

Health Line

A New Year, A New You

Benjamin Franklin once said “A full belly makes a dull brain”. This is quite true as eating too much does make most of us feel and think lethargically. And, over the holidays, most of us have already eaten way too much, maybe so much that it has caused plenty of discomfort and pain throughout our bodies. Therefore, we need a way to get back on track physically and mentally again and we can actually become a new, healthier person this year.

A great way to get our bodies back to their pre-holiday state is to start our 21 day Purification and Weight Management program. To further explain, purification (also known as detoxification or cleansing) is the process of addressing the natural toxins in our body. The liver, digestive tract, kidneys, bladder, lymphatic system, lungs, and skin are the major systems/organs that are involved in the neutralization and elimination of toxins. Because we are exposed to high levels of foreign substances and over consume chemically-treated, synthetically-produced food, purification is highly benefi-

cial for us and is needed. The Standard Process Purification program we offer utilize whole food supplements, pure food, and water to give the body the resources it needs so that it can purify and rebuild itself naturally. Our purification program places an emphasis on the liver and colon because these two organs play a major role in supporting the digestive system. The Standard Process Purification program will help you achieve a higher level of health by cleansing the body from the inside out.

Moreover, as many of us look for a quick fix to address our weight issues, our purification program can help you achieve long-term weight management success in 21 days. Many other programs do not take into account the physiologic needs of the body, therefore, other programs do not achieve permanent success. In addition, many quick-fix programs are not designed to be practiced for an extended timeframe. Dieters who go on these programs become frustrated because eventually all the weight that was lost comes back. *(Continued on page 3)*

VOLUME 20, ISSUE 1

JANUARY-FEBRUARY 2009

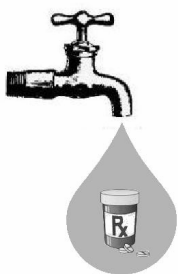


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Special points of interest:

- Mercury fillings may have neurotoxic effects on the nervous systems of developing children and fetuses
- Flu shots can cause Alzheimer's disease
- Taking combined hormones increases breast density, which increases the risk of breast cancer



Pharmaceutical Drugs in US Water Supplies!

A test of water samples in 30 states for 95 different prescription and nonprescription drugs found: 75% of samples had 2 or more drugs, 54% had greater than 5, 34% had greater than 10 drugs, and 13% of samples had greater than 20 drugs. These drugs get in your water because 40% of all antibiotic drugs are fed to livestock. They generate significant amounts of manure that's used as fertilizer on lawns, gardens, and farms. Rain then washes drugs into riv-

ers, streams and underground water supplies. Drugs are also flushed down drains by individuals dumping them into drains. Hospitals and drug companies are known for doing this also.

Drugs are also excreted in human waste and are carried to treatment plants that do not remove pharmaceuticals. These drugs are then released back into the water cycle.

Source: *US Geological Survey & Richard Mesquita, MD.*



My Pain Goes Away With the DTS Table

“Before I used Dr. Johnson’s DTS Table, I had severe back pain, especially in my lower back. After using his DTS table, I noticed the first week that most of the pain had gone away and my back felt much better. The DTS table provided great back pain relief for me and I am so happy that I have experienced the DTS table.

The DTS has made me feel so much more mobile and healthier. It was a big help in terms of taking away my back pain. I would not recommend using it just a couple of times and then expecting a miracle.

Your body needs consistency and the DTS will help keep your pain away as long as you consistently commit yourself to using it. It truly is a great feeling to have your pain go away with the DTS table. Thank you Dr. Johnson for helping me!”

- Ann Lowback, *Royal Oak, MI*

Dr. Johnson is Truly A Godsend

“I have to tell you that I’ve had some very serious back problems and particularly some neck problems that resulted in me having an operation. After the operation about 15 years ago, I have had the opportunity to meet Dr. Johnson who I think is one of the finest Doctors I have ever associated myself with in my 76 years of life. About two months ago, Dr. Johnson was able to tackle my latest problem with my neck by introducing to me the Spinal Decompression Table that he recommended that I use. Dr. Johnson suggested that I go on the SD Table to see for myself if it would have an impact in some way to help my neck problem I was having at the time. At the time, I had some severe neck problems in that I couldn’t even raise my neck and arm or even move them around. But, I decided to try Dr. Johnson’s SD Table and it turned out to be a real lifesaver for me. I only went on it 5 or 6 times and within those sessions, it really turned out to be a Godsend to me because it helped me from the very first treatment as it stretched my vertebrae and I knew it was something very special as it made me feel much better right away. I told Dr. Johnson that this SD Table must of cost him a lot of money and he replied that ‘it did but it was worth it’. It sure was worth it for me too.

My association with Dr. Johnson goes back 15-16 years ago when I had very serious back problems. Back then, I couldn’t even walk and I consistently fell down in the street and even in Dr. Johnson’s office. It was an unbelievable situation because I thought I was going to need another surgery but Dr. Johnson assured me that I didn’t need surgery. And, it turns out, I didn’t need surgery at all- I needed the SD Table and that was enough. Dr. Johnson is an outstanding person in that he has helped me so much that both my wife Mary and I have come to him for many years. We have so much confidence in Dr. Johnson and we are so happy we have come to him for help. After using his SD Table, I feel so much better. I also feel that it is very important that I continue to have his normal prescribed treatments to adjust my spinal column because it is what keeps my body in tune.

When I came into Dr. Johnson’s office many years ago, the problem was that I couldn’t do anything and when I left his office, I could resume a normal movement of the neck and shoulders again. My arm was also in great pain, it was like a big toothache but Dr. Johnson has healed it by giving me the opportunity to use his SD Table. Dr Johnson is clearly the best Doctor and I think he and his staff are an outstanding team of individuals. My wife Mary and I are treated so well there. We love Dr. Johnson very much and this is a situation that God has put into his hands because Dr. Johnson’s hands and knowledge have been just outstanding. I would absolutely refer my friends and family to Dr. Johnson. And, to those who haven’t tried Chiropractic medicine, let me suggest that you do because in the past 15 years, Dr. Johnson has kept Mary and I in very good shape.

I hope my testimonial will be of help to those out there who are still skeptical. Mary and I are believers of Dr. Johnson’s work and we hope you come to find the truth through him and experience God’s work through Dr. Johnson. Thank you very much Dr. Johnson! God bless you and your staff!”



-Father Leonte Copacia
Shelby Township, MI

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

RECIPES



Pomodoro Pasta

- 4 ounces whole-wheat pasta shells, tubetti, ziti or rigatoni
- 1 tablespoon extra-virgin olive oil
- 1 15-ounce can cannellini beans, rinsed
- 1 large clove garlic, minced
- 2 ripe medium tomatoes, diced
- 2 tablespoons oil-cured black olives, pitted and chopped
- 1/4 cup sliced fresh basil
- Freshly ground pepper to taste
- 2 tablespoons freshly grated Pecorino Cheese



Directions: Bring pan of water to a boil and cook pasta until tender then drain water. Heat oil in skillet over medium heat. Add beans and garlic and stir until beans heated through. Add tomatoes, olives, basil and pepper. Stir gently to combine. Top with bean mixture and cheese.

Source: <http://allrecipes.com/Recipe/Pasta-Pomodoro/Detail.aspx>

Marsala-Poached Figs over Ricotta

- 1/2 cup quartered dried figs
- 1/4 cup Marsala or port
- 2 teaspoons honey
- 1/2 cup part-skim ricotta
- 1 teaspoon sugar
- 1/8 teaspoon vanilla extract
- 1 tablespoon toasted slivered almonds



Directions: Place figs, Marsala (or port) and honey in a small saucepan. Bring to a boil, reduce heat and simmer until the figs soften and the wine is syrupy. Stir together ricotta, sugar and vanilla. Divide between 2 bowls and top with the fig mixture and almonds.

Vanilla-infused ricotta cheese is the perfect foil for saucy poached figs. Makes 2 servings. Active Time: 5 minutes
TOTAL TIME: 15 minutes

EASE OF PREPARATION: Easy

Source:

http://www.eatingwell.com/recipes/marsala_figs_ricotta.html



(A New Year, A New You continued) Therefore, it is logical to state that the ideal weight management program takes time. It needs to be gentle, reduce excess fat stores, be high in fiber and low in fat, increase muscle, and ensure that the amount of metabolic energy being used is greater than the amount of calories consumed. All of this needs to occur without losing muscle mass, which can be maintained by consuming vital nutrients. Once the ideal weight is reached, maintaining it requires that the amount of energy expended is equal to the energy intake. Obtaining a proper balance is key.

Furthermore, our bodies are like cars with a main fuel tank and a reserve tank. When one tank runs dry, the engine draws fuel from the reserve tank to meet its needs. Our bodies run in a similar fashion. For example, let's say a person walks on a treadmill for 20-30 minutes. During this time, they have burned off their main fuel-the sugar in their blood, liver, and muscles. Once that fuel is depleted, their body should turn to fat (the reserve fuel tank) for additional energy. That's when the liver steps in. A healthy liver function is needed for the body to be able to burn fat

for energy successfully. The nutrients and dietary recommendations in the Standard Process purification programs revolve around feeding the body the nutrients it needs to support optimal liver function. The purification program can improve the organs in the body gently and within a safe period of time.

To conclude, by choosing to start our Purification and Weight Management program you can literally become a new you this new year. Experience long-term benefits to your health such as increased energy, clearer thinking, better digestion, less bloating, clearer skin, shinier hair and much more. Come try our Purification and Weight Management program today!

For more information visit:

http://wellnesschiro.com/purification_&_weight_management.htm

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Mercury Fillings Prove to Be Harmful

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.

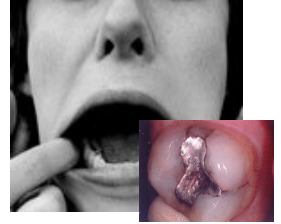
After years of pressure from scientists, citizen groups and health advocates, the FDA has posted a statement to its website that is nothing less than a watershed event in oral hygiene history (it's actually quite a bit more exciting than that may sound).

Although the FDA has previously adamantly denied any and all scientific evidence pointing to negative health impacts from mercury fillings, the FDA has now posted the following to its website: "Dental amalgams contain mercury, which may have neurotoxic effects on the nervous systems of developing children and fe-

tuses...Pregnant women and persons who may have a health condition that makes them more sensitive to mercury exposure, including individuals with existing high levels of mercury bioburden, should not avoid seeking dental care, but should discuss options with their health practitioner."

Source:

<http://ruscombegreen.blogspot.com/2008/12/getting-closer-to-banning-mercury.html>



6 Reasons to Avoid the Flu Shot

1. **There is no real evidence that shows that flu shots actually work.**
2. **Flu vaccines, along with many other vaccines, contain mercury.** Remember in junior high chemistry, where your teacher told you not to break the thermometer because mercury could kill you? Well mercury hasn't gotten any better for you over the years, and a multi-dose Flu vaccine contains 250 times the legal amount of hazardous waste. Something tells me that can't be good for you.
3. **Flu vaccines have antibiotics in them.** While this may sound like a good thing, some of these antibiotics are known to wipe out the good bacteria along with the bad. Does immunodeficiency sound like a good way to prevent the flu?
4. **Vaccines contain Polysorbate 80.** This highly toxic agent can seriously lower the immune system and cause anaphylactic shock which can kill.
5. **Flu shots contain aluminum and formaldehyde, which growing evidence shows that it causes Alzheimer's Disease.** So, people who get the flu shot for 3-5 years are 10 times more likely to develop the Alzheimer's disease. Source: <http://www.zencollegelife.com/2008/10/29/6-reasons-to-avoid-getting-a-flu-shot/>



Have-A-Heart Campaign 2009

Join Dr. Johnson during the month of February for the Have-A-Heart 2009 campaign benefiting Oklahaven Children's Chiropractic Center. This campaign raises funds for the children at the Center who cannot pay for their care.

Oklahaven is a "center of last resort" for many children who have been unable to see any improvements in their condition. However, many children who have come to Oklahaven have seen great improvements. Oklahaven is a nonprofit organization dedicated to making sick children well using natural, drug-free chiropractic care. Treatment of mentally, sensory and physically challenged children is Oklahaven's specialty.

Please help the children of Oklahaven by donating \$1.00. Your name will be placed on a heart and displayed in our office. Thank you!



Supplement Special

Jan - Feb 2009

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90 caps (Small) - \$9.00

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Hormone Therapy Linked to Abnormal Mammograms

Combined hormone therapy appears to increase the risk that women will have abnormal mammograms and breast biopsies and may decrease the effectiveness of both methods for detecting breast cancer, according to a report in the Archives of Internal Medicine, one of the *JAMA/Archives* journals, earlier this year.

Hormone therapy use remains common among women beginning menopause, according to background information in the article. "For women with a uterus considering combined estrogen plus progestin use, identified breast cancer issues represent a concern," the authors wrote.

Rowan T. Chlebowski, MD, PhD, of the Los Angeles Biomedical Research Institute at Harbor–UCLA Medical Center, and colleagues studied 16,608 post-menopausal women who participated in the Women's Health Initiative (WHI) clinical trial, beginning in 1993 through 1998. A total of 8,506 women were randomly assigned to receive a combination of estrogen (0.625 milligrams per day) plus progesterone (2.5 milligrams of medroxyprogesterone acetate per day), while 8,102 took a placebo. Each woman received a mammogram and breast examination yearly, with biopsies performed based on physicians clinical judgment.

During the 5.6 years of the study, 199 women in the combined hormone group and 150 women in the placebo group developed breast cancer. Mammograms with abnormal results were more common among women taking hormones than among women taking placebo (35 percent vs. 23 percent); women taking hormones had a 4 percent greater risk of having a mammogram with abnormalities

after one year and an 11 percent greater risk after five years.

Breast biopsies also were more common among women taking hormones than among those assigned to placebo (10 percent vs. 6.1 percent). Although breast cancers were significantly increased and were diagnosed at higher stages in the combined hormone group, biopsies in that group less frequently diagnosed cancer (14.8 percent vs. 19.6 percent), the authors write.

After discontinuation of combined hormone therapy, its adverse effect on mammograms modulated but remained significantly different from that of placebo for at least 12 months, they continue.

Use of combined hormones increases breast density, which increases the risk of breast cancer and may also delay diagnosis, the authors note. However, breast density was not measured in the current study.

Use of conjugated equine estrogens plus medroxyprogesterone acetate for approximately five years resulted in more than one in 10 and one in 25 women having otherwise avoidable mammogram abnormalities and breast biopsies, respectively, and compromised the diagnostic performance of both, the authors conclude. This adverse effect on breast cancer detection should be incorporated into risk-benefit discussions with women considering even short-term combined hormone therapy. Source: <http://www.bio-medicine.org/medicine-news-1/Hormone-therapy-increases-frequency-of-abnormal-mammograms--breast-biopsies-12660-2/>

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.

5 Dangerous Things In Your Home

- 1. Cosmetic Phthalates:** Ex. Hair spray, shampoos, fragrances, and deodorants. These can cause reproductive and developmental problems in animals.
- 2. Flame Retardants:** Commonly used in mattresses, upholstery, TVs and computer casings and circuit boards. Can cause learning and memory problems.
- 3. Lead Paint:** Can cause problems with nervous system, brain, blood cells and kidney.
- 4. Mothballs:** Prolonged exposure can damage red blood cells, cause nausea, vomiting, and diarrhea.
- 5. Pressed Wood Products:** Can set off watering eyes, burning throat and asthma attacks.

Supplement Special Jan-Feb 2009

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“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart”

- Helen Keller



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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