

Johnson Chiropractic Clinic

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

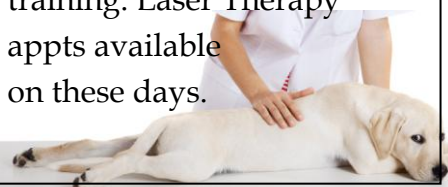


January 2017

**1st - New
Year's
Day!**



11th -12th - Dr. Kelly is away for Veterinary Chiropractic training. Laser Therapy appts available on these days.



Start a new hobby, take a new class, try a new recipe, design a new exercise routine, make a new friend. The theme is something new...and you should try it! ☺

Feedback so far seems to imply you all enjoyed your Christmas Jar of Honey from Dr. Kelly, Karen & Melinda. Still got your sweet tooth? Get your fix at [Balderson Bee Co-op!](#)

(613) 390-1077



3295 Concession 9A, Balderson, Ontario K0G 1A0

Fresh Starts

There are so many things in our lives that can cause us stress. Our children, our parents, our jobs, financial burdens...sometimes even an event from our distant past can still be hanging on. Did you know that emotional traumas can cause physical ailments including headaches, neck pain, ulcers and even cancer? The ONE Research Foundation is conducting a pilot survey assessing the mind-body connection between stress & illness.

Book your NET with Dr. Kelly today. For more info [NET Research](#)

We Have Remedies!

D-Mulsion1000 - For development & maintenance of bones & teeth and absorption & use of calcium & phosphorus

C1000 - For development & maintenance of bones, cartilage, teeth & gums and to metabolize fats & proteins

Creating a happier,
healthier world
~ starting with you!

Cold Busting Soup

This is exactly what you need if you feel a cold coming on! It's packed with nourishing, immune-boosting foods!

Ingredients:

- 🍷 coconut or avocado oil
- 🍷 1 large onion, chopped
- 🍷 1 sweet potato, cut into small cubes (I don't peel mine, but feel free to do so if you wish)
- 🍷 2 cups cauliflower florets, cut into small pieces
- 🍷 3 garlic cloves, minced
- 🍷 8 cups chicken stock, homemade if possible
- 🍷 1 tsp dried parsley
- 🍷 1 tsp dried thyme
- 🍷 ¼ tsp cayenne pepper
- 🍷 1 tbsp lemon juice
- 🍷 ½ tsp sea salt
- 🍷 ¼ tsp ground pepper
- 🍷 4 stems of kale, deveined and torn into small pieces
- dash cinnamon

Directions:

- In a large soup pot, heat about a tablespoon of oil over medium heat.
- Add your onion and cook until the onion is soft and translucent, about 8 minutes.
- Add the sweet potato and stir so it is coated with some of the oil. Allow to cook about 5 minutes.
- Add the cauliflower, garlic, stock, parsley, thyme, cayenne, salt and bring to a boil.
- Lower heat and simmer about 20-25 minutes.
- Add the kale and cook until it is wilted, about 5 more minutes.
- Stir in the dash of cinnamon and serve.



Chiropractic Care Beneficial for Dizziness & Balance Issues

by Michael

Melton ~ As we get older, many of us begin to develop problems with dizziness and balance. Some research shows that as many as 30% of older adults experience these symptoms. This is a serious public health issue, as problems with balance can make us more susceptible to falls. A new study from National Health Interview Survey found that 35% of patients reporting these symptoms were over 65. They also found:

- Only 4.7% of patients visited a chiropractor for assistance, but they had the highest success rate: these individuals, "were very likely to report that it had helped."
- 84% of patients sought help from a general physician, but the success rate for treatment was the lowest in this group.
- "For those respondents aged 65 years and older, and for those reporting the cause of their balance and dizziness were trauma or neurological or musculoskeletal issues," the success rate was even higher.

Chiropractic helps restore the normal function of the spine after injuries or auto collisions & can help relieve dizziness and improve balance.

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

Feeling down? It's not in your head.

Seasonal affective disorder (SAD), also known as winter depression, winter blues, summer depression or seasonal depression, is a mood **disorder** subset in which people who have normal mental health throughout most of the year experience depressive symptoms at the same time each year, most commonly in the winter.

We have Laser Therapy to help with SAD, depression & stress. It is completely safe, all-natural and pain free. Most patients actually fall asleep during sessions.

Book your Laser session with Melinda today. For more info check out our website.

[Laser Therapy Info](#)



"New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change."

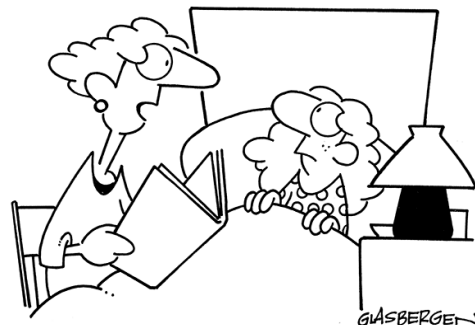
- Sarah Ban Breathnach

healthy & active

A New Year is a great time to start a new routine, a new lifestyle...a new You. It would be great to start that year with the knowledge of what your body needs and what it should avoid in order to be at your optimum state of health. Eliminating foods your body should not have, can affect your physical health, your mental health, and your entire outlook on life.

If you have questions about which direction to take, we can draw you the map and send you on your journey to a better Life. Check out www.healthy-active.com/ for more info.

 Like us on Facebook



"After sleeping in a bed that was too hard and another that was too soft, Goldilocks visited her chiropractor and lived happily ever after."