



The Truth About Headaches

It is a relatively unknown fact that a large proportion of headaches are either partially or fully caused by problems in your neck. Neck muscles, joints and nerves can refer pain into your head, most commonly to the forehead, temples and behind the eyes.

What this means is that the problem is with your neck muscles, joints and nerves, but you **feel** the pain in your head. A simple chiropractic assessment can determine if this is the case, and a chiropractic treatment

can often rid you of these headaches very quickly.

If you're finding yourself taking pain medication on a regular basis to control headaches, you are simply covering up the symptoms. Even common over the counter pain medications carry risks and side-effects. See a [chiropractor](#) for a safer and more effective solution to your pain.

[Contact](#) our office for more information on chiropractic.

The best gift of all!

Looking for a birthday present for the person who has everything? Or perhaps you want to reward an employee or volunteer for a job well done?

A [massage therapy](#) gift certificate is a fantastic gift suitable for anyone and everyone.

Whether the recipient has some aches and pains they need to resolve, or is just looking for an hour of rest and

relaxation, our registered massage therapists are here to help.

Gift certificates are available for 45, 60 or 90 minute sessions, and can be purchased in person at our office.

Consult our [fee schedule](#) for pricing, and [contact](#) our office if you have any questions, or to inquire about our massage therapy services.

Upcoming Office Closures

Dr. Ian Boonstra will not be in the office Thur. August 16th and Sat. August 18th.

Dr. Debbie Wright will be away from the office from Fri. August 24th to Mon. September 3rd.

Chiropractic services will not be available Sat. September 1st and Mon. September 3rd, but massage and acupuncture will be available as usual.

We will return to regular office schedule on Tues. September 4th.

Topics in this issue:

- The Truth About Headaches
- The best gift of all!
- Upcoming office closures

Practitioners:

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