

Johnson Chiropractic Clinic

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



3rd - Perth Santa Claus Parade

5pm



12th -15th -
Dr. Grape is here for the week!! ☺



25th - Christmas Day



Mon, 26th & Thurs, 29th -
Christmas Holidays



Tues, 27th & Wed, 28th -

We are
OPEN
for
regular hours.



How Does Stress Affect My Health?

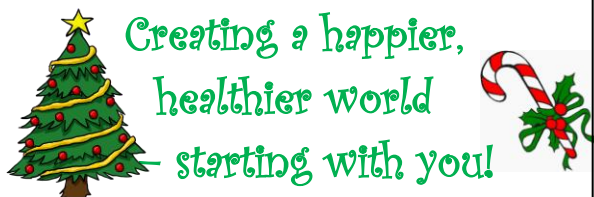
Stress responses such as fear, anger, grief and many others can sometimes negatively affect us long after the original event that caused them. When our body fails to 'let go' of these responses we can find ourselves with unexplained aversions, self-sabotaging behaviours, destructive beliefs, phobias and many chronic physical problems.

Dr. Kelly uses an approach called Neuro Emotional Technique (NET) to identify and help you let go of, 'stuck' mind-body stress patterns.

Book your NET session today! ☺

Stocking Stuffers!

- KT Tape
- Chiro Flow Water Pillows
- Bio Freeze roll-on/tubes/spray
- Vitamins
- Protein shake powders
- Arch Supports
- Gift Certificates!



Dairy Free Christmas Coconut Bark



Ingredients:

- 1 cup Coconut Butter
- 2/3 cup Extra Virgin Coconut Oil, melted
- 1 tablespoon Pure Maple Syrup or Raw Honey
- 1/3 cup preservative free Shredded Coconut
- 1/3 cup Pistachios, shelled and roughly chopped
- 1/3 cup preservative free Cranberries, roughly chopped

Method:

1. In a blender or food processor combine coconut butter, coconut oil and maple syrup or honey until well combined.
2. Spread thinly (approximately 1/2 cm) onto a lined slice tin. Sprinkle with shredded coconut, pistachios and cranberries and gently push these toppings into the unset coconut base.
3. Transfer to refrigerator for 1-2 hours or until set.
4. Once set, break into pieces and store in an air-tight container in refrigerator until ready to eat.



Natural Flu

Treatment & Prevention

According to the Centers for Disease Control & Prevention (CDC), the flu bug is constantly changing. In fact, every year another new strain finds its way into our communities. With the peak of illnesses occurring somewhere between December & February, this is a perfect time to learn how to prevent the flu from finding its way into your body, and you can do it naturally:

Practice Good Personal Hygiene -

Washing your hands with soap and water several times a day; keeping your hands and fingers away from your mouth, eyes, and nose.

Eat Vitamin Packed Foods - This means eating a variety of fruits, veggies, and whole grains. Some immunity boosting foods to consider include oranges, broccoli, garlic and even mushrooms.

Limit Contact With Others - (not easy during the holidays!) Because flu viruses are easily spread from one person to another, you may want to limit your contact with others—especially if you have a weakened or compromised immune system.

Take In As Much Sun As You Can

- Even 15 minutes of direct rays can help raise your levels of vitamin D. If sunlight is not an option, you can also increase your vitamin D intake by eating foods such as salmon & other fatty fish, eggs, cheese, and mushrooms.

See Your Chiropractor! - Research shows that chiropractic can actually [boost your immune system and it promotes wellness](#) in other ways that can help you ward off colds and the flu. Visit your chiropractor regularly to keep you and your family well!

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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.

Remember that Christmas is about Family & Spending Time With Loved Ones~ Don't Let Stress Take Over Your Holidays. See our stress reduction tips below:

- 🧡 Eat healthy foods
- 🧡 Drink ½ your body weight in ounces of water daily
- 🧡 Get a *good* 7-8 hours of sleep a night
- 🧡 Exercise a minimum of 30 minutes 3x/week
- 🧡 See your chiropractor on a regular basis
- 🧡 Think positive thoughts
- 🧡 Deep breathing exercises for 10 min/day
- 🧡 Pray, meditate, yoga, qi-gong or tai-chi daily



Give Yourself the Gift of Health!

If you could feel your best and look better than ever...and all it meant was eating foods that loved your body, you would, right? Wouldn't it be great if there was a test that could tell you which foods loved your body?

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!

healthy & active

www.healthy-active.com/

