

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

October

Patient Testimonial



Just a few sessions here and my headaches are gone. I can focus at work without constant neck tension.

J

James



After visiting this clinic, I've been able to stand taller and move freely. Even my friends noticed how much more relaxed and confident I look. It's amazing how much better life feels without constant pain.

S

Sarah



This clinic gave me my weekends back. I used to cancel plans because of back pain, but after a few weeks of care here, I can go hiking, play with my kids, and enjoy life again without worrying about my back acting up.

C

Charles



The Dehydration Delay: Yesterday's Choices May Trigger Today's Headache

You wake up with a dull, nagging ache behind your eyes or a heavy pressure across your forehead and wonder, 'Why today?' Surprisingly, the culprit might be what you didn't do yesterday.

Dehydration doesn't always announce itself immediately, since your body has a reservoir of fluids. That's why a day of forgetting your water bottle, relying on coffee or soda, or sweating more than usual can set you up for a headache hours—or even a whole day—later.

Early Warning Signs You Might Miss:

- Being thirsty (a sign that dehydration has begun)
- Dry mouth or chapped lips
- Fatigue or feeling more sluggish
- Brain fog
- Darker urine

Ignore these, and the next stage can be tension headaches or even migraines. Migraines can include additional symptoms such as visual disturbances (flashing lights, blurry spots), dizziness, and nausea, all of which can be exacerbated by dehydration. Proper hydration can help ease both the frequency and intensity of these episodes.

Hydrating Smarter, Not Just More

Guzzling a large glass of water once you're already hurting rarely



does the trick. Your body needs a steady intake of fluid throughout the day so it can effectively absorb and distribute it. Try these tips for more effective hydration:

- Pair water with minerals. Electrolytes—such as sodium, potassium, and magnesium—help your body retain fluid rather than flushing it out.
- Eat juicy foods like cucumbers, oranges, and watermelon.
- Sip consistently.
- Balance caffeine. Pair each cup of coffee or tea with a glass of water.

The Chiropractic Connection

Hydration doesn't just matter for your brain; it's vital for your spine, too. Your spinal discs act like cushions between each vertebra, and they're made mostly of water. When you're dehydrated,

those discs can't stay as plump and supportive, which may contribute to stiffness, nerve irritation, and even headaches. Chiropractic care helps ensure your spine is aligned and moving properly, allowing the discs to absorb and hold fluid more effectively.

If your headaches seem random, look back at your hydration habits from the day before. Even mild dehydration can affect your brain and spine by shrinking tissue, stressing nerves, and triggering pain. The next time you feel that ache creeping in, your body may be whispering: Drink up and keep your spine in check.



Luc Archambault
Chiropractor

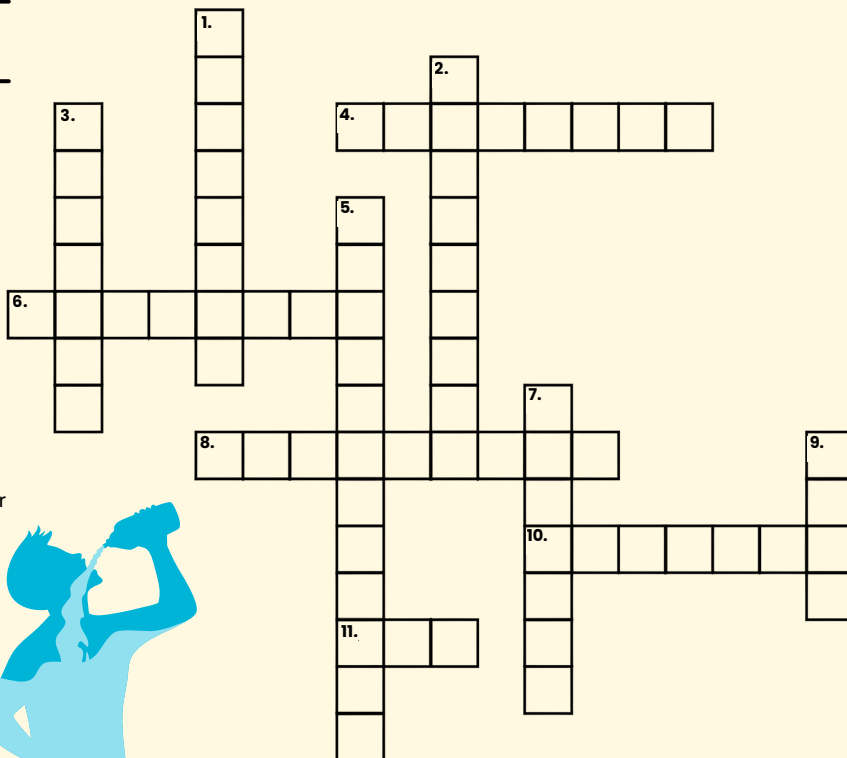
WORD SEARCH

Down :

1. Region of the spine in your neck that often plays a role in headaches.
2. Proper spinal _____ helps reduce nerve irritation and headache frequency
3. The most common type of headache, often caused by stress or tight muscles.
5. Minerals like sodium and potassium that help your body hold water.
7. Poor ____ at your desk can trigger headaches and neck pain.
9. Visual disturbance such as flashing lights that sometimes precedes migraines.

Across :

4. Headache prevention works best when part of whole-body ____ care.
6. A severe headache that may cause nausea, dizziness, or visual disturbances.
8. What your body needs daily to prevent dehydration-related headaches.
10. A food, stress, or lifestyle factor that may set off a headache.
11. Jaw joint abbreviation often linked to clenching, grinding, and head pain.



DID YOU KNOW?



Jaw joint dysfunction (Temporomandibular dysfunction or TMD) often coexists with headaches and neck pain. One study found that 116 adults with TMD were much more likely to have cervicogenic headaches. Addressing TMD may also improve neck function and reduce head pain.

Greenbaum T, Dvir Z, Emodi-Perlman A, Reiter S, Rubin P, Winocur E. The association between specific temporomandibular disorders and cervicogenic headache. Musculoskelet Sci Pract. 2021 Apr

WELLNESS WORKSHOP



JOIN OUR FREE WELLNESS WORKSHOP!

October

Tues 7th - 19:15

Fri 24th - 13:15

December

Tues 2nd - 19:15

Fri 21st - 13:15

November

Tues 4th - 19:15

Fri 21st - 13:15

- NATURAL HEALING, INNATE INTELLIGENCE & THE PILLARS OF HEALTH
- FIGHT OR FLIGHT STRESS RESPONSE IN YOUR BODY
- PRACTICAL TIPS TO AVOID SUBLUXATIONS IN DAILY LIFE: AT HOME, AT WORK, AT THE GYM...

Everybody welcome!

020 7793 7454 | INFO@SPINEWORKSCHIRO.CO.UK

CITRUS & AVOCADO POWER SALAD

This light, refreshing salad is packed with hydration-friendly ingredients, healthy fats, and a zesty dressing that brings it all together. Perfect for boosting energy and supporting headache prevention!



INGREDIENTS:

- 120 g mixed greens (spinach, rocket, or mixed leaves)
- 1 large orange, peeled and segmented
- 1 grapefruit, peeled and segmented
- 1 avocado, sliced
- 25 g red onion, thinly sliced
- 25 g walnuts, lightly toasted
- 30 g feta cheese (optional)

DRESSING:

- 45 ml (3 tbsp) olive oil
- 15 ml (1 tbsp) fresh lemon juice
- 5 ml (1 tsp) honey
- 2.5 ml (½ tsp) Dijon mustard
- Pinch of salt & black pepper

INSTRUCTIONS:

1. Place greens in a large bowl.
2. Add orange and grapefruit segments, avocado slices, onion, and nuts.
3. In a small jar, whisk or shake together all dressing ingredients until smooth.
4. Drizzle over the salad and toss gently to combine.
5. Sprinkle feta on top (if using) and serve immediately.



A WARM WELCOME TO
ALL OUR NEW
PATIENTS. THANK
YOU FOR THOSE WHO
REFERRED

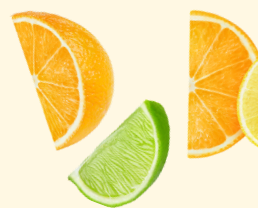
ALFONSO

AHMET

AYO

HERBER

ROSETTA



The Vagus Nerve: The Jaw Connection: How Clenching Your Teeth Could Be Fuelling Your Head Pain

If we asked you what causes headaches, you'd likely reply "Stress, lack of sleep, too much screen time." And yes, those are common culprits! But an overlooked and surprising root cause may be sitting right under your nose: your jaw.

The jaw joint, known as the temporomandibular joint (TMJ), connects your lower jawbone to your skull. It's a small hinge, but it does a lot of work: talking, chewing, swallowing, even yawning. When this joint gets tense or irritated, it can trigger pain that radiates into the temples, forehead, or even the back of the head.

The Hidden Habit: Clenching and Grinding

Many people clench their teeth during the day without even realising it, especially when they are focused or stressed. At night, it often turns into grinding (called bruxism), which puts enormous pressure on the TMJ and surrounding muscles. Over time, this tension can inflame nerves and irritate tissues.

The TMJ sits right next to the trigeminal nerve, one of the major nerves responsible for transmitting pain signals to the brain. When the jaw is overworked, the nerve can become irritated, amplifying pain that manifests as a tension headache or even a migraine.

Additionally, the jaw muscles interconnect with the muscles of your neck and head. It's easy to see how jaw stress and misalignments of the neck can ripple upward into chronic headaches.

Some common signs your headaches might be jaw-related include:

- Head pain that starts in the temples or radiates behind the eyes.
- Morning headaches after a night of grinding.
- Soreness in the jaw, face, or even neck muscles.
- Clicking, popping, or stiffness when opening your mouth.



Chiropractic Care and TMJ Relief

Chiropractic adjustments can play a key role in relieving TMJ-related headaches. By improving alignment in the neck and jaw, reducing muscle tension, and restoring balance to the nervous system, chiropractic care helps take the pressure off irritated joints and nerves. Combined with lifestyle strategies, such as stress management, jaw relaxation exercises, or wearing a night guard, many patients often experience fewer, less intense headaches.

If you've been chasing headache relief without answers, don't overlook your jaw. That subtle clench when you're driving, working, or sleeping may be doing more damage than you realise. Addressing TMJ tension not only protects your teeth; it may be the missing piece in solving your headache puzzle.



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Opening Hours:

Mon, Tue, : 8:00am – 1:00pm &
Thur, Fri 3:00pm – 8:00pm
Wed : 3:00pm – 8:00pm
Sat : closed