

# Johnson

## Chiropractic

### Clinic

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



2017  
**September**

1st - 4th - Perth Fair!

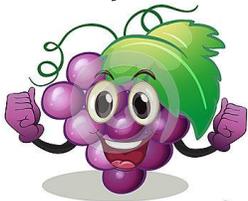


4th - Labor Day!

Office  
Closed



5th -7th - Dr. Grape is Back! 😊



13th - Essential Oils  
Workshop  
~Dr. Kelly  
2pm



25th - How to Get a Good  
Night's Sleep  
~ workshop  
Melinda  
7pm



**They're Essential...it's right there in the title! Find out why...**

If you've been asking yourself "What are essential oils?" **Essential oils are the highly concentrated version of the natural oils in plants.**

Getting essential oils from plants is done with a process called distillation, most commonly distillation by steam or water, where many parts of the plants are being used, including the plant roots, leaves, stems, flowers, or bark. Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits.

**Find out what these oils can do for your body, your home & your family on Wednesday Sept 13th at 2pm with Dr. Kelly. Call (613) 264-2402 to register**

**We've Got Your Remedies!**

**VBF Defense** - support your body's natural cleansing of viral, bacterial, and fungal organisms.

**Just Sleep** - aids emotional healing, restores sleep cycles, promotes deep peaceful sleep & lets you wake up revitalized.

**Balance Essential Oil Blend** - warm, woody aroma creates a sense of calm, grounding well-being.

**Serenity Essential Oil Blend** - sweet, warm, powdery aroma soothes the soul, providing a safe haven from life's daily stressors.

## Getting a Good Night's Sleep



Many people would agree there's nothing better than a good night's sleep. Stressful day at the office? Long hours running errands with the kids? All this can be repaired with restorative slumber.

On the other hand, not getting the eight to nine hours of sleep that you need may leave you feeling grumpy and tired all day. But here's something you may not know: you have far more control over the quality of your sleep than you think.

**Choose a good mattress ~ Test your pillow ~ Don't sleep on your stomach ~ Get to bed on time ~ Wind down ~ Bedtime rituals ~Come to 'How to Get a Good Night's Sleep' talk with Melinda 😊Sept 25th @ 7pm**

Sleep is an important aspect of your overall health - both your body and mind rest and refresh while sleeping. If you have continued difficulty getting a good night's rest, consult a health professional such as a chiropractor who can help identify the problem and find solutions.

# Hearty, Gluten-Free Chicken Stew

Credit: fitwoman.com



## Ingredients:

- 1 pound chicken breast
- 2 teaspoons olive oil
- 2/3 cup onion, chopped
- 2/3 cup carrot, chopped
- 2/3 cup celery, chopped
- 2 tablespoons garlic, minced
- 1/2 teaspoon dried tarragon (optional)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1 pinch cayenne
- 1 1/2 cups diced potatoes or sweet potatoes
- 1/2 cup frozen peas
- 3 tablespoons cold water
- 1 tablespoon tapioca
- to taste black pepper
- to taste sea salt
- 4 tablespoons scallion

## Directions:

- Place the whole chicken breasts in a pot, cover with several inches of water, and bring to a simmer over medium heat. Cook, uncovered, for 1 hour. Skim off the fat and chop the chicken.
- In another pot, saute the onion, carrot, celery, and garlic in the olive oil until the onion starts to become transparent, stirring occasionally. Add the tarragon, thyme, basil, and cayenne, stir for 20 seconds, and add the chicken and the broth in which it cooked. Bring to a simmer and cook, uncovered, for about a half an hour.
- Add the potatoes to the pot. When they are starting to get tender, add the peas.
- In a small bowl, combine the cold water and cornstarch and stir well. Whisk into the soup. Continue to simmer another ten minutes, stirring occasionally.
- Taste and adjust seasonings with the salt and pepper. Garnish with scallions if you so desire.

## Cleanse & Boost

The beginning of a new season is the perfect time to cleanse your body of toxins and boost your immune system. If you're still feeling the lazy, hazy days of summer and you want to wake up your body, this is just what you need!



Our Cleanse & Boost package will help you look better and feel better and heck! We can even throw in a Sleep protocol so those cooler nights won't find you lying awake staring at the ceiling.

*We can offer you hope.*

[Click here to see our Monthly Special](#)

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

Creating a Happier, Healthier World ~ Starting with You!

## Time for Back to School? Give your Child a Boost to Their Immune System ~

1. Get them into their chiropractor ☺
2. Make sure they are getting a good night's sleep
3. Cut back drastically on the sugar
4. Pick up some VBF Defense remedy at JCC
5. Even when the weather turns cold, keep active inside or out
6. Add a bit of essential tea tree oil to their shampoo routine to fend off lice



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