

February

## Patient Testimonial



I would like to very highly recommend SpineWorks Chiropractic. I first visited the clinic for a sports massage due to ongoing shoulder pain, and I can honestly say they were the best massages I've ever had. I only wish I had gone sooner. A big thank you to Neer and Toby for helping me through that stage. Although the massages were amazing, it turned out that I had a deeper issue, and thanks to the team's knowledge and genuine care, I was encouraged to try chiropractic treatment. I can confidently say it was one of the best decisions I've ever made.

I cannot express enough how pleased I am with the care I've been receiving. Luc and the entire team have been incredibly supportive, attentive, and truly professional. I'm so grateful for the difference the treatment has made — not just for my spine, but for my overall health and wellbeing. Thank you all for your dedication and exceptional work. For anyone who is unsure or still thinking about it, my advice is simple: go for it. It really is the best gift you can give yourself.

A

Augustas



## The Symptoms People Leave Out When They Talk About Neck Pain

You usually go to a chiropractor for a specific reason: you had an accident, or you have musculoskeletal issues, like sciatica or neck pain.

You point to the tight spot in your neck and explain when it flares up. You may mention not having a full range of motion when turning your head; it feels pretty straightforward.

As part of our thorough evaluation, we also want to increase your body awareness. The body is not as segmented or compartmentalised as we tend to think!

We may ask more questions. Are your eyes tired and dry? Do you also get vertigo, brain fog, or headaches? What about any TMJ pain?

You might say yes, but quickly add that you didn't think it was related to your neck. And yet, if multiple symptoms are occurring in the same person, it may not be random.

When you have a better understanding of how your body's systems coordinate and communicate, you can pick up on small signals and be more proactive with your health.

You may also begin to recognise the small ways your body begins to heal on the



journey to your health goals.

Your neck is not just a stack of bones holding your head up. It protects a vital segment of the communication system: the junction between the brainstem and the spinal cord. Neck pain is often your body's way of getting your attention when there are other underlying issues.

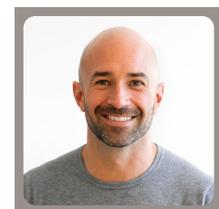
### How It Happens And Why You Shouldn't Wait to Get Help

Poor workplace ergonomics, sleep posture, and whiplash injuries from accidents or sports can all change the structure of your neck. This can irritate the fragile nerves of the neck and brainstem, causing or contributing to symptoms such

as strained eyes, dizziness, ringing in the ears, dry mouth, and aching jaw joints.

You may ignore these symptoms or chalk them up to stress and fatigue. However, they are subtle signs that your body is compensating. We want to address any dysfunction before it becomes more serious.

Focusing on your overall function and well-being improves your quality of life by celebrating small victories in restored function, beyond the goal of being pain-free.



*Luc Archambault*  
Chiropractor

# WORD SEARCH

Words to Find:



- POSTURE
- BALANCE
- FOCUS
- TENSION
- MOBILITY
- SCREEN

- FATIGUE
- ALIGNMENT
- AWARENESS
- STRAIN
- STABILITY
- ADAPTATION



S	W	X	A	D	A	P	T	A	T	I	O	N	A	G
T	F	G	G	G	M	J	F	Q	G	I	Q	A	T	R
R	B	P	A	S	F	I	O	S	T	X	O	U	X	F
A	A	S	R	Z	P	O	C	C	E	M	Z	A	P	A
I	L	Y	R	U	O	S	U	J	N	M	M	L	S	T
N	A	U	I	A	S	T	S	S	S	U	O	I	C	I
H	N	A	O	W	T	A	Y	S	I	C	B	G	R	G
Y	C	Z	N	A	U	B	Y	H	O	P	I	N	E	U
Y	E	Q	T	R	R	I	K	L	N	E	L	M	E	E
Z	Y	W	B	E	E	L	G	I	L	T	I	E	N	L
J	R	E	N	N	Z	I	Z	M	L	U	T	N	L	G
H	M	N	S	E	M	T	E	U	N	S	Y	T	D	A
N	A	N	S	S	Z	Y	G	E	A	E	G	C	H	X
E	O	B	P	S	F	T	U	L	V	Q	F	Z	M	I
H	E	R	J	C	K	Y	P	O	U	F	B	U	R	Z

## DID YOU KNOW?



A randomised controlled trial found that patients with chronic neck pain who received chiropractic care experienced significant reductions in pain and disability compared to control groups. Improvements included restored joint motion and reduced mechanical stress in the cervical spine.

Spinal manipulation, medication, or home exercise with advice for acute and subacute neck pain. Journal of Manipulative and Physiological Therapeutics. 2012

## WELLNESS WORKSHOP



JOIN OUR FREE WELLNESS WORKSHOP!

February  
Tues 3<sup>rd</sup> - 19:15  
Fri 27<sup>th</sup> - 13:15

March  
Tues 3<sup>rd</sup> - 19:15  
Fri 27<sup>th</sup> - 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



# RED POWER SALAD

(Serves 2-3)

Bright, seasonal, and grounding for the colder months when the body craves color and nourishment.



## INGREDIENTS:

- 75 g baby spinach or rocket
- 1 medium roasted beetroot, cubed
- 75 g pomegranate seeds
- 75 g strawberries, sliced
- 30 g red onion, thinly sliced
- 30 g walnuts

## DRESSING:

- 45 ml olive oil
- 15 ml balsamic vinegar
- 5 ml honey
- Pinch of sea salt

## INSTRUCTIONS:

Combine salad ingredients in a large bowl. Whisk dressing separately, then drizzle and toss gently just before serving. This salad pairs well with grilled chicken, salmon, or legumes for a balanced winter meal.



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

GLORIA

ALLISON

HISS

GARY

JOSEPH

MAIDA



# How Neck Mechanics Affect Nerves, Headaches, and Focus

Your neck does more than hold up your head and allow you to check your blind spots while driving. The neck consists of joints, muscles, and nerves, serving as an important conduit of information between the brain and body. It is a marvel of bioengineering, designed to rotate, extend, and flex smoothly.

However, stressors in life can affect your spine and neck, restricting movement and leading to degeneration or arthritis of the neck joints.

We may quickly recognise whiplash or trauma from sports or accidents, but chemical stress from poor nutrition, dehydration, and environmental toxins can also weaken the spinal structure.

Mental stress and repetitive postures can cause forward head carriage, also known as tech neck. This occurs when the head isn't centred over the shoulders but is held forward, increasing strain on the muscles, ligaments, and tendons. This can result in a straight neck or a reverse curve.

When neck mechanics change, it may manifest in other ways than classic neck pain.

## This can include chronic issues such as:

- Tension headaches
- Cluster headaches
- Migraines
- Tight muscles, especially the trapezius
- Brain fog and low focus
- Irritability (stuck in fight mode)
- Hypervigilance (stuck in flight mode)
- Difficulty making decisions and adapting to challenges (stuck in freeze mode)

Many people manage these symptoms without seeking a source. Medications, stretching, motivational and organisational strategies may not be enough to provide lasting relief when the problem has a physiological origin.

As chiropractors, we evaluate how your neck joints move and how that movement affects the nervous system. Your neck houses a critical part of the central nervous system, acting as a bridge between the brain and other organs, glands, and systems. When the vertebrae are not moving well, it can cause inflammation and irritation to the nerves of the spinal cord, keeping your nervous system in a state of stress.



Specific chiropractic care restores motion, reduces nerve irritation, and improves brain-body communication. This equals a more adaptable nervous system and more efficient executive function. Many chiropractic patients who initially come in for neck-related complaints also report fewer and less intense headaches.

Do you have a story about how chiropractic has helped you? Thanks for sharing it in a review, email or on social media and tagging us.

Please share this information with a friend or family member who could also benefit from chiropractic care. No one should have to live with headaches and reduced brain power.

**sp:neWORKS**  
CHIROPRACTIC

## WHERE TO FIND US:

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[www.spineworkschiro.co.uk](http://www.spineworkschiro.co.uk)

## Opening Hours:

Mon, Tue, : 8:00am – 1:00pm &  
Thur, Fri : 3:00pm – 8:00pm  
Wed : 3:00pm – 8:00pm  
Sat : 10am - 2pm