

# Johnson Chiropractic Clinic



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



Johnson Press



**4th – Women's Health & Wellness Event!** 9-4 at the Best Western. Come visit Dr. Kelly & Melinda for NET, Reflexology & Indian Head Massage Demonstrations!



**9th – Melinda's Birthday!**



**17th – St. Patrick's Day**



**19th – 7pm**  
Join Dr. Kelly to see how our BAX system can help relieve your allergy symptoms. Call to save your seat. (613) 264-2402



## Happier, Healthier Rewards Cards

*Have you gotten  
your card yet?*

On February 1<sup>st</sup> we started handing out our new rewards cards. For every adjustment, laser treatment, product purchase and referral of a friend or family member, you will receive 1 stamp on your card. A half an hour NET/MATRIX treatment gives you 2 stamps. When your card is full, you will receive 1 free service or product of \$50 or less. *They have no cash value.*

*May the dreams you  
hold dearest be those  
which come true  
And the kindness you  
spread keep returning to  
you*

## Irish Soda Bread

[www.eatingwell.com](http://www.eatingwell.com)

### Ingredients:

- 1½ cups buttermilk
- 1 large egg
- 4 tbsp melted butter
- 3 cups gluten-free all-purpose flour, plus more for dusting
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¾ teaspoon salt



**Directions:** Prep 10min ~ Ready In 1 hr

1. Preheat oven to 400°F.
2. Whisk buttermilk, egg & 3 tbsps melted butter in a medium bowl.
3. Place flour, powder, soda & salt in a stand mixer with paddle attachment. Mix on low to combine. Increase speed to med & slowly add buttermilk mixture till a soft dough forms. Let the dough rest for 10min.
4. Brush remaining 1 tbsp butter over the base & partway up sides of 8-inch cast-iron skillet. Dust hands with flour & form dough into a ball. Press dough into prepared pan. Use sharp knife to score a deep "X" in the top of the dough.
5. Bake till lightly browned & hollow-sounding when tapped on bottom, 30 to 40mins. Remove from pan & let cool on a rack for at least 30mins.



Creating a happier, healthier world ~ starting with you!





## Let it Go!

You've tried every diet under the sun. You feel discouraged and helpless. Even the word 'diet' makes you want to scream...and then have an ice cream. We have Laser protocols that will help re-program your cells so they are ready to release the weight. And N.E.T. can also help you 'let go' psychologically as well. So you *believe* you can and that *you are worth it!*

In the last 6 years we've had over 3,200 laser treatments. That's a lot of happy, healthy cells!



Extra 10% off if  
booked in March

[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.



## Monthly Give-Away

As part of our 'new things' for the 'new year' we now have **monthly give-aways! YAYY!!**

**This month, we are giving away a Gift Certificate for a Mini-Scan with**

our BAX system. Which can help identify and alleviate symptoms of allergies & sensitivities.

What do *you* need to do to get in this game?

Your name will be entered in the draw every time you make a purchase of products here in the clinic. Pillows, vitamins, essential oils, Voxx socks, protein shakes, nutritional supplements and much more. *It's as easy as that!\**

*\*draw only open to JCC patients*



## healthy & active

Start fresh from the inside out with a total body cleanse and find out what the best foods for your body are. Once you begin flushing out all those 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 our own community.

**Ask how *you* can view Dr. Kelly's video in the privacy of your own home!**

## Featured Products

- 🌿 **CalMag Berry liquid** - helps body metabolize carbs & fats.
- 🌿 **Para Solve** - can help with gas, bloating and stomach upsets
- 🌿 **CNSE** - Supports cellular & tissue regeneration in the Central Nervous System (Brain).
- 🌿 **Quiet Mind Plus** - improves brain health & gains memory.