

Johnson Chiropractic Clinic



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



Johnson Press

2018
September

**Aug 31st – Sept 3rd –
Perth Fair!**



3rd – Labor Day!
Office Closed



**26th – Fred's
Birthday!!**



Pet Corner with Dr. Kelly

**Animal Chiropractic Success
Stories ~ By Dr. Karen Becker**
www.healthypets.mercola.com

- Many more pets could be helped by chiropractic adjustments if more dog & cat owners were aware of benefits.
- Chiropractic can help animals with a wide range of health problems -- from chronic pain to difficulty chewing to bowel & bladder dysfunction.
- Pets that often benefit from chiropractic treatment include those recovering from injury or illness, pets who have just had anesthesia during a surgical procedure, older dogs & cats who show signs of aging or behavior changes; even vigorous animals whose owners are interested in maintaining their pet's good joint and spine health.
- If you're seeking chiropractic treatment for your pet, be sure to find a practitioner who is licensed for small animals.

[Click here to read full article](#)

Monthly Give-Away

For some people getting back into a routine is calming. For others it brings back an old friend called Stress.

This month our Give-Away is an ER911

Remedy & we'll even throw in a bottle of Peace Essential

Oil blend! We have ways to help you cope. NET therapy with Dr. Kelly, FAST (First Aid Stress Tool) is something you can do at home. Grab a handout explaining more about it next time you're in. To enter the draw, simply answer the following questions regarding N.E. T. after watching the 3 videos on our website JohnsonChiropractic.ca/NET



1. Who are the doctors that developed Neuro Emotional Technique?
2. What was Tess worried about?

3. Where was Cpl. Hamill injured?

Email your answers to chirokelly@johnsonchiropractic.ca



We Have New Remedies!

Natural Calm + Calcium - Ionic Magnesium-Calcium Powder in organic Raspberry & Lemon flavor! Helps with maintenance of good health, bones & teeth, tissue formation, proper muscle function & wound healing.

Natural Calm Magnesium Citrate Powder - helps with stress, sleep issues, low energy, fatigue, weakness, headaches, muscle tension, spasms, nervousness & irritability. ****Taste Test? WE HAVE SAMPLES****

Turkey Chili

Eat
your
self
skinny
.com



Serves: 8

Ingredients

- 2 lbs 99% fat-free ground turkey
- 1 yellow onion, chopped
- 5 cloves garlic, minced
- 1 Tbsp olive oil
- 1 (28 oz) can crushed tomatoes, no-salt
- 1 (15 oz) can petite diced tomatoes, no-salt
- 3 Tbsp tomato paste
- ½ tsp. hot sauce
- 1 (15 oz) can kidney beans, no-salt, drained & rinsed
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 2 jalapenos, chopped
- 1½ tsp. sea salt
- Pinch of pepper
- 1 packet Stevia (optional, can substitute 1 tbsp maple syrup)
- 3 Tbsp chili powder
- 2 tsp. oregano
- ¼ tsp. cayenne pepper

Instructions

1. Drizzle olive oil in a large pot and sauté onion and garlic until fragrant, about 3 minutes. Add ground turkey and cook until crumbled and brown, draining excess liquid as necessary.
2. Add all the rest of the ingredients and cook on medium/low heat for about an hour. **Enjoy!**

Cleanse & Boost

The beginning of a new season is the perfect time to cleanse your body of toxins and boost your immune system. If you're still feeling the lazy, hazy days of summer and you want to wake up your body, this is just what you need!

Our Cleanse & Boost package will help you look better and feel better. Heck! We'll even throw in a Sleep protocol so those cooler nights won't find you lying awake staring at the ceiling.

We can offer you hope.

[Click here to see our Monthly Special](#)

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

Creating a Happier,
Healthier World ~
Starting with You!

Time for Back to School? Give your Child a Boost to Their Immune System ~

1. Get them into their chiropractor ☺
2. Make sure they are getting a good night's sleep
3. Cut back **drastically** (or completely) on the sugar
4. Pick up some VBF Defense remedy at JCC
5. Even when the weather turns cold, keep active inside or out
6. Add a bit of essential tea tree oil to their shampoo routine to fend off lice

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"Education is the backbone of civilization.
That's why our school nurse is a chiropractor."



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