

## Health

# Good health is all about balance

BY **SHIRLEY SMITH**

Kenton Johnson has a theme for life: "Balance is everything."

Johnson runs Complementary Wellness, a professional organization for healers in what Johnson calls "complementary" medicine. It includes everyone from massage therapists, acupuncturists, aroma therapists, chiropractors, reflexologists and more. There are holistic doctors who view the body as a system, and who practice complementary wellness. "They treat the system. It's more than the physical organ model of the conventional doctor," he said.

Johnson's life balance embraces yoga, routines of stretching, breathing, exercising, meditation, and lifestyle changes. He has learned Reiki; a form of ancient healing that encompasses hands-on energy healing.

He said: "65 percent of people are overweight and 28 percent of those are obese. We have to stop eating so many carbs, balance our diets." Johnson said that many of us eat "a lousy breakfast" and at 10 a.m. run out for a sugar fix. "We feel real achy, weak, it's a glycemic response — a roller coaster."

He believes that aspects of complementary medicine are easily absorbed into everyday life to help maintain health and to heal. Things such as herbal remedies, aromatic therapy. "Everybody can move energy."

Johnson's background is in engineering. He grew up in California and graduated from San Jose State College. The Centennial resident is a communication consultant with expertise in Internet design, marketing and production. Complementary



**Kenton Johnson is head of Complementary Wellness.**

Wellness has a Web site: [CompWellness.com](http://CompWellness.com). He is the editor of the "Complementary Healing Guide," which is available in local libraries and bookstores.

"Our first goal is education, but we do a lot of other things, too," Johnson said. There are meetings, an e-mail newsletter, keeping track of national and local legislation, networking and advertising, Johnson said. The organization has some 120 practitioners in the Denver and Boulder area, as well as 80 more in New Orleans.

More and more people are finding wellness through methods other than conventional medical treatments, practitioners report. "There are rampant success stories," Johnson said.

Retired Littleton Public Schools teacher Max Smith is one of the many who has tried an alternative

way of healing. He had a recurring back problem. For a performer in local theatricals, the bad back was hampering his life. Conventional medicine was not helping his painful back. He decided to try treatment from Gus Boisits, a massage therapist. "It really helped," Smith said. In the process it's also improved his circulation, he said.

Some people like to call complementary medicine "New Age," Johnson said. "What we are is 'old age' — mainstream complementary medicine, available to most people. Now, scientific evidence is verifying what we've known for thousands of years," he said about the variety of complementary treatments that promote wellness.

**Complementary Wellness. 303-770-4022. Web site: [www.CompWellness.com](http://www.CompWellness.com).**

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