

# Johnson Chiropractic Clinic

Team Johnson (from L-R) (Laser Tech.), Dr.  
Kelly Johnson DC & Sarah Dunlop (Office  
Manager)

## January

2020

1<sup>st</sup> - New Year's Day!

HAPPY  
NEW YEAR

2<sup>nd</sup> - Open for regular  
hours



7<sup>th</sup> - 8 Weeks to Weight Loss

Talk with Dr. Elizabeth  
Carter



20<sup>th</sup> - Grieving Hurts

Talk by Suzanne Ritchie of  
Final Kindness



## Dr. Kelly's Pet Corner

Happy New Year!!!

As this is traditionally a time to set New Year resolutions and start an exercise program, I thought I would give you some ideas of things you can do with your pets too! The following are exercises that you can do with your dogs and potentially your cats (if they will let you) as long as there are no major issues with their hind end.

1. **Knuckling paw**-turn paw upside down, dog should flip it back up. Repeat with all paws.
2. **Hopping**-lift a leg and push it to the midline of the body. Dog should hop away to maintain balance. Repeat with all legs.

[Click here to see more exercises!](#)

## Johnson Press

### There's Still Time!

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 yearly 'Gift of Health' Draw!
6. Draw takes place on January 30th



[Click here to see this year's Give-Away!](#)

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



Creating a happier, healthier world ~ starting with you!



## 8 Weeks to Weight Loss

Join **Dr. Elizabeth Carter** to learn about a clinically proven weight loss program to kick start your New Year.

**ORGFenix** meal replacement shakes twice a day for 8 weeks.

**Where: Chiropractic Care & Longevity Center**

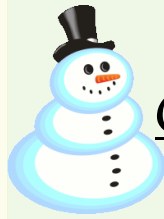
**When: Tuesday, January 7<sup>th</sup> @ 6:30PM to RSVP, Call 613-264-0616**



**~10% off Organo Fenix Meal replacement shakes for January at Johnson Chiropractic~**

**Didn't get what you wanted for Christmas?**

-  Essential Oils
-  Healthy Coffee and Teas
-  Water Pillows
-  Bio Freeze
-  Deep Blue Rub
-  Arch Supports
-  Vitamins & Supplements



## Green Ginger Smoothie

With a little kick from the ginger and mint, this smoothie is very fresh and a little spicy. Feel free to swap out the romaine for spinach if you like a slightly more bitter "green" flavour.

Makes: 4 smoothie packs

### ~Ingredients~

- 4 cups chopped romaine lettuce
- 1 cup mint leaves
- 2 avocados
- 2 tbsp minced fresh ginger

### ~To finish each smoothie:

- 1 cup unsweetened coconut milk or filtered tap water (not coconut water) ~
- Juice of ¼ lemon
- 5-6 drops vanilla liquid stevia

1. Assemble each smoothie pack: Place 1 cup of chopped romaine, ¼ cup of mint leaves, ½ avocado, and ½ tbsp minced ginger into 4 BPS-free freezer bags or 4 glass jars. Freeze packs until needed (can be frozen for up to 3 months).
2. To make each smoothie: empty contents of 1 smoothie pack into your blender carafe. Add coconut milk or filtered tap water, lemon juice, and liquid stevia.
3. Blend until smooth; if needed, add more water until sippable. Serve immediately.

**From: The Plant Paradox Quick & Easy Steve R. Gundry, MD**



## Grieving Hurts

**(A Talk by Final Kindness)**

**When:** January 20<sup>th</sup>

**Where:** JCC

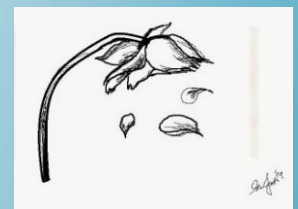
**Time:** 10 am-11am

**Other:** Come out to hear the number one thing that assisted my grieving process.

### Grieving Hurts

The practice of grieving has changed over the decades as we approach death differently. During my grieving process of the loss of five family members in four years, I have learned that each grief is different and how to support myself. I will share the thing that assisted me the most and how I did that. You then can apply this in your loss.

- **Where and how are you grieving?**
- **Do you know someone who is grieving?**
- **How are you supporting yourself?**
- **Can you recognize where the trauma is?**



**Call to register at:  
613-264-2402**



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