

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



1st – Civic Holiday – the clinic will be closed for the long weekend. Have a safe Holiday!



13th – 14th –



On the Perth Fairgrounds

14th – Karen



Laser Helps!

Did you know? ... we offer low level cold laser therapy as a safe, painless, quick and easy alternative healthcare option giving results that are often immediate with no side effects for Balancing Blood Sugar, Digestion, Emotions and Hormones and many other health issues.

Our laser therapy is safe, painless, all-natural...why not give it a try?

Featured Products!

Vitamin B12 & Folic Acid - Helps the body to metabolize carbs, fats & proteins and form red blood cells.

CDC Chondro Forte
Helps to accelerate wound healing and increase collagen synthesis in connective tissue and skin.

Creating a happier,
healthier world
~ starting with you!

Quinoa Salad



Makes 4 to 6 servings

- 1 cup Quinoa cooked
- 1/2 tsp. of sea salt
- 1 red onion chopped
- 2 diced roma tomatoes
- 1 organic Granny Smith apple, peeled & diced
- 2/3 cup parsley, minced
- 2/3 cup dill, chopped

Dressing

- 2-3 cloves garlic, minced
- freshly squeezed juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 1 tsp. sea salt

Place cooked quinoa in serving bowl. Add all salad ingredients to quinoa. To make dressing combine garlic, lemon juice, oil, and sea salt. Pour dressing over quinoa salad and toss making sure it's thoroughly coated. Serve and enjoy!

7 Top Health Benefits of Ginger Root Oil



Impotency - Since ginger root & its oil are aphrodisiac in nature, it is effective in eliminating impotency & preventing premature ejaculation.

Heals Infections - Ginger essential oil is an antiseptic; it kills infections.

Food Poisoning - Ginger is an antiseptic and can be used to treat food poisoning.

Improves Blood Circulation - Consuming ginger root oil can easily greatly enhance blood circulation and keep the body warm.

Reduces Inflammation - A component of ginger essential oil, called Zingibain, provides pain relief and treats muscle aches, arthritis, & migraines.

Relieves Anxiety - Ginger essential oil relieves feelings of anxiety, anxiousness, depression & exhaustion.

Respiratory disorders - Ginger root & ginger oil both are good expectorants, treating numerous respiratory problems like cold, cough, flu, asthma & bronchitis.

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

If you have a little one heading back to school, be sure to pick up info on how to make sure their backpack is packed properly and not too heavy ☺



Learn How to **PACK IT LIGHT. WEAR IT RIGHT.**

Click below for more info [backpack-101](#)

“Life shrinks or expands in proportion to one’s courage.”
- Anais Nin, author



Fit, healthy & slim is the goal - but you don't have to be overweight to benefit from this plan!

The 'Healthy & Active' Metabolism Program makes it possible! With a precise metabolic analysis we can create your *personalized nutrition plan.* ☺

Most diets rest on a single assumption: that we're all the same, and that we all require the same foods.

But is this really true?

After all, Every Person is Unique!

Check out www.healthy-active.com/ for more info.

