

# 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



2016

**10<sup>th</sup> - Thanksgiving Monday** - we are closed for the long weekend. Have a safe Holiday!



**19<sup>th</sup> -20<sup>th</sup>** - Dr. Kelly is away for Veterinary Chiropractic training.

Laser Therapy appts available on these days.



**31<sup>st</sup> - Happy Halloween!**



## NET Helps!

*There are times when one certain area of our body just will not adjust, no matter what. Does that ever happen to you?*

*Dr. Kelly can do a NET session to find out what the issue is.*

*Once brought to the surface we are able to process it and 'let it go'.*

*We are then able to proceed with the adjustment and all is well.*

*It is amazing some of the things our bodies can/will hold onto.*

You can book for 15, 30 or 45 mins.

It won't hurt...but it will help.

Book your NET session today! ☺

## Root Vegetable Hash

### Seasoning Mixture

**2 tsp** dried marjoram

**2 tsp** dried oregano

**½ tsp** dried thyme

**1 ½ tsp** sea salt

**½ tsp** ground black pepper

### Hash

**3 tbsp** olive oil

**2 ½ cup** chopped onion

(cont'd on right)

**4** garlic cloves, minced/pressed



**2 cups** carrots, diced to ½ inch

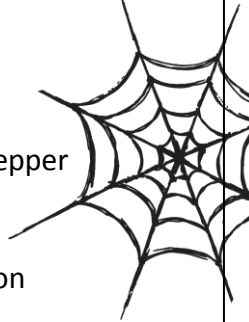
**2 cups** sweet potatoes, peeled & cut ½ inch dice

**2 cups** beets, peeled & cut into ½ inch dice

**2 cups** turnips and/or rutabaga, peeled & cut into ½ inch dice

**3 tbsp** water

-  Mix seasoning ingr. & set aside.
-  In a skillet on medium-high heat, warm the oil. Cook the onions & garlic for about 5 min. Add vegetables & stir well. Sprinkle seasoning mixture and water & stir well. Reduce the heat to medium-low, cover & cook, stirring every 10 min or so, until veggies are tender, about 30 min.



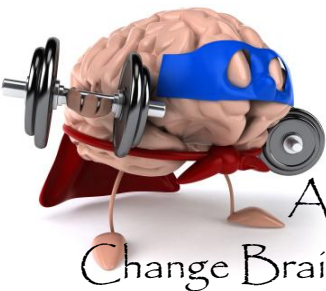
## Featured Products!

**Nef-Zyme** - Supports renal function, for fluid retention, edema, kidney and bladder conditions.

**IPS** - Helps to break down insoluble fibers & aid in digestion.

**Co Q10 -30** - Antioxidant to help support cardio vascular health.

Creating a happier,  
healthier world  
~ starting with you!



# Beyond a Doubt, Adjustments Change Brain Function

"We do know that spinal function does affect brain function. There is now solid evidence that adjusting the spine changes brain function." - Heidi Haavik, researcher of recent study, published in Journal of Neural Plasticity.

"The latest study suggests that the changes do occur in the prefrontal cortex. That part of the brain is like the conductor in the brain. This explains many previous research results that showed improvements in sensori-motor function relevant to falls-prevention; better joint-position sense in both upper and lower limb; improved muscle strength in lower limb muscles; better pelvic floor control; better ability to carry out mental rotation of objects.

If, as this research suggests, adjusting improves prefrontal cortex activity, a part of the brain that is responsible for just so much higher level function, then what does this mean in terms of chiropractic's impact on things like behaviour, decision making, memory and attention, intelligence, processing of pain & emotional response to it, autonomic function, motor control, eye movements and spatial awareness?"

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 life's basic necessities, you are undoubtedly very grateful. We would like to spread that feeling this Thanksgiving. For the entire month of October, please consider bringing in a non-perishable, healthy food item for the local Food Bank and share with our Johnson Chiro Family on our Gratitude wall what you are most thankful for.**



## Gratitude

Helps us to see what is there instead of what isn't.

Sarah Hood, RMT will be away until Nov 21<sup>st</sup>. Deborah Jackson, RMT will be covering for Sarah until then. Call (613) 264-4343 to book with Deborah.



Do you feel that you eat healthy, but you still suffer from indigestion or heartburn?

Sometimes even 'healthy' food could be causing issues with your body. Why is this?

**Because you might not be eating the right healthy foods for your body.**

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

**After all, Every Person is Unique!**

Check out [www.healthy-active.com/](http://www.healthy-active.com/) for more info.



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## ZOMBIES



**NEED CHIROPRACTORS TOO**