



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



2nd - Closed Easter Monday



21st - Perth Tiny House & Green Home Festival ~ 9am-4pm at Algonquin College

\$20

(under 16 free)



22nd - Earth Day!



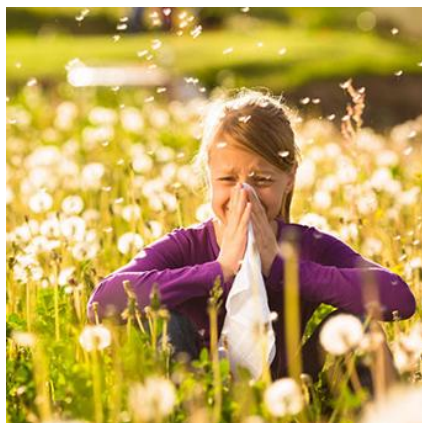
28th - [Perth Maple Fest](#)

Downtown
Perth 9-4
Saturday
~Saweeet!



Breathe Easy

Are you dreading the arrival of Spring while everyone else is *impatient* for it? Does the thought of a field of daisies make you run for the nearest mask



We have a system that can tell you which allergens are actually affecting you & help to break that link. Laser treatments can help ease the symptoms which normally keep you indoors. Wouldn't it be nice to enjoy a warm sunny day outside? ☺

Extra 10% off if booked in April
[See monthly package here.](#)

"Nothing really worth having is easy to get. The hard-fought battles, the goals won with sacrifice, are the ones that matter."
- Aisha Tyler, actress/comedian

Buffalo Quinoa & Cauliflower Meatballs(makes 24)

Ingredients: (for meatballs)

- 1 c quinoa, uncooked
 - 1 cauliflower head
 - 2 cups water
 - 2 garlic cloves
 - ½ cup almond or coconut flour
 - 1/3 cup parmesan cheese (or non-dairy alternative)
 - ½ tsp. dried oregano
 - 1 tbsp. olive oil
- (for sauce) - ½ cup hot sauce
- ¼ cup coconut oil or grass-fed butter
 - 1 tsp. garlic powder
 - ¼ tsp. chili powder



Directions: credit FITera Online comm.

1. Preheat oven to 374 degrees.
2. Cook quinoa per directions on package; while cooking cauliflower in separate pot.
3. Prepare buffalo sauce; melt oil/butter & stir into sauce; set aside.
4. Once quinoa is done, set aside. Drain cauliflower & place ½ with garlic into blender for 10 seconds. Pour into bowl.
5. Repeat process with other ½ of cauliflower
6. Stir quinoa, flour, oregano & ½ sauce together with cauliflower & chill for 10-15 mins.
7. Form into balls, placing into large skillet; adding flour & parmesan as needed.
8. Drizzle olive oil on skillet; cook meatballs on med heat, flipping til golden brown.
9. Pour remaining sauce over each meatball.
10. Remove from skillet & place on baking sheet; bake for approx. 15 mins. Enjoy!

Creating a happier, healthier world ~ starting with you!



Still Wondering What Our Laser Can Do For You?



You may not be aware of our Laser Therapy yet. Here's what you should know:

Our low level cold laser therapy is a safe, painless, quick & easy alternative healthcare option with results that are often immediate with no side effects. It can help with the following issues:

- Tissue repair, inflammation, pain reduction, increased blood flow.
- Motion sickness, shingles, warts.
- Digestive, emotional, hormone & thyroid balancing.
- Immune boost, candida/yeast, focus & concentration, healthy skin.
- Stop smoking aid, weight management, allergy sensitivities, & many others...

'Efficient flow of energy is essential to wellness; disease is the result of any interference with this flow.' – Illya Progogine, Nobel Prize winner in Chemistry.

Johnson Chiropractic is excited to be able to offer these 'energy tools' for your healthcare options.

Melinda is here every day to answer any questions you may have. We also have information packs to take home to read. Most EHC insurance companies cover the Laser Therapy sessions.



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~Page 2~

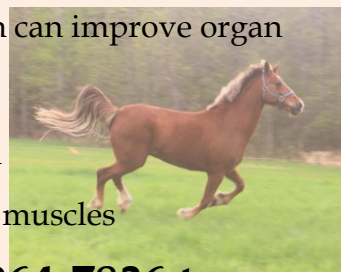
Pet Corner with Dr. Kelly Signs Your Horse May Need Adjusting:



- Bucks & rears
- Dislikes being saddled
- Resists girth being tightened
- Head shaking
- Dislikes bit being put in mouth
- Won't pick up a lead
- Limping
- Refuses jumps

Benefits of Adjustment Include:

- Increases joint range of motion
- Reduces inflammation
- Reduces adhesions in the joint
- Increases circulation
- Stimulates the autonomic nervous system which can improve organ function
- Reduces pain
- Relaxes tight muscles



**Call (613) 264-7836 to
book your pet in now!**

Featured Remedies

- **Flu Immune** – boosts immune system against symptoms of flu
- **Para Solve** – help with gas, bloating and stomach upsets
- **Inflam Redux Pro** - supports a healthy response to normal physiological stress

Healthy Books



When we read, not only are we improving memory & empathy,

but research has shown that it **makes us feel better** and more positive too. Science has shown that reading has some amazing health benefits, including helping with **depression, cutting stress**, and reducing the **chances** of developing Alzheimer's later in life. **So....we now have a brand new column which will feature a new book each month recommended by Dr. Kelly.** These books will inspire you to improve your mind, body, spirit. Enjoy!

'MEDICAL MEDIUM' \$24.46
by Anthony William **+ tax**

Secrets Behind Chronic & Mystery Illness & How to Finally Heal~ If you were ill & doctors couldn't help you, would you have 20yrs to wait before medical science discovered the true cause of your suffering? What would it be worth if someone could help you recover & heal...right now? This book is available to buy in the clinic for \$24.46 plus taxes.



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

Your Chiropractor said you were "well adjusted?"

He obviously doesn't know you that well!

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