



Health Care Benefits

Do you have a small or medium size company with three or more employees? Do you have a corporate policy relating to health, retirement, or other benefits in place? With the Executive Group Program, a great benefits program, your company will have access to an individually tailored benefits package for you and your employees.

Did you know that group benefits are an investment in a company's well-being, rather than an expense. They provide a tax-deductible alternative to

a raise in pay and are less expensive. Benefits programs can help attract and retain key employees; increase productivity and reduce turnover or absenteeism.

If you are interested in more information about this, group insurance, retirement services, or educational seminars please contact Paul Cheetham of Investors Group at paul.cheetham@investorsgroup.com .

Keep Cool This Summer

Spring is now past and summer has fully arrived. In Traditional Chinese Medicine these seasons are characteristic of an increase of "activity" - just ask the birds and the bees. The warmer temperatures and the "yang" in the air can also unfortunately cause problems for some.

Typically there is an increase in insomnia, anxiety, certain digestive disorders and even mania. For most, mild disturbances can easily be regulated with some changes in diet.

When it is warm outside, think "Mediterranean;" lots of fresh fruits and vegetables, salads, humus and

cucumber. For those prone to overheating or heat stroke, consider watermelon, hyacinth or mung bean drinks.

Avoid heavy and fatty meats, deep fried foods, excess dairy and warming or root vegetables like onions, potatoes or yams. That being said, remember moderation is the key when it comes to summer treats, excess ice cream on top of too many beers can bring your summer fun to a quick end.

For more information about how Chinese Medicine can help you and your family stay healthy this summer, feel free to [contact](#) either of Thrive's two registered acupuncturists.

Upcoming Office Closures

There will be no office closures in July.

Topics in this issue:

- Health Care Benefits
- Keep Cool This Summer
- Upcoming office closures

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