

Johnson



Chiropractic Clinic



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



Johnson Press

2018



10th – Women's Health & Wellness Event!

**Click above to view event

9-3 at the
Best Western.



17th –



20th – Spring Begins!



May the
Luck o' the Irish
be with you!



~Perth Women's Health & Wellness Workshop~

When: March 10th at 9am

Where: The Best Western, Perth

Come out and learn about many ways to improve your health. **Dr. Kelly Johnson will be talking about STRESS and a therapy she is trained in called N.E.T.. This technique helps to relieve negative emotional and physical effects of stress.**





Enjoy FREE door prizes, swag bags, a tea booth and more!
Entry by donation.

<https://www.facebook.com/events/375632899681681/>

*You are never too old
to set another goal
or to dream
a new dream*

~CS Lewis

Featured Products!

-  **Laxative Formula** – for constipation; helps to soften stool gently
-  **Biomega-3** – for systemic inflammation, arthritis, atherosclerosis, and more
-  **Livotrit Plus** – for liver disease, detoxification, alcoholism, heavy metal burdens, and more
-  **L-Glutamine Powder** – building block for proteins. Can help gut function, immune system, and other essential processes in the body; especially helpful in times of physical or emotional stress

DO YOU GET SEASONAL ALLERGIES?



Our PTL cold laser and BAX laser can make a big difference!

PTL II: we have a 12 visit sensitivity protocol for reducing stress associated with environmental, food, and chemical sensitivities

BAX Aura: can identify and may help reduce the symptoms of allergies and sensitivities
****Both lasers can work in conjunction with one another to help you enjoy the upcoming spring and summer seasons!**



Creating a happier, healthier world ~ starting with you!



Fred Shepherd, Registered Massage Therapist

First day of spring,
and St. Patrick's Day
...it must be the
month of March!



And with it comes a hint of better
weather ahead.

Having been through the
worst of winter, your back and
shoulders may be feeling sore. And
as a RMT, one of the main muscles I
treat are the upper trapezius, or
upper traps for short.

The upper traps are the part
of the shoulder that people often
complain about. They help connect
the neck with the shoulder, and they
have many actions: upwardly rotate
the scapula (shoulder blade),
depress and raise as well.

Almost everyone I work on
says something along the lines of
"my shoulders feel like they're up
around my ears". And this
contributes to the tight feeling in the
shoulders. An important thing I
recommend for my clients is to
lower your shoulders whenever
possible...a good way to do this is to
clasp your hands together behind
your back, and pull backward. This
helps to counteract the shoulders
going up and forward.

In the April newsletter, I will
go into more detail about the
upper (and middle, and lower)
trapezius. Take care, and enjoy
the nicer weather that's coming
our way!

Fred J. Shepherd, RMT

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



Monthly Give-Away

This month, we are giving away a
Gift Certificate for a Mini-Scan
with our BAX system. This can
identify and alleviate symptoms
of allergies & sensitivities.

How to WIN:

Your name will be entered in the
draw every time you make a
purchase of a product over 30
dollars. Pillows, vitamins,
essential oils, VOXX socks,
protein shakes, nutritional
supplements and much more!

Valued at \$75

**Don't forget
to have
Dr. Kelly
adjust your
fur babies
too!**



"My owner asked me a question and I
did that cute, little 'Head Tilt'
thing and..."

All the Green Things Salad

www.cookinglight.com



Ingredients:

- 1 1/2 cups green peas
- 1 pound asparagus, trimmed and cut diagonally into 2 1/2-in. pieces
- 12 ounces sugar snap peas, trimmed
- 3 tablespoons minced shallots
- 3 tablespoons extra-virgin olive oil
- 1 1/2 teaspoons grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 4 ounce pea shoots
- 1 cup fresh parsley leaves
- 1/2 cup fresh mint leaves
- 1 firm, ripe avocado, cubed

Directions:

1. Boil water and add green peas, asparagus, and sugar snap peas; boil until crisp-tender, about 3 minutes.
2. Drain and rinse well with cold water
3. Whisk together shallots, oil, rind, juice, mustard, salt, and pepper in a large bowl.
4. Add blanched vegetables; toss well to coat.
5. Add peas, parsley leaves, mint leaves, and cubed avocado; toss gently to combine.



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