

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

January

Patient Testimonial



I been a visitor for 1 month/ 12 sessions and my results are unbelievable.I feel so much better since starting treatment.I have learned so much about my body.After week 2 of adjustments with Anil he told me about a free workshop event at the clinic, which I went to for 1 hour - it was very insightful and educational.All the staff and other customers I met are nice and cool people. I am going to recommend to all my family and friends.

C

Craig



I can't begin to sing the praises of the whole team. from reception to the examination to treatment the care I've received is amazing. above and beyond in only 3 weeks I'm had amazing results.as I hobbled in to the clinic in excruciating pain.to find instant relief from my first treatment. thank you to the whole team for giving me back my back literally.

S

Sandi



Your Environment's Hidden Impact on Mental Health

January has a funny way of catching up with us. The holiday rush fades, and suddenly, you're staring at cluttered counters, an overflowing inbox, and a nervous system that feels...fried. Most people jump straight to "mindset work" to reclaim their focus, but overlook the impact of their environment. However, the physical space directly shapes your mood, energy, and mental clarity. When the environment feels chaotic, the mind often follows.

1 - Reduce Clutter

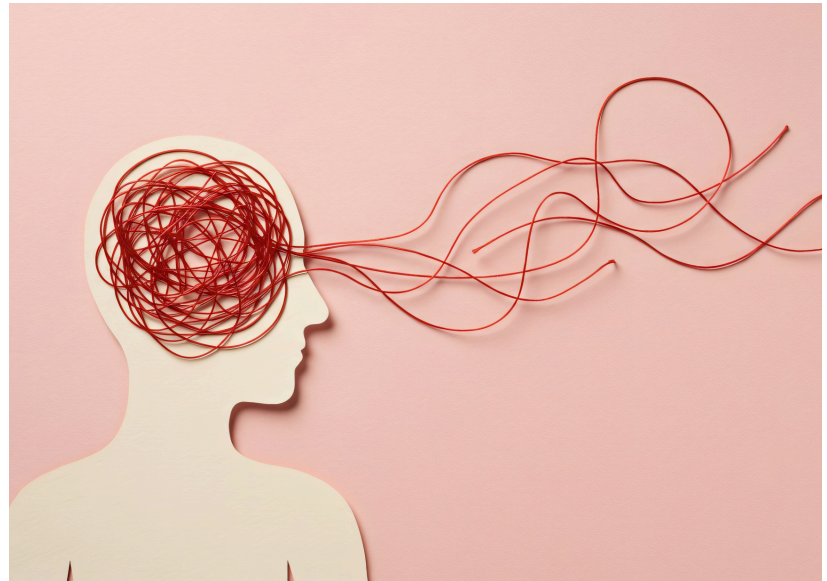
It isn't about perfection or turning your space into a showroom. It's about the subtle mental load created by surfaces of "I'll deal with it later" stacks. Visual noise forces the brain to work hard to tune it out. Take five minutes to reset in your home or office before beginning an activity or before leaving that area. These small habits can shift the way your brain processes during your next task.

2 - Quiet Down

Constant background sound competes with your brain's attention. This tug-of-war can make it harder to focus, finish thoughts, or wind down at night. It can be helpful to use noise-cancelling headphones or gentle instrumental music.

3 - Adjust Lighting

Lighting plays a larger role in mental health than many of us realise. Winter is often a time



when we get less sunlight, which can lead to vitamin D deficiency. Dim spaces can contribute to sluggishness and decreased alertness. Protect your circadian rhythms by going outside first thing in the morning and again at noon to sync your brain with natural light. Allow as much natural light into your space as possible, and add warm, full-spectrum bulbs to help your brain stay engaged. Consider bloodwork to determine any deficiencies that can be corrected with supplements.

4 - Prioritise Posture

The ergonomics of your space impact your mental clarity! A supportive setup helps your body stay aligned and the communication between brain and body clear. This is also where chiropractic care can help. When your spine moves well, and your nervous system

functions without irritation, it's easier to maintain healthy posture throughout the day.

Choose a chair that supports your natural curves or try a standing desk. Keep tools within reach to avoid unnecessary twisting. These small adjustments, along with regular chiropractic visits, help your body stay balanced and well-regulated.

If you'd like guidance on routines that support both your body and your mind, reach out anytime or schedule a visit with our office.



Luc Archambault
Chiropractor

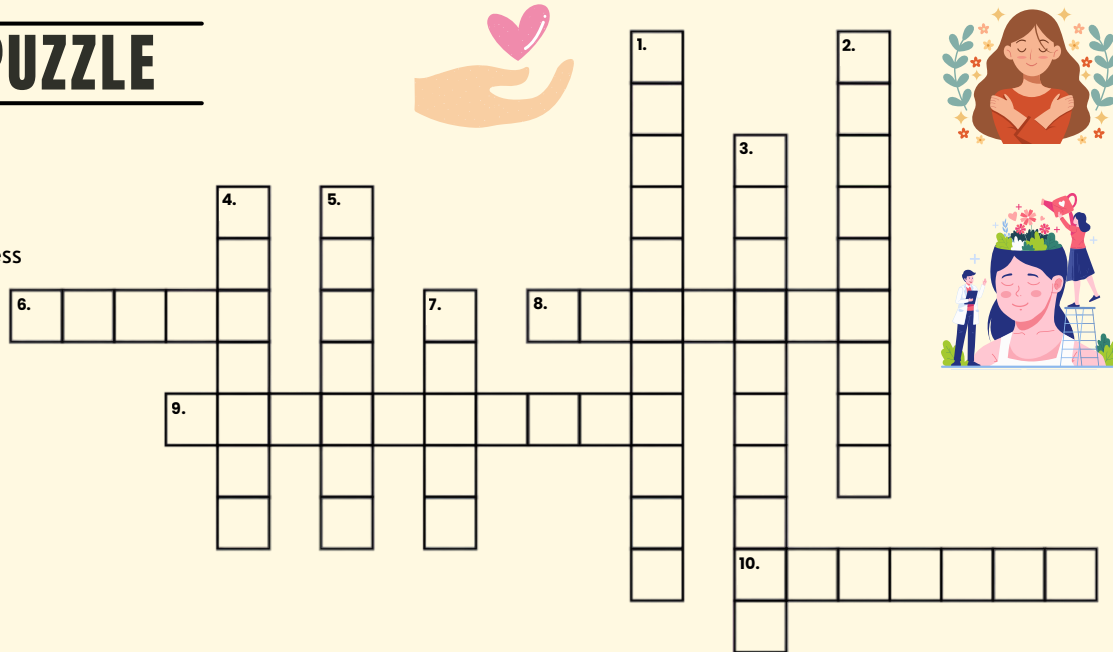
CROSSWORD PUZZLE

DOWN:

1. Staying present and aware
2. A state of overall mental steadiness
3. The ability to recover from challenges
4. Help from others when needed
5. A steadier approach to daily life
7. Concentration on a single task

ACROSS:

6. Rest that restores cognitive function
8. A daily structure that supports mental steadiness
9. Healthy relationships that support wellbeing
10. A sense of clear thinking



DID YOU KNOW?



For people with clinical depression, regular structured exercise (e.g., walking 20–40 minutes, three times weekly) significantly reduces depressive symptoms compared to no intervention or social support alone — suggesting exercise as an effective complement to standard therapies. Chiropractic can support your mobility and balance, encouraging regular movement.

The Benefits of Exercise for the Clinically Depressed —
PMC, 2004

WELLNESS WORKSHOP



JOIN OUR FREE
WELLNESS WORKSHOP!

January

Tues 20th - 19:15

February

Tues 3rd - 19:15

Fri 20th - 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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CHICKEN & SWEET POTATO SKILLET

Serves: 2-3 Prep Time: 10 minutes Cook Time: 20-25 minutes Total Time: 30-35 minutes

INGREDIENTS:

- 2 boneless, skinless chicken breasts, cut into bite-size pieces
- 1 large sweet potato, peeled and diced
- 1 red pepper, chopped
- 1 small red onion, chopped
- 2 large handfuls spinach
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon dried rosemary
- Salt and pepper to taste

INSTRUCTIONS:

1. Heat 1 tablespoon olive oil in a large frying pan over medium heat. Add the sweet potatoes and cook for 8-10 minutes, stirring occasionally.
2. Add the pepper and onion. Cook another 5 minutes.
3. Remove the vegetables.
4. Add the remaining olive oil and the chicken to the frying pan. Season with smoked paprika, onion powder, rosemary, salt, and pepper.
5. Cook the chicken until well browned and no longer pink, about 6-8 minutes.
6. Add the cooked vegetables and stir in the spinach until wilted.
7. Serve warm.



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

MUBARAK

MANA



The Connection Between Physical Movement and Long-Term Mental Health

Most people think of movement as something that benefits muscles, joints, or overall fitness. The deeper story is how strongly an active lifestyle shapes mental health throughout your lifetime.

Your brain responds to regular physical activity in ways that support sharper thinking, steadier focus, and healthier cognitive ageing. This goes far beyond the immediate mood boost that we know and love! It is about building a brain that stays resilient.

Research indicates that movement is one of the most reliable ways to support neuroplasticity. (Wiley Journal, 2017)

Neuroplasticity refers to the brain's ability to adapt, form new pathways, and strengthen existing connections. These pathways influence memory, learning, creativity, and problem-solving. When you're active, it helps these new neural connections to form and strengthen, improving and protecting cognitive function. Chiropractic improves neuroplasticity by clearing pressure or irritation on the nerves of the spinal cord, allowing clear input and output between the body and brain.

Sharper Thinking Through Better Executive Function

Movement also supports executive function, which includes planning, decision-making, and concentration. Many people notice this when they take a short walk and return with clearer thoughts. Regular activity increases blood flow to areas of the brain responsible for organising information and filtering distractions.

Movement of the spine also increases the flow of cerebrospinal fluid that nourishes the brain and spinal cord and removes waste. This is another way that chiropractic is helpful, restoring your ability to move well without discomfort.

Helpful forms of daily movement include:

- Steady walking
- Gentle stretching
- Light strength work
- Mobility routines
- Short movement breaks during the day

Movement as a Long-Term Brain Protector

As the brain ages, it becomes more vulnerable to changes that influence memory or day-to-day clarity.



Movement improves circulation, reduces inflammation, and improves oxygen delivery. Research consistently shows that people who move regularly tend to maintain cognitive abilities more effectively across the lifespan. (Gomez-Pinilla F, Hillman C. Compr Physiol. 2013 Jan)

The Ripple Effect on Sleep

Sleep quality often improves with regular activity. Plan more intense workouts earlier in the day, and calmer activities, like yoga, in the evening to avoid spiking cortisol levels before bedtime. Deep restorative sleep allows the brain to clear metabolic waste more efficiently and resets essential memory pathways.

Movement does not need to be intense or complicated. Choose routines that you enjoy and can maintain throughout your life. If you want ideas for supportive ways to add movement into your week, reach out or schedule a visit.

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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