Johnson Chiropractic Clinic

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

Johnson Press

3rd – Happy Canada Day!
Office Closed

12th – Karen's Last Day!

Our New Office Manager Sarah Dunlop!

14th –16th ~ Stewart Park Music Festival

'Setting goals is the first step in turning the invisible into the visible'
- **Anthony Robbins**

It is with very mixed emotions that I write this tribute to Karen. While I am very happy for her and her next adventure, I can't imagine a day at JCC without her. We started JCC together back in 2002 and she was brave enough to take on running a chiropractic clinic with a boss who had NO idea how to operate a business!

With her loving, compassionate customer service, amazing organizational skills and her gift of 'helps', she has been instrumental in the success of JCC. From my whole heart Karen, I am forever grateful to you for all your years of exceptional service. I love you and will miss you dearly. I wish you continued good health and much happiness in your retirement.

Blessings always,
Kelly

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

Chilli & Coriander Salmon Cakes

Prep time: 20min
Serves: 2
Author: LiveLoveNourish.com

Ingredients:

- 300g Skinless Salmon Fillet, chopped
- 1 Free Range Egg White, lightly whisked
- 1 long Red Chilli, seeded and finely chopped
- 1/2 cup, Fresh Coriander Leaves, roughly chopped
- 2 Garlic Cloves, crushed
- Pinch Pink Salt
- Cracked Black Pepper
- Coconut Oil for frying
- Lime Wedges to serve

Instructions:

1. In a food processor pulse all ingredients until finely minced and well combined.
2. Shape mixture into 4 large or 8 small patties.
3. Heat oil in frying pan over medium heat. Pan-fry patties for 4 minutes each side or until golden and cooked to liking.
4. Enjoy!

Finding Time for Fitness

How do you find time for fitness when so many things are competing for your attention? It's a common problem. The good news is that as little as 15 minutes a day can start a fitness habit – and deliver health benefits!

A recently published study conducted over 12 years with almost half a million people found 15 minutes a day of moderate-intensity exercise increased life expectancy. Every additional 15 minutes of exercise a day further improved the health outlook of the participants in the study.

Try these tips to fit 15 minutes into your day:

- Pick a time of day that works for you and stick with that time. Perhaps it is first thing in the morning, during a break at work or in the evening after dinner. Think of it as a part of your regular daily routine – like showering in the morning or brushing your teeth at bedtime.
- Do something you enjoy! People tend to make time for things they like. A brisk walk outside, a video exer-game, a dance workout to your favourite music, a simple stretch-and-strengthen routine you can do with one eye on your favourite TV program – they all qualify. Expensive gyms need not apply!
- Remember the benefits. We make time for things we know will reward us. The rewards of physical activity are numerous: reduced stress, more energy, improved strength & flexibility, and simply feeling good about doing something for yourself.

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Get Things Moving!

You're in pain and have been anxious for days.

You're afraid to eat, but afraid not to as well.

The thought of going anywhere stresses you out, just in case…

We have Laser protocols that can help balance your Digestive system and homeopathic remedies to get *things moving again.*

Click here to see our Monthly Special

Got Remedies?

Inositol – Helps with blood sugar regulation, low blood sugar, sugar craving and brain fatigue.

Quiet Mind Plus – helps to strengthen your brain against memory loss, tinnitus, dementia, Alzheimer's & other brain-related conditions.

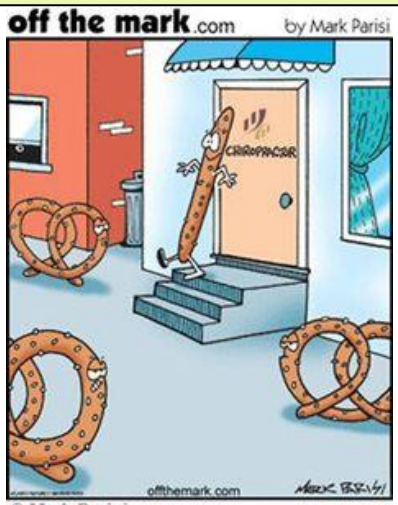
Colon Revive – Helps relieve constipation, gas, irritable bowel syndrome, colitis and other GI disorders.

Creating a Happier, Healthier World ~ Starting with You!

Do you know about the birth of Chiropractic?

The natural healing art of chiropractic was first developed by a magnetic healer named D.D. Palmer in 1895. According to history, it all started when Harvey Lillard — a man who was deaf in one ear — went in to see Palmer for his condition hoping that he had something up his sleeve to cure the deafness.

When Palmer learned that Lillard suffered a head injury that preceded his condition, he evaluated his spine and noticed that a vertebra in the upper back seemed wildly out of alignment.

According to Palmer:

"I had a case of heart trouble which was not improving. I examined the spine and found a displaced vertebra pressing against the nerves, which innervate the heart. I adjusted the vertebra and gave immediate relief — nothing 'accidental' or 'crude' about this. Then I began to reason if two diseases, so dissimilar as deafness and heart trouble, came from impingement, a pressure on nerves, were not other disease due to a similar cause? Thus the science (knowledge) and art (adjusting) of Chiropractic were formed at that time." www.DrAxe.com