

# Johnson Chiropractic Clinic



Team Johnson (from L-R) Sarah Dunlop (Office Manager), Dr. Kelly Johnson DC & Melinda Moir (Laser Tech)



Johnson Press

January  
2018

1st - New  
Year's  
Day



Happy  
New  
Year

2nd - JCC Back in Business!



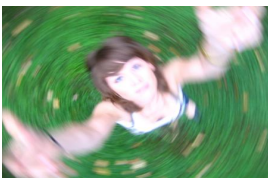
10th - 'Get Back on Track;  
Your Body, Your Mind'  
Workshop with  
Dr. Kelly 2 pm  
save your seat!  
264-2402



18th - 'Gift of Health' Grand  
Prize Draw!

Congratulations!

22nd - 7pm 'How Laser Can  
Help with  
Motion  
Sickness  
& SAD'



## NEW SERVICES, NEW PEOPLE

We now have Indian Head  
Massage, Foot Reflexology,  
Hot Stone Massage &  
a new Registered Massage  
Therapist.

We've got you covered from  
Head to Toe.

Book your session today! ☺

## There's Still Time

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' Draw!
6. Draw takes place on Jan 18th.



"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something." - Neil Gaiman



"THE FIRST STEP  
TOWARDS GETTING  
SOMEWHERE IS TO  
DECIDE THAT YOU ARE  
NOT GOING TO STAY  
WHERE YOU ARE."

UNKNOWN

## Didn't get what you wanted for Christmas?

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

We got it!



Creating a happier, healthier world ~ starting with you!



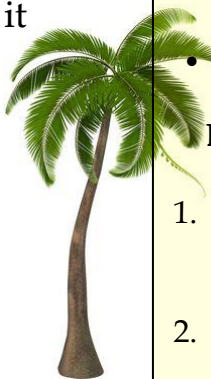




## Do you suffer from Motion Sickness?

Do you stress out every time you need to get in the car? Knowing you will be sick unless you sit in the front seat?

Your spouse would love to take a cruise but it makes you cringe in anxiety? You're feeling trapped, frustrated and left out of events.



We have laser treatments that can offer hope & healing. Come learn more on the 22<sup>nd</sup> at 7pm. **More than 3,100 sessions in the last 6 years – That's a lot of happy cells! ☺**

**Extra 10% off if booked in January**

See our Monthly Special



Follow us on  
**Instagram**



Like us on  
**Facebook**

## Lemon Coconut Energy Balls

**Time: 10 min**

**From: HappyHealthyMama.com**

### Ingredients:

- 1½ cups whole cashews (I used dry roasted, salted)
- ¼ cup coconut flour
- ¼ cup unsweetened shredded coconut
- ¼ cup fresh lemon juice (from 1 very large or 2 smaller lemons)
- 2 tablespoons maple syrup (or honey)
- 1 tablespoon coconut oil

### Directions:

1. Place the cashews in a food processor and process until a fine crumb.
2. Add the rest of the ingredients and process until it comes together in a ball.
3. Roll the "dough" into approximately 1-inch balls and place them on a plate or tray.
4. Place the tray in the freezer for about 20 minutes to firm.
5. We like these best stored in the refrigerator in an airtight container. Enjoy!



**healthy & active**

*A New Year is the perfect time to let go of old hurts, let go of bad habits and begin anew.*

*Start eating better, get into a new exercise routine, take up a new hobby.*

Start fresh from the inside out with a total body cleanse and find out what the best foods for your body are. And you can begin flushing out all the toxins. You will be *amazed* what this will do for your energy, your sleep, your moods...your quality of life.

Find out how we have already helped people's bodies & minds in this community.

**Join Dr. Kelly Wed.,  
Jan 10<sup>th</sup> at 2pm**

[www.healthy-active.com/](http://www.healthy-active.com/)

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

