



Live in harmony with Spring (it's here!)

Everyone knows that spring is a time for renewal, days are longer, the seeds are sprouting and the birds and the bees get busy. Just as nature comes alive, it's also a time for us to make some diet and lifestyle changes.

Traditional Chinese Medicine (TCM) believes that spring is the time for us to come out of hibernation and become active again. This is the ideal time to do a cleanse for the body, when it is active again and ready purge any toxins that we have accumulated over the sedentary winter. It is time for us to put away the hearty soups and stews that have nourished us over the fall and winter and replace them with smaller and lighter meals.

As the temperature rises, consider less root vegetables that are sweet like yams, potatoes and squashes, and

more leafy greens, like parsley, lettuce, arugula or spinach, more salads and fruits, and incorporating more poultry and fish instead of red meat.

Likewise, if you haven't already, springtime is definitely the time to become more physically active, especially outdoors. Do those hikes you've been looking forward to, bike to work instead of driving and spend the weekends outdoors with the sunshine and fresh air (yes, even some Vancouver liquid sunshine if need be).

This increased activity will not only drive away the winter blues, but get you in shape for the summer. For more information about how to live in harmony with the seasons and what you can do for the springtime, feel free to call Kurt Jurek at the clinic.

Step into spring with orthotic sandals

Are you tired of sore feet and knees, and an aching back after walking a distance in your sandals? Sandals often do not offer the appropriate arch support and this can cause pain in other parts of your legs and back. Our 2007 Summer Orthotic Sandal

Collection allows you to have your arch supports built in to your sandals. The new collections offers a style for everyone, including casual, sport or dress sandals. Book your chiropractic appointment today to see if orthotics are right for you.

Upcoming office closures

May Long Weekend 2007:

There will be no chiropractic services available Friday May 18th and Saturday May 19th. Massage therapy and acupuncture will be available as usual.

The clinic will resume normal schedule on Monday May 21st, 2007.

Have a great Victoria Day Weekend!

Topics in this issue:

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