

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


September 2016

5th - Labor Day - we are closed for the long weekend. Have a safe Holiday!



2nd - 5th - Perth Fair



On the Perth Fairgrounds

6th - Back to School /Work



21st -22nd - Dr. Kelly is away for Veterinary Chiropractic training. No appts available on these days.



NET Helps!

Did you know? ... Dr. Kelly does N.E.T. sessions that allow your body to release mental blocks that cause physical stress.

'Traumatic events from my childhood used to bring me to tears every time I thought of them. After one focused Neuro Emotional Technique (N.E.T.) session I can now have a conversation without breaking down. I was amazed at how effective it was!' - Melinda

Book your NET session today! ☺

Featured Products!

OST Medix - Helps with tissue regeneration and bone conditions.

Palmetto Plus Forte - Supplies significant amount of lycopene, a key carotenoid known to impact prostate health.

Chocolate Covered Strawberry Smoothie



1 cup unsweetened vanilla or chocolate almond milk
1 cup strawberries
1 tbsp chia or flax seed
1 cup spinach
2 scoops chocolate protein powder
5 ice cubes

If you are drinking these smoothies immediately, put all ingredients in a blender & enjoy!

If you are drinking later, put all ingredients **except the protein powder** in and blend. Add protein when you are ready to drink it! ☺

Creating a happier,
healthier world
~ starting with you!

Short Walks Can Reverse Effects of Sitting



Many of us have jobs that require us to sit at a desk all day, and we've all seen the scientific studies that show how dangerous that is for our health. Our bodies evolved to move and stay active, but that's difficult to do in our modern work environment. How does one balance a sedentary job with maintaining your health?

A new study from researchers at the University of Missouri looked into the effects of sitting and health by studying 11 healthy young men before and after a period of sitting.

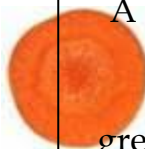
The researchers found, not surprisingly, that sitting for long periods reduced the blood flow to the legs. A bit more surprise was the fact that prolonged sitting also reduced blood flow to the arms.

The authors then had the 11 test subjects go for a 10-minute walk, and they found that a short bit of movement was able to reverse the effects of 6 hours of sitting. The exercise didn't improve the decreased cardiovascular function of the arms, however. Make your lunch break an exercise break.

Author: [Michael Melton](#)

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

A sliced Carrot looks like the human eye.... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food. Coincidence?



The power that made the body... has the power to heal the body

"As long as we dare to dream and don't get in the way of ourselves, anything is possible - there's truly no end to where our dreams can take us." - Hilary Swank, actress



Patients on the Healthy & Active Metabolism Program so far have enjoyed better sleep, more energy, weight loss, clearer skin, fewer issues with reactions to food due to a better knowledge of their body, higher awareness of how their bodies respond to certain foods and what to avoid.

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.



"My wife made the appointment for me. I'm here for an attitude adjustment."

