for all ailments and diseases. An allergic or a hypersensitivity reaction is the result when an individual reacts adversely to the substances in his environment. These substances could be the foods he/she eats on a daily basis, or any of the following substance he/she uses such as drugs, vitamins, chemicals, environmental

agents like grasses, trees, flowers, perfumes, computers, plastics, etc. The list can go on (Nambudripad, 2003). To most people, these substances may be harmless, or well-tolerated, and even useful. In some people, contact with these substances may create reactions that activate the immune system to produce and release antibodies and chemical messengers to destroy the substances the body perceives as "dangerous." These antibodies will attach to the antigens in order to export them out of the body. The rest of the defense forces of the body will arrive at the affected tissue to provide support, destroy and eliminate the intruder. More blood and lymph will flow towards the affected tissue giving rise to inflammation of the tissue. These antigen-antibody reactions can produce symptoms like mild to severe itching, hives and various types of skin reactions, watery eyes, runny and congested sinuses, rapid heart rate, fatigue, headaches, irritability, mental confusion, insomnia, brain disorders, indigestion, gastrointestinal discomforts, various types of pain disorders, mood changes, and swelling of the joints, tongue, throat, and brain tissue.
(Continued on page 4)



Darla Pankow's Story

For quite a while I've suffered from Fibromyalgia and hyperthyroidism... Now I can work on my feet all day in a manufacturing facility, then go home, fix dinner and still have enough energy to work in the yard...

I was tired and in pain all the time. I'd go to work, come home, fix dinner, and go to bed by 8:00 pm. My medical doctor had me on all kinds of drugs. And nothing worked.

My friend brought me to see Dr. Johnson. We come from Port Hope, two hours from Shelby, but we've had really good results.

Now I can work on my feet all day and still have enough energy to work around the house. I've been dragging logs to the fire pit and cutting grass as well as bike riding. My thyroid is coming down, too. I really feel so much better. Thanks, Dr. Johnson.



Baked Garlic Parmesan Chicken

"A wonderful baked chicken recipe that's quick and easy! Using just a few handy ingredients, create a delicious main dish, that also makes great leftovers - if there are any! Serve with a salad and pasta or rice for a quick, scrumptious dinner."

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PREP TIME	15 Min
COOK TIME	30 Min
READY IN	45 Min
SERVINGS & SCALING	
<i>Original recipe yield: 6 servings</i>	

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.
3. Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

INGREDIENTS

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 cup dry bread crumbs
- 2/3 cup grated Parmesan cheese
- 1 teaspoon dried basil leaves
- 1/4 teaspoon ground black pepper
- 6 skinless, boneless chicken breast

Chicken and Green Bean Clear Soup

"This kind of clear soup is called sumashijiru or suimono in Japan. Suimono is often served with sushi. You can use other vegetables, meat, seafood, or mushrooms to make suimono. "

INGREDIENTS:

- 1 chicken breast
- 8 kinusaya green beans
- 3 1/3 cups bonito dashi soup stock
- 1 tsp salt
- 1 tsp soy sauce
- 1 tbsp sake

PREPARATION:

Boil kinusaya green beans and soak them in water to cool. Slice kinusaya thinly. Cut chicken breast into bite-size pieces. Heat [bonito dashi soup stock](#) in a pan.

Add chicken pieces, salt, and soy sauce in the soup. Simmer until chicken is cooked. Add kinusaya green beans and simmer for a minute.

Onigiri—Rice Balls

"Rice balls are called onigiri in Japanese. Rice balls are usually shaped into rounds or triangles by hands. Onigiri are often put in Japanese bento lunch boxes."

INGREDIENTS:

- 4 cups steamed Japanese rice
- 8 strips of dried nori (seaweed)
- Salt to taste
- *For fillings:
- ume (pickled plum) / grilled salted salmon

PREPARATION:

Grill salted salmon slices. After the salmon cools, tear it into small chunks and set aside. Cook [steamed rice](#). Put about a half cup of steamed rice in a rice bowl. Make a dent in the center of the rice and place fillings, such as [ume \(pickled plum\)](#) and grilled salmon. Wet your hands in water so that the rice won't stick. Rub some salt on your hands. Place the rice in the rice bowl on your hands. Form the rice into a round or a triangle, by pressing lightly with your both palms. Wrap the rice ball with a strip of nori.

Makes 8 rice balls.



Fantastic Health, Fantastic Services

(continued from page 1)

Exercise With Oxygen Therapy (EWOT)

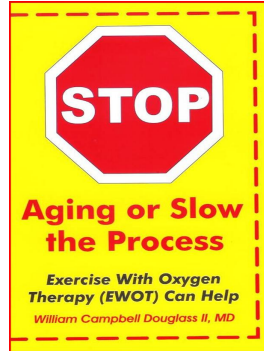
EWOT was invented by Manfred von Ardenne, physicist, researcher and inventor, state award winner of the USSR, national award winner of the GDR. He had about 600 national and international patents. Von Ardenne was one of the pioneers of the television, developing the broadband amplifier and the electron 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.')

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 is 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 oxygen to cells of the body. Presumably every organ is being bathed in these extra amounts of life-sustaining oxygen.

EWOT technique is very simple to employ. You should wear light, comfortable clothing with EWOT. 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 use with the concentrator).

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.

One consistent observation we see is reduced blood pressure – often a 20 point drop in 15 minutes while performing EWOT! While you are doing EWOT we suggest you read the book *Stop Aging or Slow the Process; Exercise With Oxygen Therapy (EWOT) Can Help*, by William Campbell Douglass II, MD (provided for your reading pleasure while in the office).

Whole Body Advanced Vibration Exercise (WAVE)

This breakthrough technology was introduced in late summer of 2007 to Chiropractic & Nutrition Wellness Center. Whole Body Advanced Vibration Exercise (WAVE), is the next generation in physical conditioning and training, providing time efficient exercise

and a genuine break-through in medical rehabilitation. Originating with Russian cosmonauts, Whole Body Vibration (WBV) was used to prevent astronauts from developing severe bone mineral loss and subsequent crippling osteoporosis after performing extended space exploration in a non-gravitational environment.

The vibration plate works by stimulating the body's natural 'stretch reflex'. This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office. Without thinking about it, your body responds with a strong involuntary muscle contraction, leading to your leg 'kicking out'. The vibration platform works in a very similar way.

3000 muscle contractions per minute

The WAVE platform drops either 2 or 4 mm. This is a very small and gentle drop. For example, let's say that you are standing on the vibration plate with a gentle knee bend. Once the platform drops 2 mm, your muscle is quickly lengthened, or 'stretched'. The body reacts to this by quickly contracting the muscle. By the time it does that, the WAVE platform has already returned to the first position. The platform drops again and this is repeated. Since the WAVE platform has been designed to do this 20 to 50 times per second, you can get a maximum of 50 muscle contractions per second! In one minute, you can actually get 3000 safe and gentle muscle contractions. This is the equivalent to doing 3000 knee bends. You can only imagine how long that would take without WAVE.

Vibration Training

Finally an exercise that fits into YOUR schedule! No matter what your age or activity level, WAVE vibration exercise is a low impact exercise that takes only 15 minutes, three times a week. Backed by over 40 years of clinical research, this safe and scientifically proven system is helping everyday people achieve:

increased lymphatic mobilization and accelerated cellulite reduction

- Increased strength and ballistic training and explosive fast-twitch muscle performance
- Improved neurocognition; neuromuscular stimulation and neuro-adaptation (neurological rehabilitation)
- Improved flexibility and increased range of motion, mobility and increased balance
- Increased blood circulation; increased glucose metabolism at a cellular level
- Increased bone density; reduced muscle wasting
- Decrease in chronic pain

We have a membership type fee schedule for using this equipment and you can call Terri at the office for pricing. If you haven't wanted to join a gym this may be the exercise for you!

In conclusion,, as you can see, we do offer quite a variety of services to handle the myriad of health goals our various practice members have. Whether you suffer from a debilitating health condition that has been unresponsive to medical treatment, or you want enjoy optimizing your health potential, have a healthier pregnancy or get your children's immune system working better, we have the services that can help your body function like it should. Choose to be in charge of your health by adopting the Chiropractic & Nutrition Wellness Center vision for a healthy lifestyle.



- Increased body metabolism,



Supplement Special March-April 2008

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The Problem is All in Your Head

By Dr. Joe Andris

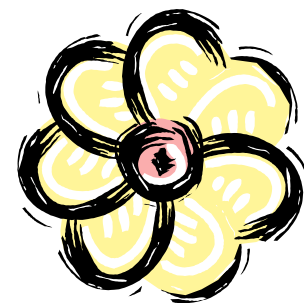
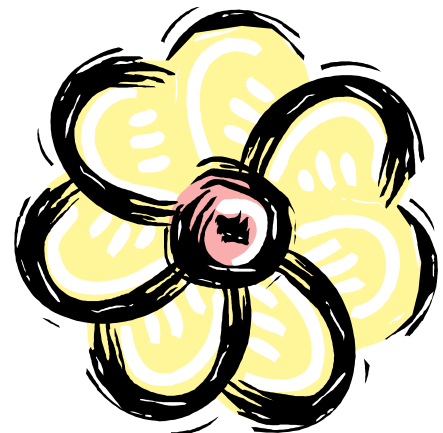
Do you suffer from chronic pain, fibromyalgia, dizziness, headaches, back pain, numbness, or any other problem? Have you been to doctor after doctor and received medication after medication and not experienced any relief? Have you been to chiropractor after chiropractor and received adjustment after adjustment and only experienced temporary relief at best? Well, I must tell you...the problem is most likely in your head. Before you get upset, let me explain. I don't mean that your making up the fact that you've had excruciating pain for many years. What I do mean is that the root of what's causing your pain is a problem with different parts of your brain not functioning as well as they could.

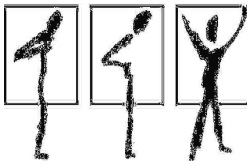
Let's talk about your cerebellum. Your cerebellum sits underneath the back part of your brain and you have a right one and a left one. It's responsible for controlling balance, fine motor coordination (such as handwriting), certain eye movements, and the deep postural muscles of your spine. It receives input from a few different sources such as the eyes, the inner ear, and all of your muscles, ligaments, and tendons. As long as the cerebellum is receiving the proper amount of stimulation from all of those sources it will fire the appropriate messages to the front of the brain which will send messages to the lower brain stem which will slow down the upper brainstem. As long as this is happening everything will be just fine.

On the other hand, when the cerebellum is not receiving the appropriate stimulation from one or more of those sources, it won't be able to send the appropriate messages to the front of the brain which won't be able to send messages to the lower brain stem which won't be

brain stem. This is where problems can arise. Guess what kinds of symptoms you can develop when the upper brain stem can't be slowed down? That's right: chronic pain, fibromyalgia, dizziness, headaches, back pain as well as others such as an insomnia, light sensitivity, racing heart, urinary tract infection, constipation, and diarrhea. Do you have one or more of these right now. If yes, then, as you can see, the problem is in your head! The reason you still suffer from these things is that your overactive upper brain stem has never been addressed.

This is something we address in our office through **Brain Based Therapy**. We do a comprehensive evaluation to figure which side of the cerebellum is not receiving its proper input from one or more sources. Then we customize a program to your specific needs to get the cerebellum to work at its optimum potential again through **activation** exercises. What we are finding is something quite amazing: people who haven't been able to sleep for years are sleeping through the night; people who have suffered from fibromyalgia for many years are finally finding relief from their constant pain. All this by treating the source of it all! Does this sound like you or someone you know? Just remember, there is still hope. Perhaps the answer for you lies in Brain Based Therapy. For more information just call the office at 586-731-8840 and ask for our Fibromyalgia DVD. We'll get one right to you!





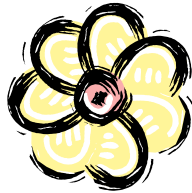
Chiropractic & Nutrition
Wellness Center
Healthy Alternatives for Life



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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.

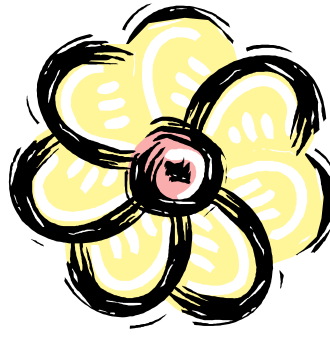
We recognize health is an inherent state of well-being in mind, body and spirit. Our role is to remove any interference to health expression through optimal chiropractic and nutritional care supported by wellness education.

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



We're on the Web!

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