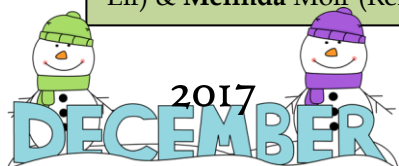


Johnson Chiropractic Clinic

Team Johnson (from L-R) Sarah Dunlop (Toyshop Manager), Dr. Kelly Johnson (Head Elf) & Melinda Moir (Reindeer Herder)



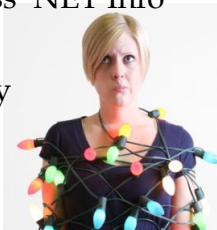
1st - Festival of Lights in Downtown Perth ~ 6pm



2nd - Perth Santa Claus Parade! 5pm



13th - 'How to Handle Holiday Stress' NET Info Workshop with Dr. Kelly 2 pm save your seat! 264-2402



Mon, Dec 25 - Mon, Jan 1st Christmas Holidays



Tues, Jan 2nd - We are OPEN for regular hours.



Holiday Stress?

This seems to be a big, albeit taboo at times, topic. Some people LOVE the holidays while others dread it. As you know we have Laser Therapy protocols to help with anxiety, depression & nervousness. And Dr. Kelly can do a Neuro Emotional Technique (NET) session to find out what the issue is.

It is amazing some of the things our bodies can/will hold onto. Sessions can be 15, 30 or 45 mins. It won't hurt...but it will help. **Book your session today! ☺**



"Maybe CHRISTMAS, he thought, doesn't come from a Store. MAYBE CHRISTMAS ...perhaps... mean's a little BIT MORE." ~The Grinch

Our Annual 'Gift of Health' Christmas

Give-Away

1. Take a 'Gift of Health' card from our front desk.
2. Give it to someone you care about.
3. They call to book a complimentary Initial Visit (includes history & full exam)
4. They begin their program of care.
5. Your name goes into our 2017 Gift of Health Christmas Draw!

Grand Prize
valued at \$476
in fabulous gifts!
(click for more details)



Stocking Stuffers!

-  Essential Oils & Diffusers
-  KT Tape
-  Water Pillows
-  Bio Freeze
-  Vitamins
-  Protein shake powders
-  Arch Supports
-  Gift Certificates!

Merry Christmas

Creating a happier, healthier world - starting with you!





Stress Less.

Live More

You are constantly thinking about what you need to do next. Shopping lists, gift lists, dinner menus...all dancing through your head. You're tired, you're not sleeping, AGGHHH... when will this season be OVER?!! ☹

We have Laser therapy that can help you to re-program and de-stress. And N.E.T. sessions can also help you to let go of anything from your past that tells you the holidays need to be perfect. Wouldn't it be wonderful to just relax and enjoy the lights and the music?

Extra 10% off if booked in December
[See our Monthly Special](#)



Follow us on
Instagram



Like us on
Facebook

Apple Crumble

Parfaits

Ingredients:

- 2 large green apples, peeled, thinly sliced
- 1 tsp coconut oil
- 1/2 tsp cinnamon
- pinch nutmeg
- 150g coconut yoghurt

Crumble:

- 1/2 cup almond meal (60mg)
- 1/2 cup organic desiccated (dehydrated) coconut (45g)
- 1 TBSP coconut oil (20ml)
- 1 TBSP almond butter (20g)
- 1/2 tsp vanilla powder
- 1/2 tsp cinnamon
- pinch nutmeg
- 2 TBSP flaked or slivered almonds (20g)

Directions:

1. Begin by making crumble - pre-heat fan-forced oven to 170°C. Melt coconut oil with almond butter in a small saucepan.
2. In a mixing bowl combine almond meal, coconut, vanilla, cinnamon and nutmeg and pour in melted oil/almond butter. Combine well. Stir through flaked almonds.
3. Spread crumble onto a baking tray and bake for 10-12 minutes or until golden. (Check half way to prevent burning).
4. Meanwhile melt coconut oil in a small saucepan, add apples, cinnamon and nutmeg. Cook over low-medium heat, stir frequently 'til apples are softened.
5. Assemble parfaits in glasses with layers of apple, yoghurt and crumble and repeat.
6. Serve warm or place in fridge to chill.



healthy & active

'I assumed when I felt indigestion or gas & discomfort after eating a meal... that was just one of those things I had to live with. Like my parents & grandparents did. It wasn't until I did the Healthy & Active program and was eating the proper diet for my blood type & my body, I realized I had been eating the wrong foods my entire life. Now I eat a meal and feel great afterwards. Unless I eat too much and then it's time to walk the dog! ☺

- Melinda (Laser Tech)

Eating the wrong foods can cause so many issues with your body, your mood and your life!

www.healthy-active.com/



"I discovered what's causing your backaches.
This is an X-ray of your spine!"

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

T'was the day before Christmas, but there was no cheer.

No jingle bells jingled, no sound of reindeer.

The word had gone out that Santa was sick.

There would be no visit from jolly St. Nick.

The people were sad; no gaiety sounded.

For Christmas had come, but Santa was grounded.

He drove down the road, and what should he see?

But a sign for a doctor, who was a D.C.

Now Santa was not one to like a new tactic,
But all else had failed, so he tried Chiropractic.

He entered the office and saw at a glance,
in a place such as this, illness hasn't a chance.

The office staff smiled, the music was sappy,
with all of the patients contented and happy.

In a very short time, to judge by the clock,
he was in the adjusting room, talking to Doc.



"The next time you lift someone's spirits,
lift with your LEGS, not your BACK!"

It must be the hurry, the tension and all,

I simply can't seem to get on the ball.

Life used to be easy; just kids, toys and whistles,
now I dodge smog, spaceships and missiles.

And Doc, take a look at the size of this pack!

Have you any idea what it does to my back?

Poor Santa was miserable and just barely able,
with the help of the Doctor, to get on the table.

The Doctor was gentle; without a fuss or a tussle
he examined the vertebrae and relaxed every muscle.

He spotted trouble and then with a click,
started aligning the spine of old St. Nick.

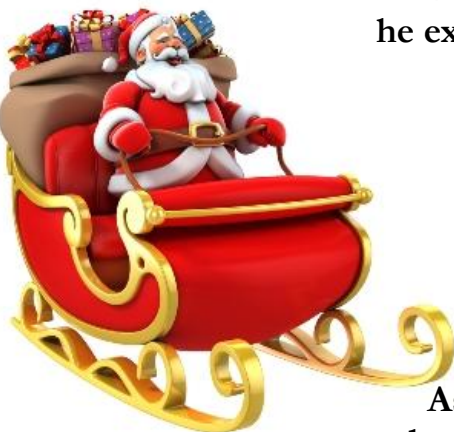
Santa felt aches and pains slipping away

and in no time at all he began to feel gay

The air was a tingle with new fallen snow
and a healthy Kris Kringle was rarin' to go.

As he went out the door, he threw them a kiss;
why, it had been centuries since he felt good as this!

Then once more he shouldered the bag full of toys,
his heart overflowing with true Christmas joys.



★
WE
wish
YOU A
Merry
CHRISTMAS
★

