



Cut Your Risk of Early Death

All of our patients can now stop rolling their eyes every time we tell them to stop smoking, exercise more, eat well and drink moderately. I'm sure you're all quite used to our preaching on living a healthier lifestyle, and now (as if we didn't have enough research to back us up) a new article has been posted in the British Medical Journal extolling these virtues.

This 24-year long study followed a group of over 77,000 women between the ages of 34 and 59 who had no signs of heart disease (when the study began). They wanted to determine the relation of their health to 5 lifestyle factors:

1. Being overweight
2. Smoking

3. Excessive drinking
4. Poor Diet
5. Little physical activity

Over the years 8882 of the women died - 1790 from heart disease and 4527 from cancer. Each of the above lifestyle factors was found to significantly increase the chance of dying from any disease (not just those listed above).

Revamping your entire life to begin an unsustainable nutritional and exercise plan is not the answer - you need to make sure you take small steps in the right direction and change your lifestyle in a comfortable way. These simple changes can literally mean cutting your risk of early death by 50%.

My Favourite New Toy!

Some of you may already have been introduced to my favourite new toy - the foam roller.

I've been using the foam roller frequently myself, both for stretching, massage and mobilization.

These dense foam rolls are perfect to help reverse the forward leaning, rounded shoulder posture.

These rolls can be used by placing them along the length of the spine and

spreading your arms out to the sides. This helps to extend the mid-back and shoulders which is opposite of what we do every day.

You can also use it crosswise and roll up and down the roll, massaging the muscles of your back and mobilizing your mid and low back.

If you're interested in purchasing a foam roller, or finding out more about them, [contact](#) Dr. Wright.

Upcoming Office Closures

Chiropractic care will not be available October 11th and October 13th, 2008.

Normal office schedule will resume Tuesday October 14th, 2008.

Topics in this issue:

- Cut Your Risk of Early Death
- My New Favourite Toy
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