

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



Johnson Press



2nd - Office Closed



12th - Mother's Day



20th - Closed -Victoria Day



27th - Dr. Kelly's Birthday!



Featured Products

• VEGA Sport Protein Bars

- Vegan, gluten free, & Non-GMO
- Crunchy Mint Chocolate Flavour
- Completely Plant-Based
- 20 g of Protein per bar!



\$4.00 each
+tax

• DoTerra On Guard Sanitizing Spray

- All natural
- Safe & Easy
- Travel Size
- Healthier alternative for you and your little ones!
- Kills 99% of germs!



\$11.00
+tax

Got your Happier, Healthier Rewards Card?

ask for one the next time you're in!

Thai Peanut Tofu Salad Tacos

tacos

- one package of extra-firm tofu, pressed
- 2 tablespoons tamari
- 1 1/2 teaspoon sesame oil
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon coriander
- 1/2 teaspoon dried thyme
- 1 large carrot, julienned
- 1/2 red bell pepper, thinly sliced
- 1/4 cup chopped green onion
- 1/2 cup chopped cilantro
- 6 to 8 red cabbage leaves
- chopped peanuts for garnish



peanut sauce

- 1/4 cup smooth peanut butter
- 2 tablespoons lime juice
- 1 1/2 tablespoons vegetable broth
- 1 1/2 tablespoons tamari
- 1 1/2 teaspoons maple syrup
- 1/2 teaspoon fresh grated ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chile powder
- 1/4 teaspoon smoked paprika



instructions

1. Preheat the oven to 375 F.
2. Chop the block of tofu in half so that you have two squares. Slice those blocks in half lengthwise so that you have 4 thin, squares. Chop each sheet into about 30-35 cubes.
3. Whisk together tamari, sesame oil, onion, garlic, coriander, and thyme in large bowl. Add tofu and toss until fully coated. Spread tofu on baking sheet. Bake for 30 minutes, flipping once halfway.
4. In medium bowl, mix the peanut sauce ingredients until combined and smooth. Set aside.
5. Combine cooked tofu, carrots, bell pepper, green onion, and cilantro in a large bowl. Add the peanut sauce and toss until combined.
6. Scoop some of the salad into each cabbage leaf. Top each with green onions, cilantro, and chopped peanuts. Enjoy!



Creating a Happier, Healthier World - Starting with You!



Please Welcome!



**Lynn
Dowdall,**

Registered TCM Acupuncturist

"Twenty three years ago, as a Med Lab Tech I completed my Acupuncture training through the Open International University at the South Government teaching hospital in Sri Lanka. Upon my return to Canada, I opened Perth Acupuncture Clinic. Since graduation, I have continued post-graduate studies in Traditional Chinese Medicine at the International Academy of Traditional Chinese Medicine (TCM), the Institute of Acupuncture and Traditional Chinese Medicine, and the Ontario College of Traditional Chinese Medicine. I am a member of the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO).

I was born in Ottawa and moved to Perth in the late 70's. I am married to my husband Ron. We live west of Perth and have 3 children and 9 grandchildren; a dog named 'Brody' and a cat named 'Misty'.

I look forward to working with everyone at Johnson Chiropractic!"

Lynn Dowdall R.Ac CLA

CONTACT: (613) 267-1119

HOURS: Tues & Thurs 8am-12:30pm



~Page 2~



Enter this month's draw for a chance to win a cold laser session tailored to your needs! (Valued at 50\$)

Your session with Mary will be about 30 minutes long.

Laser therapy may help with allergies, pain, inflammation, motion sickness, and much more!

HOW TO WIN

It's easy! Just tell us why your Mom or another Influential Woman in your life is the best!

You can email, facebook, or submit a written answer.

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

Balance your Hormones With...

- **Essential Oils:**
 - Rosemary, Peppermint, Bergamot, Lavender
- **Laser therapy for Hormone Balance:**
 - Our PTL II Cold Laser can help to balance your hormones, and in turn help with symptoms of hormone imbalances (e.g., hot flashes, irregular or painful periods, indigestion, acne, and more)
- **Menopause Rx Capsules:**
 - For supporting the female body during menopause



Healthy Books

Reading can improve memory & empathy. Research has also shown that reading **makes us feel better** and more **positive** too!

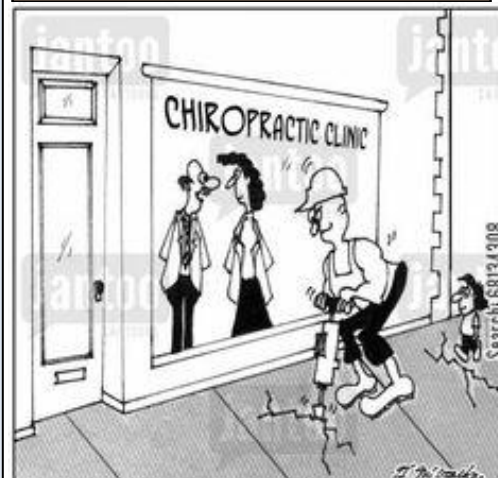
Reading has other health benefits, including helping with **depression, cutting stress**, and reducing the **chances** of developing Alzheimer's later in life.

"The 5am Club"

~Own your morning,
Elevate your life~

"Based on a revolutionary morning routine that has helped clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Upgrade your happiness, helpfulness and feelings of aliveness! *The 5 AM Club* is a work that will transform your life. Forever."

SOLD HERE, 34\$ tax incl.



"Look on the plus side to this construction; it might bring in clients as kids step on the cracks and break their mother's backs"