

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



5th - Civic Holiday

Office Closed

10th & 11th - Perth Garlic Festival



12th - Intro to Meditation Talk!

(More info on page 2)



17th - Perth Kilt Run



30th-2nd - Perth Fair



It won't be long until the kiddos head back to school. ***Make sure they don't hurt themselves*** with these tips!

1. Choose a backpack that has a **lightweight material** with thick **shoulder straps** & a **chest/hip strap**
2. Do not put more than **10-15%** of the **child's weight** in the bag
3. Wear it **snug** to the body; always using all straps
4. Get your kids **adjusted** regularly!!

<https://www.chiropractic.on.ca/public/your-back-health/pack-light-wear-right/>

~Traditional Chinese Medicine Acupuncture~ Lynn Dowdall, R.Ac CLA

TCM is **main stream medicine**. It is both an art and a science. Acupuncture is the ancient Chinese art of healing and one of the oldest medical studies in the world. The science of acupuncture is an important part of traditional Chinese medicine. For thousands of years the Chinese have appreciated it for its **non-pharmaceutical** treatment, **simple** application, wide range of use, **low cost**, and good curative effect. It works on the energy of the body by inserting extremely fine needles into acupuncture points; this in turn **disperses blockages**, **increases** the **function** of specific organs and **balances** the overall energy of the body.

6 Effects Produced by Needling:

- **Analgesic** (pain-relieving)
- **Sedation**
- Helps with **PTSD and TBI**
- **Homeostatic or Regulatory**
- **Immune-enhancing**
- **Anti-inflammatory and anti-allergic**
- **Motor recovery**



[CLICK HERE TO READ MORE!](#)

Go Check Out Our...

NEW WEBSITE!!

www.johnsonchiropractic.ca



Steak & Portobello Mushroom Salad

Ingredients:

- 800g couscous
- 3 large Portobello mushrooms
- 8 oz steak
- 1 cob of corn, sliced
- 1 pint grape tomatoes, halved
- 1 avocado, cubed
- 1 handful cilantro, chopped
- 1 cup arugula
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp soy sauce

Directions:

1. Preheat grill to medium-high heat. Mix oil, soy, and balsamic in bowl and brush onto mushrooms
2. Rub salt & pepper on both sides of steak before grilling
3. Place mushrooms, steak, and corn on grill. Cover & cook 5 minutes. Flip mushrooms and cover with more sauce. Remove steak, corn, and mushrooms from grill when cooked.
4. Thinly slice steak and mushrooms, & slice corn off cob
5. Lay down couscous, arugula, corn, avocado, steak, mushrooms, tomatoes, cilantro, and drizzle with dressing of choice. Enjoy!



Quick and easy!!

~Page 2~

HEY KIDS

AUGUST'S GIVE-AWAY!

You have a chance to **WIN** a **DoTerra Whale Diffuser** AND a **Wild Orange Essential Oil!**

HOW?

Color one of the pages

HERE to enter!!



Introduction to Meditation Talk

Vasistha is coming to teach the Bright Path's Ishaya Ascension!

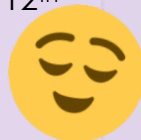
Ishayas' Ascension is for anyone seeking **inner peace, happiness, freedom** from stress, and a living experience of love, presence and oneness.

97% of people report more peace, love and joy in their lives!

When: Monday, August 12th at 7pm

Where: Here at JCC!
Learn more at

www.thebrightpath.com



FEATURED PRODUCTS

• Cal Mag & D



- Calcium, Magnesium, and Vitamin D all in one! Great for the development and maintenance of bones and teeth.

• Digest Plus



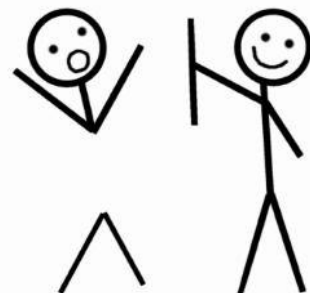
- Helps you to **digest** food without discomfort. Especially helpful after meals with extra fats or calories.

• HMF Forte



- Probiotic that promotes **optimal** intestinal health in both adults and children! Supports the growth of **HEALTHY** bacteria.

**DON'T WORRY!
I GOT YOUR BACK.**



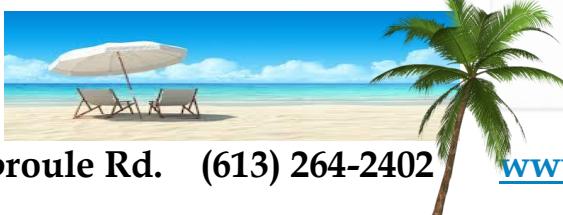
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