

Johnson



Chiropractic Clinic



Johnson Press

Team Johnson (from L-R) **Kim Hutt** (Laser Technician),
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2020



8th - Daylight Savings Time Begins!!



**Don't forget to Spring
Ahead!!!*

16th to 20th - March Break!

****Get your kids adjusted on the
March Break****



17th -



19th - Spring Begins!



*May the
Luck of the Irish
be with you!*



Ways to Beat the Winter Blues

- **Start your day with physical activity**
regular exercise routine increases energy, mental and physical well-being and releases stress and anxiety.
- **Clear your mind.**
Take 10 minutes daily and practice a mindfulness technique. Focus on breathing. Take deep breaths, inhaling through the nose and exhaling, slowly, through the mouth.
- **Soak up winter sunlight.**
Take a walk during your lunch hour or break and take advantage of natural sunlight even if it is cold outside. Keep curtains open and your workspace well lit.
- **Eat Lots of Brightly Coloured foods,** including fruits, vegetables and dark leafy greens

*~Remember Spring is Just Around the
Corner~*



Essential Oils for Boosting Moods

⊕ BERGAMOT- *The Oil of Self-Acceptance*
****uplifting, assuring, restoring****

⊕ CHEER-*Uplifting*

****go from discouraged, distressed or
disinterested to an uplifted and resilient
state of mind****

⊕ CITRUS BLISS-*Invigorating Blend*

****when you pause to uplift and invigorate
your senses with this blend, you will find
increased energy and zest for life****

⊕ MOTIVATE-*Encouraging Blend*

****Squelch the frustration & doubt that can halt
progress with this blend's ability to encourage
productivity, creativity & confidence.****

25 % Off This Month

PTL Laser Protocols

for

SAD (Seasonal Affective Disorder)

*~for stress associated with seasonal changes
&/or a lack of sunshine
&/Or*

Unhappiness

~helps reduce stress & feelings of unhappiness



Creating a happier, healthier world ~ starting with you!



Fred Shepherd,
Registered
Massage
Therapist



“How do you feel after your massage treatment?”

A common answer I receive is *‘Great! I could go for a nap’*. And while this may seem like a somewhat silly response, it isn’t. It tells me a few things that are clinically relevant.

The client is feeling good after the treatment..wanting to take a nap means they are relaxed, and feeling less stress (likely due to decreased cortisol levels). Who doesn’t like feeling less stressed?

As well, the process of massage helps to decrease muscle contractions/hypertonicity (knots)..the feeling of muscle tightness. If you’ve been feeling like your shoulders are up around your ears, or your hips are bothering you, a massage treatment can help alleviate that, and get you feeling more mobile...which in turn would make a person feel better.

There are many other benefits of massage therapy and many different types of massage as well. Some science based, others based more on emotions and spiritual means. I will start to cover these next time. And hey...better weather is just around the corner.



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~Page 2~

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

Monthly Give-Away

Write down your best joke to make us laugh and you could win:

**A basket with Mood-boosting
Essential Oils, a comedy movie
and fun healthy snacks**



Good Luck!!!

off the mark .com by Mark Parisi



Don't forget
to have
Dr. Kelly
adjust your
fur babies
too!

Chicken Jambalaya

Serves 8



- 1 tablespoon olive oil
- 2 cups celery, chopped
- 1 large onion, chopped (3 cups)
- 2 bell peppers, red, yellow or green, chopped
- 3 garlic cloves, chopped
- 1 ½ cups brown rice
- 1 14.5 ounce can fire-roasted tomatoes
- 2 cups chicken or vegetable broth
- ½ cup water
- 2 bay leaves
- 1 tablespoon Creole Seasoning
- 1/2 teaspoon cayenne
- 1 teaspoon Worcestershire
- 1 teaspoon dried oregano
- 1 teaspoons salt
- ¾ teaspoon fresh ground pepper
- ½ teaspoon dried thyme
- 3–4 boneless chicken thighs, trimmed of fat and skin, cut into 1-inch cubes

Cook: In a large pot heat over medium heat, pour in oil. Add celery, onions, and peppers, cook and stir until softened, 7-8 minutes. Stir in garlic and rice, cook 1 minute, stirring. Add tomatoes, broth and water, bay leaves, Creole Seasoning, cayenne, Worcestershire, oregano, salt, pepper, thyme and chicken. Bring to a boil, reduce heat to simmer, cover with lid, cook without stirring for 20 minutes, until rice is cooked but not mushy. Stir before serving.

www.livebest.info/recipes

The Hug



No moving parts, no batteries.

No monthly payments and no fees;

Inflation proof, non-taxable, In fact, it's quite relaxable:

It can't be stolen, won't pollute,

One size fits all, do not dilute.

But yields results enormously, relieves your tension and your stress,

Invigorates your happiness;

Combats depression, makes you beam,

And elevates your self- esteem!

Your circulation it corrects

Without unpleasant side effects

It is, I think, the perfect drug:

May I prescribe, my friend...the hug!

(And of course fully returnable!)

Unknown