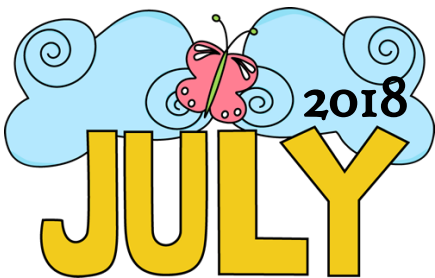


Johnson Chiropractic Clinic

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



Johnson Press



2nd - CLOSED - Happy Canada Day!



3rd -
Dr. Kelly
back from
Spain!



13th & 15th -
Stewart Park
Music
Festival



'Aim at the sun, and you may not reach it; but your arrow will fly far higher than if aimed at an object on a level with yourself' -J. Howes



Sandal Sale!



July 1st - 31st

*Get the Sandal
FREE with the
purchase of*

Orthotic!

(save \$75)



**Check out entire
selection at
www.tog.com**

All Day Glow Green Smoothie

Vegan, gluten-free, grain-free, no bake/raw, nut-free, oil-free, refined sugar-free, soy-free



Ingredients:

- 1 cup coconut water
- 1/2 cup mango juice (I love Happy Planet Organic Mango juice)
- 2 large Granny Smith apples, cored and roughly chopped
- 2 cups packed red leaf lettuce or romaine
- 2/3 cup loosely packed fresh parsley leaves
- 1/3 cup packed fresh cilantro leaves*
- 1/2 cup frozen mango chunks
- 1/4 cup packed avocado
- 4 teaspoons fresh lemon juice, or to taste
- 2 small, pinky-sized pieces peeled fresh turmeric (root can be found on Amazon)
- 5 to 6 large ice cubes, or as needed

Directions:

1. Add coconut water & mango juice into a (64-ounce) high-speed blender. (If your blender is on the small side, you may want to make a half-batch.)
2. Now add rest of ingredients. Blend on high until super smooth. Taste and adjust sweetness if desired. If it's too tart, feel free to add a bit of liquid sweetener.
3. Serve and enjoy! Place leftovers into an airtight container; store in fridge for up to 24 hours. I love to enjoy half in the morning & half in the afternoon.

www.ohsheglows.com

* The cilantro flavour in this smoothie is quite pronounced. If you aren't a fan, feel free to swap it with more romaine or fresh mint.



Creating a happier, healthier world ~ starting with you!





Top Chiropractic Studies & Research -DrAxe.com

- Finding a good chiropractor isn't only key to correcting the damage caused by years of poor posture or trauma - it's also important for everyone wanting to take a proactive approach to his or her health care. I don't know of any other profession on the planet that can prevent neuromuscular-based disease like chiropractic can. That is why I've been personally getting adjusted for over 10 years and recommend my patients, friends and family members to do the same.

But don't just take my word for it.

Here is some of the medical research and studies proving the therapeutic benefits of chiropractic.



Sciatica - The European Spine Journal published the findings from a clinical trial last year uncovering how chiropractic adjustments resulted in a 72 percent success rate in treating sciatica and related symptoms compared to the 20 percent success from physical therapy and 50 percent from corticosteroid injections. Compared to most medical treatments, few interventions can initiate back pain relief & healing like chiropractic adjustments can!



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~Page 2~

Still Spring Cleaning?

Get Things Moving!

You're in pain and have been anxious for days. You're afraid to eat, but afraid not to as well.

The thought of going anywhere stresses you out ...just in case. We have Laser protocols that can help balance your Digestive system; homeopathic remedies to get things moving again. One patient came in for Laser with a sore back, got a digestive balance & he's had no issues *since*. He wasn't even *here* for digestive issues!

Extra 10% off if booked in July

[See monthly package here.](#)

Monthly Give-Away

For the entire month of July, you have a chance to win a **Complimentary Initial Visit** for your Pet with Dr. Kelly, the animal chiropractor! (value \$100)

How can you get your pet into this game? Post your favorite picture of your pet on our [Facebook](#) or [Instagram](#) page and tell us why he/she deserves chiropractic. As an alternative you can email the picture and blurb to chirokelly@johnsonchiropractic.ca



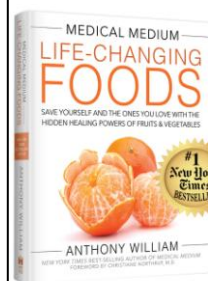
Got
your
Happier, Healthier
Rewards Card?
Eh?



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. This month Dr. Kelly would like to recommend '[Life Changing Foods](#)' by [Anthony Williams](#)



ANTHONY WILLIAM, the Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated-or that medical communities can't resolve. And he's done it all by listening to a divine voice that literally speaks into his ear, telling him what is at the root of people's pain or illness and what they need to do to be restored to health.

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

