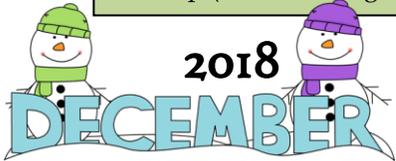


# Johnson Chiropractic Clinic

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



2018

Sat, Dec 1<sup>st</sup> - Perth Santa Claus Parade!  
@ 5pm



Mon, Dec 24  
Office OPEN  
9am-12pm



Tues, Dec 25 - Tues, Jan 1<sup>st</sup>  
Christmas Holidays



Wed, Jan 2<sup>nd</sup> -  
We are OPEN  
for regular  
hours.



★  
Have  
YOURSELF  
a  
MERRY  
LITTLE  
Christmas



## Pet Corner by Dr. Kelly

In my human chiropractic practice, I occasionally hear, "I'd never get my dog/cat/horse adjusted, it's just an animal". As I reflected on this comment, my first response was sadness. Sadness for the pet that would never have the opportunity to feel the miraculous benefits of an adjustment. Just like humans, animals have a brain and nervous system that need to be functioning optimally in order for them to be healthy, strong, and have full mobility. Just like us, if the vertebra are subluxated or not moving within their full range of motion, the spinal and peripheral nerves are unable to flow to the muscles and organs, resulting in decreased function and strength. Over time, this can result in degenerative disc and joint disease which limits mobility and they can no longer get up as quickly, climb stairs, or jump up on the couch or bed. I have many older animal clients who are doing so much better after beginning chiropractic care. I am often told how they appear to be puppy-like again. If you would like to keep your pet functioning optimally for many years, a periodic chiropractic adjustment is of great benefit. However, the best reason to get your pet adjusted is that they are one of the most loyal, dedicated and unconditionally loving beings in our lives and not "just an animal".

-Dr. Kelly (DC)

## ~Our Annual 'Gift of Health' Give-Away~



1. Take a 'Gift of Health' card from our front desk.
2. Give it to someone you care about.
3. They call to book a complimentary Initial Visit (includes history & full exam)
4. They begin their program of care.
5. Your name goes into our 2018 Gift of Health Christmas Draw!



**GRAND PRIZE VALUED AT \$400.00**  
(Click here for more details)

## Stocking Stuffers!

- Essential Oils & Diffusers
  - VOXX Socks
  - Water Pillows
  - Bio Freeze
  - Deep Blue Rub
  - Vitamins & Supplements
  - Specialty coffee & Teas
  - Arch Supports
  - Gift Certificates!
- For chiropractic, massage therapy & laser therapy



Creating a happier, healthier world - starting with you!



## Cranial Adjusting Turner Style (C.A.T.S.)

Dr. Kelly is currently taking a C.A.T.S. course which allows her to manually adjust the 22 cranial bones. This adjustment technique can help...

- Non-verbal children speak
- Children read better
- Headaches
- Vision and hearing issues
- Brain fog
- Children with ASD, ADHD, autism, and other learning difficulties
- Concussion and TBI (Traumatic Brain Injury)
  - And More!



Ask Dr. Kelly how  
C.A.T.S. can help you in the  
future!

## Holiday Stress?

We have Laser Therapy protocols to help with anxiety, depression & nervousness.

As well, Dr. Kelly can do Neuro Emotional Technique (NET) to help relieve stress just in time for the holidays.

Sessions can be 15, 30 or 45 mins.

It won't hurt...but it will help.

[www.netmindbody.com](http://www.netmindbody.com)

Book your session today!

~Page 2~

## Cranberry Chocolate Chip Cookies (Vegan & Gluten Free)



### Ingredients

- 1 ½ cups gluten free oat flour
- ½ cup rolled oats
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup + 2 tablespoons melted coconut oil
- ¼ cup coconut sugar
- ¼ cup pure maple syrup
- 2 flax eggs (2 tablespoons ground flax + 6 tablespoons water, whisked together, set for 10 minutes)
- 1 teaspoon pure vanilla extract
- ¾ cup dried cranberries, chopped
- ¾ cup vegan chocolate chips
- For topping: extra chocolate chips and cranberries

### INSTRUCTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper
2. In a medium bowl, whisk together dry ingredients
3. In a large bowl, whisk together wet ingredients until thoroughly combined
4. Add dry ingredients to the wet ingredients. Whisk until you get a sticky ball of soft dough. Fold in cranberries and chocolate chips
5. Cover the bowl of cookie dough. Let sit for 10-15 minutes at room temperature
6. Scoop 2 tablespoons of cookie dough onto baking sheet. Using a fork, flatten cookies into a round disc. Press cranberries and chocolate chips into the tops of the cookies
7. Bake for 8-12 minutes. Enjoy!

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

## Snow Safety by Fred Shepard, RMT



It's the season for giving..for sharing.. for celebrating Christmas and the holidays. And while most people might be dreaming of a white Christmas, too much snow can be hard on a person's muscles. All that twisting, turning, and lifting can wreak havoc on a person's back.

If you have a snow blower, it's easier on the body, but still can be physically demanding. But if you have to shovel, it's even harder on the body. To protect your back (and arms, shoulders, quads..) try to use good body dynamics. Keep the weight on your shovel light..don't scoop too much at once. Don't twist your back to throw the snow..face in the direction you want to deposit the snow, and throw.

If I don't have access to a snow blower, then it is my preference to use the big snow scoop that is pushed, because I can walk straight ahead instead of constantly twisting with a smaller shovel.

I hope everybody has a safe and happy Christmas and holiday season. Be good to your loved ones, and to yourself!

-Fred, RMT (613-883-7553)

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glasbergen.com



"The next time you lift someone's spirits,  
lift with your LEGS, not your BACK!"

