

Johnson Chiropractic Clinic

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



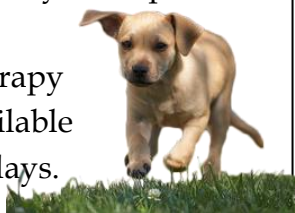
3rd - Sarah's Birthday - hope she's having a blast in Spain!



11th - Remembrance Day



16th -17th - Dr. Kelly is away for Veterinary Chiropractic training. Laser Therapy appts available on these days.



21st - Sarah is back - time to get your massage!



Laser Therapy

Our Laser Therapy device is small, non-intrusive and hand-held. Melinda, our Laser Tech, was trained in Atlanta, Georgia to use accu-points on your body to relieve pain, inflammation and the stress they can cause.

We have protocols that help improve brain function, memory & concentration. Some people don't feel anything more than a tingling sensation. The majority feel nothing at all.

Some even go to sleep!

Book your Laser treatment today! ☺



Pumpkin Pie Smoothie



1 cup almond milk
 ½ cup pumpkin puree
 ½ frozen banana (or ½ c. peaches)
 ½ tsp. pumpkin spice (nutmeg, cinnamon)
 1 scoop vanilla protein powder
 Blend & enjoy! ☺

Featured Products!

Gammonal Forte w/FRAC - For increasing lean body mass, repairing muscle mass; also useful with primary thyroid hypofunction and menopausal hot flashes.

Cel-Gem - Improves Lymphatic circulation, eliminates wastes, diminishes swelling, and reduces cellulite.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neurotransmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Creating a happier,
 healthier world
 ~ starting with you!

Chiropractic Patients Recover Faster, Spend Less



Back pain is an expensive health problem for both patients and businesses. Canadians spend \$635 billion on pain every year, with a significant amount of that spent on back pain.

Because back pain is such a common problem, a group of Canadian researchers recently investigated the role that the type of primary caregiver has on financial compensation.

This was a large study of 5,511 patients who experienced a work-related back injury in Ontario, Canada. The patients saw the following providers for their first visit:

- 85.3% saw a medical doctor
- 11.4% saw a chiropractor
- 3.2% saw a physical therapist

The authors set out to “compare the duration of financial compensation for back pain” among patients from each care group. The study found that **chiropractic patients had the shortest amount of time**

receiving compensation for their pain and also were less likely to have a recurrence. In addition, chiropractic patients didn't need to see other healthcare providers for their pain. 75% of chiropractic patients saw no other provider, while 58.6% of physical therapy patients also saw a medical doctor.

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

Patients who wake up at various times throughout the night may need to observe the body's natural daily cycle, according to **Traditional Chinese Medicine**.

Your body (particularly your adrenal system) does the majority of its repairing between the hours of 11pm and 1am. Your gallbladder dumps toxins during this same period. If you are awake, the toxins back up into your liver, which can further disrupt your health.

Which is why you may feel hung-over after a late night, even *without* drinking.

11:00pm - 1:00am ~ Gallbladder
1:00am - 3:00am ~ Liver
3:00am - 5:00am ~ Lungs
5:00am - 7:00am ~ Large Intestine

[Click here for Full Article](#)

healthy & active

Health is not simply the absence of illness. Even if you 'think' you are healthy, your body might be missing some essential requirements (or getting some that it shouldn't). Wouldn't it be great if there were a blood test that could check and let you know?

No two people are identical in their makeup, so how can one diet be perfect for everyone? We have that test! And we can give you the answers you need.

After all, Every Person is Unique!

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

You must begin to think of yourself as becoming the person you want to be.



- David Viscott



"I'll need to take some X-rays to be sure, but I'm guessing you dislocated your shoulder."

Sarah Hood, RMT is away until Nov 21st.

Deborah Jackson, RMT will be covering for Sarah until then.

Please call (613) 264-4343 to book with Deborah.

