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INTOUCH NEWSLETTER

spineworks CHIROPRACTIC

October

Patient Testimonial

I suffered with back pain for several years and thought it was normal- after a month visiting Kesh at Spine works I don't think about my back now - I can't recommend Spine Works high enough :)

L

Lucy

★★★★★

I'm really pleased with the care I've received at SpineWorks. The whole team are friendly, welcoming and professional, and I always feel listened to and well looked after.
Since starting my treatment, I've noticed a real improvement in my neck and back pain, and I'm finding it much easier to move around. Thank you to everyone for your care and support. I'd happily recommend SpineWorks.

S

Sabrina

★★★★★

When You're Run Down, Your Knees May Hurt More



Maybe you slept wrong. Maybe you overdid it. Maybe your chair is the problem.

Sometimes, though, the bigger issue is that your whole system is running low. When multiple physical, environmental, and mental stressors pile up at once, you may notice more stiffness, soreness, fatigue, or sensitivity throughout your body.

And it can be a full season! Autumn schedules get busier. Daylight changes. Kids are back in school. Colds and flu bugs start making the rounds. Holiday plans begin creeping onto the calendar. Meals become less predictable.

A flare-up of sciatica or neck pain may be a signal that your body is simply responding to a higher overall load.

It's understandable that we want to just address the pain and inflammation so that we can carry on. However, we also need to get to the source of why our body is responding this way.

Leaving all the stressful situations to become a hermit in a remote cabin probably doesn't fit into your lifestyle, but a dramatic change is not usually necessary.

One of the most helpful things you can do is to look at the big picture:

1.) Take an audit of the last 3-5 days: your sleep, meals, stress level, activity, hydration, any discomfort or symptoms.

2.) Identify one thing that you can stop or remove, such as less alcohol or an activity or commitment you can cancel.

3.) Pick one thing to add. This could be an earlier bedtime, a chiropractic adjustment, or a 10-minute walk before work. It may be a healthy habit you used to do and stopped!

4.) Make this a weekly habit: each week, find one thing to remove and one habit to add or prioritise.

If that sounds like another to-do list, don't toss this in the trash just yet! There's one simple trick you can use to instantly reduce stress: the physiological sigh.

You can do it before answering a tense work email, while driving in traffic, or when your child has a meltdown over a lost shoe, or anytime you feel overwhelmed.

To use the physiological sigh, inhale through your nose, immediately followed by a quick second inhale to fill your lungs completely, then one long, slow exhale through your mouth. Do this a few times and notice how your heart rate slows and your mind clears.

If you're in the middle of a busy season and experiencing more pain or a flare-up, reach out. We'd love to help.



Luc Archambault

CROSSWORD PUZZLE



DOWN:

1. Warming root commonly used in tea
2. Inflammatory chemical messengers
3. Regular activity that supports overall health
5. Often red or blue-toned fruit rich in antioxidants
6. Healthy fat commonly found in oily fish
7. Keeping the body supplied with enough fluid
11. Nightly rest that supports recovery

ACROSS:

4. The body's process of restoring itself
8. Mental or physical strain on the body
9. Leafy vegetables such as kale and spinach
10. Nut containing healthy fats
12. Golden spice often used in anti-inflammatory foods





DID YOU KNOW?



A 2010 study found that patients receiving chiropractic care showed reductions in inflammatory markers associated with chronic low back pain. Researchers noted improvements alongside decreased pain and better physical function.

Roy RA, Boucher JP, Comtois AS. Journal of Chiropractic Medicine. 2010

QUOTE

"Inflammation is a signal, not the enemy."

– Dr. Mark Hyman

COMMONLY ASKED QUESTION

Why does inflammation flare up even when I haven't injured anything?



Inflammation is the body's response to stress, not just injury. Poor sleep, prolonged sitting, repetitive movement, emotional stress, and changes in activity can all influence how your body responds. That is why soreness, stiffness, or irritation can sometimes show up without one obvious cause.

AUTUMN ANTI-INFLAMMATORY HARVEST SALAD



This colourful autumn salad combines roasted sweet potato, crisp apple, leafy greens, walnuts and a maple-Dijon dressing for a seasonal, satisfying meal.



A WARM WELCOME TO ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE WHO REFERRED

ROBERT

ZEN

LUCY

BORA

ADAM



INGREDIENTS:

- 150 g chopped kale or mixed salad leaves
- 1 medium sweet potato
- 1 crisp apple, thinly sliced
- 75 g pomegranate seeds
- 40 g walnuts
- 40 g crumbled feta or goat's cheese
- 1/4 small red onion, thinly sliced

MAPLE-DIJON DRESSING:

- 3 tbsp extra-virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp pure maple syrup
- 1/4 tsp ground turmeric
- A pinch of black pepper
- A pinch of salt

INSTRUCTIONS:

1. Preheat the oven to 200°C.
2. Cut the sweet potato into cubes (we recommend leaving the peel on). Spread the cubes on a baking tray and roast for around 25 minutes, or until tender and lightly golden. Leave to cool slightly.
3. Add the kale or salad leaves, roasted sweet potato, apple, pomegranate seeds, walnuts, cheese and red onion to a large bowl.
4. Whisk together the olive oil, apple cider vinegar, Dijon mustard, maple syrup, turmeric, black pepper and salt.
5. Pour the dressing over the salad and toss gently to combine.
6. For extra protein, add grilled chicken, salmon, chickpeas or lentils.
7. This salad includes several foods commonly found in anti-inflammatory eating patterns, including leafy greens, walnuts, extra-virgin olive oil, colourful fruit and vegetables, and turmeric.

Why Systemic Inflammation Can Affect Your Mood and Energy

Does this sound familiar?

Your body feels heavy, your patience is thin, and even simple tasks feel harder than they should. If you feel drained and foggy more often than not, it may be a sign that your immune system is working hard.

To protect itself from stress, injury, trauma, viruses, and bacteria, the body increases inflammation.

In acute inflammation, white blood cells rush to the affected area and blood flow increases, creating redness and swelling.

When inflammation becomes more widespread or persistent, inflammatory chemicals called cytokines can affect communication between the immune system and the brain.

These chemical messengers help coordinate the body's response, but they can also influence mood, sleep, concentration, and motivation. You experience this when you're dealing with a cold or the flu, but a stressful lifestyle, with poor sleep, little movement, and lots of highly processed foods, can also trigger an inflammatory response.

Researchers have found that increasing inflammation can produce what scientists call "sickness behavior," a group of changes that may include fatigue, withdrawal, and reduced motivation (Rosenblat et al., 2014).

Inflammatory signals may also affect neurotransmitter activity, the body's stress-response system, and other processes involved in how alert, motivated, and emotionally balanced we feel.

In other words, when your immune system is working harder, you may feel it in more ways than one.

Everyday ways to support a healthier inflammatory balance

You do not need to overhaul your routine. Start with the basics your body relies on every day.

Fill your plate with more whole foods. Colorful vegetables and fruits, beans, nuts, seeds, whole grains, olive oil, and foods rich in omega-3 fats are all considered anti-inflammatory.





Swap one drink. Ginger or turmeric tea can be an easy addition, especially when it replaces a sugary, caffeinated, or alcoholic beverage.

Move every day. Walking, strength work, and mobility exercises can support circulation, sleep, and overall health.

Protect your sleep. Choose a consistent bedtime, a darker bedroom, and less late-night screen time.

Get a chiropractic exam. We identify areas of the spine that are not moving properly and where mechanical or nerve irritation may be contributing to pain, stiffness, or limited movement. Chiropractic adjustments can improve nerve flow, making it easier to move comfortably, sleep well, and stay active, all of which support the body's normal ability to regulate inflammation

The goal is to look at the bigger picture.

If you have been feeling unusually tired, achy, or run down, bring it up at your next visit. We can help you look for physical factors that may be adding to the load.

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Opening Hours:

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