

Johnson Chiropractic Clinic

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



Johnson Press

2019
September

Aug 30th - Sept 2nd -
Perth Fair!



2nd - Labor Day!



6th - Kim's
Birthday!!



23rd - First Day of
Fall

26th - Fred's
Birthday!!



Please Welcome!

**Kim Hutt is joining our team here
at Johnson Chiropractic as the
new laser technician!**

Kim retired from working as a
veterinary technician for over 25 years
in 2010. After taking some time off, she
has decided to begin a new adventure
here at Johnson Chiropractic!

In her down time, she enjoys ATVing
with her husband, reading, and
spending time with her cats.

**Be sure to say hello to Kim the next
time you are in!**



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~Greetings from Mary~

It has been a pleasure working with Dr. Kelly and Sarah here at Johnson Chiropractic for the past year. I will miss seeing all the happy faces, but am looking forward to continuing my education and life experiences in Ottawa this year. I hope you all have a wonderful fall season!

Love and Light,
Mary

Fred Shepherd, RMT

The kids are back in school, and you're getting back into a regular routine...there's only one month that describes both of those, and that's September! And that can also mean getting back to regular maintenance for your body.

Lately, I have been seeing an increase in people coming in with lower back pain/discomfort. This may be due to activities such as gardening, lifting boxes or furniture due to moving (or helping a child move into their first apartment or dorm), golfing, boating, and so on.

Massage therapy, especially combined with chiropractic, can really help alleviate low back pain. Many studies have shown that massage can be very effective in the treatment of back pain. So if this is you or if you're feeling tight in the upper back, then a massage treatment just might do the trick.

Next time, I'll talk about your sacrum, and it's affect on your low back and legs.

Take care,

Fred J. Shepherd, RMT



Butternut Squash & Apple Soup with Maple

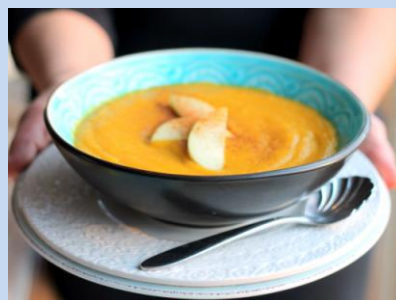
~With your freshly-picked apples, try this comforting soup!~

Ingredients

- 2 medium butternut squash, halved (seeds removed)
- 2 fresh apples, peeled & chopped
- 1 large onion, chopped
- 1 cup chopped carrot
- 2-3 tbsp. pure maple syrup
- 1 tsp. cinnamon
- 3 cups broth
- 1 cup coconut milk
- ½ tsp. salt
- Pepper to taste

Directions

- Preheat oven to 425. Prepare squash by drizzling olive oil, salt, and pepper, and place faced down on cooking sheet
- Roast for 50 mins-1 hour. Cool for 10 mins.
- Heat oil in large saucepan over med heat. Add apples, carrots, onions, and sauté for 10 mins. Add cinnamon and scooped out squash. Add broth and bring to boil.
- Cover and reduce heat, simmer for 20 mins. Remove from heat and stir in coconut milk, maple syrup, and pinch of salt
- Blend half the mixture to smoothen soup. Add more S&P if needed. Enjoy!



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questions. All answers can
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www.johnsonchiropractic.ca

1. Who is the newest team member here at JCC?
2. Name 3 services we offer here at the clinic.
3. When did Dr. Kelly begin her own practice?

Email your answers to
chirokelly@johnsonchiropractic.ca



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