

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

November

Patient Testimonial



Dr Luc and his team at SpineWorks Chiro are truly amazing! They are not only knowledgeable and skilled, but also warm, kind, and genuinely invested in their patients. I first contacted them about my child, and from that very first call we felt supported and understood. Their holistic approach looks at the whole body, not just the main issue, and we've already seen incredible improvements — even in things like breathing and headaches. After visiting several specialists with no results, it was such a relief to finally get clear answers and a thorough, thoughtful plan. The clinic is spotless, well-organised, and has such a welcoming atmosphere. We travel quite a distance to get there, but the exceptional care makes it worth every trip.

A

Alice



Wear and Tear: Why Your Body Isn't a Machine

Hopefully, you've never had to learn the hard way what happens if you neglect car maintenance. Skip too many oil changes, and the engine starts to complain. Ignore the "check engine" light, and sooner or later you'll be paying for the mechanic to go on vacation. Even the highest performance, luxury vehicles need routine care, such as tune-ups, tyre rotations, and new filters, to keep them running smoothly.

Your body works much the same way. Day after day, the big and small movements you make add up. This includes your daily posture at your desk and typing on a keyboard, as well as your alignment while lifting weights and your posture while you sleep. (No judgement if you are a stomach sleeper with a bunch of pillows, but we'll need to talk.)

Under the best circumstances, your body is able to adapt and repair from this "daily mileage." However, nutritional deficiencies, stress, dehydration and especially, misalignments of the joints, can lead to wear and tear of the ligaments, tendons, cartilage and bone.

This degeneration results in conditions like osteoarthritis and stiff, aching joints. Don't treat these as "normal" signs of getting older; they're actually the body's way of flashing its own warning lights.



But here's where the automobile analogy ends. When machines parts break down, they can't seal a leak or grow a new transmission.

Your body, on the other hand, is self-healing, unless it is overwhelmed by severe trauma. You are also able to self-regulate when given the right care, so it can repair, adapt, and keep going strong.

Think of chiropractic as your "tune-up." Just as a mechanic makes sure your wheels are aligned so your car doesn't wear unevenly, adjustments help your spine and joints move properly, reducing unnecessary stress and uneven pressure.

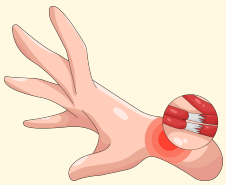
We encourage you to not wait until something "breaks." The next time you notice stiffness in your neck, tingling in your wrist, or soreness in your knees, don't

ignore the signs. That's your body asking for a check-up, not unlike that little light on your dashboard. Better mobility, fewer aches, improved posture, and more energy are the natural byproducts of keeping things in balance.

Give it the care it needs now, and you'll not only prevent bigger problems later, but you'll also get to enjoy the smooth ride of a healthier, more resilient body.

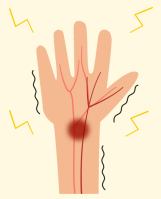


Luc Archambault
Chiropractor



WORD SCRAMBLE

Crack these scrambled words – Good Luck!



- RCAAPL _____
- GIENAORTNDEE _____
- CIAETAGRL _____
- YIAVSOLN _____
- ITENALGM _____
- TEINNDIIST _____

- SOVRUEE _____
- GNNEMATLI _____
- NUSNBSME _____
- SIITRTAHR _____
- SEIRPCMNOOS _____
- IMAMONNLFTIA _____



DID YOU KNOW?



Chiropractic care plus moist heat outperformed heat alone for low back pain from osteoarthritis. In a randomised study of 252 patients over 20 sessions, the chiropractic group saw faster, greater pain reductions, quicker range-of-motion gains, and improved activities of daily living in four of nine domains versus heat-only care overall.

Source: Journal of Manipulative and Physiological Therapeutics, February 2006.

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](mailto:info@spineworkschiro.co.uk)



NO-BAKE TURMERIC- GINGER OAT BITES

Makes: ~16 bites Time: 10 min prep + 30 min chill

Good for: portable, anti-inflammatory snack with oats, flax, chia, walnuts, turmeric, and ginger (plus a pinch of black pepper to boost curcumin).



INGREDIENTS:

- 135 g rolled oats
- 120 g almond butter
- 35 g ground flaxseed
- 24 g chia seeds
- 110 g runny honey
- 30 g chopped walnuts
- 2 g ground turmeric
- 2 g ground ginger
- Pinch black pepper
- 5 ml vanilla extract
- Pinch sea salt
- Optional: 40 g mini dark chocolate chips or 35 g dried cherries; zest of 1 orange

INSTRUCTIONS:

1. Mix the almond butter, honey, and vanilla (microwave 10–15 seconds if needed).
2. Stir in oats, flax, chia, turmeric, ginger, pepper, and salt. Fold through walnuts and any optional add-ins/zest.
3. Chill 10 minutes, then roll into bite-size balls (about 16). Adjust texture with a splash of water or extra oats as needed.
4. Chill 30 minutes to set. Keep refrigerated for up to 1 week, or freeze for up to 2 months.



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

DAWN

JAMES

ENIDA

MARIE

JEMIMA

AYO



Carpal Tunnel: More Than a Wrist Problem

When most people think of carpal tunnel syndrome, they picture a problem isolated to the wrist. Tingling fingers, aching palms, maybe even weakness when gripping objects; these are all signs that the median nerve may be squeezed as it passes through the carpal tunnel in the wrist.

But here's the surprising truth: the wrist isn't always the real culprit.

Nerves don't start in the hand; they begin in the neck and travel through the shoulder, arm, and forearm before reaching the wrist and fingers. If there's irritation or compression higher up the chain (in the neck, shoulder, or elbow), it can contribute to the same burning, tingling, or numbness we associate with carpal tunnel. In many cases, what feels like a "wrist problem" is actually part of a bigger picture.

This is why chiropractic care can be so effective for people struggling with carpal tunnel—like symptoms. Instead of focusing only on the wrist, chiropractors look at the whole kinetic chain, meaning the way your spine, shoulders, elbows, and wrists work together.

For example:

- A misalignment in the neck can irritate nerves before they even reach the arm.
- Poor shoulder mechanics or rounded posture can add extra tension to nerve pathways.
- Tight muscles in the forearm can further restrict motion and irritate the median nerve.

By identifying and addressing these areas, we can get to the root cause to help restore mobility, reduce nerve pressure and irritation, and improve overall function.

Patients often find relief not only in their wrists but also in their posture, flexibility, and comfort during daily tasks.

This conservative, natural approach is a great place to start when looking for relief, as it doesn't have the risks or recovery time associated with surgical interventions.



Carpal tunnel operations can help, but they're not foolproof. A cohort study followed up with 211 patients who had open carpal tunnel release on average 13 years previously. Most were satisfied, with 74% reporting complete symptom resolution; however, 26% still had some symptoms. The most common lingering complaint was hand weakness, followed by daytime pain, numbness, and tingling.(J Bone Joint Surg Am. 2013 Jun)

So if you've been dealing with wrist pain or numbness and only treating the wrist itself, it may be time to look higher up the chain. After all, your body is a connected system, and you deserve a healthcare practitioner who looks at you as a whole person to identify and get beneath the symptoms to solve it at the source.

sp:neworks
CHIROPRACTIC

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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