

February 1, 2009

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thrive chiropractic
wellness centre

Chinese Medicine For The New Year

TCM practitioners at Thrive Wellness would like to express best wishes to everyone for the Chinese New Year (January 26th), the year of the Earth Ox.

In the Chinese Zodiac the Ox is known for being steadfast and loyal. Hence the year of the Ox should bring prosperity and success through fortitude and perseverance.

Effort, commitment and duty will be rewarded. Sounds like an excellent year to commit to improving health and wellness!

Your Health Is Your Greatest Asset!

With all the noise caused by the financial markets in the last few months, it would be easy to forget your health.

Stress, worry and anxiety can take their toll, leading to insomnia, back and neck pain or even digestive problems. Practitioners at Thrive are ready to help you get back on your feet.

Upcoming Office Closures

Dr. Debbie Wright will be away from the office from February 12th to March 7th. While she is away, Dr. Joanna MacDonald will be taking care of her patients. Dr. MacDonald is a fabulous practitioner who is certified in Active Release Therapy, Kinesiotaping and Low Intensity Laser Therapy.

New Herbal Services Now Offered!

Thrive now has its very own registered herbalist. Kurt Jurek, who has been providing acupuncture services at Thrive Wellness for the past two years, is now a registered TCM herbalist.

He will begin providing herbal services as of February 1, 2009. Along with Acupuncture and Tuina (Chinese massage), this expands the range and effectiveness of the TCM treatments you receive.

For more information or a consult, contact Kurt.

Have a massage for those aching muscles, get a chiropractic adjustment, or wash away the stress and say goodbye to sleepless nights with some rebalancing acupuncture.

Consider investing in some maintenance, because as you know, your Health is your greatest asset!

She has the same experience level and style of treatment as Dr. Wright, and will be observing the following office hours:

Tuesday 9-1, Wednesday 2-6, Friday 9-1 and 2-6, Saturday 9-1.

Dr. Wright will return to normal office hours on March 9th.

Topics in this issue:

- Chinese Medicine for the New Year
- Your Health is your Greatest Asset
- Upcoming office closures

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