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Johnson Press



14th – Mother's Day!



22nd –
CLOSED
for
Victoria Day



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

**ATTENTION, ATTENTION!!
NOW OPEN!**

Johnson Chiropractic
Animal Clinic



Call (613) 264-7836 to book your four-legged loved one in for an appointment.

304 Norris Rd. in Perth

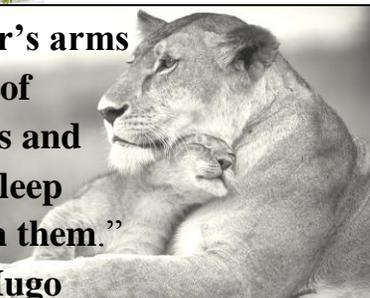
~Creating a Happier,
Healthier World
...for Your Pet!~



**Special Gift for
All Moms!
See pg#2**

**“A mother’s arms
are made of
tenderness and
children sleep
soundly in them.”**

-Victor Hugo



Zucchini
Chocolate
Chip Baked
Oatmeal



Total prep/cook time: 27min
From: HappyHealthyMama.com

Ingredients:

- 3 cups old fashioned rolled oats
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 cups unsweetened vanilla almond milk
- ¼ cup maple syrup
- 1 large egg
- 2 cups shredded zucchini
- ½ cup chocolate chips (I use mini choc. chips)

Directions:

- Preheat your oven to 375 degrees.
- Lightly grease a medium baking dish and set aside.
- In a large bowl, mix together the first 6 ingredients.
- Add the zucchini and then stir in the chocolate chips.

Transfer the mixture to the baking dish and bake in the preheated oven for 20 minutes. Enjoy!

This Zucchini Chocolate Baked Oatmeal is easy to make and a great way to add veggies to your breakfast!

Chiropractic Helps New Mothers Produce Milk

An article in the March 2007 issue of the scientific periodical, the Journal of Clinical Chiropractic Pediatrics, presents three documented case studies of chiropractic care helping new mothers who were unable to produce adequate mother's milk. A reduction in mother's milk, known as "Hypolactation" can be a serious problem that can create health issues for both the mother and child.

The first case was a woman who went to the chiropractor on the referral of her midwife. She had given birth 10 days earlier to her second child and unlike her first, she was unable to establish a milk supply for her second baby. The patient had no other medical issues other than difficulty in swallowing a glass of water.

An examination determined that she had a subluxation, and specific chiropractic care was initiated to correct that issue. After her second visit the patient commented that she found it much easier to swallow. By the third visit she noticed visible changes in her breast and the production of milk. This improvement resulted in a positive weight gain for the infant who was forced to depend of formula until the mother's milk issues were resolved. [Click to read full article](#)



Taking a 'Pause from Menopause

It's inevitable. We're all going to go through it. The hot flashes, the mood swings, erratic monthly cycle.

But that doesn't mean you need to take it lying down.



We have Laser treatments that can help ease the suffering. So that you can 'take a pause' from Menopause.

In the past 4 years we've had almost 2,900 Laser sessions. That's a lot of happy hormones. Some of them could be yours. ☺
[Details of our monthly special here!](#)

Mother

[muhth-er] -noun

1. One person who does the work of twenty. For free.

(See also: 'masochist', 'loony', 'saint'.)



Got Remedies?

ADP - Helps with gut dysbiosis, toxic bowel syndrome, candida, intestinal parasites, yeast, fungus and genital-urinary tract infections.

Digest Plus - Provides a complete, well-balanced formula of natural enzymes and hydrochloric acids designed to enhance the digestion of proteins, fats and carbohydrates in the stomach and small intestine.

Creating a Happier, Healthier World ~ Starting with You!

The Mother of All Plants! The spider plant

(Chlorophytum comosum) is considered one of the most adaptable of houseplants and the easiest to grow. This plant can grow in a wide range of conditions and suffers from few problems, other than brown tips. How can you tell if your spider plant is healthy and happy? Why, she has babies, of course!



Starting May 8th, we will be gifting baby spider plants (from Dr. Kelly's Mama Plant) to all Moms until they are gone. A little bit of Spring for you to take home! And unlike our human babies, these will come with care instructions.



"Any number of things can cause a backache. Did any of your children step on a crack recently?"