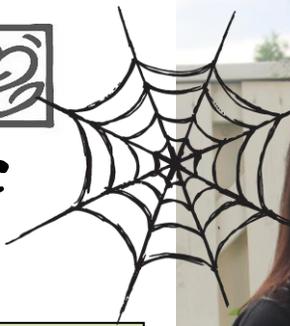


Johnson Chiropractic Clinic



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

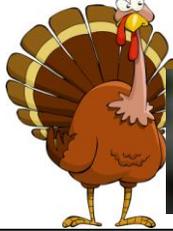
Johnson Press



2017

9th - Thanksgiving Monday

- we are closed for the long weekend. Have a safe Holiday!



11th - 2 pm 'Stress, Health, Hormones & Weight Loss' talk with Dr. Kelly

~ call to save your seat!
(613) 264-2402



31st - Happy Halloween!



23rd - 7 pm 'Essential Oils for a Safer, Cleaner Home'

with Dr. Kelly ~ save your seat!
(613) 264-2402



NET Helps!

There are times when one certain area of our body just will not adjust, no matter what. Does that ever happen to you?

Dr. Kelly can do a NET session to find out what the issue is. Once brought to the surface we are able to process it and 'let it go'. We are then able to proceed with the adjustment and all is well.

It is amazing some of the things our bodies can/will hold onto.

You can book for 15, 30 or 45 mins.

It won't hurt...but it will help.

Book your NET session today! ☺

netmindbody.com

Featured Products!

Just Sleep - works with your body to help you fall asleep, and stay asleep; gently eases you into a restorative, peaceful night's rest.

Past Tense - Essential Oil Blend

~helps with headaches & migraines, muscle aches, swelling & cramping, hangover, hot flashes & cooling, bruises & burns, joint pain.

Creating a happier,
healthier world
~ starting with you!



creamy curried pumpkin soup



- 1 Tbsp extra virgin olive oil
- 2 cloves garlic, crushed
- 2 tsp (5g) curry powder
- 1.5kg pumpkin, peeled & diced into large pieces
- 750mL vegetable stock or broth
- Pinch pink salt & generous amount of black pepper
- 200mls premium coconut milk (BPA free can)
- Fresh coriander to serve

Directions:

-In extra large saucepan sauté garlic in olive oil for 1 min. Add curry powder & stir.

- Add pumpkin, stock, salt & pepper and bring to boil. Reduce to simmer & cook for 20min (or until pumpkin is tender)

- Stir through coconut milk.

- Using a blender or food processor, puree ingredients until smooth.

- Serve with fresh coriander on top.

Personalise your recipe:

~Garnish with fresh chives or spring onions, chopped.

~I like to serve my soup with an extra swirl of coconut cream on top.

~Add 1 cup baby spinach leaves before pureeing.



Still Not Sleeping?

The nights are cooler, the air seems fresher and it might be still warm enough to leave the window open a bit. You *should* be off in LaLa Land resting up for the day ahead of you.

But you're tossing, turning and every time you look at the clock you find yourself less relaxed because you're still not sleeping! Soon your alarm will be going off.

Our Laser protocols will help to 're-set' your internal clock so it knows when to go to sleep and finally get the recovery time you need. Our homeopathic remedies will help you relax at bedtime. And our recommendations & tips will help you set the stage for a good night's sleep and wake refreshed & energized. So settle in...

[See our Monthly Special](#)



Follow us on **Instagram**



Like us on **Facebook**

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



If you have life's basic necessities, you are undoubtedly very grateful. We would like to spread that feeling again this Thanksgiving. For the entire month of October, please consider bringing in a non-perishable, healthy food item for the local Food Bank and share with our Johnson Chiro Family on our Gratitude wall what you are most thankful for.



Gratitude

Helps us to see what is there instead of what isn't.



Do you feel that you eat healthy, but you still suffer from indigestion or heartburn?

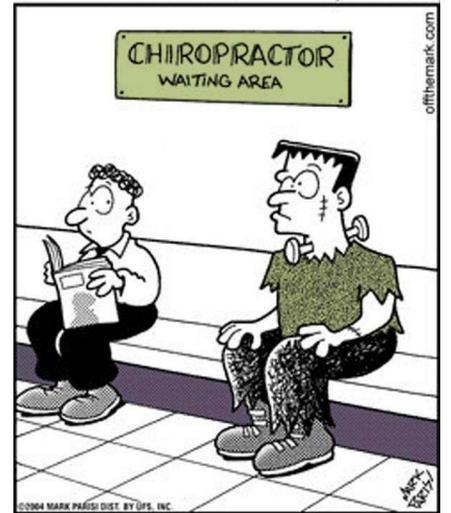
Sometimes even 'healthy' food could be causing issues with your body. Why is this?

Because you might not be eating the right healthy foods for your body.

Most diets rest on a single assumption: that we're all the same, and that we all require the same foods.

After all, Every Person is Unique! Find out more on the 11th with Dr. Kelly's talk on Stress, Health, Hormones & Weight Loss (see pgi) www.healthy-active.com/

off the mark.com by Mark Parisi



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