



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



Johnson Press



13th - Mother's Day



14th - Closed ~ Dr. Kelly's son, **Matthew**, is graduating from Acadia University! **Yay Matt!**



21st - Closed - Victoria Day



27th - Dr. Kelly's Birthday!



28th - 31st - Dr. Kelly away



Taking a 'Pause'

It's inevitable. We're all going to go through it. The hot flashes, the mood swings, erratic monthly cycle.



But that doesn't mean you need to take it lying down. We have Laser treatments that can help ease the suffering. So that you can 'take a pause' from Menopause. **In the past 6 years we've had more than 3,200 Laser sessions.** That's a lot of happy hormones. Some of them could be yours. ☺

Extra 10% off if booked in May

[See monthly package here.](#)



Mediterranean Tuna Antipasto Salad

EatingWell.com

Ingredients:

- 1- 15 to 19 ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
- 2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked (see Note)
- 1 large red bell pepper, finely diced
- ½ cup finely chopped red onion
- ½ cup chopped fresh parsley, divided
- 4 teaspoons capers, rinsed
- 1½ teaspoons finely chopped fresh rosemary
- ½ cup lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- ¼ teaspoon salt
- 8 cups mixed salad greens

Directions:

1. Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.
2. **Note:** Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. Recipe helps hormones.



Creating a happier, healthier world ~ starting with you!



Allergies & AntiBiotic Use

A study conducted at Henry Ford

Hospital in Detroit, shows children given antibiotics in their first 6 months of life have a higher risk of allergies to ragweed, pets, grass & dust mites. They also have increased risk of asthma.

Many antibiotics have been prescribed unnecessarily, especially for viral infections like colds & the flu when they would have no effect anyway. Data was collected on 448 children from before birth until 7 yrs of age. Almost half (49%) received antibiotics within the first 6mths of life. Children given antibiotics once in the first 6mths of life were 1.5 times more likely to suffer from allergies & 2.5 times more likely to have asthma than children who were not given antibiotics. If the mother had a history of allergies, the children given antibiotics were twice as likely to develop allergies as the non-antibiotic group. If the child was breastfed & given antibiotics, the chance of developing allergies was 4 times greater than the non-antibiotic group. Breast feeding did not increase the incidence of asthma.

Dr. Christine Cole Johnson, Ph.D. postulates that the antibiotics may alter the immune system by affecting the GI tract. This means supporting GI function with probiotics, like **BioDoph-7 Plus**, can be beneficial to patients with allergies. Consider **ADP** or **Dysbiocide** to kill undesirable flora.



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Enter this month's draw for a chance to win a BAX mini-scan for

Hormone/Menopause (value \$75)

Your session with Melinda will be about an hour long. The BAX system will scan your body and help to identify elements that could be affecting your hormones.

Plus, our laser therapy in the second part of the visit will help to balance your Hormone System. Maybe help relieve some of those hot flashes and get a good night's sleep.

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

Tell us why your 'Mom is the Best!' Either by email/facebook or written format. *It's as easy as that!**

**draw only open to JCC patients*

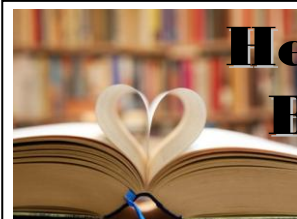
Our mission is to minimize the disease of the nervous system caused by trauma, toxins & thoughts & to maximize well-being.

*Got your Happier,
Healthier Rewards Card?*

Featured Remedies

- **Menopause RX** - supports female organs during menopause (hot flashes, night sweats, depression & insomnia).
- **Bio Pause AM/PM** - Natural remedy designed to address hot flashes & associated palpitations.
- **Day & Night Remedy** - supports the reproductive organs
- **Metal NET Remedy** - helps with emotional issues, grief & sadness.
- **Doterra Clary Calm** - hormone balancing, heavy periods, PMS & cramps, mood swings & decreased sex drive.

Healthy Books

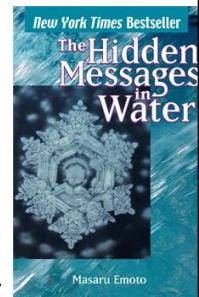


When we read, not

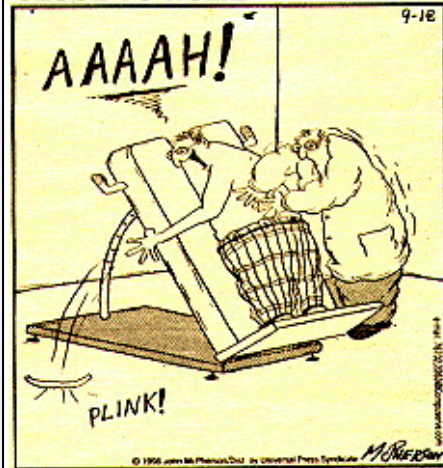
only are we improving memory & empathy, but research has shown that it **makes us feel better** and more positive too. Science has shown that reading has some amazing health benefits, including helping with **depression, cutting stress**, and reducing the **chances** of developing Alzheimer's later in life.

['The Hidden Messages in Water' by Masaru Emoto](#)

The Hidden Messages in Water introduces the revolutionary work of internationally renowned Japanese scientist Masaru Emoto, who has discovered that molecules of water are affected by our thoughts, words & feelings. Since humans and the earth are composed mostly of water, his message is one of personal health, global environmental renewal & a practical plan for peace that starts with each one of us.



CLOSE TO HOME



Always a practical joker, Carl tosses an old rib-bone onto the floor at the height of his chiropractic session