



Johnson Chiropractic Clinic

Team Johnson (from L-R) Mary McGuire (Laser Tech), Dr. Kelly Johnson DC, & Sarah Dunlop (Office Manager)



Johnson Press

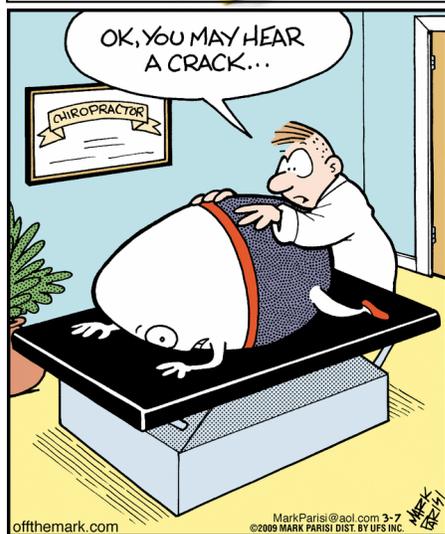
November 2018

11th - Remembrance Day



Lest We Forget

22nd -Mary's Birthday!



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

MONTHLY GIVEAWAY

Win 2 pairs of VOXX Socks by guessing how many marbles are in the jar!
VOXX Socks improve balance, strength, & stamina.
Value 92\$



Holiday Stress?

If the mere thought of upcoming holidays, a work event, or a get-together with family brings on feelings of angst or worry...it is possible your body is holding on to a traumatic memory.

Dr. Kelly can do Neuro Emotional Technique (NET) to find out what the issue is. Once brought to the surface you are then able to process it and 'let it go'.

You can book for 15, 30 or 45 mins.
It won't hurt...but it will help.

Book your NET session today! ☺
netmindbody.com

Featured Products!

~10 Health Benefits of our ORGANO Reishi Mushroom infused drinks~

- Prevents Cancer
- Supports Immune system
- Maintains Cardiovascular Health
- Provides Antioxidants
- Protects Liver
- Has Antibacterial Qualities
- Lowers Cholesterol
- Protects from Radiation
- Supports Urinary Tract
- Provides Antiviral benefits



Enjoy the benefits of Reishi Mushroom in our Coffees, Lattes, Mochas, Energy Drinks, Tablets, and More!

Ask us for a FREE sample

www.organogold.com/ca-en/ganoderma/

Creating a happier, healthier world ~ starting with you!



Got Foggy Brain?

Do you get up to do something and forget what you were doing by the time you got there? Are you losing parts of your day or having trouble remembering entire conversations?

Have your loved ones expressed concern that you might need help?

We have a **'Focus & Concentration'** laser package that will help ease your mind and get you back on track.



After all, with a healthy central nervous system **...anything is possible!**

[See our Monthly Special](#)

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face . . . You must do the thing you think you cannot do.”

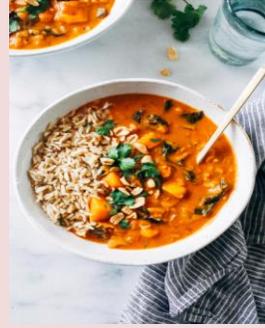
- Eleanor Roosevelt

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Vegetarian West African Peanut Soup



~INGREDIENTS~

- 6 cups low sodium veggie broth
- 1 medium red onion, chopped
- 2 Tbsp minced ginger
- 4 cloves minced garlic
- 1 tsp salt
- 1 bunch collard greens/kale (just leafy parts), chopped into 1 inch strips
- ¾ cup unsalted natural peanut butter
- ½ cup tomato paste
- Hot sauce, like sriracha to taste
- ¼ cup chopped peanuts, for garnish

~INSTRUCTIONS~

1. In a medium pot, bring broth to a boil. Add onion, ginger, and salt. Cook on medium-low heat for 20 minutes
2. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, and then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste
3. Simmer for about 15 more minutes on medium-low heat, stirring often. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts

VEGAN & GLUTEN FREE!

Greetings from Fred,

RMT



I would like to introduce myself. My name is Fred Shepherd, a Registered Massage Therapist here at Johnson Chiropractic.

I have been a RMT since August of 2012. Before that, I worked in the radio industry for almost 15 years at various radio stations across the province. It was a good career, but I knew at some point I needed to do something more personally fulfilling. Massage therapy fit that bill quite nicely. I was able to go to school for Massage Therapy while still working full time in radio.

I am lucky to have a lovely wife, a grown daughter, and a home with 4 cats and a dog.

Massage Therapy is a form of treatment that I completely believe in. Whether it's to help with conditions like overworked shoulders due to driving or computer usage, sciatic type pain or discomfort due to long periods of sitting; or dealing with stress due to work or personal issues—I believe that massage therapy is an effective, therapeutic way of treating these conditions, and more.

If you are a current client of mine, thank you for trusting me with your treatment. And if you have been with Sarah Hood, and are looking to continue treatment at Johnson Chiropractic, please feel free to contact me any time at (613) 883-7553 by call or text. As well, the delightful Sarah at the front desk would be happy to help you get in touch with me.

I want to thank Dr. Kelly Johnson, Sarah, and Mary for being such great people to work with. I look forward to working with them a lot more in the future.

Take care, and I look forward to meeting everyone who visits Johnson Chiropractic.

Fred J. Shepherd, RMT

