







Thrive On With Us:

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-  [Thrive Massage Therapy & Wellness](https://www.facebook.com/ThriveMassageTherapyWellness)

What's Happening in Thrive

Spring is finally here! It's time to get outdoors and soak up the sun that we missed all winter long. As we get moving more and more, we need to be sure to stay on top of taking care of our body and mind! Did you know that we offer many different options for wellness?

Check it out:

Registered Massage Therapy:

Beyond Swedish Massage, we have many incredible RMT's who also offer Reflexology massage therapy, Craniosacral massage therapy and Manual Lymph Drainage options.

We also have RMT's with certification in Fascial Stretch technique, Soft Tissue Release, Cupping and Kinesiotaping.

Osteopathy:

Manual Osteopathic Technique treats patients with varying discomforts from chronic or acute pain, muscle tension, joint and low back pain, structural dysfunctions, digestive and bowel ailments and more. An Osteopathic practitioner treats by using manual therapy to adjust the body back to its normal and correct function to allow the body to self heal and self regulate.

Chiropractic:

With a vast body of knowledge and training, a chiropractor practices from an individualized, evidence informed approach to correct current problems and prevent future re-injury while optimizing function. Treatments may include myofascial (muscle) release techniques, joint mobilizations, joint manipulations, corrective exercises and other modalities like heat, ice, interferential current, and laser, to name a few.

Acupuncture:

A traditional Chinese method used to treat illness, relieve pain, prevent disease and improve well-being. It encourages the body to promote natural healing and improve function by facilitating the natural balance of the body and correcting the root cause of sickness. An Acupuncturist inserts very thin (sterile and single-use, disposable) steel needles into the patient's skin at several of the more than 500 acupuncture points to stimulate Qi. Acupuncture works on the entire body, including the musculoskeletal, endocrine, reproductive, digestive, nervous and circulatory systems.

Psychotherapy:

Registered Psychotherapy allows individuals to take time to process and learn about their condition, moods, feelings, thoughts and behaviours. This kind of therapy helps you learn how to take control of your life and respond to challenging situations with healthy coping skills. Whether you are being challenged by a mental health diagnosis, or you are dealing with a challenging life transition, Registered Psychotherapy can help offer the support you need to THRIVE in your life.

Cancellation and Missed Appointments Policy Review

PLEASE NOTE THAT WE NOW REQUIRE A CREDIT CARD ON FILE FOR ALL BOOKINGS. YOUR CARD WILL NOT BE CHARGED AT THE TIME OF BOOKING AND YOU MAY USE ANOTHER METHOD OF PAYMENT FOR YOUR APPOINTMENT.

YOU MAY CANCEL YOUR APPOINTMENT FROM YOUR INITIAL APPOINTMENT CONFIRMATION OR YOUR 7 DAY REMINDER EMAILS UP TO 24 HOURS IN ADVANCE OF YOUR APPOINTMENT. WITHIN 24 HOURS OF YOUR APPOINTMENT TIME YOU MUST CALL OR EMAIL THE CLINIC TO CANCEL/RESCHEDULE AND OUR CANCELLATION POLICY WILL COME INTO EFFECT.

EMAIL AND TEXT REMINDERS ARE A CLINIC COURTESY AND ULTIMATELY YOU AS THE CLIENT/PATIENT ARE RESPONSIBLE FOR NOTING YOUR APPOINTMENT DAY/TIME IN YOUR PERSONAL CALENDAR.

THE THRIVE TEAM APPRECIATES THAT YOU ALL UNDERSTAND HOW VALUABLE OUR PRACTITIONERS TIME IS AND WHILE WE RECOGNIZE THAT SOMETIMES THINGS HAPPEN AND THERE ARE EMERGENCY SITUATIONS THAT ARE UNAVOIDABLE (PLEASE CALL US TO DISCUSS IN THESE CIRCUMSTANCES!), WE CONTINUE TO RELY ON YOU TO HONOUR YOUR APPOINTMENT DAY/TIME AND RESPECT OUR CANCELLATION/MISSED APPOINTMENT POLICY.

TO REVIEW THE CLINIC POLICY, FOLLOW THIS [LINK](#) OR VISIT OUR LIVEWELLANDTHRIVE BLOG ON OUR WEBSITE AT THRIVEMASSAGEWELLNESS.COM

Spring Treats: The Very Best Granola

cookieandkate.com

Ingredients

- **4 cups old-fashioned rolled oats**
- **1 ½ cup raw nuts and/or seeds (I used 1 cup pecans and ½ cup pepitas)**
- **1 teaspoon fine-grain sea salt**
- **½ teaspoon ground cinnamon**
- **½ cup melted coconut oil or olive oil**
- **½ cup maple syrup or honey**
- **1 teaspoon vanilla extract**
- **¾ cup dried fruit, chopped if large (I used dried cranberries)**
- **Totally optional additional mix-ins: ½ cup chocolate chips or coconut flakes**

1. Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.
5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.
6. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.



Seasonal Allergies and TCM Acupuncture



with Naheed Atcha, R. Ac.

Seasonal allergies affect many people, causing them to suffer symptoms such as sneezing, runny nose, itchy eyes, headaches, fatigue, and more. Traditional Chinese Medicine (TCM) views a person as a small universe, living within and interacting with nature—the large universe.

Seasonal allergies are experienced when there is an imbalance internally and are triggered by the environment, an external factor. TCM refers to these external factors as Evil Qi—being wind, cold, heat, dryness, and dampness.

These evils can invade and affect the body. They come from nature, according to the seasons. Spring brings wind, summer heat and dampness, autumn dryness and winter cold. People have the ability to adjust to a changing environment. However, when the small universe is not in harmony with the larger universe, disease occurs.

TCM treats allergies by helping the body balance the internal environment. This can often be achieved with acupuncture and TCM dietary therapy. While it is possible to take antihistamines to quickly relieve allergy symptoms, the problem remains and symptoms will keep returning. The best prevention is to bring the body back into balance and eliminate the allergy. This process can take time, and it is good to begin before the season starts.

Try to go outside daily. Take in the fresh air, absorb natural sunlight and when it's warm enough, walk barefoot on grass to practice "earthing." We react to external conditions, so give the body a chance to get used to the change of seasons. The seasons change gradually, being outdoors every day gives the body time to adjust. Read more [HERE!](#)

To book your Acupuncture session click [here](#) or to book a discovery session to see how acupuncture fits into your wellness plan, call or email the [clinic](#) or message [Naheed](#) directly.

Booking a Chiropractic Appointment: Which appointment is right for you?

A New Patient should schedule an *Initial Assessment* for which they should allow an hour of time. In this appointment the Chiropractor will do a thorough history and physical examination of the issue(s).

If you are a current patient coming in for an injury that has been treated but not for over 4 months, or if you are a current patient coming in for a new injury, a *Re-Assessment* appointment is required.

After your assessment, if you have to come back for treatment of multiple issues or you would like a really comprehensive treatment including many techniques as well as exercise and movement correction then a *Comprehensive Subsequent* appointment is advised.

If you are a patient just in need of a quick checkup or a small flare up of an injury that is being managed, then a *Basic Subsequent* appointment is advised.

[Read more about Dr. Clive Clutton and book your treatment here!](#)

Follow us on Instagram and Facebook to see the latest updates and clinic happenings as well as all openings for the week and last minute availability! Look for the leaf!

Want to take a moment to send us some love? Feel free to leave a [Google review](#) on our site! We love hearing from you.