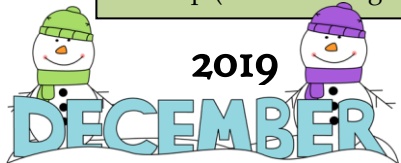


# Johnson Chiropractic Clinic

Team Johnson (from L-R) Kim Hutt (laser tech.), Dr. Kelly Johnson (DC) & Sarah Dunlop (Office Manager)



Sat, Dec 7<sup>th</sup> – Perth Santa Claus Parade!  
@ 5pm



Mon, Dec 23

Office **OPEN**

12:30pm-5:30 pm

Tues, Dec 24



Wed, Dec 25–Thurs, Dec 26

Christmas Holidays



Mon, Dec 30<sup>th</sup>

Office **OPEN**

12:30pm to 5:30pm

Tues, Dec 31

Office **OPEN**: 7:30am- 12:30pm



**HAPPY★NEW★YEAR**

Thurs. Jan 2, 2020

We are open our  
Regular hours!



Johnson Press

## New to JCC!

We have done the work for you! Ever wondered if **ESSENTIAL OILS** would work for you or your loved ones? Now you can buy premade blends, thanks to Sarah, for a variety of ailments.

### Choose from:

- Anxiety Blend
- Calm the Witch
- Immune Boost
- I'm A Premenstrual Mess
- Homework Helper
- Energy Blend
- Happy Ears
- Hot Flash Relief
- Cough Relief
- Cracked Heels
- Open Airways
- Sweet Dreams
- Liquid Morphine
- Male Libido



~Something for everyone in the family~

Simply apply 2-3 times a day or more on the wrists, bottoms of the feet, chest and neck, behind the ears or the area of complaint. You can also open the bottle and just breathe three deep breaths as well.

**Happy Oiling!!**

## **\*\*Reminder\*\***

~Benefit Plans End Dec. 31<sup>st</sup>~

It's that time of year again. If you have any unused portion of your benefit plan, it runs out on December 31<sup>st</sup>, 2019 before the next year begins.

It can be used for Chiropractic, NET session or Laser.

## **Stocking Stuffers!**

- Essential Oils
- VOXX Socks
- Water Pillows
- Bio Freeze
- Deep Blue Rub
- Vitamins & Supplements
- Specialty Coffee & Teas
- Arch Supports
- Gift Certificates!  
(for Chiropractic, NET or Laser)



Creating a happier, healthier world – starting with you!

## Our Annual 'Gift of Health' Christmas Give-Away

1. Take a 'Gift of Health' card from our front desk.
2. Give it to someone you care about.
3. They call to book a complimentary Initial Visit (includes history & full exam)
4. They begin their program of care.
5. Your name goes into our 2019 Gift of Health Christmas Draw!

### GRAND PRIZE

**Basket of Gift Cards from Local Shops**

**~~\$500.00 Value! ~~**

### ALL ORGANO PRODUCTS

**10% OFF**  
**(For the month of December)**

#### *Take the 30-Day Challenge!*

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



### SECRET INGREDIENT CHOCOLATE PUDDING

Vegan, Gluten-Free, Soy-Free, Grain-Free



Makes 1 1/3 cups ( 3 servings)

#### For The Pudding:

- 1 1/4 cups diced peeled sweet potato or yam
- 1/3 cup pure maple syrup
- 1/3 cup unsweetened almond milk
- 1/4 cup unsweetened cocoa powder
- 2 tbsp. raw or roasted smooth almond butter or raw cashew butter
- 1 tbsp. virgin coconut oil, softened
- 1 tsp. pure vanilla extract
- 1/4 tsp. fine sea salt

#### Topping Suggestions

- Coconut Whipped Cream
- Fresh Berries or pomegranate arils
- 1/2 cup sliced almonds, toasted
- Homemade granola

[Click Here for Instructions](#)



### SEASONS GREETINGS



From Fred RMT

It's a great time of year, but also the start of winter. So many people may have mixed feelings about December and the Christmas season. And as such, I would like to share some thoughts as we go headlong into it.

With the pressure of buying the perfect gift, or making the perfect holiday dinner, or making trips in tricky driving conditions, the body can hold extra tension in areas like the upper back/shoulders, low back, hips, feet and head/neck. A massage treatment can help alleviate that stress, and put you in a better frame of mind.

As well, people may forget to use their benefits until the end of the year. You pay for your benefits, so you might as well enjoy them!

Along with Dr. Johnson, Sarah, Kim and Ruth, I'd like to wish you all the best this Christmas and holiday season. Take care of your body, and it will take care of you.

Fred J. Shepherd, RMT

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

~102-130 Sproule Rd. (613) 264-2402

[www.johnsonchiropractic.ca](http://www.johnsonchiropractic.ca)~

