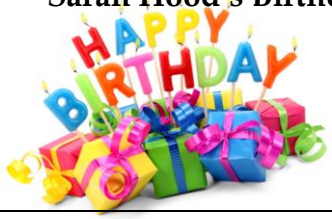
Johnson Chiropractic Clinic

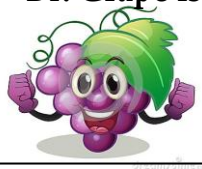
Team Johnson (from L-R) **Sarah** Dunlop (office mgr), **Dr. Kelly** Johnson DC & **Melinda** Moir (laser tech)

November 2017

3rd – Sarah Hood's Birthday



6th - 9th - Dr. Grape is Back!



11th – Remembrance Day

Lest We Forget

15th – 'Fill Your Home with Holiday Magic' Essential Oil Workshop with Dr. Kelly - 2 pm save your seat! **264-2402**

27th – 7 pm – 'Are You Living to Your Full Potential? Find Out!' with Dr. Kelly save your seat! **264-2402**

Holiday Stress?

If the mere thought of upcoming holidays, or an event at work or a get-together with family brings on feelings of angst or worry…it is possible your body is holding on to a traumatic memory. Dr. Kelly can do a Neuro Emotional Technique (NET) session to find out what the issue is. Once brought to the surface you are then able to process it and 'let it go'.

It is amazing some of the things our bodies can/will hold onto. You can book for 15, 30 or 45 mins. It won't hurt...but it will help.

Book your NET session today! ☺

netmindbody.com

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face… You must do the thing you think you cannot do."

- Eleanor Roosevelt

Featured Products!

Serenity - Essential Oil Blend ~Insomnia & Sleep Issues, Stress & Anxiety, Fussy Baby & Restless Child, Tension & Mood Swings.

ER911- Homeopathic Remedy ~ support before, during and after emotional, mental or physical trauma, anxiety, phobias & accidents.

LOOKING FOR RMT TO JOIN BUSY CHIROPRACTIC CLINIC

Looking for an energetic, fun-loving & friendly Registered Massage Therapist to join our busy Chiropractic Clinic.

- 4 month full-time locum from December - March 31st
- then shared space from April - November
- then full-time rental.

FREE RENT IN DECEMBER

Please contact Dr. Kelly Johnson at (613) 264-2402

chirokelly@johnsonchiropractic.ca

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!

Happy Spine!

'Stop slouching!' your Mother *still* says. Your back always seems to be tired and/or sore. And every once in a while it locks up on you, leaving you immobile for days. You feel frustrated, hopeless …thinking you'll always have this pain. ☹

Your spine is subluxated, which means it is out of alignment. Regular chiropractic adjustments can remove so many 'obstructions' and have your body's systems running smoothly.

Dr. Kelly has been adjusting men, women & children for 22 years. That's a lot of healthy, happy spines! Why shouldn't one of those be yours?

After all, with a healthy spine…***anything is possible!***

See our Monthly Special

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Chicken Stew with Butternut Squash & Quinoa

- 1-1/2 lb butternut squash, peeled, seeded & chopped into 1/2 inch pieces
- 3-1/2 cups chicken broth
- 2 large chicken breasts
- 1 Tablespoon olive oil
- 1/2 medium yellow onion, minced
- 1/2 teaspoon salt
- 4 cloves garlic, minced
- 1-1/2 teaspoon dried oregano
- 14oz can petite diced tomatoes
- 2/3 cup uncooked quinoa, rinsed
- 3/4 cup pitted & quartered kalamata olives
- 1/4 cup chopped flat-leaf parsley

Directions:

1) Place squash &splash of water in lg casserole dish, bake until barely tender. Remove half of squash & set aside. Cook remaining squash additional 3-4 min or until very tender. Drain & mash this squash with back of fork & also set aside.

2) Add broth & chicken to large pot on stove & bring to boil. Place lid on top, lower heat to med-low & simmer for 10 mins or until chicken is cooked through. Remove chicken to plate to cool & pour chicken broth into separate bowl.

3) Return pot to stove over med-low heat, add in oil. Add onion, salt, & pepper; saute until onion is soft & brown, about 10 mins. Add garlic and oregano. Stir constantly for one min.

4) Add tomatoes & all squash to pot. Stir. Pour in reserve broth & quinoa; stir. Bring to boil, place lid on, lower heat to med-low, simmer for 15 mins or until quinoa is tender and cooked.

5) Meanwhile, shred the chicken. When quinoa is cooked, stir in chicken, olives & parsley. Cook until chicken is hot, season with additional salt & pepper if necessary, then ladle into bowls.

healthy & active

Are you living to your full potential? Some of us don't even know what that would look like.

Having a good night's sleep, waking refreshed, feeling great- even after a meal! Having a smile on your face, being able to face whatever the day brings. ☺

Eating the wrong foods can cause so many issues with your body, your mood and your life!

'But I eat healthy!' ~you say. Eating healthy does not mean you are eating the right foods for *YOUR* body.

Find out more on the 27th with Dr. Kelly

www.healthy-active.com/