

In This E-Book You will Discover....



“The *Ultimate Strategy* for Ending Your Fibromyalgia and Chronic Pain”

Dr. Karl R.O.S. Johnson, DC, DNMSc of Shelby Township reveals breakthrough, time tested treatments for Fibromyalgia and Chronic Pain!

By

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Introduction:

Here's what this is all about:

Hi! My name is Dr. Karl R.O.S. Johnson and I'm a Doctor of Chiropractic who has been treating patients in Shelby Township, Michigan who have been diagnosed with Fibromyalgia Syndrome since 1983. Several years ago, I was your average doctor and knew very little about fibromyalgia. I had seen quite a few patients with fibromyalgia over the years and honestly, had a "love/hate" relationship with these cases. I could help some fibromyalgia sufferers quite a bit, while many got minimal results. Most doctors I know have just given up on fibromyalgia completely. They have resorted to telling patients "it's all in your head." Well, I kept getting more and more fibromyalgia sufferers asking me if there was ANYTHING I could do to help them. I soon found out that there are...

3-6 Million Fibromyalgia Sufferers In The United States!

WOW! I began searching everywhere for a solution. There had to be something that could help fibromyalgia patients and was being overlooked. Something that could help the 3-6 million people just like you. Well, after a few years of searching, all I came up with were worthless drugs, diets, supplements, herbs, anti-depressants, psychiatrists, magnets...I even found someone selling some kind of "mineral enriched sea water." And by now, we all know about that "blue glop." Some of these treatments may help other conditions but...

They Were Worthless for Fibromyalgia!

Are you overwhelmed and frustrated with your fibromyalgia and all the so called "answers" you get from your doctors? Well, I was too. The bottom line was... I could not find anyone who was REALLY helping fibromyalgia sufferers. Sure, they did a lot of elaborate and expensive tests (Very expensive!). They used a lot of fancy words, but when all was said and done, what could they do for you? **NOTHING!** Then they had the nerve to send you an outrageous bill even Donald Trump would have trouble paying!

By studying Functional Medicine and Functional Neurology from some of this country's best experts and collaborating from like minded colleagues from across the county, I compiled an amazing system that combines Functional Neurology,

Functional Endocrinology, Functional Endocrinology and Functional Blood Chemistry Analysis. I have created many videos and have published a book about my discoveries and methods to help fibromyalgia and other chronic conditions with Neuro-Metabolic Therapy or NMT. You can find my book, *“Reclaim Your Life; Your Guide to Revealing Your Body’s Life Changing Secrets for Renewed Health”* on [Amazon.com](https://www.amazon.com) or my navigating to ReadReclaimYourLifeBook.com. The secret to my program’s success is that it has a multiple-pronged attack on fibromyalgia that to my knowledge, very few doctors have even heard about, much less are doing.

As a result of mentoring with the brain trust of doctors I have studied with and continued in-depth study into the causes of fibromyalgia and chronic fatigue syndrome as well as other types of chronic pain, I became quite proficient at helping these conditions using what I call Neuro-Metabolic Therapy utilizing [Johnson Brain Based Rehabilitation](http://JohnsonBrainBasedRehabilitation.com). **You can request my video on fibromyalgia causes and treatment by calling my office at 586-731-8840 and ask for our “Secrets of Fibromyalgia Revealed” DVD that you can watch on your TV or computer...or you can watch it online by navigating to www.FibromyalgiaVideo.com.**

[Learn more about what makes our approach different from other methods of treatment – so you have the Ultimate Strategy for ending your fibromyalgia.](#)

Additionally, I consult with doctors across the country that specialize in the treatment of chronic conditions such as chronic lower back pain, sciatica or leg pain, spinal stenosis, failed back surgery syndrome – with or without hardware, fibromyalgia, neck pain, knee pain, foot pain, dizziness/vertigo, arm/shoulder pain, migraine and cluster headaches, insomnia, MS, restless leg syndrome (RLS), and peripheral neuropathy. Our goal as doctors utilizing our unique approach is to help as many patients who are suffering as possible and **to help you get better faster!**



...and then all the pain from fibromyalgia disappeared

I saw an ad in the paper claiming there was a doctor who could help with fibromyalgia, which I was previously diagnosed with. When I first came in I was skeptical, but in about three weeks I noticed a lot of pain gone from my arms and all over my body. In another three weeks much of the pain I felt in my legs was gone, and then all the

pain from fibromyalgia disappeared .I can actually say I have no pain from fibromyalgia at all. I have always had dry eyes and had to wear sunglasses, sometimes even in the house. In the past 2 weeks I have not had to wear sunglasses. My eyes are not dry anymore and I don't have to use Restasis® like I have for the last 5 years. I used to wake up throughout the night from pain, and now I can sleep all night. I have had so many benefits from this program in only a short time!

-Helen Malek, Sterling Heights, MI

Chapter 1

Why Most Treatments for Fibromyalgia **Fail!**

First, most people do not realize that most doctors really do not have much training on how to deal with Fibromyalgia patients. In fact, **FIBROMYALGIA COMPLETELY PUZZLES MOST DOCTORS ... PERIOD!** And here's exactly where the trouble begins for you. Think about it? When you went to your doctor, how thorough was your evaluation really? What exactly did the doctor examine? Did he or she just ask you a battery of questions, press on some tender muscles, and then tell you ... "sounds to me like it might be Fibromyalgia".

Or did the doctor test for all kinds of 'other' things (that came back negative) first and then come to the conclusion it was Fibromyalgia, because nothing else showed up on the x-rays, blood tests, CAT scan or MRI? Since there is not even one clear-cut test to establish the diagnosis of Fibromyalgia, it is arrived at through 'process of elimination'. Not as 'scientific' as you would have hoped for huh? You know something; your life would probably be much easier, and possibly much healthier, if your doctor just admitted, right from the start, that they don't have the 'training' or 'time' necessary to explore your problem any further.

At any rate, even though your doctor has 'no clue' what to do, they fall back on 'old faithful' ... the prescription pad! They give you the 'standard' regimen of painkillers, sleeping pills, anti-depressants and maybe some anti-inflammatory drugs. This is the same prescription they'd give to you if you were in a car accident! Now, maybe you DO feel like you've been in an 18-car pile up but this is NO WAY to treat your very special condition. The doctor might even tear off a page of outdated exercises from an old pad lying around the office and give you the number to a 'support group' ... heard this before?

THIS IS WHERE THE INSANITY BEGINS!

The treatment is always the same ... medications! Now please don't misunderstand my point here. I know that if it weren't for some of the medications you take, you wouldn't be able to tolerate the miserable, all-encompassing pain that now consumes your life. But think about it; what is the job of all these prescriptions? Drugs don't EVER do anything to actually treat THE CAUSE of your problem; their ONLY job is to 'cover up' the pain, depression or the myriad of other symptoms you suffer with. Millions of Fibromyalgia sufferers all across the country are now prisoners in their own bodies. Is this really how you want to live the rest of your life?

STOP for a second and remember what the PURPOSE of PAIN is ... it is a 'warning signal' that let's you know something is **VERY SERIOUSLY** wrong with your body. By the time you are experiencing even mild and occasional pain, the problem has already caused significant damage and you're headed for BIG TROUBLE! The presence of pain is NOT the first sign something is wrong; it's the LAST! Only when the body has exhausted all of its 'other' defenses and TOTALLY 'broken down' does it 'sound the alarm' and send out pain signals to your brain. This is how your body works. Treating your Fibromyalgia Syndrome ONLY with drugs is like putting a piece of masking tape over the 'engine' light on your car's dashboard

when it comes on. You may be temporarily unaware of the problem, but it's still there. AND, without getting it 'checked out' & repaired properly, it's only going to get WORSE! This is the same thing going on right now in your body with the Fibromyalgia Syndrome that is ravaging it!

Think of it this way. If your tooth was hurting and the Doctor just gave you some pain killers to numb the pain, would you be happy? OF COURSE NOT! And what if you kept coming back and the doctor just gave you a different medication and said let's see if this works? Do you ever think the medications will correct the problem?

Most sane people would never go back to that Doctor if he kept giving them medications without even attempting to fix the problem, right? You'd think he was crazy! But isn't this how most patients with Fibromyalgia are treated?

Harvard Medical School professor Jerry Avorn, author of "Powerful Medicines: The Benefits, Risks and Costs of Prescription Drugs" commented: "We already know that there is horrendous underreporting of side effects. Ninety to 99% of serious side effects are not reported by doctors," he said. Yet the FDA relies heavily on their reports. **"A fifth of all drugs that fully pass FDA approval will ultimately have black box warnings or be withdrawn from market because of adverse effects,"** Golomb said.

This is why treating patients with Fibromyalgia with medications never gets to the cause of the problem, it only covers it up - Plus the medications can lead to permanent injury or death! (See [Chapter Eight](#) for more details on this subject)



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...

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

-Darla Pankow, Port Hope, MI

Chapter 2

So What Is “The Ultimate Strategy?”

Come a little closer and listen up. This is the well-hidden ultimate strategy you’ve been waiting to hear about. Although there is no agreement on exactly ‘HOW’ it happens, top researchers now agree that there is absolutely **NO DOUBT** the major CAUSE, if not THE primary cause of your Fibromyalgia Syndrome is ... **MALFUNCTION or damage to YOUR NERVOUS SYSTEM and CHEMICAL IMBALANCES**. As I have stated, **the latest research** points to brain stem injury and malfunction as a major cause – if not THE cause – of fibromyalgia.

As written by Katie Gazella, writing for the University of Michigan Health System; “A growing amount of research related to the neurobiology of the condition [fibromyalgia] supports the notion that the pain of fibromyalgia is real. Studies at U-M and elsewhere using two neuroimaging techniques – functional magnetic resonance imaging (fMRI) and single photon emission computed tomography (SPECT) – indicate there is a difference between patients with and without fibromyalgia.

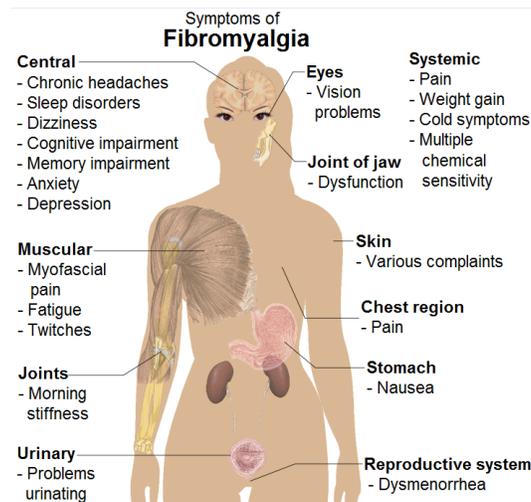
“In people without pain, these structures encode pain sensations normally. In people with fibromyalgia, the neural activity increased,” says Daniel J. Clauw, M.D., director of the U-M Chronic Pain and Fatigue Research Center and professor of rheumatology at the U-M Medical School, and an author of the new paper. “These studies indicate that fibromyalgia patients have abnormalities within their central brain structures.”¹

It’s a *physical* problem NOT just a *chemical* imbalance causing all your problems! That’s why **ALL** the drugs you’ve been taking never even had a chance of working. Let that ‘sink in’ for a second because it’s your key to *really* understanding what’s been going on and how your life is about to change for the better ... RIGHT NOW!

Let me explain. Think of your body like a house. Your ‘nervous system’ is like the ‘electrical system’ and your brain and spinal cord are like the main fuse box that controls everything. Now, you can’t have any kitchen appliances, lights, TV’s or anything in your house working properly unless the electricity from the main fuse box travels *uninterrupted* over the wires [nerves] to them. Meaning, if there’s a ‘short circuit’ in the wiring anywhere ... nothing works. In other words,...MALFUNCTION!

¹ <http://www.med.umich.edu/opm/newspage/2006/fibromyalgia.htm>.

Now, just like the appliances in your house, your muscles and vital organs [liver, kidneys, stomach, etc.] need to have *uninterrupted* electrical signals reaching them to function properly. HERE'S HOW IT ALL WORKS ... the electricity your body needs to run itself properly is generated by your brain and then travels to your muscles & organs through the nerves [nervous system!]. When something blocks or alters the impulses your body CANNOT heal itself! Over time your nervous system will start to break down and develop symptoms.



Nervous system problems complicated by various chemical imbalance, such as; thyroid malfunction, hormonal imbalances, sugar regulation challenges, insulin resistance and immune system dysregulation – create a complicated mess and this requires special handling. **The specialized multifaceted approach, employed by Dr. Karl R.O.S. Johnson, DC, to handling the individual neuro-chemical malfunction IS THE ULTIMATE STRATEGY FOR ENDING FIBROMYALGIA AND CHRONIC PAIN.** More on the ways in which the multiple factors are discovered can be found in [Chapter Six](#). Before you go on to Chapter Six, first read on to discover the little know facts regarding how chronic pain and the various symptoms associated with fibromyalgia are related to nervous system malfunction...

How does a Problem with my Nervous System cause my pain?

PAIN.....when the upper brainstem (mesencephalon) is over-firing it stimulates an area of the spinal cord called the IML or Inter-medio-lateral cell nucleus which causes the adrenal gland (on top of your kidneys) to release chemicals that cause PAIN! The adrenal gland releases catacholamines and norepinephrine into the bloodstream. When these chemicals are released into the bloodstream, they stimulate pain fibers, specifically, TYPE C pain fibers, which are the smallest, and **MOST PAINFUL pain fibers.**

INSOMNIA.....the problem is that upper brainstem (mesencephalon) again! (Can you see

a pattern emerging?) Inside the upper-brainstem (mesencephalon) is the mesencephalic reticular activating system. This is a big, fancy, three-dollar term but it is WHY YOU ARE NOT SLEEPING! When the upper-brainstem (mesencephalon) is over-firing you are NOT SLEEPING. When it is firing at its normal rate, because the lower-brainstem (ponto-medullary region) is slowing down or inhibiting the upper-brainstem (mesencephalon), you are sleeping like a new born baby.

IBS or Irritable Bowel Syndrome is characterized by episodes of diarrhea and constipation, abdominal pain, nausea, and even vomiting. In the lower-brainstem there is an area called the NTS. Another big term but it stands for the Nucleus Tractus Solitarius. Inside the NTS is the origin of the Vagus nerve. Guess where one of the places the Vagus nerve goes to.....THE ABDOMINAL AREA! So if you are suffering with IBS, your lower brainstem is NOT firing the way that it should.

HEADACHES.....the reason you have headaches is because the upper brainstem (mesencephalon) is over-firing due to the fact that the brain is NOT firing impulses to the lower brainstem in the proper quantity and the lower brainstem (ponto-medullary region) is not inhibiting or slowing down the upper brainstem (mesencephalon).

“FIBRO FOG” and LOSS OF MEMORY are due to decreased firing of the frontal and temporal lobes of the brain.

DIFFICULTY EXPRESSING WHAT YOU WOULD LIKE TO SAY In the left frontal lobe of your brain is “Broca’s Speech area” and when this area of your brain has a decrease in impulses or FOF (frequency of firing), you will have difficulty expressing what you would like to say.

INCREASED HEART RATE is due to the upper brainstem over-firing again. Remember when I said the IML (inter-medio-lateral cell nucleus) over-fires when the upper-brainstem (mesencephalon) over-fires? Well...that is what is also causing your heart to race. Yes, that’s the problem. The IML stimulates area in the spinal cord and causes the electrical nodes (SA on the right and AV on the left) to misfire. This will cause you to experience an increased heart rate, an irregular heart rate, or both of these at the same time.

DIZZINESS..... Near the back of the brain is an area called the cerebellum. The cerebellum controls all of your spinal muscles AND your balance AND your coordinated movement. When fibromyalgia patients are dizzy or lightheaded, their cerebellum has decreased its firing. MDs might say that you have dizziness because of an “inner ear problem” which could be true.....that is why we do a THOROUGH EXAMINATION when you come into our office.



My story begins over 15 years ago when I was diagnosed with fibromyalgia at the age of 28. My symptoms started out gradual and then worsened in a short time... In the last few weeks, I have experienced huge leaps in my health!!

My story begins over 15 years ago when I was diagnosed with fibromyalgia at the age of 28.

My symptoms started out gradual and then worsened in a short time. I thought I had arthritis and when those tests came back negative; my doctor started testing me for lupus and MS. Finally, I went to a specialist who told me I had fibromyalgia. Years ago, there was not much known about this illness or the causes. My treatment for the next 14 years centered on treating the symptoms. I spent 7 years on anti-depressants and went faithfully to a chiropractor. I lived on Tylenol when I had flare ups and spent many years being fatigued and in much pain. Exercise was out of the question even though my doctor would tell me it would help. If I tried anything even walking, I would hurt for days and not want to get off of the couch. I would eat sweets for breakfast to give me an energy boost because most days I woke up feeling like I had been hit by a truck. I would continue that pattern through out the day. Craving sweets and eating them for the quick energy they provided. Being a mom of 3 small children, I spent my days doing the best I could to take care of them and I always took a nap when they did just so I could make it through the day. Very few of my friends knew what I was going through because I kept it to myself. I would put on a happy face when I was with them. When I felt really bad, I would just stay home and be extremely depressed and not want to be around anyone not even my family. I kept praying for a miracle!!! My fatigue had gotten so bad that I would get up at 7 am to get my kids off to school and need to take a 2-3 hour nap by noon to be ready for them when they got home from school. Life had become a vicious cycle for me!!

A year ago, I was visiting at someone's home and heard a gal talk about her fatigue and how this doctor had helped her. I had been praying for a new doctor that might be able to help me so I began to ask her all kinds of questions. I was intrigued by her answers and that her doctor used natural supplements to help her fatigue. I got Dr Johnson's number and made my appointment. At first, I was really skeptical of the whole idea of NAET testing. It sounded weird and even though Dr. Johnson explained it well I could

not see how something so simple could help me but I was desperate and truly felt God had lead him to me so I paid for my first 12 appointments.

After my first appointment, he recommended supplements. In my mind I had a made a commitment to give this a real try, so I bought everything and began my regimen just like he said. By day 3 my energy went through the roof and I was amazed!!! Both my husband and I could not believe the difference nor did we believe a supplement that my body was lacking could help like that!!! So my healing journey began and it has been a great adventure. I read the book: *Say Goodbye to Illness* and now have recommended it to my friends. I faithfully take my supplements and stick by a restricted diet when needed and do my home treatments!! I am making an investment into my health and my future!! At the end of my first year I debated if I should continue but when Dr Johnson said he could get me 60% better, I was in!!! I have decided I cannot put a price tag on my health nor do I think you should either. I have grown to trust Dr Johnson and his wonderful staff!! I call him my Miracle Man and tell everyone who will listen about him and the results I have received!!

I do want to say that in my year's journey with Dr Johnson I have had ups and downs. I have had weeks where I felt great and other weeks where I didn't. I would think at times this was not working and then he would explain to me again how healing works and that the ups and downs are part of the process. I have come to embrace that and realize my journey to health is like peeling an onion, I go layer by layer to get to the real juicy part!!! In the last few weeks, I have experienced huge leaps in my health!! I can go days now without ever having to nap in the middle of the day! This winter, I skied with my husband for the first time in 15 years and had a blast and no muscle achiness afterwards!!! I recently stood for 10 hours a day for 3 days at a health expo with my company and did wonderful!!! Even my friend I was with was amazed at my stamina and saw a difference from an expo I had done with her 6 months earlier. I have started an exercise program for the first time in years and enjoy the benefit of increased energy not achiness!!! I can take my dog for long walks again and feel great afterwards!!! I don't think I truly realized how sick I was for so many years. I was in survival mode and that is not the way to spend your life!! At 43, I feel the best I have felt in years!!! My family sees the difference in me and so do my friends!! I don't have to put on a happy face anymore

because now I wear one most everyday!! I am grateful to God for leading me to Dr Johnson and I am grateful to Dr Johnson for his dedication to his patients and practice. Thank you Dr Johnson for changing my health and most importantly for changing the course of my life!!

-Heather Shinsky, Shelby Township, MI

Chapter 3

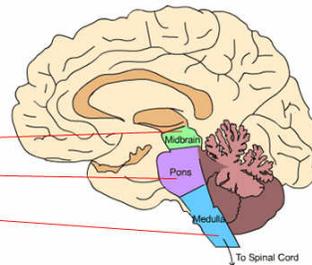
What is Brain and Nervous System Based Therapy?

If you would like to see an explanation in video format, please [request my video on fibromyalgia causes and treatment by calling my office at 586-731-8840 and ask for our "Secrets of Fibromyalgia Revealed" DVD that you can watch on your TV or computer...or you can watch it online by navigating to \[www.FibromyalgiaVideo.com\]\(http://www.FibromyalgiaVideo.com\).](#)

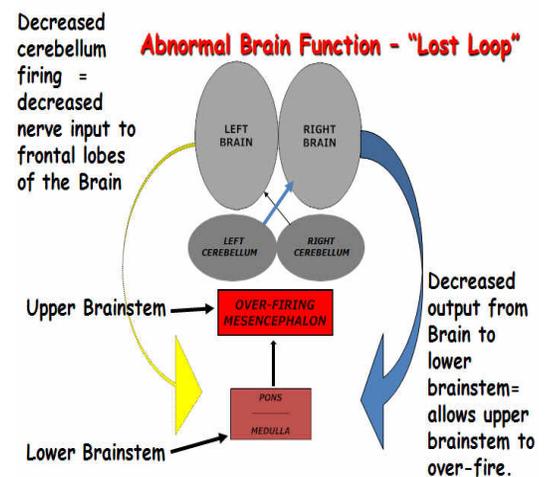
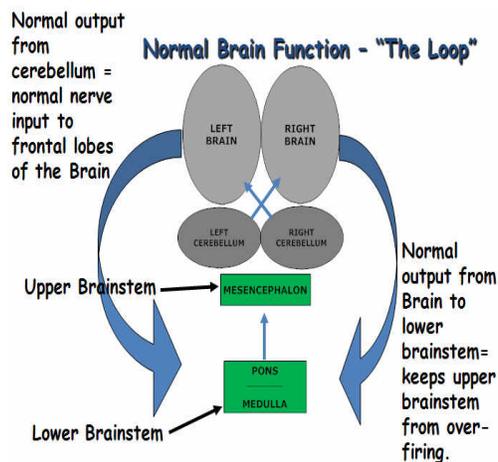
We take a different approach to the treatment and prevention of Fibromyalgia. After a thorough neurological examination, I determine which part of the nervous system is not functioning properly. In many Fibromyalgia patients I may find a high mesencephalic output.

Important Anatomy

- The Brain Stem is Divided into 3 main parts:
- Upper
- Middle
- Lower

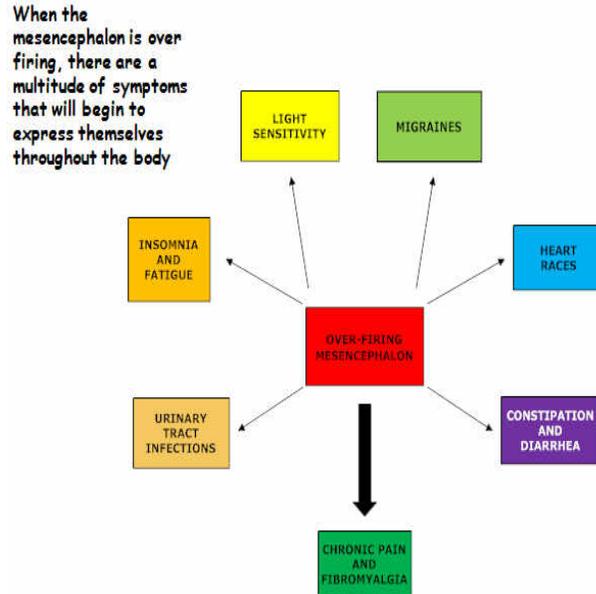


There are three parts to the brain stem: top, middle, and lower. The mesencephalon is the top part of the brain stem. A high output of the mesencephalon will cause an increased pulse and heart rate, inability to sleep or waking up from fitful sleep, brain fog, urinary tract infection, increase warmth or sweating, and sensitivity to light.



Along with a high mesencephalic (mid-brain) output, the Fibromyalgia patient may have a decreased output of the cerebellum. The cerebellum is in the back part of the brain, and it

controls all of the involuntary spinal musculature. Thus one might have chronic muscle pain or discomfort.



No matter what the condition, it is imperative that the doctor performs a thorough and comprehensive exam to determine the exact nature of the patient's condition.

Like all chronic type patients whose symptoms last longer than 6 months, Fibromyalgia patients must be monitored closely before and after treatments (blood pressure, pulse, oxygen levels). If the patient is not monitored, it is possible to over-stimulate or exceed metabolic capacity. Since the upper part of the brain stem (mesencephalon) is firing at an abnormally high rate, I will want to utilize modalities that will lower the mesencephalic output.

[For more information on Brain and Nervous system therapy please visit my website by clicking here.](#)

You will read more about brain based therapy in [Chapter 5](#).

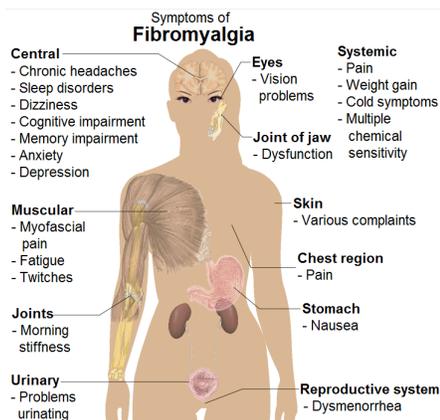
Chapter 4

Fibromyalgia Facts

What is Fibromyalgia?

Fibromyalgia is a form of generalized muscular pain and fatigue that affects approximately 3-6 million Americans. The name, Fibromyalgia, means pain in the muscles and the fibrous connective tissues (the ligaments and tendons). Fibromyalgia lacks laboratory abnormalities; instead, the diagnosis depends mostly on a person's report or complaints and feelings. Pain is the most prominent symptom of Fibromyalgia. It generally occurs throughout the body although it may start in one region, such as the neck and shoulders, and spread to other areas over a period of time.

Most people with Fibromyalgia experience moderate or severe fatigue with a lack of energy, decreased exercise endurance, or the kind of exhaustion that results from the flu or lack of sleep. Sometimes the fatigue is more of a problem than the pain. Headaches, especially muscular (tension headaches) and migraine headaches, are common in Fibromyalgia. Abdominal pain, bloating, alternating constipation, bladder spasms, and irritability may cause urinary urgency or frequency. Your skin and blood circulation can be sensitive to temperature changes, resulting in temporary changes in skin color. It does not discriminate by gender or age, but predominately affects women between the ages of 35 and 54. It is mostly characterized by pain, muscle pain, fatigue, brain fog, and much more.



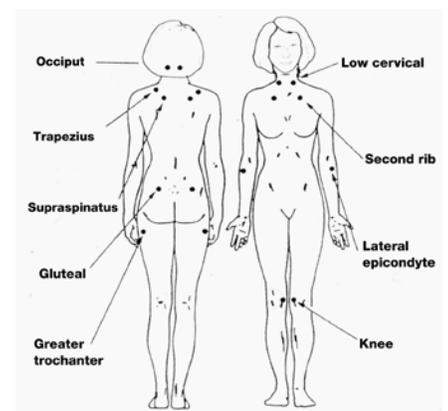
Frequency, degree and location of pain vary from day to day. Any given day a Fibromyalgia patient's level of discomfort may range from mild muscle stiffness to extreme, radiating pain so severe they feel completely debilitated and unable to carry out simple activities.

How is Fibromyalgia Diagnosed?

Diagnosis is difficult. Currently there is no medical test that will clearly diagnose Fibromyalgia. Diagnosis is presently based on patient history and tender point sensitivity. "Tender Points" refer to 18 points on the body in which extreme sensitivity may occur in at least 11. Tender point sensitivity, as well as a history of widespread chronic body pain for at least 3 months, provides the most definitive diagnosis at this time. Other symptoms relating to a diagnosis are listed below.

Other common symptoms include:

Flu-like pain that can be severe and constant
A constant feeling of exhaustion



Specific tender points that hurt
Overall body aches
Depression
Muscle stiffness and pain
Insomnia or other sleep disorders
Extreme fatigue
Depression not caused by a trauma or event, but by chronic discomfort
Cognitive problems, often called "brain fog"
Reoccurring headaches
Multiple reoccurring infections
Irritable bowel syndrome

What Causes Fibromyalgia?

The underlying cause of Fibromyalgia is unknown. Research is ongoing, but there is agreement that Fibromyalgia patients have an enhanced pain sensitivity and response originating from the **central nervous system damage**. Traumatic illness or injury may trigger the disease.

Time Is of The Essence in Properly Treating Fibromyalgia

The Journal of Neuroscience reports that the McGill University Centre for Research on Pain, has **found fibromyalgia syndrome (FMS) patients have premature brain loss**. Evidence suggests that FMS patients may be associated with Central Nervous System (CNS) dysfunction.

In the study of 10 healthy subjects, and 10 FMS patients, the age associated decrease in brain matter was 3.3 times greater in the FMS patients. That is equivalent to 9.5 times greater brain matter loss annually for FMS patients than the control group of healthy patients.

The researchers feel that the test results indicate that there is strong evidence linking CNS dysfunction with FMS.²

Learn about the effective ways of treating fibromyalgia and chronic pain and the multi-factorial investigative testing that Dr. Karl R.O.S. Johnson, DC employs to get to the root of your fibromyalgia and chronic pain.

To learn even more, you can study my Breakthroughs In
Fibromyalgia Video at www.FibromyalgiaVideo.com

² Anil Kuchinad, et al, "Accelerated Brain Gray Matter Loss in Fibromyalgia Patients: Premature Aging of the Brain?," The Journal of Neuroscience, April 11, 2007, 27(15):4004–4007.

Effective Treatments for Brain and Nervous System Rehabilitation

Your brain and nervous system need **TWO** things to survive and to thrive:

FUEL (Nutrition) and ACTIVATION.

1. **Nutrition** so that the brain cells/neurons can function.

There are four aspects to consider for good brain nutrition:

Sufficient protein on the inside of the neuron

Balanced blood sugar

Good digestion

Oxygen – nothing works without oxygen

SUFFICIENT PROTEIN: Our brain cells/neurons are unique – they talk electrically to hundreds and even thousands other neurons all the time. In order to do so, they must have sufficient protein on the inside. If you are protein deficient, your brain cannot work properly.

BALANCED BLOOD SUGAR/GLUCOSE: Glucose comes from the foods you eat. Your brain must have adequate glucose – but does not like blood sugar swings. Over-consumption of sugar and high carbohydrate foods are wide spread. This leads to massive **blood sugar swings** with **hypoglycemia** as one extreme and **diabetes** as the other. Your brain cannot work properly that way...a change in the types of foods you eat may be required.

GOOD DIGESTION: The best foods are useless if you cannot digest and absorb them...because then your brain can't do its job. Digestive support is often part of your road to success.

OXYGEN: AS YOU AGE, **YOUR ABILITY TO UTILIZE OXYGEN DECREASES.** One of our treatments is to give patients oxygen-enhanced air to increase their body's fuel delivery system. It's like gas in the car...if you don't have any gas in the car, you are not going anywhere. If you don't have oxygen available for your brain and nervous system, most likely, no treatment will work!

2. **Activation** comes from the use of Brain Based Therapy treatments (also known as functional neurological therapy):

Brain-Based Therapy (BBT): A revolutionary breakthrough treatment program pioneered by the country's leading chiropractic neurologist, Dr. Fredrick Carrick. The treatments are all neurologically based and clinically proven to help with chronic pain, balance disorders and other neurologic conditions. The main thing you have to understand is that we stimulate the brain by using the receptors on the outside of the body that are wired and connected to the various areas of your brain. So if we find weakened areas in your right parietal lobe then we are going to use receptors that are wired to the parietal lobe. It is complex. Everything we do is non-invasive, non-drug, and promotes proper function in the brain. The brain has an amazing ability to adapt, change, and rewire if we give the proper fuel and activation. We can make the weak area strong again.

Here Are Some of The Brain Based Therapy Treatments We Use at Johnson Chiropractic Neurology & Nutrition

UNILATERAL ADJUSTING: The right brain controls the left side of the body and the left brain controls the right side. If there is a decrease of firing or impulses in one side of the brain, I ONLY WANT TO ADJUST YOU ON THE OPPOSITE SIDE. Makes sense, doesn't it? I WILL ONLY USE VERY LIGHT ADJUSTING (with an instrument – no twisting or pulling) SO YOU WILL NOT GET WORSE! Have you ever had an adjustment and felt worse afterward? It is because the adjustment was TOO MUCH for your nervous system. It over-stimulated or (get ready for another \$3 term that functional neurology practitioners such as Dr. Karl Johnson use; it exceeded metabolic capacity [EMC]).

AUDITORY STIMULATION: Listening to sound in one ear will stimulate the opposite side of the brain and increase impulses to the temporal lobe of the brain.

OLFACTORY STIMULATION: Smelling different smells will stimulate the brain. Your sight, sound, taste, and touch all travel through a sensory area of your brain called the thalamus. SMELL GOES DIRECTLY TO THE BRAIN.

CALORICS: Warm water in the ear will stimulate the semicircular canals in your ear and fire the vestibular nerve back to your cerebellum. The cerebellum fires to the brain, the brain fires to the lower-brainstem (ponto-medullary region) and your lower brainstem slows down the upper brainstem (mesencephalon). [See diagram in Chapter 3 above.](#)

Vibration Therapy: Stimulates nerve endings that send messages up a portion of the spinal cord (the Dorsal Spinal Column) that in turn stimulate the cerebellum to increase its frequency of firing. The cerebellum fires to the brain, the brain fires to the lower-brainstem (ponto-medullary region) and your lower brainstem slows down the upper brainstem (mesencephalon). Dr. Karl R.O.S. Johnson, DC uses Whole Body Advanced Vibration Exercise using the Wave Pro® in his treatment of patients who have fibromyalgia and chronic pain. At least one research study validating the effectiveness of Whole Body Vibration Exercise with fibromyalgia



has been published³



Decompression Therapy: This technology works great if the patient has a disc herniation or injury contributing to or occurring with their fibromyalgia symptoms. For more information, please visit www.StopChronicBackPain.com.

Eyelight Therapy™: Eyelights were designed to provide optimal stimulation to the brain using the optic nerve. Glasses designed with flashing lights built to fit behind the lens, they can be programmed to blink on the non-dominant eye in order to strengthen the weaker side of the brain. Since one of the most direct avenues to the brain is via the eye, a child can learn more effectively if they are seeing correctly. And an athlete will perform better because the eye is able to gather all of the information necessary to perform.

“By stimulating the weaker hemisphere of the brain you allow it to become stronger, thus improving overall performance. One method of stimulating the brain is to use light pulses. When using Eyelights you can control the intensity, frequency, and pattern of light pulses, which will result in being able to “wake up” the weaker side of the brain.”

Interactive Metronome®: A computerized brain-based rehabilitation assessment and training program. Helps patients with ADD/HD, Learning Disorders, MS, Parkinson’s, Stroke Rehab. Reprograms and balances the brain. Dr. Johnson is a Certified Interactive Metronome Physician. Visit www.interactivemetronome.com for more information.

ATM2™ System: A unique exercise device that provides relief from chronic neck, back, shoulder and hip pain by restoring core muscles and increasing range of motion. Can bring back pain relief in as little as 5 minutes. Visit www.backproject.com for more information.

Healing LASER Therapy: LASER therapy is an FDA cleared treatment that has been shown to decrease pain, inflammation, speed healing and more. By directing specific frequencies of LASER and near infrared light to the body this painless treatment can accelerate the healing process and increase circulation. LASER therapy has been clinically shown to help with Carpal Tunnel, Peripheral Neuropathy, RSDS, Fibromyalgia and other painful conditions. At Johnson Chiropractic Neurology & Nutrition we have spared no expense to use some of the world’s most advanced LASERs, such as the Cutting Edge Robot M6 LASER.



Please visit www.PainBlastingHealingLaser.com to learn more.

Trigenics®: is a neuro-kinetic, sensorimotor assessment, treatment and training system which instantly relieves pain and increases strength and movement. “[Trigenics®](#)” is so effective

³ Alentorn-Geli E, et al, Six weeks of whole-body vibration exercise improves pain and fatigue in women with fibromyalgia, J Altern Complement Med. 2008 Oct;14(8):975-81.

* The trademark Trigenics® is owned by the International Institute of Trigenics® Inc. Johnson Chiropractic Neurology & Nutrition is a licensee of the trademark

because it combines three treatment techniques together simultaneously to get a cumulative effect that you would not get performing one at a time. It uses resisted exercise neurology to help reboot your brain to body communication, along with concentrative biofeedback breathing to allow the body to accept the changes and lastly it uses muscle sensor manipulation which opens the door for the rebooting process to occur. The three together combine to create a “software update”. Physical, chemical and emotional stresses can corrupt our software and create imbalances in the way the brain talks to the body. While most people work on the body, we work on the brain for results that are both immediate and sustainable.” - Dr. Tim Panah



My migraines, dizziness, and nausea are gone...

In late 2005, I hurt my back at work. I went to my medical doctor who told me to take a Medrol Dosepak for inflammatory and muscle strain and that I would be fine in 3 days. Well that did not happen! As time went on I saw several doctors and took many medications. I had Epidural, Facet Joint and Prolotherapy shots. None of these helped. I then tried several types of therapy, including; physical, aquatic, chiropractic, and acupuncture. The chiropractor sent me to a surgeon who said he couldn't help me because the pain was in so many levels and he sent me back to the chiropractor. Sometimes I felt like a yo-yo!

I tried a deep massage therapist who, after several visits thought she was not helping me. She asked me if I had heard of Fibromyalgia. I hadn't and began research. I told her at first that it didn't sound like me.

My symptoms included, low back pain, migraine headaches, dizziness, nausea, fatigue, lack of sleep due to pain, and the left side was numb and weak. I could not stand, walk, sit, or drive. I did not leave my house and became extremely depressed.

After seeing the word Fibromyalgia in many articles, I saw Doctor Johnson's ad. I immediately went to the website and was sent a lot of useful information. I decided that I needed to give this a try.

I began working with Dr. Johnson on April 18, 2007. **After having therapies for several weeks, my migraines, dizziness, and nausea are gone.** Now when we get my back better, I will feel like my old self again. I am once again driving, walking a little more and sleeping over an hour at a time! I have also lost 20 pounds following the blood type eating program.

A friend had told me that I looked bad-----like the life was sucked out of me! I've seen some of my friends recently and they told me that I sound and look better. I didn't realize just how terrible I looked. Fibromyalgia can destroy one's life.

I do not know where I would be if I hadn't have given Dr. Johnson a call. I tell everyone who asks what I did to get better, about Dr. Johnson.

I will continue therapy with Dr. Johnson and the Wellness Center.

I want to be me again!

Many thanks to Dr. Johnson and his wonderful staff for all your support and for making me feel welcome! I shutter to think how my life would be without them!

- Phyllis Campeau, Clinton Township, MI

Chapter 6

Uncovering the Complicating Factors That Are Commonly Missed

In order to find the solutions that give us the upper hand on how to finally end our patient's chronic condition nightmare we use a multifaceted approach. Patients often ask

WHAT MAKES US UNIQUE????

We test and treat patients neurologically and metabolically and structurally!

We understand that the body is not compartmentalized. There are no separations of systems. It is from this paradigm that we build a solid foundation to work from. We conduct advanced laboratory testing, and we thoroughly examine your brain and nervous system and musculoskeletal system. We look at your hormone system, digestive system, immune system, and your overall metabolic system to get a functional diagnosis. A functional diagnosis tells us exactly what we need to do to fix the problem. In short, **I PULL OUT ALL THE STOPS to determine the exact cause of your fibromyalgia.**

Our approach, which includes Functional Medicine, is patient-centered medical healing at its best. Instead of looking at and treating health problems as isolated diseases, it treats individuals who may have bodily symptoms, imbalances and dysfunctions.



As the graphic of an iceberg shows, a named disease such as diabetes, cancer, or fibromyalgia might be visible above the surface, but according to Functional Medicine, the cause lies in the altered physiology below the surface. Almost always, the cause of the disease and its symptoms is an underlying dysfunction and/or an imbalance of bodily systems.

If health care treats just the tip of the iceberg, it rarely leads to long-term relief and vibrancy. Identifying and treating the underlying root cause or causes, as Functional Medicine does, has a much better chance to successfully resolve a patient's health challenge.

Using scientific principles, advanced diagnostic testing and treatments other than drugs or surgery, Functional Medicine restores balance in the body's primary physiological processes. The goal: the patient's lifelong optimal health.

Specialized Functional Neurological Testing:

Since we know that fibromyalgia has, at least partially, a neurological cause, our testing protocols evaluate the function of the Central Nervous System (CNS), which is comprised of your brain and spinal cord.

When the CNS is malfunctioning or damaged there are four manifestations that Dr. Johnson is on the lookout for during the functional neurological testing:

1. **Abnormal Movement** – different parts of the brain control body movement and when there is a breakdown of those parts of the brain, we will observe various movement abnormalities during portions of the neurological evaluation.
2. **Abnormal Mental Function** – forgetting why you go into a room temporarily now can be a source of laughter, but 20 years of continued worsening is called dementia or Alzheimer's.
3. **Abnormal Sensory Function** – we will test you to see how you are able to perceive various stimuli to determine how your sensory nervous system is functioning.
4. **Abnormal Body Contours** – having a reversed neck curve or having your shoulder lower on one side with the foot flared out on one side is just one of the manifestations of a breakdown of brain function that controls posture.

Some of the specialized tools Dr. Johnson uses during his neurological examination are as follows:

Computerized Blind Spot Mapping: This is a computer-based test that measure how well each side of the brain is functioning. This short non-invasive test is a great tool to track patient progress and enhance our understanding of how your brain is functioning.

RealEyes™ by Micromedical: Video of eye movements that is extremely helpful in treating patients with balance disorders, dizziness, and vertigo. Visit www.micromedical.com for more information.

Computerized Outcomes Assessment Testing: Give you objective proof of how well your treatment has improved your function with research-based reliable questionnaires. Outcome Assessments are a must when documenting your response to care for research and other purposes.

[Click Here For More Details about Dr. Johnson's Neurologic Treatment Approach](#)

Specialized Metabolic Testing:

Another well accepted fact is that fibromyalgia is often caused from varied disturbances in metabolic function. Our functional medicine approach calls for testing of the various systems of the body to determine the underlying malfunction the fibromyalgia sufferers has at the root of their ill health.

#1: A thyroid panel (one that includes 10 specific thyroid tests). When ordering blood tests, many doctors order limited panels and as a result too many problems are missed.

#2: A complete metabolic panel (CMP). The CMP allows us to check, among other things, your blood glucose levels since glucose and oxygen are needed by the brain to function properly. We can assess your thyroid, adrenal glands, liver, kidneys, red/white blood cells and gut function with these lab tests. All of those internal functioning organs can have an effect on why you are suffering with fibromyalgia. By addressing any problems with your thyroid, adrenal glands, blood chemistry, or gut function, we can help you to heal faster...to regain your life back as you once knew it so you can enjoy life again!

INFLAMMATION: as part of the CMP we obtain tests for inflammation in your system by testing homocysteine levels, C-Reactive Protein (C-RP) and other markers such as erythrocyte sedimentation rate, low triglycerides, fibrinogen, etc. Just about every fibromyalgia patient that I have treated suffers from some form of chronic inflammatory process.

#3: A complete lipid panel

#4: A CBC (complete blood chemistry with auto differential). Also red blood cells help me understand your oxygen carrying capacity. In addition, the Immune system function is represented in the white blood cells with this panel of markers.

GLUTATHIONE: We use Glutathione in our treatment of ALL chronic conditions. Known as the mother of all antioxidants, glutathione is found in almost every cell in the body. Glutathione is not well absorbed when taken in pill form, so our protocols use other forms of supplementation. We have seen miraculous changes in our patient population as a result of our specific glutathione protocols. Glutathione can help decrease pain and inflammation, give you more energy and rid your body of numerous toxins.

Comprehensive Hormone Testings: We can test your adrenal and reproductive hormonal balance with a test called [D.U.T.C.H.](#) (Dried Urine Test for Comprehensive Hormones). Your adrenal glands are your "stress" organs meaning that they react to stress. If you have been or are currently under stress, this test is a must! If you have Stage 7 Adrenal Gland exhaustion this will cause blood sugar spikes and valleys that make nerve cells unstable and potentially be one of the reasons why you have fibromyalgia! Additionally, having other hormonal imbalances can lead to a variety of symptoms that fibromyalgia sufferers experience.

IF YOU SUFFER FROM INSOMNIA, THIS TEST WILL MEASURE YOUR CORTISOL LEVELS. When your body's cortisol levels are abnormal, you will suffer from insomnia. Cortisol levels can be corrected via specific nutritional protocols thereby curing your insomnia.

TISSUE ANTIBODIES (aka. Autoimmune Disorders): We may test to see if you have an autoimmune disease. An autoimmune disease is where your immune system attacks a particular area of the body so we test for specific antibodies to determine if you suffer from an autoimmune condition. *If you suffer from an autoimmune disorder your immune system is attacking other systems of your body (i.e. thyroid, cerebellum, etc.)*

We can check for gluten antibodies, tissue antibodies such as myelin antibodies (fatty sheath around the nerves), cerebellar antibodies (back part of the brain controlling balance, coordinated movement, and spinal muscles).

For Example: Many fibromyalgia patients that I have treated have tested positive for thyroid antibodies and they were actually misdiagnosed. If your thyroid tissue antibodies (TPO & TBG) are high, you are suffering from Hashimoto's disease (you can Google it). The only way to find out is to test for thyroid tissue antibodies via blood work.

If you suffer from tissue antibodies, further blood work will be needed to determine which part of your immune system is not functioning. Specifically...

#1: Lymphocyte Subpopulation

#2: TH1/TH2 Cytokine Panels

#3: Natural Killer Cell Activity

H. Pylori: We can run a test for H. Pylori bacteria to determine any problems related to the gut function. H. Pylori (Helicobacter Pylori) is a bacterium that is known to cause acid reflux, Gastro-Esophageal Reflux Disease (GERD), stomach ulcers and stomach cancer. It is estimated that about 50% of the world's population is infected with this bacteria⁴. The only way to find out is to test for it.

NEUROTRANSMITTERS: We test for decreased chemical messengers called brain neurotransmitters. Neurotransmitters are vital for proper brain function. Decreased neurotransmitters can cause increased pain. Neurotransmitter imbalance can lead to the many emotional symptoms the chronic pain patient experiences. Neurotransmitters don't cross the blood-brain barrier - that is to say they stay in a separated blood partition in the brain. As a result, we use questionnaires to help us understand your neurotransmitter balance. Decreased neurotransmitters can cause increased pain, brain fog, and depression that often accompany the diagnosis of fibromyalgia.

HORMONE PANELS: We can check hormone panels with a test called [D.U.T.C.H.](#) (Dried Urine Test for Comprehensive Hormones) to determine if the patient suffers from low testosterone in males or low estrogen/progesterone levels in females. Conversely males can have estrogen levels that are too high and women can have testosterone levels that are too high. Symptoms related to hormone levels that are altered from what is normal may include depression, fatigue, mental fogginess, mood swings, hot flashes, sweating attacks, weight gain, and decreased physical stamina - many of the symptoms of fibromyalgia and many thyroid symptoms as well due the cross talk between the thyroid and the endocrine (hormone).

Sensitivity Testing: Many patients with fibromyalgia and other chronic conditions have food sensitivities – or worse an immune reaction to gluten (a peptide found in wheat, rye and barley and their derivatives) caused by an inherited gene. We can also test you for foods that “look like” gluten to the immune system that can also cause the same or similar reaction that gluten causes. Having these sensitivities causes the gut to be inflamed which in turn causes brain inflammation. It is important to note that gut inflammation is characterized by bloating, not

⁴ Linda Morris Brown, Helicobacter Pylori: Epidemiology and Routes of Transmission, Epidemiol. Rev. (2000) 22(2): 283-297

pain. The predominant symptom for brain inflammation is brain fog – just what many fibromyalgia and chronic pain and chronic condition sufferers experience regularly!

GI-MAP™: The presence of abnormal disease causing bacteria, or imbalance of the over 400 normal bacterial strains in the gut can cause gut inflammation. Having yeast overgrowth, parasites, fungi, viruses or other undesirable vermin in your digestive tract can cause many of the health challenges a fibromyalgia victim suffers, such as joint pain, or brain fog. These unwanted invaders can also lead to an autoimmune attack in your body. This DNA test is super sensitive and often is a very important piece of the diagnostic puzzle that will finally help with the resolution of your health challenge! Additionally, the GI-MAP™ is the first comprehensive stool analysis to include an FDA-approved DNA/PCR assay for GI pathogens performed on stool**. The pathogen targets include bacteria, parasites and another first for the market, viruses!

Increased Intestinal Permeability or “Leaky Gut” Testing: Your intestines are supposed to allow the good healthy food particles and nutrients into your body and act as a shield to substances that are not wanted or needed or are damaging to the body. When your digestive tract has been damaged from inflammation over time it can become more like a sieve, or damaged so badly that hardly nourishment can come into the body as in advanced celiac disease. This test is easy to do and allows Dr. Johnson to know whether you have Leaky Gut Syndrome (LGS). LGS will also cause damage to your health due to allergy reactions and immune reactions to the unwanted particles that make it into your blood stream. LGS adds insult to injury and needs to be addressed if you are to recover your health. The only way to see if you have LGS is to test for it. We are thorough, so we do, for your health’s sake!

Once we have run the necessary tests to determine the causative factors of your fibromyalgia, we can successfully treat you via proper neurological and all natural nutritional protocols.

[For more details regarding our functional approach, Click Here](#)

** GI pathogens are performed using the Luminex GGP assay developed and patented by Luminex Corporation.

Chapter 7

The Biggest Myth about Exercise

Sometimes Fibromyalgia patients have been told they just need to exercise and their pain will go away. First, that is the absolute **worst** thing you can recommend for a Fibromyalgia patient. Most Fibromyalgia patients can barely get around in the first place.

Think of it this way. If you sprained your ankle and were in a lot of pain, would you go outside and start exercising on it? **Absolutely NOT!**

Now what if your Doctor told you to do this?

In my opinion a Doctor who recommends this treatment really doesn't understand your problem and is telling you this to make it seem like he or she knows what they are doing.

Exercising is recommended when the patient enters the rehabilitative part of care. The rehabilitative part of treatment is after the reduction of inflammation and symptoms.

Prescribing exercise for the individual fibromyalgia sufferer must take into account what their nervous system can handle so as to not exceed their metabolic capacity (overloading of the nervous system) leading to post exertional malaise. Malaise is a vague feeling of body discomfort or a general feeling of being unwell, much like you feel when you're coming down with a cold or the flu.

Post-exertional malaise is a period of intense exhaustion and other symptoms that lasts for more than 24 hours following physical exertion. This symptom is a hallmark of chronic fatigue syndrome and occurs in many with fibromyalgia and causes detectable differences in the blood that are being studied as a possible diagnostic marker.

Our treatment approach often includes specific types of exercise that is tailored to each individual so that maximum improvement of strength and neurologic recovery can be accomplished with little to no pain.

One of the special treatments we use at our office is Whole Body Advanced Vibration Exercise (WAVE). With our careful attention to the fatigability of our patients, this type of therapy or exercise has been a godsend to many of our fibromyalgia patients. In fact, a study was published in the *Journal of Alternative and Complementary Medicine* says that whole-body vibration (WBV) can actually reduce pain and fatigue, and improve physical function for those with fibromyalgia⁵.



⁵ <http://www.ncbi.nlm.nih.gov/sites/entrez>

In the study, they had a group of women with fibromyalgia who followed an exercise regimen consisting of aerobic activities, stretching and relaxation twice a week. Half of the women followed their work-outs with whole body vibration (WBV), while the other half didn't. A control group didn't exercise or get whole body vibration.

After 6 weeks, the whole body vibration group showed significantly lower pain and fatigue scores than the exercise-only group and the control group, while the exercise-only group wasn't significantly different from the control group.

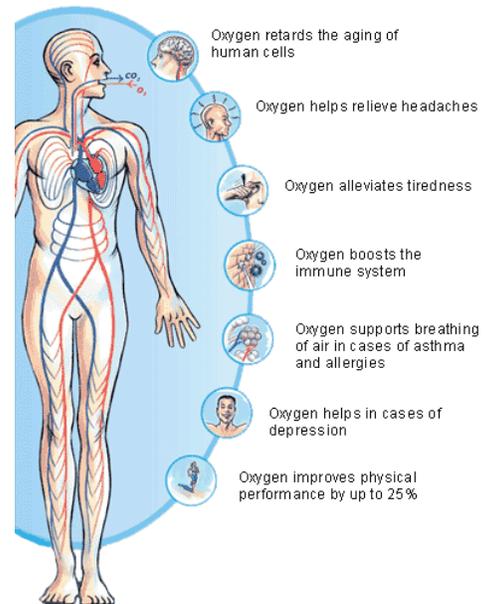
Oxygen Enhanced WAVE or Oxy-WAVE. Whole Body Vibration combined with enhanced air and other proprietary methods will enhance recovery, promote performance and provide a valuable parameter for emerging oxygen enhanced brain based rehabilitation applications. We call it Oxygen Enhanced WAVE or Oxy-WAVE. [See our WAVE page for more information.](#)

Comparable to weight repetitions at the gym, WBV can increase muscle strength and work tolerance with less effort and time for the same movement.

In some cases, WBV can boost muscle strength more than ordinary weight training in a shorter time period.

WBV can also be a therapeutic adjunct for people with paraplegia, cerebral palsy and muscular dystrophy. By stimulating muscles that the brain can't control, WBV helps minimize lower-body atrophy and, in some cases, reconnect the signal from the brain with previously atrophied muscles.

Patients with postural problems often report new awareness and control over lower abdominal muscles after WBV sessions.



With more attention to the unique fatigability of each individual with fibromyalgia and targeting the areas of the body with whole body vibration exercise, even more benefits can be obtained including⁶:

Balance and coordination. During WBV, the moving plate excites stretch receptors and tendon reflexes in joints, promoting increased receptor activity and challenging balance and coordination in a safe environment.

Single-leg activities during WBV promote improved static and dynamic balance through that lower extremity.

⁶ ADVANCE for Physical Therapists & PT Assistants, January 28, 2008. www.advanceweb.com/pt Vol. 19 • Issue 3 • Page 24

Bone density. WBV can quell the effects of osteoporosis by balancing hormones and increasing mechanical stressors on bones via involuntary muscle contractions.

Joint pain. The vertical movement stretches joints, thereby increasing space and replacing fluid between the bones, while raising critical blood flow to an area.

Intermittent pressure stimulates optimal cartilage function. Like a sponge repeatedly squeezed underwater, synovial fluid is repeatedly pumped through cartilage. This improves joint mobility, eases joint stress and relieves tension.

Pelvic floor instability. Pregnancy can soften connective tissue and pelvic floor musculature. Vibrational therapy quickly returns the hormonal system to balance while firming connective and muscle tissue.

Postoperative recovery. Improved blood and lymph circulation via WBV speeds healing after surgery or trauma. Serotonin release calms a patient, while human growth hormone (HGH) release speeds recovery. WBV also inhibits the loss of muscular strength during the postop period.

Providing Systemic Benefits

In addition to these specific applications, whole-body vibration can return a range of systemic benefits, leading to a healthier, pain-free body.

Cardiovascular system. By stimulating muscle contractions, WBV promotes blood flow to increase cardiac output and overall circulation. Current research continues to demonstrate that blood cells individualize and resist clumping as a result of WBV.

Nervous system. WBV stimulates proprioceptors (special sensors in joints, muscles and tendons) to trigger muscle and joint contractions.

Lymph drainage and detoxification. The lymphatic system connects every organ to purify the body and strengthen immunity. The system works via the pumping action of movement and exercise, which is often limited by a sedentary lifestyle and poor nutrition.

Vibration therapy stimulates lymph drainage to promote detoxification and strengthen the immune system. Some new WBV models are shaped like beds and chairs to promote healing in bedridden or nonweight-bearing patients.

Hormonal balance. WBV increases the release of human growth hormone (HGH), serotonin, neurotrophin, testosterone and insulin-like growth factor (IGF-1), which factor into regeneration and repair. This can be helpful during significant life transitions such as menopause.

Aesthetic benefits. Regular use of WBV can result in a trimmer, shapelier body. By increasing metabolism, blood flow and lymph drainage, WBV can dissolve excess body fat. Stagnant fat deposits are stimulated and metabolized, and HGH is elevated.

Chapter 8

The Medication Mirage

We have grown up in a world where health care means taking medication and having surgery. At times it seems that these treatment modalities are miracles – and yet we now live in a time where medication related deaths have skyrocketed. Even seemingly innocent medications take their toll on the citizenry as you will understand as you read on.

Consider these shocking figures as cited in the article written by Rich Daly from the Psychiatric News entitled; *Dramatic Jump Found in Medication-Related Deaths*:

“The total annual incidents of these events rose from 34,966 in 1998 to 89,842 in 2005, a 2.6-fold increase, according to a study in the September 10 *Archives of Internal Medicine*. A total of 467,809 such incidents were reported over that eight-year period to the FDA's Adverse Event Reporting System (AERS). The AERS is described as the world's largest database of voluntary spontaneous reports of adverse drug reactions and medication errors for prescription drugs, biological products (except vaccines), and over-the-counter drugs. The voluntary reports are submitted directly to the FDA by medical professionals and consumers through MedWatch or to drugmakers, which must forward them to the FDA.

The researchers determined that the rise in injuries and deaths was attributed to "a minority of important drugs." Drugs most associated with injuries and deaths were disproportionately painkillers and immune-system modifiers. **Just 298 approved medications (20 percent) accounted for 87 percent, or 407,394, of the injuries and deaths reported**⁷.

Over-the-counter ulcer medications linked to 16,500 deaths in 1998...and that number continues to rise.

In a December 1, 1998 story in the USA Today comes a story whose first sentence reads, "About 16,500 Americans died last year from bleeding stomach ulcers brought on by common medications known as non-steroidal anti-inflammatory drugs, (NSAIDs)". For a comparison this was close to the number of deaths resulting from AIDS. Unfortunately for the victims bleeding stomach ulcers have no warning symptoms in 80% of the people who have them. Only 20% experience some symptoms such as abdominal pain or heartburn.

Some of the more common drugs that fit into this category are Motrin and Aleve as well as the prescription drug Relafen. While these drugs are some of the most common of their type on the market it seems the public does not recognize the danger. A recent national poll done by Roper Starch Worldwide showed that 75% of the people taking NSAIDs were either unaware,

⁷ Dramatic Jump Found in Medication-Related Deaths; <http://pn.psychiatryonline.org/cgi/content/full/42/19/8>.

or unconcerned about the possible deadly effects. Unfortunately, those most at risk are those most likely to use the drug, including people with severe arthritis and those over 65 years of age.

What this article doesn't mention is that a growing number of these individuals are seeking non-drug solutions such as Brain Based Therapy, chiropractic, massage, acupuncture and other non-invasive approaches. These approaches eliminate the chance of serious complications and adverse effects from these drugs.

Annual Death Rate Due to Medications Continues to Rise!

The following is reprinted from a recent article in the Boston Globe entitled, "Medication-Error Deaths Soar in U.S.," by Richard A. Knox,

"The incidence of death due to medication errors increased dramatically between 1983 and 1993 and shows no signs of abating, new research on the subject shows. Over the ten-year period in question, patient deaths due to medication leaped 260 percent overall, and 850 percent among persons receiving outpatient care. And these figures may represent "only the tip of the iceberg," according to David Phillips of U.C. at San Diego, who points out that many prescription error deaths aren't listed as such on death certificates. Death certificates from the ten-year period provided the raw data on which the findings are based.

Researchers involved in the study say that the increase in medication fatalities cannot be attributed simply to patients taking larger-than-prescribed doses of medication. Their comments are borne out by the fact that the sharpest increase in such deaths among outpatients occurred with the use of anesthetics. Anesthesia drugs are not self-administered, suggesting that the increase in outpatient care as part of overall cost-cutting measures among hospitals may be part of the problem. The study found that deaths due to anesthetics among outpatients increased 400 percent compared to anesthesia deaths occurring in hospitals. Surprisingly, the steep rise in medication deaths is not due to an increase in prescriptions, which during the ten-year period rose 39 percent, compared to the 260 percent increase in medication error deaths.

Compounding the problem, according to research conducted by Harvard University, is the fact that medication errors commonly occur even in the nation's highest-ranking teaching hospitals. The findings clearly indicate the need for a close reexamination of modern medicine's over-reliance on drug use and symptom care as primary approaches for treating illness."

Drug Companies Marketing Aimed Directly At Consumers

A revolution in drug marketing and sales has occurred. In the early 1990's a little known drug was introduced to doctors for blood pressure. The drug's name was minoxidil. This drug, as all others before it, was only advertised in professional journals to medical doctors. Then, when someone noticed that this drug actually stimulated some hair growth, things changed. This little known drug was soon known as Rogaine. And the marketing was not aimed solely at doctors, but directly to the consumer. This changed the prescription drug game totally. Prior

to that most consumers only saw over-the-counter drug advertisements. Now, the drug companies are advertising the prescription products right to the consumer.

The results are predictable. An article in the January 7, 1999, New England Journal of Medicine reports, "Prescription drugs are the fastest-growing component of personal health expenditures amounting to \$78.9 billion in 1997". This rate of consumption is growing at an ever-increasing rate. In 1995, spending for prescriptions grew by 10.6 percent. In 1996, it grew by 13.2 percent, and in 1997, it continued the climb growing by 14.1 percent."

Based on the drug industries own figures, the top ten drug makers have spent 44% more money to advertise prescription drugs to consumers than to doctors. Claritin, a well advertised drug is one example where the makers spent over \$70 million in 1998 advertising to doctors, while spending \$183 million advertising to consumers.

The government, seeing the potential for abuse, has started to create guidelines for prescription drug advertisements. These guidelines are designed to inform consumers of major side effects of the advertised drugs, and give ways to get further information on their various reactions. Considering that children learn a lot about our world from television, we must consider if the drug companies message of "better living through drugs" is one we want our future generations to repeatedly see.

Fibromyalgia Sufferers Tend to Consume More Medications Than Any Other Patient Group

The Fibromyalgia sufferers who have come into my office take far more medications than any other type of patient I have seen over the years. On average the typical Fibromyalgia patient I've consulted with are taking 8 medications. The highest number of medications one Fibromyalgia patient was taking was 17! The is no way to predict the awful side effects of that many medications let alone the much higher probability of permanent organ damage or even death!

While researching the far reaching and common occurrence of drug related death and ill-effects, I came upon many shocking discoveries – ones you don't see in the popular press on any regular basis. Just recently, Acetaminophen has been targeted by an advisory committee to the FDA and has been singled out as very dangerous. Altogether, the committee voted on 10 ways to restrict use of acetaminophen, including reducing the single adult dose and reducing the maximum daily dose of over the counter acetaminophen.

However, the most radical vote was to totally eliminate some prescription products that combine acetaminophen with certain narcotic drugs, which means if the FDA follows this advice, Vicodin and Percocet will no longer be available for prescription in the US.

The committee was also in favor of recommending the FDA require drug companies to put a black box warning, the highest there is, on labels of prescription drugs that contain acetaminophen combination products.

So important is this information on over the counter medication side effects, that I feel compelled to include it here so you don't have to be counted among the sad statistics. Read on and know there is another way – Brain Based Therapy!



Warning: Acetaminophen May Cause Respiratory Problems

Acetaminophen is a common pain reliever found in many popular [over-the-counter drugs](#), including Tylenol, Anacin-3, and many popular children's cold and flu medications. Previous studies have shown a correlation between acetaminophen intake and **an increase in asthma and other respiratory illnesses**. Researchers investigated the relationship between analgesic use (i.e., acetaminophen, aspirin, ibuprofen) and the prevalence of [asthma](#), chronic obstructive pulmonary disease (COPD), and lung functioning in adults, via a cross-sectional analysis.

Results: Among the participants, 6.9% had asthma, 11.8% had COPD, and 2.8% had both diseases. Ultimately, researchers concluded that the “study results are consistent with previous research demonstrating a positive association between acetaminophen use and prevalence of asthma. We also investigated the relation of acetaminophen with the prevalence of COPD and found a significant dose-response relation, which was of about the same magnitude as the association for asthma. Increased use of acetaminophen also was associated with decreased lung function, although this effect was seen only in participants reporting daily (or greater) use of acetaminophen.”⁸

AHCPR Guidelines Recommend NSAIDs and Acetaminophen -- But How Safe Are They?

But how safe are acetaminophen and NSAIDs? The AHCPR guidelines warned that **"high doses of acetaminophen can lead to liver damage, and massive single doses sometimes lead to fatal hepatic necrosis."** A study just released in the New England Journal of Medicine¹ suggests that 8-10 percent of the 50,000 annual kidney failures in the

⁸ McKeever TM, Lewis SA, Smit HA, et al. The association of acetaminophen, aspirin, and [ibuprofen](#) with respiratory disease and lung function. *American Journal of Respiratory and Critical Care Medicine* 2005;171:966-971.

United States are caused by acetaminophen. A person who takes more than one tablet per day exposes themselves to twice the likelihood of kidney failure.

The paper concludes that a person taking a "cumulative dose of 5,000 or more pills containing NSAIDs" will be almost nine times (8.8) more likely to experience kidney failure. While this sounds like an astronomical intake, it averages out to just one pill every four days throughout the life of an average adult.

The problems don't stop with the liver and kidneys. A meta-analysis published in the Annals of Internal Medicine² reviewed 16 studies on the potential of adverse gastrointestinal events for NSAIDs users. The authors found that people taking NSAIDs were almost three times as likely to experience serious gastrointestinal problems. And if you're 65 or older and use NSAIDs, you'll have five and one-half times the normal risk of gastrointestinal problems.

According to a study featured in Medical Toxicology, **gastric pathology is the largest single cause of morbidity and mortality with NSAID use.** The author presents a table showing the incidence of gastrointestinal (GI) symptoms in clinical reviews, ranging from 9-37 percent, depending on the particular drug. Ibuprofen had the least incidence of gastrointestinal symptoms, although other studies attribute a higher rate of more serious problems to the drug.

The literature also cites a number of very serious potential side effects including: **asthma; bronchospasm; renal papillary necrosis; renal/cardiovascular; direct cell toxicity; chromosome abnormalities; and phototoxicity.** While new "pain relievers" are constantly being released on the market, the true incidence and severity of side effects are usually discovered only after the drug has been on the market for several years.^{9,10,11}

A Dangerous Combination

Researchers interviewed 1,055 pregnant women immediately following conception and up to five months into their pregnancies. (Miscarriage is defined as a natural abortion that occurs prior to 20 weeks gestation.) Participants were asked about their [prenatal](#) use of non-steroidal anti-inflammatory drugs (NSAIDs), including ibuprofen, naproxen, or combination thereof (i.e., Advil, Motrin, Naprosyn); drugs containing aspirin (i.e., baby aspirin, Alka Seltzer, Excedrin,

⁹ Pernerger TV, Whelton PK, Klag MJ. Risk of kidney failure associated with the use of acetaminophen, aspirin and nonsteroidal anti-inflammatory drugs. N Engl J Med 1994;331:1675-1678.

¹⁰ Gabriel SE, Jaakkimainen I, Bombardier C. Risk for serious gastrointestinal complications related to use of nonsteroidal anti-inflammatory drugs. Ann Intern Med 1991;115:787-796.

¹¹ Fowler PD. Aspirin, paracetamol and non-steroidal anti-inflammatory drugs - a comparative review of side effects. Med Tox 1987;2:338-366.

[Soma](#)); and paracetamol (acetaminophen)-containing drugs (i.e., Tylenol products, Theraflu, Triaminic, Vicodin).

Results: The study concluded that NSAID use was associated with an **80 percent increased risk for miscarriage**; the association was even higher if NSAIDs were used around the time of conception or if use lasted for longer than one week. The use of aspirin was associated with a similar outcome; however, the use of acetaminophen was not associated with increased risk, regardless of timing and duration of use. ¹²

Beware: Tylenol Toxicity

An appeals court in October upheld a jury's \$8 million award to a man whose **liver was destroyed by five days of extra-strength Tylenol at normal doses**. Apparently, the man's habit of drinking 3-4 glasses of wine each evening amplified the toxicity of the acetaminophen. The court decided that the manufacturer, knowing that a number of medical studies suggested a danger, did not adequately warn the public.¹³

NSAID Deaths

Advisors to the FDA are expressing concern over signs that many popular nonsteroidal anti-inflammatory drugs are more dangerous than doctors and the public think. Most NSAIDs are believed to contribute to gastrointestinal problems. **Forty-one thousand hospitalizations and 3,300 deaths each year are blamed on such side effects**. The consumer group Public Citizen is asking the FDA to ban piroxicam (sold as Feldene), a more potent form of this class of drugs used to treat arthritis. According to FDA records, 299 Americans deaths have been linked to this one drug since 1982.¹⁴

NSAID Use Increases Lymphoma Risk

The cause of Non Hodgkins Lymphoma (NHL) is largely unknown, although a recent study suggests use of nonsteroidal anti-inflammatory drugs (NSAIDs) might play a role in the onset of the disease. The family of NSAIDs includes several [over-the-counter medications](#) most people have used before, including aspirin, ibuprofen (Motrin, Advil) and naproxen (Aleve, Naprosyn), and some use at least one of these several times a week. This study evaluated the association between NSAID use and lymphoma risk in 27,290 postmenopausal women, using questionnaire data and a state cancer registry to calculate risks.

¹² Reference: Li DK, Liu L, Odouli R. Exposure to non-steroidal anti-inflammatory drugs during pregnancy and risk of miscarriage: population based cohort study. *British Medical Journal*, Aug. 16, 2003: 327(368).

¹³ Reference: Associated Press, October 11, 1995.

¹⁴ Reference: Associated Press, October 11, 1995.

Results: Compared with women who did not use NSAIDs at all, women who used either aspirin exclusively or aspirin and another type of NSAID had a greater risk of developing NHL.¹⁵

Is Your Baby at Risk?

In a recent study in the journal *Pediatrics*, researchers examined over 7,000 adverse drug reactions in infants under age 2, all submitted to the Food and Drug Administration (FDA) between 1997 and 2000. The authors also determined whether the suspected drugs were transmitted from mother to infant during pregnancy, or if the infant was administered the drug directly.

Less than 1% of the nearly 2,000 drugs identified in the study were associated with over half of all serious or fatal side-effects. Deaths linked to side-effects were far more likely in the first few months after birth (41% in the first month). In a full quarter of cases, drugs were administered to the mother, not the infant, and then passed to the child through the womb or through [breastfeeding](#). Included in the list of the drugs most likely to cause dangerous side-effects in children were [ibuprofen](#) and acetaminophen (drugs more commonly known by such brand names as Advil and [Tylenol](#)).¹⁶

Side Effects of Ibuprofen

Brand Name(s): Advil® Caplets®, Advil® Children's, Advil® Cold & Sinus Tablets as a combination product containing Ibuprofen and Pseudoephedrine Hydrochloride, Advil® Cold & Sinus® Caplets® as a combination product containing Ibuprofen and Pseudoephedrine Hydrochloride, Advil® Flu & Body Ache Caplets® as a combination product containing Ibuprofen and Pseudoephedrine Hydrochloride, Advil® Gel Caplets, Advil® Infants' Concentrated Drops, Advil® Junior Strength Chewable Tablets, Advil® Junior Strength Tablets, Advil® Liqui-Gels®, Advil® Migraine®, Advil® Tablets, Dristan® Sinus Caplets® as a combination product containing Ibuprofen and Pseudoephedrine Hydrochloride, Genpril® Caplets®, Genpril® Tablets, Haltran®, IBU®, Ibu-Tab®, Menadol® Captabs®, Mido® Cramp, Motrin®, Motrin® Caplets®, Motrin® Children's, Motrin® Children's Cold as a combination product containing Ibuprofen and Pseudoephedrine Hydrochloride, Motrin® Drops, Motrin® IB Caplets®, Motrin® IB Gelcaps®, Motrin® IB Tablets, Motrin® Infants' Concentrated Drops, Motrin® Junior Strength, Motrin® Junior Strength Caplets®, Motrin® Migraine Pain Caplets®, Motrin® Sinus Headache Caplets® as a combination product containing Ibuprofen and Pseudoephedrine Hydrochloride, Vicoprofen® as a combination product containing Ibuprofen and Hydrocodone Bitartrate

People who take nonsteroidal anti-inflammatory medications (NSAIDs) (other than aspirin) such as ibuprofen may have a higher risk of having a heart attack or a stroke than people who do not take these medications. These events may happen without warning and may cause death. This risk may be higher for people who take NSAIDs for a long time.

NSAIDs such as ibuprofen may cause ulcers, bleeding, or holes in the stomach or intestine. These problems may develop at any time during treatment, may happen without warning symptoms, and may cause death. The risk may be higher for people who take NSAIDs for a long time, are older in age, have poor health, or who drink 3 or more alcoholic drinks per day while taking ibuprofen.

¹⁵ Reference: Cerhan JR, Anderson KE, Janney CA, et al. Association of aspirin and other non-steroidal anti-inflammatory drug use with incidence of non-Hodgkins lymphoma. *International Journal of Cancer*, June 2003:106(5), pp784-88.

¹⁶Reference: Moore TJ, Weiss SR, et al. Reported adverse drug events in infants and children under 2 years of age. *Pediatrics* 2002:110(5), p. e53.

Ibuprofen may cause side effects: constipation, diarrhea, gas or bloating, dizziness, nervousness, ringing in the ears, unexplained weight gain, fever, blisters, rash, itching, hives, swelling of the eyes, face, throat, arms, hands, feet, ankles, or lower legs, difficulty breathing or swallowing, hoarseness, excessive tiredness, pain in the upper right part of the stomach, upset stomach, loss of appetite, yellowing of the skin or eyes, flu-like symptoms, pale skin, fast heartbeat, cloudy, discolored, or bloody urine, back pain, difficult or painful urination, blurred vision, changes in color vision, or other vision problems, red or painful eyes, stiff neck, headache, confusion and aggression.¹⁷

Tylenol (Generic Name: acetaminophen)

Acetaminophen side effects

Allergic reaction (difficulty breathing; closing of the throat; swelling of the lips, tongue, or face; or hives); liver damage (yellowing of the skin or eyes, nausea, abdominal pain or discomfort, unusual bleeding or bruising, severe fatigue); blood problems (easy or unusual bleeding or bruising).

Acetaminophen may cause **false urine glucose test results**.¹⁸

The Dangers of Aspirin & NSAIDs

The second major cause for **ulcers** is irritation of the stomach arising from regular use of non-steroidal anti-inflammatory drugs, or NSAIDs.

What are the Complications of Ulcers?

- *Bleeding*: Internal bleeding in the stomach or the duodenum.
- *Perforation*: When ulcers are left untreated, digestive juices and stomach acid can literally eat a hole in the intestinal lining, a serious medical problem that requires hospitalization, and often surgery.
- *Obstruction*: Swelling and scarring from an ulcer may close the outlet of the stomach, preventing food to pass and causing vomiting and weight loss.

Asymptomatic Patients—Patients Can Have an Ulcer or GI Bleeding without any obvious symptoms

An individual can develop damage to the intestinal lining without being aware of it—significant GI bleeding occurs frequently without any symptoms being present. Of particular concern are patients with arthritic conditions. More than 14 million such patients consume NSAIDs regularly. Up to 60% will have gastrointestinal side effects related to these drugs and more

¹⁷ Source: <https://www.rxlist.com/ibuprofen-side-effects-drug-center.htm - consumer>

¹⁸ Source: <https://www.midmichigan.org/conditions-treatments/tests-procedures/dietary-restrictions-for-urine-tests/>

than 10% will cease recommended medications because of troublesome gastrointestinal symptoms.¹⁹

Warning On Aspirin, Ibuprofen Use

NSAIDs, including the pain medications aspirin, ibuprofen and naproxen, are one of the **leading causes of stomach ulcers and have been associated with side effects ranging from stomach upset to stomach bleeding**, which can be life threatening. In fact, NSAID use leads to more than 103,000 hospitalizations and 16,500 deaths each year in the United States. That's more deaths than from AIDS and more than four times as many deaths as those from cervical cancer.²⁰

Summary of Adverse Effects of Taking Over The Counter (OTC) Pain Medications

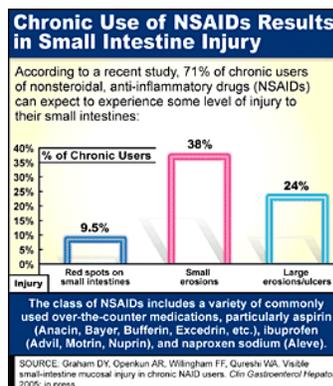


- Increase in asthma and other respiratory illnesses
- High doses of acetaminophen can lead to liver damage, and massive single doses sometimes lead to fatal hepatic necrosis (DEATH).
- Asthma; bronchospasm; renal papillary necrosis; renal/cardiovascular; direct cell toxicity; chromosome abnormalities; and phototoxicity
- Stomach Ulcers (most common) (Patients Can Have an Ulcer or GI Bleeding without any obvious symptoms)
- 80 percent increased risk for miscarriage
- Forty-one thousand hospitalizations and 3,300 deaths each year are blamed on such side effects
- Increased Incidence of Non Hodgkins Lymphoma (Cancer) in women
- Higher risk of having a heart attack or a stroke

¹⁹ Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890944/>

²⁰ Source: <https://www.sciencedaily.com/releases/2005/01/050111123706.htm>

- **Increased risk of Infant Death (Mother consuming NSAIDs) in the first few months of life**
- **Allergic reaction** (difficulty breathing; closing of the throat; swelling of the lips, tongue, or face; or hives); liver damage (yellowing of the skin or eyes, nausea, abdominal pain or discomfort, unusual bleeding or bruising, severe fatigue); blood problems (easy or unusual bleeding or bruising).
- **False urine glucose test results**
- **NSAIDs, including the pain medications aspirin, ibuprofen and naproxen, are one of the leading causes of stomach ulcers and have been associated with side effects ranging from stomach upset to stomach bleeding, which can be life threatening. In fact, NSAID use leads to more than 103,000 hospitalizations and 16,500 deaths each year in the United States. That's more deaths than from AIDS and more than four times as many deaths as those from cervical cancer.**



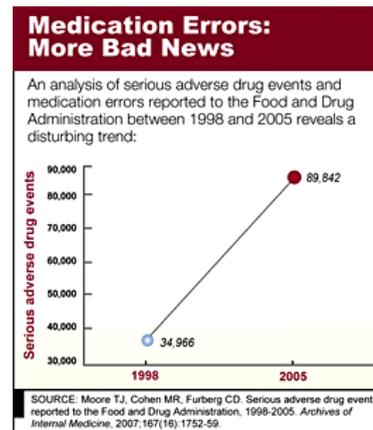
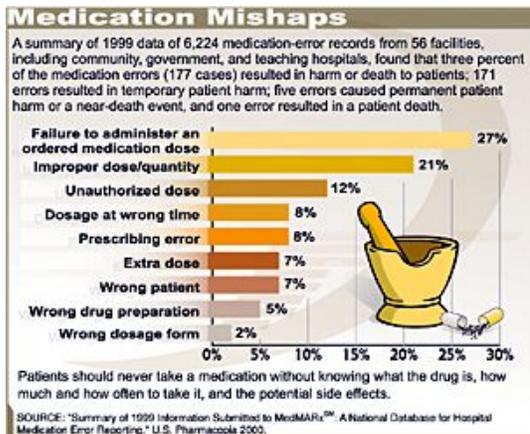
Doctors in Denial

Survey Finds Physicians Often Dismiss Complaints About Drugs' Side Effects

Washington Post Tuesday, August 28, 2007; HE04

According to a survey of 650 patients published in Drug Safety, a peer-reviewed journal, doctors frequently ignored or dismissed patients' concerns about statin side effects. Because the doctor makes no "adverse event report" to the Food and Drug Administration, the FDA underestimates the problem, and other doctors and patients may assume the drug is safer than it really is.

Statins such as Lipitor and Zocor side effects range from muscle injury to liver and kidney dysfunction. Harvard Medical School professor Jerry Avorn, author of "Powerful Medicines: The Benefits, Risks and Costs of Prescription Drugs" commented: "We already know that there is horrendous underreporting of side effects. Ninety to 99% of serious side effects are not reported by doctors," he said. Yet the FDA relies heavily on their reports. **"A fifth of all drugs that fully pass FDA approval will ultimately have black box warnings or be withdrawn from market because of adverse effects,"** Golomb said²¹.



JCN&N Fibromyalgia Treatment Center

Providers of comprehensive Brain Based Treatments that handle the missing link for Chronic conditions such as; Fibromyalgia, Migraine Headaches, Insomnia, Restless Leg Syndrome, Vertigo and Dizziness.

²¹ https://www.washingtonpost.com/wp-dyn/content/article/2007/08/24/AR2007082401714.html?nav=rss_health

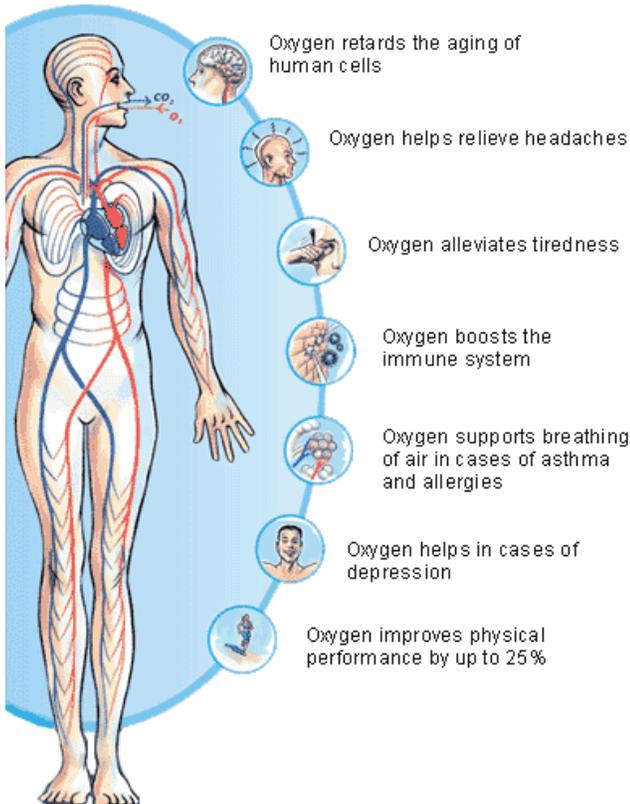
Chapter 9

Oxygen and Fibromyalgia

Oxygen is essential for brain activity.

The brain demands at least 20% of the body's oxygen supply, when it doesn't get this supply it can lead to issues such as **sleep apnoea, poor concentration, forgetfulness, mood swings, restlessness, depressive thoughts and low drive.** **Brain activity** – Dr. Andrew Scholey, Division of Psychology, University of Northumbria.

Your brain and nervous system need two things to survive: fuel and activation. Fuel comes in the form of glucose and oxygen. You get the glucose from the food you eat BUT as you age, your ability to utilize oxygen decreases. We use oxygen enhanced air to help you heal faster. We want to get you better as fast as possible.



Benefits of Oxygen Therapy

1. Alleviates tiredness.
2. Oxygen helps relieve headaches
3. Boost the immune system
4. Helps in depression
5. Improves physical performance by 25%
6. Stimulate brain activity
7. Increase memory capacity
8. Boost concentration
9. Develop stronger alertness
10. Raise energy levels
11. Improve strength
12. Build endurance
13. Detoxify your blood
14. Reduce stress
15. Calm anxiety
16. Alleviate tension headaches
17. Remedy irregular sleeping patterns
18. Help with cardiovascular activity
19. Prevent lactic acid build up
20. Strengthen the immune system

Medical Thoughts on Oxygen

"Extra oxygen enables you to recover more quickly from exertion. It allows someone to train and then exercise again." – Dr. John Brewer, head of sports science at Lilleshall Human Performance Centre: Health and Fitness 1999.

"Oxygen can clear your head, help eliminate toxins, and give you a mind high" – Andy Davison exercise physiologist Cosmopolitan 2000.

"If you use oxygen for 20 minutes, muscles become loosened; headaches and stress seem to disappear. There is a renewed energy and a feeling of relaxation. I am confident oxygen works." – Dr. Richard de Andrea Sunday Herald.

"Increases alertness, improves the body's ability to burn fat and enhances physical performance." – Howard Robbins D.P.M, for The Journal.

"Dr. Parris Kidd stated that 'oxygen plays a pivotal role in the proper functioning of the immune system; i.e. Resistance to disease, bacteria and viruses.' Dr. Stephen Levine stated that 'we can look at oxygen deficiency as the single greatest cause of disease.' thus the development of a shortage of oxygen in the blood could very well be the starting point for the loss of the immune system and the beginning of feared health problems such as Cancer, Leukemia, AIDS, Candida, seizures, and nerve deterioration." B. Goulet - The Magic of AerobicOxygen - Focus on Nutrition.

"In all serious disease states we find a concomitant low oxygen state...low oxygen in the body tissues is a sure indicator for disease... Hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative disease." Dr. Stephen Levine, renowned molecular biologist author, Oxygen Deficiency: A concomitant to all degenerative illness.

"I have ME and Fibro-Myalgia and have suffered with this debilitating condition for more than twelve years. I saw an oxygen bar at a health event and needed to sit down and by chance tried the oxygen. After this for four days I felt so active, had no pain, no fatigue, and no exhaustion and even managed to clean my house out. I made frequent trips in my car to the tip and charity shop of which I am normally unable do. I even went out for a meal and went shopping which I've never been able to do." Carol Mason from Patmoor, Staffordshire

3 R's OF FIBROMYALGIA

Fibromyalgia is Real.

Fibromyalgia is Reversible.

Fibromyalgia cannot be Reversed with drugs.

That fibromyalgia is reversible is the second core point of this article. It is regrettable that many fibromyalgia "experts" emphatically state that it is irreversible. (Why would anyone become an expert in a disease that he can never effectively treat?) I strongly disagree with them.

I consider persons with fibromyalgia as human canaries whose oxygen enzymes are more easily injured than other people. They are more vulnerable to unrecognized allergies, sugar overload, excessive antibiotics, and anger, and have been poisoned by synthetic chemicals. Those human canaries are telling us something important about the shape of things to come. What injures their oxygen enzymes eventually will injure the oxygen enzymes of others, unless we find ways to protect the oxygen metabolism.²²
Majid Ali, MD, <http://www.majidali.com/oygenand.htm>



Thirteen years ago, I suffered from many symptoms: fatigue, muscle and joint pain, flu-like illness, malaise, heat and cold intolerance, swollen lymph nodes, weight gain, PMS, sinus pressure, headaches, TMJ, inability to concentrate, attention deficit, and more...

Thirteen years ago, I suffered from many symptoms: fatigue, muscle and joint pain, flu-like illness, malaise, heat and cold intolerance, swollen lymph nodes, weight gain, PMS, sinus pressure, headaches, TMJ, inability to concentrate, attention deficit, and more. Most of the time I felt awful. I saw three M.D.s before I was diagnosed. They told me there was no cure, that I should rest and take vitamins. I was on antibiotics for six months prior to my diagnosis of Chronic Fatigue Syndrome.

My dentist's office recommended Dr. Karl Johnson to me and I have been coming regularly since 1995, except for a short period last year (more on that later). When I first came to Dr. Johnson, he told me that I could feel better. He gave me information, put me on supplements, and gave me regular adjustments. Because he seemed so sure of himself, happy and outgoing, I decided to follow his advice.

Within a week I began to notice small changes, slow but sure. Each week I improved a little more. Dr. Johnson recommended several supplements for me; and they helped immensely. **Within a year I was back at my health club, walking to the park, cleaning my own house.**

²² Ali, M, Ali O., Fibromyalgia: An oxidative-dysoxygenative disorder (ODD), J Integrative Medicine, 1999; 3:17-37.

I felt good. At that point my life was 85 to 90 percent normal.
And...I was down to two supplements a day.

I continued with regular adjustments and nutrition office visits for several years. Then in late 2005 my visits slowed down. Although I continued regular monthly adjustments, I let the nutrition go. I hadn't had a nutrition visit since June. By January, 2007 my symptoms had started up again.

Allergies, bronchitis, asthma, pain – these were now my new symptoms. The pain was so bad that I could only stand to take a shower every three or four days. I ached all over. I even missed two months of work. I had not had a nutrition visit with Dr. Johnson since August, 2005 – almost one and a half years. I even went back to an MD and took an antibiotic and allergy pills.

When I realized that it was Dr. Johnson who had helped me before, I scheduled a nutrition appointment and got started once again. That was in January. Now it is the end of March and I feel so much better. Dr. Johnson told me that my immune system was "shot" and that I had allergies that could be helped with treatments. Now I'm taking the supplements that Dr. Johnson recommended and I've had three NAET (allergy elimination) treatments. I'm feeling better and better. Within six weeks I was able to go back to work.

I've learned a lot over that past few months. I know I won't stop my treatments again; I'll continue on maintenance...as soon as I get there. Dr. Johnson has helped me more than once. I'm proof and I know he can help you.

-Rosemary Sandor

Chapter 10

About the Doctor:

Dr. Karl R.O.S. Johnson, DC, DNMSc, BCIM, FIFHI, FICPA has been practicing in Shelby Township area since May of 1983. Over the years he has treated many patients with Fibromyalgia and other chronic conditions.

Author of the book; “*Reclaim Your Life; Your Guide to Your Body’s Life Changing Secrets for Renewed Health*”

Author of the E-Books:

- “*The Ultimate Strategy for Ending Your Thyroid Symptoms so YOU Can Increase the Zest in Your Life*”
- “*The Ultimate Strategy for Ending Your Vertigo, Dizziness AND Brain Fog*”
- “*The Ultimate Strategy for Ending Your Fibromyalgia and Chronic Pain*”
- “*The Ultimate Strategy for Ending Migraines AND Other Debilitating Headaches*”

- **In Private Practice in Shelby Township, Michigan since 1983**

- **Member of:**

Palmer College of Chiropractic International Alumni Association

Michigan Association of Chiropractors (M.A.C.)

Macomb County Chiropractic Association (M.C.C.A)

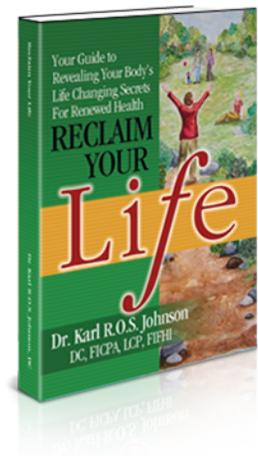
International Chiropractors Association (I.C.A.)

International Chiropractic Pediatric Association (I.C.P.A.)

Institute for Human Individuality (I.F.H.I.)

Nambudripad's Allergy Research Foundation (N.A.R.F.)

Price-Pottenger Nutrition Foundation (P.P.N.F.)



Dr. Karl R.O.S. Johnson, DC, DNMSc, FIFHI, FICPA

Board Certified Chiropractic Physician

Certified Doctor of NeuroMetabolic Sciences

Certified Graduate, American Functional Neurology Institute

Advanced Level II certified in Nambudripad’s Allergy Elimination Techniques (NAET)

Fellow of the Institute of Human Individuality

Fellow of the International Chiropractic Pediatric Association

Checkout my [Blog](#) which is a blog to help those with chronic conditions such as: Fibromyalgia, Vertigo, Sciatica, Disc Herniation, Hypothyroidism, Peripheral Neuropathy, Migraines and ADD/ADHD and more.

www.TheFibroSolution.com

www.HelpMyChronicPain.com

www.JohnsonHealthandWellness.com

www.PNHelp.com

www.StopChronicBackPain.com

www.EndDizziness.com

www.StenosisHelp.com

www.TheHeadacheSolution.com

www.ShelbyLaserHealth.com

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