

February/March 2022



BETTER TOGETHER

Many think of chiropractic as a strictly physical treatment, carried out in sterile clinics with a single goal in mind - to fix whatever issue brings them to our door. And this belief isn't without a solid foundation, after all, in-clinic treatment is a huge part of what we do.

But it's not **all** we do.

Treatment is actually about much more than manipulation - it's about the harmony between your health, wellness and happiness. It's about your trust and connection to the person responsible for reducing your discomfort. It's multi-dimensional.

You see, people come to the clinic because they have a pain, they're uncomfortable or they want to attain physical fitness goals.

Unsurprisingly, every patient we see is unique - their lifestyle, the cause of their issue, their objectives and the way they engage and relate to treatment - there is no 'one size fits all' solution with what we do. That's why your treatment plans are tailored to fit just you - it's as unique as you are.

Treatment is a collaborative effort, and while the majority of the work is done together during your appointment, there's so much that can be done by you outside of the clinic to reduce your recovery time and promote your overall health and wellbeing.

Here are the easiest fixes you can do to aid your health and wellness...

H2O To Go Go Go

Water. The one thing you can't live without. Even just existing requires water to keep your body responsive and working - add to that the daily grind that most of us have, and water is what keeps you going. Literally. Busy lives means that we don't always drink the optimum amount, and the consequences are rough.

Studies have shown that even mild dehydration can cause headaches, muscle stiffness, muscle cramps, low mood and poor energy levels. Yikes!

So, when your body is trying to heal back pain, neck pain or any other muscle-related problem, staying hydrated could really help. Aim to drink around 1.5-2 litres of water a day. And it doesn't have to be plain water either - mix it up with herbal teas, flavoured water and juices.

Sitting Pretty

Sitting down. Sounds simple, right? Wrong. Most people sit so poorly that back and neck pain is almost inevitable. Bad sitting habits become so ingrained in your day-to-day life, they become almost unnoticeable. Until you hurt.

The most common bad sitting habits include hunching over a computer instead of keeping your posture upright, spending too long sitting at a desk without getting up and moving around, using the wrong height chair for your desk, slumping on the couch while you watch TV and, possibly the worst of all, holding your phone with your neck.

Try to pay attention to what you're doing and correct yourself when you realise. Creating good habits will save you pain - trust us!



Move to Thrive

Movement is a key part of staying healthy. Depending on the severity of your issues, you may not be able to jump into a pilates class or start lifting weights at the gym. But you can do what you can do. Even a gentle 20 minute walk can help loosen muscles, lubricate joints and keep your body moving.

These may all seem like little things, but they can have a big impact when they're repeated over time. Combine these small changes with your treatment and you'll be on the way to optimal health.

Luc Archambault



A NEW APPROACH?

The start of the year gives us all a chance to hit reset and make changes that can improve our health. As we edge towards spring, our lives can begin to include more outdoor activity (although we're sure some of you have been enjoying the outdoors all through winter too!)

But if you've found that life has been a bit sheltered thanks to the colder days and ongoing battle against the virus that shall remain nameless, try these ideas to reinvigorate your days.

THESE BOOTS WERE MADE FOR WALKING

Ok, maybe you don't own walking boots but don't let that stop you from enjoying the world around you. Walking not only helps release your happy hormones, but the fresh air and change of scenery can lighten your mood and reduce stress too. Even just walking to the post box or cafe is enough to give you a boost!

DISCOVER A HIDDEN TALENT

Now is a great time to try a new hobby. Not only does it stimulate your brain in different ways (studies show that active adult brains develop new connections) Always wished you could play an instrument? Or speak another language? Grab the chance to learn! Apps like Skillshare and Udemy

make learning easy, and if you're on a budget, your local library will have loads of resources.

REACH OUT TO OLD FRIENDS

Losing contact with people is a sad part of modern life. Even though social media has made it easier to see what's happening in friend's lives, it lacks the personal touch. Pick up the phone, send an email or even write a letter! You will make someone's day by showing how much you care.

WITNESS THE FITNESS

Avoid exercise? You're not alone. Loads of people disengage with exercise when it's presented in a traditional way, like going to the gym. Try finding something that you enjoy so that the fitness side of things is a side benefit to fun. Paddle boarding, rock climbing, Salsa, roller derby, pole dancing and nordic walking are just some ideas to try!

DIG IN

If you like to keep your exercise a little closer to home, why not try gardening? It might seem low-key, but digging a veggie patch is quite the cardio workout - trust us! The bonus is that come spring, you'll have a lovely space to enjoy.

MENTAL HEALTH CHECK



The last two years have taken their toll on everyone's mental well-being. It's vital that you stay connected to your mental health, and if you're feeling overwhelmed or lost, your first port of call needs to be your GP. But there are steps you can take yourself to begin the process of processing your feelings and give you a sense of action.

MINDFULNESS

Do you find yourself worrying about things that “might” happen? Do you replay things that went wrong over and over in your head?

How much of your stress and worry could be eliminated if you just stayed focused on the moment? Mindfulness teaches you to concentrate on the now, leaving the pains of the past and worries of the future for another time.

Many people miss out on the small joys in life because they fail to connect with and appreciate the moment. When we live too much inside our heads life can feel stressful, dull and pressurised.

But how do you live mindfully? Pay attention. Focus in on your breathing, pay attention to your senses and fully engage in the task you're partaking in. Going for a walk? Notice how the air feels as it hits your lungs, feel the warmth of the sun on your skin and appreciate the beauty of the colours in the leaves. By connecting fully with the present you can let go of your worries, release your past anxieties and find peace living in the moment.

FAILURE IS A SUCCESS

Everyone makes mistakes. When you get things wrong it can be tempting to beat yourself up about it. But this only makes things worse.

Next time you get something wrong, cut yourself some slack. Even the smartest people in the world make mistakes! Instead of ruminating on your mistake and revelling in guilt, look for the lesson that you can learn from it. What did you misjudge? What can you do differently next time? Learn from it, forgive yourself and try to see the mess-up in a positive light.

REACH OUT

When you're feeling flat, down or stressed it can be tempting to bottle it all up. But the old saying “a problem shared is a problem halved” really is true.

Sometimes just talking about how you're feeling can reduce the overwhelm and make you feel better. You don't need to find solutions to all the problems in the world, just a friendly ear to listen.

Your close friends and family are there to support you, through the good times and the bad. There are online groups where you can talk to non-judgemental folk too, so if you feel unable to speak to your network, there's a safe space for you.

LOVE YOUR BODY

Your physical health can be directly linked to your mental health. If you're in pain, lacking energy or suffering from poor health then it can be hard to keep a positive mindset.

By eating a balanced diet, getting exercise and ensuring your body is in alignment then you have a better chance of increasing your energy, improving your mood and finding joy in the moments.

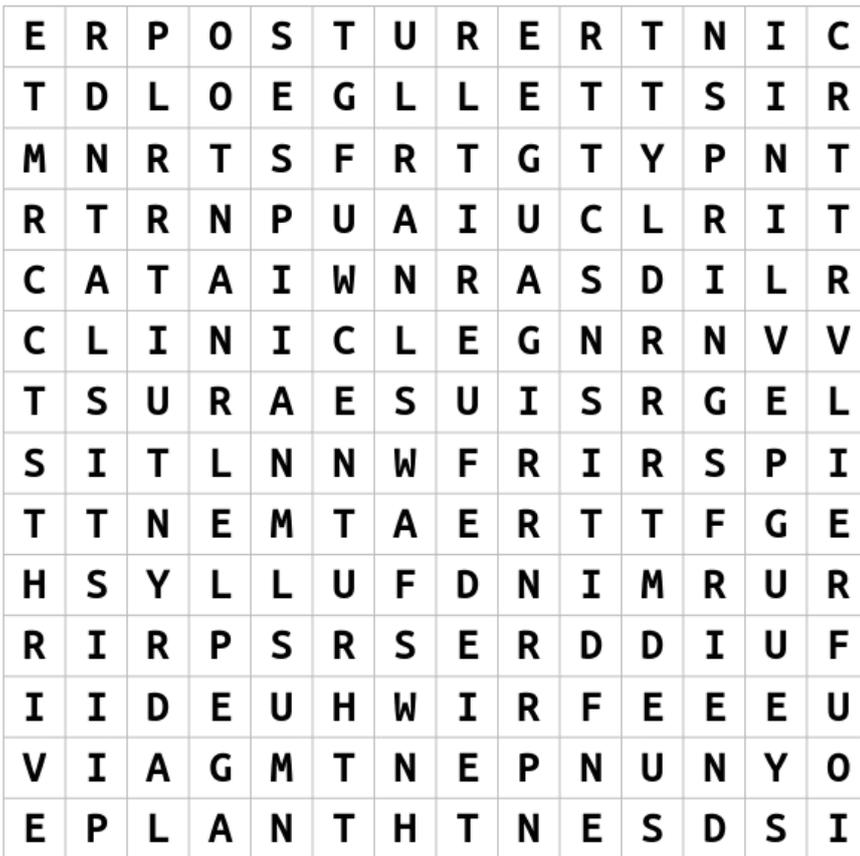
THERE'S NO STIGMA IN ASKING FOR HELP

Mental unwellness needs as much care as any other illness or injury. Please don't ignore any signs that you are feeling. If you want to talk to someone that's impartial and can offer insight or just be a listening ear, try the following;

The Samaritans helpline is open and ready to listen 24 hours a day, 365 days a year, so you never need to fight your feelings alone. You can reach them on 116 123.

MIND is a charity created to support and empower people struggling with mental health. Visit mind.org.uk to find out more.

WORDSEARCH CHALLENGE



CLINIC
FRIEND
MINDFULLY
PLANT
POSTURE
SPRING
SUN
THRIVE
TREATMENT
WATER

FUN FACT!

Since we're missing it - here's a fun fact about the sun!

The Earth could fit inside the sun over one million times.

WHERE TO FIND US:

SPINEWORKS

236 Kennington Park Road, London, SE11 4DA

0207 7937454

Mon: 8:00 – 13:00 | 15:00 – 20:00

Tue: 14:30 – 20:00

Wed: Closed

Thu: 8:00 – 13:00 | 15:00 – 20:00

Fri: 8:00 – 13:00

PASTA PRIMAVERA

A delicious dish that celebrates spring greens!

INGREDIENTS

75g broad beans	1 tbsp olive oil
200g asparagus tip	1 tbsp butter
170g garden peas	200ml crème fraiche
350g spaghetti	Chopped mint, parsley & chives
175g baby leeks, sliced	Parmesan to serve

INSTRUCTIONS

Steam the beans, asparagus and peas until just tender and set to one side.

Cook spaghetti as per the pack instructions.

Fry the leeks in the oil until soft. Add crème fraiche and gently heat, constantly stirring to make sure it doesn't split. Mix in herbs and steamed vegetables.

Drain pasta and stir into the sauce. Plate up and serve with a dusting of Parmesan and herb leaf as garnish.