

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



14th - 6pm
'Stress, Health, Hormones & Weight Loss' talk with Dr. Kelly. Learn how to feel & live better!
Call (613) 264-2402 now to register. Seating is limited!



21st - First Day of Summer!



24th - Kilt Run



Wendy Phillips (member of our Chiropractic Family) recently won 1st prize in the 50+ Step Dance and Age 50-69 Fiddle at the Ottawa Fiddle & Step Dance Competition!

'Chiropractic really does keep us old gals going!' - Wendy

The Right Moves

Using the right moves can go a long way to enabling you to plant and rake without the ache.

Positioning your body correctly reduces strain on muscles and joints. So use these tips to enjoy the fruits of your labour for years to come:

Lift Right - Make sure your back is straight. And always bend your knees. Carry the load close to your body. Avoid heavy lifting immediately after bending or kneeling.

Kneel to Plant - Use knee pads or a kneeling mat to reduce the strain while you plant and weed. Keep your back straight and stop frequently to take a break.

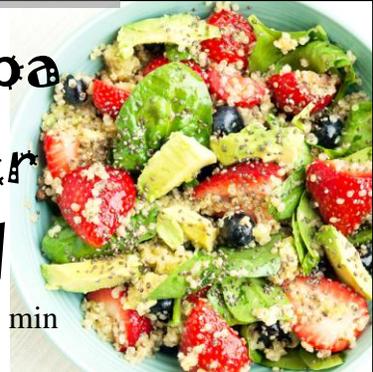
Rake Right - Ease the strain on your back by putting one leg in front, the other behind. Switch legs and hands from time to time.

Alternate - Heavy. Light. Heavy. Light. That's the right way to handle those chores.

Change Hands - Take the strain off by changing the position of your hands.

Check Your Position - And change it often. Kneel. Then stand.

Quinoa Power Salad



Prep time: 10 min
Serves: 1-2
Author: Happy Healthy Mama

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 tablespoon lime juice
- 1 tablespoon honey (strict vegans use agave nectar)
- 1 cup baby spinach
- ½ heaping cup cooked quinoa
- 1 cup strawberries, cut into chunks
- ¾ cup blueberries
- ½ avocado, sliced
- 1 tablespoon chia seeds

Instructions:

1. Whisk together the olive oil, lime juice, and honey and set aside.
2. In a medium bowl, combine the spinach, quinoa, strawberries, and blueberries and toss to combine.
3. Drizzle with the dressing, reserving a little bit of it, and toss again to combine.
4. Add the avocado slices and lightly toss.
5. Drizzle the rest of the dressing on top and sprinkle with the chia seeds.
6. Enjoy!

Have You Seen the Doc's New Socks?

Tired, aching feet?

VOXX products have been designed with the end user in mind. Every Voxx STASIS Sock and VoxxSol Insole are embedded with Voxx HPT technology. In addition to providing benefits that make these the best socks and insoles in the world we have made sure to use the best materials in producing the best quality and feel for all of our products.



VoxxLife products have been designed to enhance quality of life, are natural and safe, increase energy, all while providing pain relief & enhancing mobility.



VOXX socks wearers see improvements in balance, stability, power, stamina, reaction time, pain relief, energy, recovery time and posture. We have already tried & tested these socks and insoles. We were amazed at the results. Ask Dr. Kelly for a demo next time you're in!

The concept is simple. The science is proven. The results are extraordinary. Click below for more info.



Just Stop!

You are linked to that cigarette. Like a chain that weighs you down. Dragging your feet and your spirit. You are alienated from others and restricted from public places.



You feel hopeless & frustrated. You *want* to break free and be healthy.

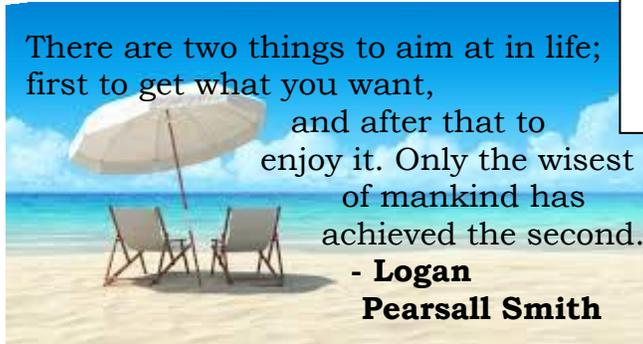
You want to live longer and share that long, healthy life with your loved ones.

We can help you break that link! We offer hope & a better life.

You are not alone!

[Details of our monthly special here!](#)

There are two things to aim at in life; first to get what you want, and after that to enjoy it. Only the wisest of mankind has achieved the second.
- Logan Pearsall Smith



Got Remedies?

ADB5 Plus -

Supports the adrenal system, relieving stress and/or fatigue; promoting a healthy sleep.

Digest Plus - Provides a complete, well-balanced formula of natural enzymes and hydrochloric acids designed to enhance the digestion of proteins, fats and carbohydrates in the stomach and small intestine.

Creating a Happier,
Healthier World ~
Starting with You!

Sandal
Sale!



Always wanted to wear sandals but couldn't? Now you can! Purchase an orthotic sandal (value \$475) & until June 30th save \$75

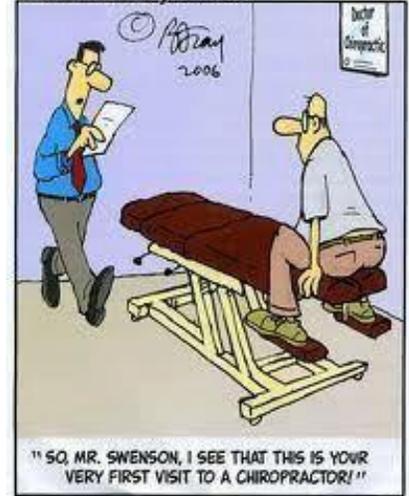


Custom Orthotic Sandals for Men & Women

View entire selection at OrthoticGroup.com



Life's Little Adjustments



"SO, MR. SWENSON, I SEE THAT THIS IS YOUR VERY FIRST VISIT TO A CHIROPRACTOR!"