



Spring: A Time For Renewal

You can feel the days getting longer and stronger. Sprouting seeds and chirping birds welcome the natural cycle of rebirth and renewal that we call "spring."

As nature shows us the way, this is the ideal time to cleanse our spirits and bodies, become more active again and purge any bad habits and toxins that we have accumulated over the sedentary winter.

In Traditional Chinese Medicine (TCM), this means changes in lifestyle and diet. Hearty winter fare, such as soups and stews should give way to lighter cuisine with more fish, lots of leafy greens and fruits.

Dr. Debbie is Back!

Dr. Debbie is back from her travels to Antarctica. She is back to her regular schedule for March, and is looking forward to catching up on all she has missed in her absence. For those interested, a few pictures of her

Those interested in taking a more active role in their health can now choose to be guided through a TCM spring cleanse and renewal with a 100 day program and an abbreviated 4 week program.

Programs are customized to each individual, because one size does not fit all. They progress weekly and may include qi gong exercises, acupuncture, herbal, diet therapy, recipes, and much more.

For more information, please feel free to contact [Kurt Jurek](#) at the Thrive Wellness Centre.

journey have been posted on the website. Follow this link to check them out:

[Falkland Island, South Georgia and Antarctica Pictures](#)

Upcoming Office Closures

There are no changes or closures for March 2009.

Topics in this issue:

- Spring: A Time For Renewal
- Dr. Debbie is back!
- Upcoming office closures

Practitioners:

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