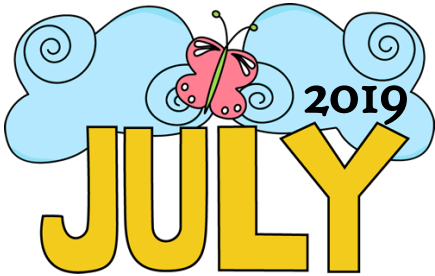




## Johnson Press



**1st - CLOSED -**  
**Happy**  
**Canada**  
**Day!**



**14th - Paint the**  
**Summer Art Show**  
**and Sale**



**19th - 21st -**

**Stewart Park**  
**Music**  
**Festival**



**26th - 28th -**

**Perth Ribfest**



## School's Out For Summer!

*Now that the kids are free, it is the perfect opportunity to get them adjusted!*

### Benefits of Chiropractic for your Child!

- ★ Improve Sleep Quality
- ★ Help Ear Infections
- ★ Ease Growing Pains
- ★ Alleviate Digestive Problems
- ★ Improve Attitude & Behavior
- ★ Boost Immune System Function



*Chiropractic is a safe, non-invasive, and drug-free way of improving your child's health!*



## PET CORNER:

### *Can chiropractic help with incontinence in animals?*

Over the last two years I have seen many cases of animals who were dribbling or couldn't quite make it outside fast enough, improve with chiropractic adjustments. The reason for this is that the nerves from the lower back go to **the bladder and bowels**. So, if they are having a hard time having a bowel movement as well, chiropractic may be able to **relieve constipation**. It works just as well in humans also! Here is how it works: The nervous system is divided up into the central nervous system (CNS) and the peripheral nervous system (PNS). The CNS is further divided up into the brain and spinal cord and the PNS is divided up into the somatic and visceral nervous systems. The somatic neurons transmit information from the skin or skeletal muscles to the central nervous system while the visceral neurons transmit information from the internal organs to the central nervous system. When you or your pet receive an adjustment, the spinal nerves are allowed to flow properly and the muscles and organs that are supplied are able to function better. **Better function, better movement, it's that simple.** Get yourself and your pet adjusted today!



**-Dr. Kelly**

*"Keep your face to the sun and you will never see the shadows"*

*-Helen Keller*



Creating a happier, healthier world - Starting with You!



# Baked Honey Garlic Salmon in Foil



- 1 pound (450g) side of salmon
- 1/2 cup honey
- 4 cloves garlic, minced
- 1/2 cup whole-grain dijon mustard
- Juice of 1/2 lemon
- 1 tbsp olive oil
- 1/4 tsp red pepper flakes
- 1/4 tsp cayenne pepper
- 1/2 tsp paprika
- Coarse salt and black pepper
- 1 tbsp chopped cilantro, for garnish
- 1 lemon, sliced, for garnish

**Yum!**

1. Preheat oven to 400°F (200°C). Line a baking sheet with a large piece of foil to fold over and seal fish
2. In a bowl, combine honey, garlic, mustard, lemon juice, oil, paprika, red pepper flakes, cayenne pepper and a pinch of salt. Stir to combine and set aside.
3. Place salmon onto baking sheet. Pour mixture on and spread evenly. Sprinkle with salt and pepper. Fold sides of foil over the salmon to cover and completely seal the packet closed so sauce does not leak.
4. Bake salmon in foil until cooked, about 10-15 minutes, depending on the thickness of your fish. Carefully open the foil, and broil under the broiler for 2-3 minutes heat to caramelize the top of salmon. Garnish with cilantro and serve immediately with lemon slices and stir-fried vegetable of choice. Enjoy!

~Page 2~



## July's Give-Away!

**WIN a Complimentary Initial Visit for your Pet with Dr. Kelly, the animal chiropractor! Valued at 100\$**

**How to win...**



*Tell us why your pet deserves chiropractic care!  
It's as easy as that!*

*\*Includes dogs, cats, or horses\**



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

## JULY LASER SPECIAL

Interested in laser therapy but don't want to commit to the full ½ hour?

**TRY a 15 minute session for only 25\$, and only 15\$ if you get adjusted the same day!**

Laser Therapy can help with pain, inflammation, allergies, motion sickness, and MUCH more!

## Improve Your Health With These!

### • **Detox Formula**

- Supports detoxification and protects liver; great for detoxifying liver, skin problems, hormone imbalances, and digestive upset



### • **Natural Calm Calcium**

- Powder drink that may relieve symptoms of deficiency, including poor sleep, stress, pain, irritability, constipation and more!



### • **Digest Plus**

- Tablets that aid in digestive comfort, especially following high caloric or high fat meals



### • **FC-Cidal**

- Tablets used for resistant fungus, yeast infections or molds; eliminates intestinal parasites



## Chiropractic



**...puts a smile on your face**

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