

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

December

Patient Testimonial

I attended this clinic with my mum who was in immense back pain. The level of service she experienced here was excellent all the way from the receptionist to the clinician she saw. They were very detailed, kind and supportive at her assessment and made she got the right support and help required. Would always recommend them as they are through at what they do and have a very high level of customer service.

A

Anette



I can't thank Dr. Anil and the entire team at Spine Works enough for the incredible care I've received. Dr. Anil is truly an amazing chiropractor — his knowledge, skill, and genuine passion for helping people have made a life-changing difference for me. His magical adjustments, paired with the education he gave me on how to support my own healing, have made my long-standing issues practically disappear.

M

Michael



The Gift You Can't Wrap: Self-Regulation

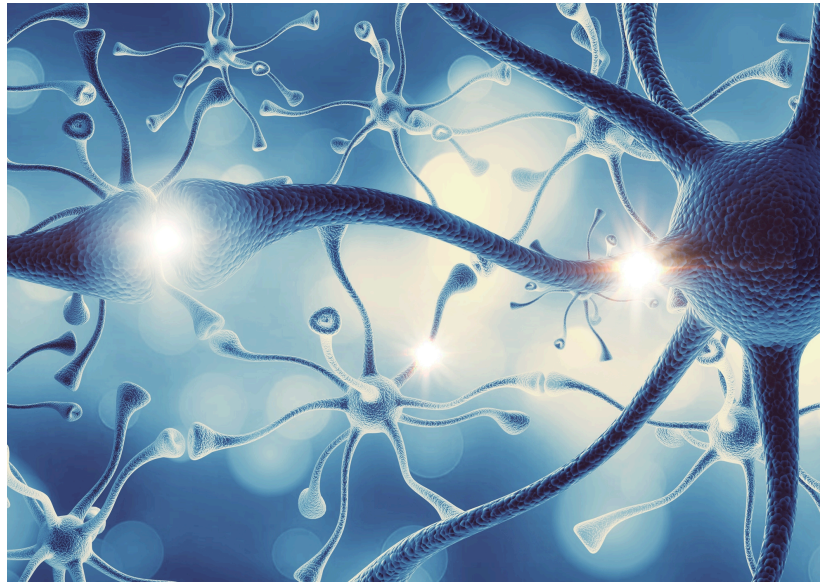
The holidays are supposed to be "the most wonderful time of the year," but for many people, they also come with a heavy dose of stress. Between shopping, social gatherings, and family expectations, it's easy to feel like you're running on autopilot and checking boxes instead of truly enjoying the season.

But what if the best gift you could give yourself this year isn't something you can buy or wrap? What if it's simply...the ability to regulate despite it all?

When life moves fast, your body does too. The nervous system (the body's master control centre) doesn't know the difference between a traffic jam and a tiger chase. It reacts to both with the same "fight-or-flight" stress response.

Muscles tighten, breathing becomes shallow, and your spine (your nervous system's communication highway) starts carrying tension instead of ease. This constant state of alert can lead to headaches, poor sleep, back pain, and fatigue.

That's why nervous system regulation is so important, especially this time of year. When your nervous system is balanced, your body can shift out of stress mode and back into rest, repair, and healing. It's the difference between feeling wired and exhausted versus calm and centred.



Here's the good news: you have more control than you think. Here are some simple habits you can cultivate to reset your system:

- Mindful breathing
- Stretching or yoga
- Walking outdoors - even if the weather doesn't cooperate!
- Humming to activate the vagus nerve
- Brief cold showers to increase your resilience
- Journaling
- Meditation or prayer

Chiropractic adjustments also help by restoring proper motion and alignment to the spine, thereby supporting the nervous system's ability to communicate clearly and helping your body find its natural balance again.

So this December, instead of searching for the perfect present, try giving yourself the gift of calm. Take time to care for yourself and your nervous system, so you can have more energy, focus, and peace of mind to enjoy what truly matters: connection, gratitude, and presence.

Because the best gift this season isn't found under the tree... It's found within you.



Luc Archambault
Chiropractor

WORD SEARCH

Words to Find:

- BALANCE
- RESILIENCE
- RESTORE
- UNWIND
- HARMONY
- RECHARGE



- BREATHE
- RENEW
- EASE
- FLOW
- CALM
- PEACE



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B	C	H	R	E	S	T	O	R	E
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DID YOU KNOW?



A 2006 study found that after a single chiropractic adjustment, participants had lower heart rates, less pain, and improved heart rate variability (HRV)—a sign of better stress regulation. The results suggest chiropractic care can help the body shift from “fight-or-flight” into a calmer, more balanced state.

Effect of Chiropractic Care on Heart Rate Variability and Pain in a Multisite Clinical Study (Journal of Manipulative and Physiological Therapeutics, 2006) — Zhang J., Dean D., Nosco D. et al.

WELLNESS WORKSHOP



JOIN OUR **FREE**
WELLNESS WORKSHOP!

December


Tues 2nd - 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!

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PEPPERMINT DARK CHOCOLATE ENERGY BITES

These no-bake holiday treats taste like peppermint truffles but they're made with whole, nourishing ingredients that boost energy instead of draining it.

INGREDIENTS:

- 150g pitted Medjool dates
- 100g raw almonds
- 15g unsweetened cocoa powder
- 1 tbsp chia seeds
- 1 tbsp honey
- ½ tsp peppermint extract
- Pinch of sea salt
- 25g dark chocolate, chopped
- Crushed peppermint sweets or desiccated coconut for rolling

INSTRUCTIONS:

1. Add almonds to a food processor and pulse until finely ground.
2. Add dates, cocoa powder, chia seeds, honey, peppermint extract, and salt. Blend until the mixture sticks together
3. Stir in chocolate chips.
4. Roll into 1-inch balls and coat with crushed peppermint or coconut.
5. Chill for at least 30 minutes before serving.

HEALTHY TWIST:

These bites deliver magnesium for muscle relaxation, healthy fats for steady energy, and just enough sweetness to satisfy a craving without the sugar crash.

PRO TIP:

Store in the fridge for up to a week or freeze them for a quick grab-and-go treat when the holiday stress hits!



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

SUSIE

DANI

ELIZABETH

LENIN



The Science of Calm: How Chiropractic Helps Manage Stress

Stress isn't just mental; it shows up physically in your heartbeat, hormones, and even the way your spine moves. When life moves fast (especially around the holidays!) your body feels it. You can measure how your body handles stress with Heart Rate Variability (HRV) and stress hormone levels.

Your Nervous System's Role in Stress

Your nervous system constantly balances two modes: "fight-or-flight" (the sympathetic system) and "rest-and-repair" (the parasympathetic system). When you're under pressure, the sympathetic system dominates: your heart races, muscles tense, and cortisol and adrenaline floods your bloodstream to keep you alert. That's useful in short bursts, such as when you are exercising, but when stress becomes constant, high cortisol and low HRV can lead to fatigue, poor sleep, and slower healing.

What HRV and Stress Hormone Levels Reveal

Heart Rate Variability (HRV) measures the tiny differences in time between each heartbeat. A healthy, flexible nervous system doesn't beat like a metronome—it adjusts from moment to moment.

- **Higher HRV** means your body adapts easily and recovers quickly from stress.
- **Lower HRV** means your system is stuck in high alert and struggling to reset.

Many smartwatches and fitness trackers now measure HRV, offering real insight into your body's ability to handle stress and recover.

Cortisol is your body's main stress hormone. It's designed to help you respond to challenges, but when levels stay elevated too long, it can suppress your immune system, slow digestion, and keep your body in "go" mode even when you need rest.

Stress hormone levels may be measured with saliva, blood, or urine tests or even with wearable devices with biosensors that can include measuring the stress hormones in your sweat. Normal cortisol levels naturally rise in the morning to help you wake up and drop in the evening to help you rest. Chronically high or flat cortisol patterns can signal that the body's stress response is overworked—or exhausted.



How Chiropractic Helps You Regulate

Chiropractic adjustments improve spinal motion and restore clearer communication along the nervous system. This can help the body shift out of stress mode and re-activate the parasympathetic system, which is associated with calm, balance, and recovery.

You can't always control what causes stress, but you can influence how your body responds to it. Chiropractic adjustments, combined with mindful habits such as deep breathing, movement, and rest, help maintain high HRV and regulate cortisol levels.

This holiday season, consider an alignment not just for your spine, but for your entire system. A calm, balanced body is the foundation for true peace of mind.

sp:networks
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