

Johnson Chiropractic Clinic

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



Johnson Press



2018

6th - Civic Holiday



2nd - 12th -

Melinda away
~ No Laser



13th - [Movie Night!](#)

7pm see pg2



11th & 12th - [Perth](#)

[Garlic Festival](#)



Summer Hazards that May Worsen Back Pain

As summer sets in and days lengthen, many people rejoice in the warmer temperatures and fun activities this time of year offers.



But if you have back pain, the story may be a little more complicated. For some people with back pain, the warm weather means relief, while others struggle with the effects of the heat.

Summer is a great time to travel, but long trips can be hard on your back. The weather itself is a factor for back pain in the summer. Although scientific studies have not really shown a concrete connection between weather and back or joint pain, many people report that heat, humidity, or even barometric pressure makes a difference in their pain levels—for better or for worse. [Click to read full](#)

3 Ingredient No Churn Strawberry Ice Cream

Paleo, Vegan, Gluten Free ~Total Time 7 mins



Calories 78 kcal

Author: thebigmansworld.com

Ingredients

- 2 cups frozen strawberries
- 1 -14 oz can full fat coconut milk, refrigerated
- 1/2 cup pure maple syrup can sub for honey (may reduce or omit altogether)
- 1 tsp xanthan gum (optional)

Instructions

1. Place a loaf pan in freezer.
2. In a high speed blender or food processor, add chilled coconut milk, adding the layer of cream first, followed by the liquid. Add frozen strawberries & maple syrup; blend until thick & creamy. Do not over blend, or it will become too icy when thawing.
3. If you choose to use xanthan gum, add halfway through blending & do not over blend.
4. Pour ice cream mixture into the frozen loaf tin. To ensure it doesn't become too icy, lightly mix your ice cream every 20-30 minutes for the first hour.
5. Thaw for 10-15 minutes before eating. Lightly wet an ice cream scoop before scooping the ice cream into a bowl.

"Practicing gratitude is a very powerful tool to shift your attention on the things you don't have to the things you do have and this alone will make you feel better."
-Noelia Aanulds



Creating a happier, healthier world ~ starting with you!



Happier & Healthier with Dr. Kelly

I spent the month of June in Mont-Ral, Spain in the Catalonia region of the Prades Mountains. I was doing my first month of a six month Mastery Course. It is a course offered by The Bright Path. The Bright Path offers easy meditation techniques for experiencing life beyond limitation. The techniques bring you to a direct experience of peace, happiness and freedom. They involve no belief and can be easily practiced by anyone of any age or cultural background. The Bright Path Ishayas' Ascension is for anyone seeking inner peace, happiness, freedom from stress, and a living experience of love, presence and oneness. 'Ishaya' is a Sanskrit word that means 'For Higher Consciousness'. Most of us only know ourselves as a bundle of thoughts, beliefs, opinions and judgments. These are the source of all of our stress, limitations, problems and suffering. Beyond the constant chatter of the surface of the mind, is an endless wellspring of Peace, Joy, Creativity and Freedom. This Teaching offers a very rare opportunity to experience what it means to be truly alive.

[Click here to read more and learn about our Movie Night](#) Monday, August 13th at 7pm. Popcorn & drinks provided.



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Take a Deep Cleansing Breath

You *want* to get outside & enjoy the cooler weather, the beautiful Fall leaves, a walk in the field. But the reality of the red itchy eyes, stuffy head & sore **everything** ...makes you want to stay indoors, with the windows closed. Wouldn't it be wonderful to be *free* of the allergies? To just go for a walk like other free people (that aren't tied to an allergy). *We can offer you hope.*

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

Monthly Give-Away

As you get your kiddlets ready for 'Back to School' we have something you may need! For the month of August, you have a chance to win a new backpack filled with school supplies (value \$75?) *How do you enter?* Every time your child gets adjusted throughout the month of August, their name will go into our draw! It's that easy ☺



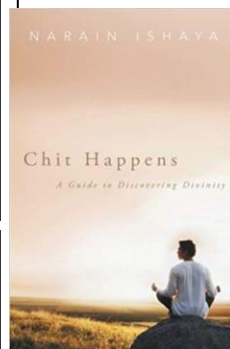
Healthy Books

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...

['Chit Happens' by Narain Ishaya.](#)

Chit is the Sanskrit word for consciousness itself. Chit Happens is the companion for anyone on a spiritual path, whether a beginner or more experienced. In an easy-to-read, question-and-answer format, this



book is created to leave the reader not only satisfied but inspired as well. It has been written through personal experience with humor & grace, drawing from live teaching dialogues.

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



Have you
had your
chiropractic
adjustment
today?