



Team Johnson (from L-R) Karen McIntyre (office mgr), Sarah Hood RMT, Melinda Moir (laser tech) & Dr. Kelly Johnson DC

Johnson Press



2017

12th - 7pm - 'Stress, Health & Hormones' talk here in the clinic board room with Dr. Kelly

17th - Closed Easter Monday



13th - 24th - Melinda gone to Scotland!
No laser on these days



24th - 27th -
Dr. Grape is back!



Our mission is to minimize the dis-ease of the nervous system caused by trauma, toxins & thoughts and to maximize well-being.

Are you dreading Spring while everyone else is impatient for it?

Does the thought of a field of daisies make you run for the nearest mask store?



We have a system that can tell you which allergens are actually affecting you, help to break that link and Laser treatments that will help ease the symptoms which normally keep you indoors.

Wouldn't it be nice to enjoy a warm sunny day outside? ☺

[Read the full article here.](#)

Not to have control over the senses is like sailing in a rudderless ship, bound to break to pieces on coming in contact with the very first rock. - Mohandas Karamchand Gandhi

Pineapple & Avocado Salad

Prep Time: 20 min



Ingredients:

- ¼ cup red onion (thinly sliced & separated into rings)
- ice water
- 2 firm ripe avocados
- 1 medium fresh pineapple
- 3 tbsp extra-virgin olive oil
- 1 tbsp fresh lime juice
- ½ tsp kosher salt
- freshly ground pepper to taste (optional)



Directions:

- Soak onion in a small bowl of ice water for 15 min to mellow the bite.
- Meanwhile, halve avocados and cut each half into slices. Peel pineapple, halve lengthwise into quarters, remove the core and cut each quarter crosswise into slices.
- Whisk oil and lime juice in a small bowl. Drain the onion and pat dry. Arrange half of the avocado, pineapple and onion on a serving plate, sprinkle with ¼ tsp salt and drizzle with half the dressing; repeat the layers.
- *refreshing, simple Cuban salad recipe; serve with spiced chicken, rice & beans.*

5 Signs Your Body Needs a Spinal Adjustment



- Your spine is critical to your overall health, and a spinal adjustment might be just what you need if you've been feeling aches and pains lately. People who take responsibility for their own health and well-being know that spinal care is another important part of their overall health.

When you have a well-adjusted spine and you also are active, your strong muscles help to keep your spine positioned in alignment. But if your spine is already out of alignment, and you are still active with your fitness, you may be doing more damage to your spine, and that can cause you more pain.

- 1) If you have chronic aches & pains.
- 2) If you have sudden, sharp pain.
- 3) If you have an active lifestyle.
- 4) If you do repetitive motions throughout the day.
- 5) If you have frequent headaches.

The mind-body connection is important for balance, coordination, spatial awareness, and athletic performance. The spine is home to all of your major nerve branches off of the spinal cord so it acts as the internet of your body, sending and receiving messages from the body to the brain.

[Click here to read full article](#)



Are You Looking for Inspiration...Hope?

In every lifetime, there comes a point when you realize there's got to be more. Inner peace and self-fulfilment are possible for each of us. All that's required is to make a choice.

'Two modern day monks meet a diverse range of people making the choice for a better life through meditation. Ballet dancers and writers, stressed business people, a cancer patient, foster children and maximum-security prisoners; their stories show that peace is possible.'

[Watch the trailer here](#)

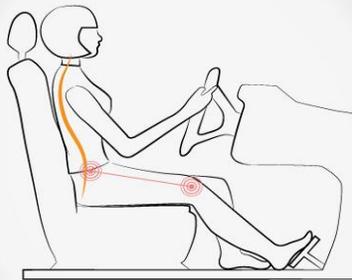
You are invited to join us for a viewing of this movie 'Mindful Choice' and experience it in the company of like-minded positive people who want to make a change in themselves and in the world. The energy will be amazing!

When: Saturday, April 8th 2:00pm

Where: Perth Civitan Club
6787 Lanark County Rd 43
Perth, ON K0G 1B0

Donations will be accepted at the door

BEHIND THE WHEEL Posture Check!



- 1. LOOSEN YOUR GRIP
- 2. RELAX
- 3. DON'T SLOUCH
- 4. ADJUST YOUR SEAT
- 5. ADJUST THE STEERING WHEEL

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Got Remedies?

Acetyl L Carnitine - Enhances energy levels, for muscle fatigue, senile dementia, reduced muscle mass, low sperm motility.

Creating a Happier,
Healthier World ~
Starting with You!

Do you suffer from anxiety? Are you stressed out and feeling overwhelmed? Do you have hot flashes or night sweats? Do you have trouble getting to sleep or staying asleep? Then join Dr. Kelly on **Wed, April 12th at 7pm** for a **Stress, Health, Hormone and Weight Loss** talk here in the clinic boardroom to find out how you can **live a long, happy and healthy life.** Seats are already filling up reserve your spot **today.** **(613) 264-2402**

