



Johnson Chiropractic Clinic

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

2019



1st - Sarah's
Birthday!



1st-
Draw for Annual
'Gift of Health'
Giveaway



4th-7th -
Office
Closure



14th-
Valentine's
Day



19th - Family Day!

Office Closed
~enjoy your
loved ones ☺



21st & 27th -

Movie Night!



Johnson Press

Movie Night!

Film: STRESSED

A new study gives compelling evidence of a breakthrough intervention to help people alleviate their emotional stress, as well as deeper insight into this exciting topic.

When: February 21st at 7pm
February 27th at 2pm

Where: Johnson Chiropractic
Clinic

Click image or link to view trailer



<https://www.youtube.com/watch?v=nC9zdyKZJqI>

Family
like branches on a tree,
we all grow in different directions
yet our roots remain as one.

Beet Blueberry Ginger Smoothie Bowl ~Valentines Breakfast~

Ingredients

1 Small Beet - peeled and cubed
1/4 Cup Blueberries - frozen or fresh
1 Tsp Fresh Ginger
1 Cup Coconut Milk (or milk of choice)
1/2 Cup Ice
2 Tbsp Flax Seeds
1/4 Cup Water - optional (for a thinner smoothie)



Fresh Blueberries

Coconut Flakes - unsweetened
1 Tbsp Chopped Pistachio
Dark Chocolate - optional

Instructions

1. Add all the smoothie ingredients in a blender or mixer and pulse to form a smoothie. (Add water if you want it slightly thinner).
2. Pour in 2 serving bowls.
3. Top with blueberries, coconut flakes and pistachio.
4. Shred dark chocolate on top
5. Enjoy!



@easycookingwithmolly



Creating a happier, healthier world – starting with you!



Let's Talk Muscles, Fred Shepard, RMT.

With Christmas and the holiday season behind us, the focus now shifts to the rest of winter

..and to spring! I'd like to talk a little about specific muscles of the body in the following months..the muscles that I get asked to work on most frequently. But first, I'd like to talk about muscles in general, and why it's important to have a basic knowledge about them.

Did you know there are over 650 muscles in the human body, and over 200 bones? Each muscle has what's called an origin and insertion point; the origin point is more fixed, and less flexible than the insertion point. The origin and insertion points are where muscles attach to bones at either end of a muscle. As well, muscles become tendons closer to a bone..it's actually the tendons that attach to bones.

It's important to know a little about the anatomy of muscles as it can help you to describe an injury more accurately to a physician, or to treat yourself more quickly.

Starting next month, I'd like to talk about specific muscles, the ones that I treat most often.

Take care and good health to you!

Fred Shepherd, RMT



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~102-130 Sproule Rd. (613) 264-2402 www.johnsonchiropractic.ca~

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February's Give-Away!

Win a 1/2 hour N.E.T. (Neuro Emotional Technique) session with Dr. Kelly!

N.E.T. helps you process and release stress-related issues from the past that are causing your mind or body distress.

How to win: write one paragraph on why you should have N.E.T to have your name entered into draw!

VALUED AT \$110.00

Featured Products

- **BioFreeze Roll on** – provides cold therapy pain relief for sore muscles, back aches, and sore joints
- **Quiet Mind Plus** – helps with tinnitus and fighting off effects of memory loss
- **Active Multi Vite** – for maintenance of bones, cartilage, teeth, and gums
- **ENDO Medix** – regulates cellular communication and supports tissue regeneration

Ask Dr. Kelly if these could help you!

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



Pet Corner with Dr. Kelly

The following is an excerpt from an article written by Kelly Mark, DVM, AKA Canada's Oily Vet, titled, "Essential Oils and your dog" that was published in the Canadian Dogs Annual 2019 Magazine. She will also be speaking on this topic in Ottawa, Friday, February 8th at 7pm at the Bell's Corners United Church. For tickets, please go to:

<https://www.facebook.com/events/136845777230857/>

Essential Oils and your Dog:

For centuries, essential oils have been used for their healing and restorative properties, not to mention their wonderful scents. Essential oils are natural, volatile aromatic compounds found in various parts of plants. When we use essential oils on ourselves or our dogs, we harness their healing powers for our benefit. They are safe, natural and effective alternative solutions for common ailments and can complement, enhance and even replace conventional therapies – without the side effects.

Whether you're seeking relief for your dog's skin issues, anxiety or emotional problems, inflammation or pain – or need a way to ward off pesky bugs – essential oils can help.

Top 5 Essential Oils for Dogs:

- 1) **Cobaiba** – one of the highest anti-inflammatory oils – good for pain as well as musculoskeletal, gastrointestinal, dental and urinary issues
- 2) **Frankincense** - "king" of oils – it soothes skin conditions, promotes cellular repair, stimulates the immune system and has both anti-tumoral and anti-seizure effects

... To see the rest of this article [click here!](#)

