



## Lose Weight for your Health

More than 30 known diseases are believed to be linked to excess body fat: heart disease; diabetes; inflammation; high cholesterol; high blood pressure; and many types of cancer to name a few. It is also a major risk factor for low back pain, neck pain and other musculoskeletal injuries.

Losing even 10% of your body weight can have a major impact on lowering your risk of the above diseases.

Exercise is a major component of any weight loss plan. Aerobic exercise is necessary in order to rid the body of stored fat, and to improve the ability of the heart and lungs to function.

It is always a good idea to consult your [Vancouver chiropractor](#) before starting a new exercise regime in order to ensure you aren't at risk of injury.

A secondary component required for any plan is to reduce calorie intake, and to ensure you are eating a balanced diet. It is common in north America for our portion sizes to be much more than we need, and

controlling your portions can go a long way to reducing calorie intake.

A good option to jump start your plan is a nutritional cleanse. We recommend the one offered by [Rachel Shoniker](#) at [Revitalize Now!](#) Benefits include:

- Releasing pounds and inches
- Burning fat
- Cleansing harmful impurities from your body
- Increasing energy
- Diminishing cravings

This is a safe and nutritionally balanced cleanse that does not involve unsustainable fasting, and you have access to many other modalities such as an infrared sauna and behavior re-patterning.

As a package, this cleanse can ensure that you achieve your healthy body weight. Rachel will also help you to establish healthy and sustainable eating and exercise habits, so that you can maintain your improvements.

## Upcoming Office Closures

The office will be closed for the long weekend June 28<sup>th</sup>, June 30<sup>th</sup> and July 1<sup>st</sup>, 2008. Chiropractic will not be available, however massage therapy and acupuncture will be available by appointment. We will return to regular

office hours on Wednesday July 2<sup>nd</sup>, 2008.

Dr. Debbie Wright will be away from the office from Monday June 23<sup>rd</sup> until Tuesday July 1<sup>st</sup>. She will be back to regular schedule on Wednesday July 2<sup>nd</sup>.

### *Topics in this issue:*

- Lose Weight for your Health
- Upcoming office closures

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