

May/June 2020



Did you know what you wanted to be when you grew up?

I always knew I wanted to do something that helped people. Medicine seemed like the obvious choice, but when I was introduced to Chiropractic I knew it was the path for me.

When people think of Chiropractic they often think of the spinal adjustments that we do in the clinic, but Chiropractic is actually about much more than therapy,

It's about promoting health instead of treating disease. It's about harnessing the body's innate power to heal so that you can live a healthy, happy and fulfilling life.

As a Chiropractor people usually come to me because they're in pain, uncomfortable or keen to reach their peak performance. They come to me looking for adjustments but my goal is that they leave with much more: a true understanding of health and an easy strategy for achieving it.

Health Comes From Within

Thomas Edison said, "The Doctor of

the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

I think Chiropractors are the doctors of the future that he was referring to.

Good health isn't something that just happens to you. It's something you work towards.

It's a journey. One that you have to take the first steps on and continue walking every day of your life. But you don't have to take that journey alone.

Here at SpineWorks, we're passionate about supporting you every step of the way.

The SpineWorks Strategy For Health

Well Adjusted.

Improved Posture.

Optimal Living.

My goal as chiropractor has always been to help people to find the true cause of their condition and inspire them to walk the journey to long-term health. I am proud to say that SpineWorks is one of only a few clinics in the UK qualified in

Chiropractic Biophysics (CBP), the most researched, evidence-based technique in corrective spinal rehabilitation.

Over the last 20 years, I've had the privilege to help thousands of people to ease their pains and live their optimal life through adjustments, holistic health education and the implementation of small habits that have a big impact.

Not being able to teach and support our clients during quarantine, I thought it was the best time to reach out and to launch our **SpineWorks Newsletter**.

Each issue will be packed with inspiring articles, interesting knowledge and actionable ideas that you can easily implement at home - all relating to our 5 keys to health: **move well, eat well, think well, sleep well and get adjusted.**

So I can continue to inspire and support you on your journey to optimal health, even from afar.

Luc Archambault
Chiropractor

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SIX SUPER STRETCHES

STAY FLEXIBLE AND KEEP YOUR BODY MOBILE WITH THESE SIMPLE STRETCHES YOU CAN DO AT HOME.



Wall Angel



Levator Scap
(Upper Back Stretch)



Rhomboid
(Upper Back Stretch)



Sternocleidomastoid
Stretch



Brugger Relief
Stretch



In-Doorway
Pec Stretch

BALANCED BODYWEIGHT WORKOUT

3 - 5 MINUTE WARMING UP WITH STRETCHES TO START.

HIGH REP CHALLENGE

Squats x 30

High Knees x 60

Push ups x 25

Mountain Climbers x 60

REST FOR 30-60 SECONDS

Lunge Jumps x 30 (15 each side)

Jumping Jacks x 40

Bicycle Crunch x 40 (20 each side)

Mountain Climbers x 50

REST FOR 30-60 SECONDS

Jump Squats x 25

High Knees x 40

Burpees x 12

Sit Ups x 12

REST FOR 30-60 SECONDS

Walking Lunges x 30 (15 each side)

Push Ups x 15

Tricep Dips x 15

25 second plank

REST FOR 30-60 SECONDS

Squat to inchworm
(walk hands down the floor and back up)

Jump Squats x 10

Lunge Jumps x 20 (10 each side)

Russian Twists x 40 (20 each side)

25 second plank

DONE!

If you have problems with your knees, then revert to normal lunges and squats rather than jumping ones.



VITAMIN C: THE SUPER SUPPLEMENT?

Vitamin C has been a popular supplement for many decades and it's easy to see why. More and more studies are showing that it can help improve absorption of other nutrients, slow the ageing process, promote healthy skin - and most interestingly right now, improve immune function and reduce the risk of pneumonia by as much as 85%!

But understanding supplements is never easy - which type, how much, how often? In this article, I'm going to break it down for you and explain everything you need to know about supplementing vitamin C.

Different Types Of Vitamin C

There are many different types of vitamin C so it's important to know which one is right for your needs.

Ascorbic Acid is the cheapest and most readily available type on the market. It's vitamin C in its purest

form, so it's the best choice if you plan to take a high dosage. The downside is it is very acidic, so people may find it a little hard on the stomach.

You will also find magnesium ascorbate, calcium ascorbate and various combinations of vitamin C with other vitamins. These include other nutrients that cannot be high-dosed safely in the way ascorbic acid can.

Understanding Dosage - RDA

When looking at supplement doses there are several numbers often discussed. First, there's the RDA (recommended daily allowance) which is defined as "the average daily level of intake sufficient to meet the nutrient requirements of nearly all healthy people."

Many people take that to mean that the RDA of a nutrient is the amount you need to be healthy.

But here's the interesting thing about RDAs. The RDA for a nutrient is worked out based on the very minimum amount required to avoid a severe deficiency disease (such as rickets for vitamin D or scurvy for vitamin C). It is NOT the ideal amount required for optimum health.

Take vitamin C for example. The RDA for vitamin C is only 60mg a day - a pitiful amount!

Maximum Dosage and Tolerable Upper Limits

The next number that's good to know is the UL (upper limit). Again, people take this to mean that's the maximum amount that it's safe to take - but it's not that simple.

The UL is calculated on the maximum amount you can take without experiencing ANY side effects. But some side effects are not dangerous and are just a sign that your body is getting used to

absorbing the nutrient.

When supplementing vitamin C it's not uncommon to initially experience some excessive bowel movements as your body adjusts to the dose. This isn't dangerous nor is it a sign that you're taking too much. Just that you might need to increase the dose a little more gradually.

Toxic Amounts

Some vitamins and minerals can be toxic in high doses - such as heavy metal minerals like iron and fat-soluble vitamins like vitamin A and vitamin D.

In most cases, these supplements only become dangerous if taken at high doses over prolonged periods of time, but they can also be lethal in just one (very high) dose. Because of this, it's important to fully understand the supplement you're planning to

take and the correct dosage.

For vitamin C (in pure ascorbic acid form) there is no known toxic dose and it is considered safe. Vitamin C has been used intravenously in "megadoses" (hundreds or thousands of milligrams) to treat diseases such as cancers, pneumonia and even meningitis. They are currently trialling it, with some promising results, for the treatment of COVID-19 too.

So How Much Vitamin C Should You Take?

There's no definitive amount that suits everyone but it does seem that while low dose vitamin C can have some positive effects, the real power is in the higher dosage.

Prof Harri Hemila, from the University of Helsinki, found that 6000-8000mg of vitamin C per day could reduce symptoms of the common



cold, but that 3000-4000mg could not.

In another study involving 463 students, participants with flu that were given 1000mg of vitamin C an hour, for the first 6 hours, then 3000mg a day, showed 85% fewer symptoms.

WORDSEARCH CHALLENGE

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

AFFIRMATION	NUTRIENT	INCHWORM	POTATO
STRETCH	LENTIL	POWER	
LUNGE	MAY	VITAMIN	