

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

FEBRUARY
2017



8th - 9th - Dr. Kelly is away for Veterinary Chiropractic training. Laser Therapy appts are available on these days.



14th - Valentine's Day!

Not a day just for couples, but for all loved ones.

Happy Valentine's Day!

20th - Family Day!

Office is Closed



Creating a happier,
healthier world
~ starting with you!

Your Heart

Can be affected in so many ways with emotions and stress. Exercise can affect our heart, a kind gesture, worry about a teenager, the list goes on and on. There are many ways you can *help* your heart:

- 👉 Eating the right foods for your body
- 👉 Exercising regularly
- 👉 Training your mind to relax
- 👉 Forgiving yourself and others
- 👉 Having a little bit of 'me' time each day, even for a short time

We have Laser treatments that can help you relax and de-stress, have deeper sleep & deal with emotions more easily.

'Most patients fall asleep during their sessions' - Melinda
Ask for your Laser Info Pack today!

Got Remedies?

Neuro-5-HTP - helps to promote healthy mood balance and aids in sleep.

NET Fire - supports neuro-emotional disorders of vulnerability, lost & related emotions.

Sweet Potato & Black Bean Chili



- 1 tbsp + 2 tsp extra-virgin olive oil
- 1 med-large sweet potato, peeled & diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile *
- ¼ teaspoon salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

Directions:

- Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer.

Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

- Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

*Note: Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in most supermarkets.



Fit-in-15 for Heart

Health February is Heart Month!

As health advocates, we are focusing on the importance of cardiovascular health and want to ensure you have the resources available to help you stay active and make better lifestyle choices. Try picking new exercises from time to time. Switching activities will make your workouts more exciting. The [Fit-in-15](#) program was developed by Canadian chiropractors who recognize the difficulty in staying motivated and remaining physically active while leading a busy lifestyle. *Fit-in-15* is an easy to use and free resource available for all Canadians which can help improve your endurance, energy and mood.

- Pick at least one time of the day where you can dedicate 15 minutes to activity. This ensures that time is reserved for your health, helping you prevent other activities from getting in the way.
- If a certain time of day isn't working, try another timeframe where you are likely to succeed (i.e. early mornings vs. evenings). When the weather is nice you may choose activities that take you outside. Try a variety of strength and mobility activities to see what works best for you.
- Remember that *Fit-in 15* is about introducing a daily, healthy habit that can help strengthen your commitment.

Start your [Fit-in 15](#) program today and improve your heart health!

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

Do You Understand Homeopathy & it's Remedies?

Homeopathy is a scientific system of health care which activates the body's own healing processes in order to cure dis-ease naturally, gently, and promptly. Homeopathy utilizes a variety of mineral, plant and animal substances in very small doses to stimulate the body's natural healing powers to bring it back into balance. Homeopathy is based on the belief that illness can be cured by taking a homeopathic dose of a substance which, if that substance was taken by a relatively healthy person, would actually produce symptoms like those in the ill person. As an example, Ipecac, a shrub of Brazil and other parts of South America, when taken in gross quantities produces vomiting. However, when very minute parts of Ipecac are prepared homeopathically, the remedy will help a person who is vomiting to stop. As another example, perhaps you have had the experience of noticing relief from feverish flu-type symptoms after eating hot peppers in Mexican food. Indeed, American Indians treated fever with hot peppers. [Check out our selection of Homeopathic remedies the next time you are in!](#)



"The roses, the lovely notes, the dining and dancing are all welcome and splendid. But when the Godiva is gone the gift of real love is having someone who'll go the distance with you. Someone who, when the wedding day limo breaks down, is willing to share a seat on the bus. - Oprah

healthy & active

This time of year it's not always easy to get out and be active. Trying indoor activities like yoga and tai chi will be beneficial. Eating the right foods and eliminating the wrong foods can also be a great help. By doing this you will have fewer digestive issues, sleep deeper, wake rested and have more energy.

Heck, you might even be willing to brave the temperatures!

Our Healthy & Active metabolism program will customize your diet specifically for you and your body, your blood type and your food aversions.

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



Thanks to those who donated to our Missed Appointment Jar, we were able to give \$556 to the Perth Christmas Dinner Association!

