

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

June

Patient Testimonial



Came to Spineworks Chiropractic with a back and lower back pain...I was in constant pain and unable to sleep and work well. Dr Luc did his magic and here we are. He and his team has been a great support. I've continued to see him for more few sessions despite I've noticed a huge difference. I would definitely recommend seeing him if you have any muscular or joint issues.

R

Regina



I had a very good experience with Spine Works Chiropractic. The staff are very kind, professional, and always helpful. They make you feel comfortable and welcome from the moment you arrive. I would definitely recommend visiting the clinic to anyone looking for quality chiropractic care.

L

Liliana



Why More Exercise Is Not Always the Answer

Once upon a time, movement felt simple. People walked long distances regularly, worked in the garden and fields, carried water, did laundry by hand, and chopped wood without thinking twice.

Now, movement often feels like a performance as we try to recreate those varied functional patterns!

People are exhausted trying to "keep up" with intense workouts, step goals, weight vests, and fitness trends. At the same time, many are frustrated by how hard it is to break out of a sedentary lifestyle.

That combination can create a perfect storm for stress hormones like cortisol.

Cortisol is part of your body's natural stress response. It helps you wake up in the morning, respond to challenges, acts as a primary anti-inflammatory hormone, and keeps your energy levels stable. But when the body stays under constant stress (emotional, physical, or chemical), cortisol can stay elevated longer than it should.

That's when people often start noticing things like:

- Mental health issues
- Weight gain and bloating
- Tight muscles and tension
- Fatigue and trouble sleeping
- Muscle soreness after simple activities
- Reproductive/hormonal issues



Ironically, many people respond by pushing themselves harder.

We see it all the time. Someone feels overweight and sluggish, so they jump into an intense workout routine to "get healthy," only to feel even more run-down after a few weeks.

You may want to get your stress hormone levels checked with blood, saliva, or urine tests. It's also helpful to incorporate more gentle movement and calming activities to shift into a peaceful parasympathetic state.

Start simple habits like:

- An evening walk
- Start the morning with stretching and yoga
- Switch from heavy weights to swimming
- Breathwork
- Spend time in nature
- Reduce caffeine and sugar
- Stay hydrated
- Prioritise quality sleep: aim for 7-9 hours
- Regular chiropractic check-ups

This helps the body regulate stress far more effectively than occasional bursts of extreme exercise.

Most people don't think of chiropractic care as a form of movement, but adjustments restore healthy spinal motion. This helps the brain and body communicate more efficiently and the nervous system to respond to stress better.

Many patients notice physical, mental, and emotional benefits, as well as pain relief, improved mobility, and reduced tension!

Does this conversation have you reconsidering your exercise regime? You do not need to "crush" a workout every day to support your health.

Sometimes the healthiest thing you can do is simply move your body more consistently throughout the day and give your nervous system the support it needs to adapt well to stress.



Luc Archambault
Chiropractor



RECENT EVENTS



Thank you to everyone who joined our wellness social - ping pong in the park!

The sun was shining and it was really fun to get outside and have some fun!! Keep your eyes peeled for our next one in June!



DID YOU KNOW?



A systematic review found that regular physical activity, including walking and light daily movement, significantly reduced the risk of chronic low back pain and improved physical function. Consistency mattered more than intensity.

Steffens D, Maher CG, Pereira LS, et al. Prevention of low back pain: a systematic review and meta-analysis. The Lancet. 2016



QUOTE



“Movement is the song of the body.”



– Vanda Scaravelli

COMMONLY ASKED QUESTION



**I'm pretty active (and tired!).
Do I really need to work out too?**



Being busy does not always mean your body is moving well. Many daily activities repeat the same motions and positions over and over, which can overload certain joints while others barely move at all. Over time, this imbalance can lead to stiffness, tension, and fatigue.

BLUEBERRY SUMMER CRUNCH SALAD

This refreshing summer salad is packed with antioxidants, healthy fats, fibre, and hydration-supporting foods that support energy, recovery, and healthy movement during busy summer days.



INGREDIENTS:

- 140g mixed salad leaves
- 150g blueberries
- 1 cucumber, sliced
- 1 avocado, diced
- 40g feta cheese, crumbled
- 25g flaked almonds
- 2 tablespoons sunflower seeds

DRESSING:

- 45ml olive oil
- 15ml balsamic vinegar
- 5ml honey
- Juice of 1/2 lemon
- Pinch of sea salt and black pepper

INSTRUCTIONS:

1. Add salad leaves, blueberries, cucumber, and avocado to a large bowl.
2. Sprinkle feta, almonds, and sunflower seeds over the top.
3. Whisk dressing ingredients together in a small bowl..
4. Drizzle dressing over the salad just before serving and toss gently.



A WARM WELCOME TO
ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE
WHO REFERRED

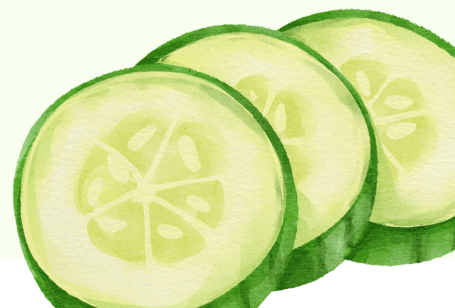
RICK

CAROL

JOSE

DANIELLE

CHAYE



Why Sitting Is So Dangerous

Have you heard the quote "sitting is the new smoking?"

This phrase was coined by Dr. James Levine, director of the Mayo Clinic-Arizona State University Obesity Solutions Initiative. Here's the full quote: "Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death"

What Herniated or Bulging Discs?

However, most people assume that if they exercise a few times a week, they have balanced out the effects of sitting all day.

Unfortunately, the body does not quite work that way.

You can still be active and experience many of the negative physical effects of prolonged sitting. Some of the stiffest patients we see regularly work out but spend most of their workday at a desk, in the car, or looking down at a screen.

The problem is not simply "bad ergonomics" either. Your spine is simply designed to move throughout the day!

Changing positions, walking, reaching, twisting, and bending all help keep joints mobile, muscles balanced, discs hydrated, and circulation moving properly. When the body stays in one position for hours at a time, things begin to tighten and slow down.

Many people notice this after getting up from a long meeting or road trip. You may feel tension, stiffness, and aches. That stiffness is often the result of joints and muscles spending too much time without movement.

Even regular exercise doesn't fully offset being mostly inactive for the other 15-17 hours that you're awake. Small movement habits throughout the day can make a noticeable difference in how you feel and function!

Try these:

- Set a timer to stand up and stretch every hour
- Take short walking breaks during your workday
- Roll your shoulders and gently stretch your neck throughout the day
- Keep screens at eye level to reduce forward head posture
- Use phone or video calls as an opportunity to stand instead of sitting



Movement plays an important role in your spinal health, too.

When spinal joints are not moving properly, the body often develops compensation patterns that increase tension and reduce efficiency. Muscles may work harder than they need to, posture becomes harder to maintain, and even simple activities, like looking over your shoulder when driving, become more restricted.

Chiropractic care helps restore healthy spinal motion and supports better nervous system communication. This supports the function of every other system while improving mobility and proper movement patterns.

Let this be your reminder that the most powerful changes can come from simple adjustments to your spine and your daily habits!

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CHIROPRACTIC

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Thur, Fri 3:00pm – 8:00pm
Wed : 3:00pm – 8:00pm
Sat : 10am - 2pm