www.spineworkschiro.co.uk

INTOUCH NEWSLETTER

spineworks CHIROPRACTIC

November

Patient Testimonial

HIGHLY RECOMMENDED FOR SENIOR CARE & EXCELLENT OUTCOMES. I recently had a series of intense daily chiropractic sessions at SpineWorks Chiropractic in Kennington while travelling. As a senior citizen managing complex, long-standing back and structural issues, I was treated directly by the lead senior practitioner and clinic owner. I was incredibly impressed by the level of personalized care and professionalism, which extended to the wonderful supporting staff as well. I came in dealing with alignment issues that made moving around comfortably very difficult. Aesthetically, my posture was noticeably uneven, causing my clothes to slip at the shoulders and giving me a lopsided appearance. I also had an old lower back issue that had gone unaddressed, alongside balance concerns that left me feeling quite vulnerable and hesitant when moving around. All that changed when I visited SpineWorks. I was immediately impressed by the wonderful ambience of the clinic. The staff were exceptionally friendly, and I was especially grateful for the generous time taken during my initial consultation. They really listened as I explained my physical concerns, how they were affecting me, and what I hoped to achieve.
By the time the practitioner finished my program, I felt like a completely new person. I fully regained my comfort and confidence when walking. The persistent daily discomfort and tightness in my back have completely cleared up. My legs feel remarkably stronger, and my entire body has benefited. And yes—no more clothes slipping off my shoulders! Even those who know me well have remarked on the huge difference in how I carry myself.

- Elaine

★★★★★

Will It Ever Heal?





We like to think that once the pain is gone, the problem is gone too.

Sometimes, the body simply gets very good at working around what never fully resolved.

Think about an old ankle sprain. Maybe you limped for a few weeks, shifted more weight onto the other side, and eventually it got better or you accepted it as your "bad ankle." Years later, your hip is bothering you and your low back feels tight.

This happens because we compensated, changing how we stand, walk, lift, sit, breathe, or sleep, without even realising it! If not addressed, that adaptation can become our new normal.

The same idea can apply to emotional trauma.

A difficult season, loss, fear, or trauma can affect more than our thoughts. Chronic stress can change breathing patterns, muscle tension, sleep, digestion, and the way the nervous system responds to everyday situations. The phrase "the body keeps the score" often describes how old stress can keep showing up physically, even after the original event has passed.

Researchers have explored how adverse childhood events can have a physiological effect, increasing risks of chronic conditions and autoimmune disorders. (Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal by Donna Jackson Nakazawa)

The good news is our bodies are remarkably adaptable in both directions! You can address an old injury or trauma years later.

Just as we can learn compensation patterns, our brains have neuroplasticity to create new patterns of thinking and movement.

Mobility can improve. Guarding, tension, and inflammation can decrease. The nervous system can become less reactive as the body feels safer and more supported. Mental health can also improve in this more adaptable, restful parasympathetic state.

Understanding that old patterns can quietly influence the way your body functions can give you insight into a puzzling health issue.

This is one reason we do an evaluation that looks beyond the spot that hurts and ask questions to learn your story.

If your shoulder is sore, we may also look at your neck, upper back, posture, and movement patterns. If your low back keeps tightening up, we may look at what your hips, pelvis, or feet are doing too.

Old injuries, old stress, and old habits can leave a mark, but they do not have to define how your body feels forever. If something from the past keeps resurfacing, it's worth reevaluating.



Luc Archambault

WELCOME TO OUR NEW CHIROPRACTORS AARON & MEESH!

Meet the TEAM



MEESH GUNAINTHRAN

Chiropractor

Meesh graduated with First Class Honours from the Welsh Institute of Chiropractic and holds a Certification in Chiropractic Biophysics®. Fascinated by the details that are easy to overlook, he is interested in how they shape the way someone moves, feels and performs. Having grown up across different cultures and studied music before chiropractic, Meesh brings a curious and observant mindset to his practice, listening for patterns and focusing on the small changes that can make a big difference.

Meet the TEAM



AARON LAKHANI

Chiropractor

Originally from Canada, Dr Aaron's interest in chiropractic began as a teenager through his own experience with recurring sporting injuries. Years of high-level competition and coaching deepened his fascination with human movement and the body's natural ability to adapt and recover. He went on to earn his Master of Chiropractic degree from AECC University College and complete the Chiropractic BioPhysics® Certification. With a particular interest in posture and spinal biomechanics, Aaron looks beyond symptoms to understand the bigger picture and help patients function at their best.

WELLNESS WORKSHOP

spineworks CHIROPRACTIC

BRING YOUR FAMILY AND FRIENDS ALONG TO THIS FREE EVENT!

How to get the WOW! FROM YOUR CARE

November	December
THURS 12TH 1:15pm	THURS 3rd 1:15pm
TUES 24TH 7pm	TUES 15th 7pm

COMMONLY ASKED QUESTION

Why does pain come back years later?



An old injury can leave behind changes in how your body moves, stabilises, or handles everyday stress. Even after the original pain fades, certain muscles and joints may continue compensating. Years later, a new activity, long hours at a desk, poor sleep, or increased physical stress can expose those patterns again. That is often why an old problem seems to suddenly return. However, your body is highly adaptable and able to heal when given what it needs.

APPLE CINNAMON YOGURT BARK



Here's a simple way to get protein, fruit, and healthy fats into one snack, while still giving you those cozy apple-cinnamon flavours that fit the autumn perfectly.



A WARM WELCOME TO ALL OUR NEW PATIENTS.

THANK YOU FOR THOSE WHO REFERRED

SARAH

LIZI

HANNAH

CHARLES

DAVID



INGREDIENTS:

- 500g plain Greek yoghurt
- 15ml maple syrup or honey
- 1 small apple, finely diced
- 20g chopped walnuts or pecans
- 1 tsp ground cinnamon
- 10g pumpkin seeds, optional
- 15g peanut or almond butter, optional



INSTRUCTIONS:

1. Line a small baking tray or dish with baking parchment.
2. Stir the Greek yoghurt with the maple syrup or honey.
3. Spread the mixture into an even layer, roughly 1cm thick.
4. Sprinkle over the diced apple, nuts, cinnamon and pumpkin seeds.
5. Drizzle with nut butter if using.
6. Freeze for 3 to 4 hours, or until firm.
7. Break into pieces and keep stored in the freezer until ready to eat.

Why Movement Belongs in Your Healing Plan

Every cut, bruise, and sore muscle heals on its own schedule, one you don't get to decide. That can be frustrating, so it's good to understand that behind that timeline sits your nervous system: the network of brain, spinal cord, and nerves that directs the healing process.

Healing happens best when your nervous system is ready.

Your nervous system has two main gears. The sympathetic gear prepares you for action: your heart speeds up, and your blood pressure rises. The parasympathetic gear is your body's rest, digest, and repair mode: your heart slows, your blood pressure eases, and energy flows toward recovery. This is where repair and healing happen.

Your spine sits at the centre of this. Its joints protect your spinal cord and the nerves that send a steady stream of signals to the brain. A stuck joint may irritate nearby nerves and add static to the communication line, slowing or blocking the instructions for the healing process.

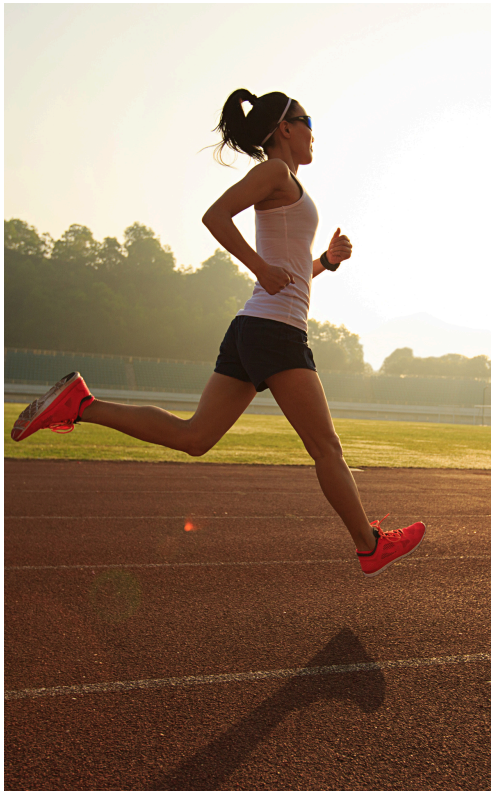
Your chiropractor finds those joints and adjusts them to restore motion, supporting a clear connection between your brain and body.

A 2008 study published in the Journal of Chiropractic Medicine showed your nervous system responds to chiropractic care; after neck adjustments, patients' blood pressure and heart rate variability indicated a more restful, parasympathetic response.

Proper movement of the spine and overall mobility have been shown to improve recovery. After surgery, hospitals ask patients to get up and walk soon, because movement supports circulation, lowers the chance of serious complications, and speeds recovery.

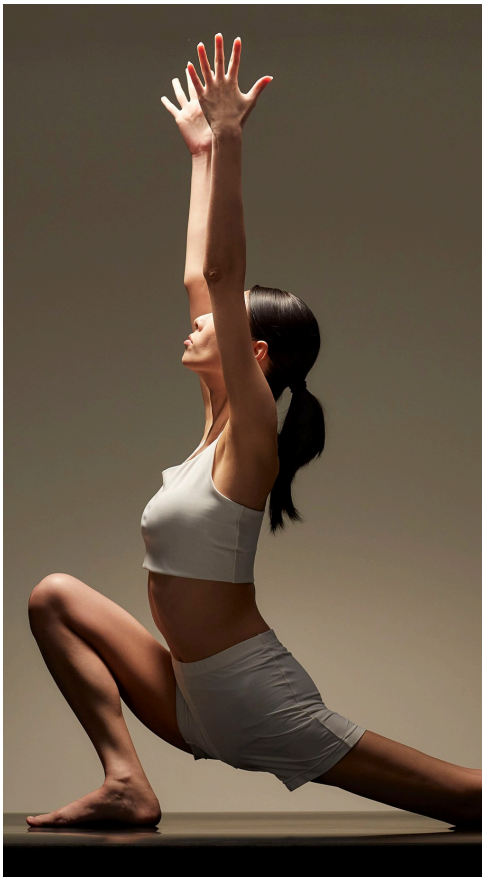
Key Ways Movement Helps You Heal

- **Improves Blood Flow:** Better circulation helps bring oxygen and nutrients to the areas that need them most.



- **Reduces Swelling:** Gentle movement activates the lymphatic system, which helps clear out fluid buildup and lower chronic inflammation.
- **Improves Joint Health:** Regular motion helps your joints stay lubricated and can make it easier to maintain your range of motion.
- **Preserves Muscles:** Too much time spent resting can lead to strength loss and muscle atrophy faster than most people realise.
- **Triggers Natural Pain Relief:** Exercise releases endorphins that make you feel better and can help your nervous system become less reactive to discomfort over time.
- **Supports Mental Health.** Physical activity lowers stress hormones like cortisol, boosts brain-derived neurotrophic factor (BDNF) for neural repair, and improves sleep quality.

Your body adapts and heals best when you give it chances to move, recover, and feel safe. If you're trying to recover, give your nervous system a little TLC and motion!



spineworks CHIROPRACTIC

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Opening Hours:

Mon, Tue, Wed, Thur	:	8:00am – 1:00pm & 3:00pm – 8:00pm
Fri	:	8:00am – 1:00pm
Sat	:	9.30am - 2pm