

# Johnson Chiropractic Clinic

Team Johnson (from L-R) Mary McGuire (laser technician), Dr. Kelly Johnson DC & Sarah Dunlop (office manager)



Johnson Press



2019

8<sup>th</sup>-11<sup>th</sup> - Dr. Kelly Away;  
Dr. Grape is covering the practice!



19<sup>th</sup> - Good Friday!



22<sup>nd</sup> - Closed Easter Monday



22<sup>nd</sup> - Earth Day!



27<sup>th</sup> - [Perth Maple Fes!](#)

Downtown  
Perth 9-4

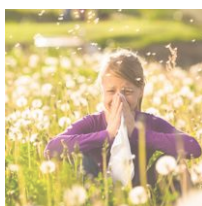


## Allergy Season is here!

Cold Laser Therapy with Mary may help.

Our sensitivity laser protocol is 12 visits aimed at helping you overcome environmental, food, and chemical sensitivities.

- No side effects
- Natural
- Non-Invasive
- Pain free



[CLICK HERE](#)

[for APRIL'S GIVE-AWAY!](#)

## ORGANO™ BLACK COFFEE AND LATTE-TAKE THE 30 DAY CHALLENGE!

- Greater productivity
- Better Health
- Sustained Energy
- Stronger Immune System



**April Special-**

Receive 5\$ off per box of Black Coffee or Latte!

## Rainbow Kelp Noodle Salad with Lemon Almond Ginger Dressing



### INGREDIENTS

~for the dressing~

- ☐ 1/2 cup raw almonds, soaked for 1 hour, water reserved
- ☐ 1/2 cup reserved soaking water
- ☐ 1/4 cup lemon juice
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon agave syrup / honey
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon tamari/soy sauce
- ☐ 1/2 teaspoon white miso

~for the salad~

- ☐ 1 package of kelp noodles, rinsed
- ☐ 2 carrots, julienned
- ☐ 1 red bell pepper, sliced thinly
- ☐ 1/4 head of red cabbage, grated
- ☐ 3 cups baby spinach
- ☐ 1/4 cup chopped cilantro
- ☐ 2 cups chopped mango
- ☐ chopped almonds for sprinkling
- ☐ sesame seeds for sprinkling

### DIRECTIONS

1. Combine the dressing ingredients in a blender or food processor and blend or process until smooth. Set aside.
2. Combine the kelp noodles, spinach, carrots, bell pepper, red cabbage, and cilantro in a large bowl. Add the dressing and toss until combined. Serve topped with mango, chopped almonds, and sesame seeds. Enjoy!



Creating a happier, healthier world ~ Starting with you!



## Fred Shepherd, Registered Massage Therapist

Slowly, but surely, the warmer temperatures are here. I know that I'm starting to feel like I'm shaking off the winter rust, and I hope you are as well. So why not get a little maintenance done, on an area most people need it..the upper trapezius (traps)?

There are 3 parts to the trapezius muscles..upper, middle, and lower. For most people, the upper traps can feel sore and achy because of a few reasons: sitting at a computer or in a car for long stretches, carrying bags/ purses/ knapsacks, or due to constant lifting in their workplace.

It's important to bring your shoulders in a downward and/or backward position whenever you can..this will help to counteract the hunching of the shoulders that goes on most of the day. One way to do this is clasping your hands behind your back, then giving a little pull. This will squeeze your shoulder blades together, and help stretch your pectorals (chest muscles). You can also Google exercises that will help with pec stretching, and rhomboid squeezing/contracting.

Next month, I'll start to talk about muscles of the low back..another common area of concern for many folks. Take care, and good health to you.

-Fred J. Shepherd, RMT



"I'm afraid, Mr. Cottontail, that all that hopping down the bunny trail has taken a toll on your hips."

~Page 2~

## ~Pet Corner with Dr. Kelly~



People often ask me why a cat would need adjusting. So I thought I would share an example that I saw recently.

Sarah was diagnosed by her vet with having cerebral ataxia, which is a fancy name for loss of balance thought to be coming from her brainstem. When she would shake her head, she would lose control of her hind legs and fall over.

Her owner contacted me to see if chiropractic could help her condition. I said I would have to examine her first to see if it could be related to spinal misalignments. She brought Sarah in and sure enough her C1 vertebrae, right at the top of her spine was subluxated, or restricted, as were other joints throughout her spine. After the first adjustment, she was a bit better and after the second adjustment, **she was 100% better!** Even I was impressed by how quickly she recovered and how the body has the capacity to heal itself given the right environment!



Call (613) 264-7836 to book  
your pet in now!

## DoTerra™ Essential Oils for Pain Relief

- **Copaiba**- great for headaches, injuries, wounds, muscle cramps, and joint pain; add to your diffuser or apply topically!
- **Turmeric**- can reduce pain, inflammation, and stiffness; great for arthritis!
- **Marjoram**- can relieve muscle aches, pain, and general soreness; add to your next bath!

## Healthy Books



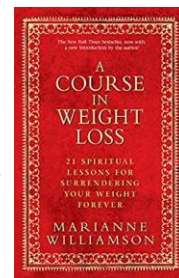
\$25.01  
no tax

When we read, not only are we improving memory & empathy, but research has shown that it **makes us feel more positive.**

Reading has some amazing health benefits that include helping with **depression, cutting stress**, and reducing the **chances** of developing Alzheimer's later in life.

## "A COURSE IN WEIGHT LOSS"

21 Spiritual Lessons for  
Surrendering Your  
Weight Forever  
-Marianne Williamson



Shift your  
relationship with  
yourself - and  
your body-  
from one of fear to one of  
love.

SOLD HERE!

### PLEASE NOTE:

If you cancel same day or miss your appointment, we have a donation jar. Proceeds go back into our community.

Thank you!



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