

# Johnson Chiropractic Clinic



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



Johnson Press

January  
2019

1<sup>st</sup> - New Year's Day!



2<sup>nd</sup> - Open for regular hours



9<sup>th</sup> - Weight Loss Program  
Talk with Dr. Kathy Wickens

Starting at @ 2 PM



## NEW SERVICES with Ruth Magee!

Ruth is new to the clinic! She performs live blood analysis and nutritional counselling.

Ruth holds a diploma in Nutrition and has more than 30 years of experience.



Feeling sick, tired, in pain or having digestive issues?

Call 613-264-2402 to book your appointment!

## There's Still Time!

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 yearly 'Gift of Health' Draw!
6. Draw takes place on February 1<sup>st</sup>



[Click here to see this year's Give-Away!](#)

## Didn't get what you wanted for Christmas?

- Essential Oils & Diffusers
- Healthy Coffee and Teas
- KT Tape
- Water Pillows
- Bio Freeze
- Deep Blue Rub
- Arch Supports
- Vitamins & Supplements

WE  
HAVE IT!

*"New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change."*

*-Sarah Ban Breathnach*



Creating a happier, healthier world ~ starting with you!



# Do You Have Some Weight to Lose?



Join Dr. Kathy Wickens to learn about a clinically proven weight loss program available in our office!

**Where: Johnson Chiropractic Clinic**

**When: Wednesday, January 9<sup>th</sup> @ 2PM**

[mushroomvitality.myorganogold.ca](http://mushroomvitality.myorganogold.ca)

**to RSVP, Call 613-264-2402**

[Click Here or Image Below for Poster](#)



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



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## Peanut Butter Chocolate Chip Energy Balls

**Total time: 15 min**

**From: HappyHealthyMama.com**

### ~Ingredients~

- 3 1/2 cups old-fashioned rolled oats
- 1/2 teaspoon cinnamon
- pinch salt
- 1 cup natural peanut butter
- 1/2 cup raw honey
- 1/4 cup dark chocolate chips

### ~Directions~

1. In a medium bowl, mix together the oats, cinnamon, and salt. Add the peanut butter, honey, and chocolate chips and mix until combined.
2. With slightly wet hands, roll into 1-inch balls.
3. These may be stored at room temperature or in the refrigerator. Best within one week. Enjoy!



"I wish you had come to me sooner."

## Restorative Sleep

(Ontario Chiropractic Association  
[www.chiropractic.on.ca](http://www.chiropractic.on.ca))

Do you struggle with getting a restful night's sleep? Here are ways to get you back on track!



### ➤ Choose a Good Mattress

- A good mattress supports the natural contours of the body, letting your muscles and joints fully relax.

### ➤ Don't Sleep on Your Stomach

- Sleeping on your back or side allow your head, neck and spine to relax into their natural alignment

### ➤ Get to bed on Time

- Try to go to bed at the same time every night – even on weekends – to keep your sleep cycle in a regular rhythm.

### ➤ Bedtime Rituals

- Doing the same thing before bed every night (i.e., reading, bathing, etc.) let your body know it's time to prepare for sleep.

### ➤ Light it Up!

- In the morning, open the curtains or blinds soon after you wake up to regulate your natural biological clock.



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