

Oct

## HERE'S WHY YOU SHOULDN'T CRACK YOUR OWN BACK



We all have a get-out-of-bed routine, don't we? Some people peel themselves out of a snuggly duvet, others are already half on the floor and there are even those people who need five-decibel blaring phone alarms to awaken them from slumber.

One common trait shared by people when they get out of bed is to stretch their bodies and, well, crack their backs. Whilst, it might feel like you're doing a DIY Chiropractic session, we're sad to report that it's not the case. In fact, cracking your back could actually do more harm than good.

Here's the reason why...

### 1. Your Spine is a complex part of the body

The spine is not an easy thing to fix, but it is unfortunately quite an easy thing to hurt. The simple reason being that it's a complex series of bone, muscle, tendon and other tissue that Chiropractors spend thousands of hours of training on in order to be able to help you.

### 2. You could damage your nerves

We're getting into the science of things here but there's an intricate network of nerves that pass between each of your 33

spinal bones in order to help your brain communicate with the rest of the body. By you cracking your own back you're letting an untrained person loose on your nervous system. Even if that person is you, it's not worth the risk.

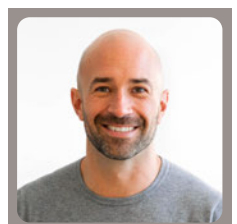
### 3. You're probably not targeting and adjusting the places that need it

As with a lot of things, the area that hurts the most isn't always the true source of the pain. By feeling some tension in your lower back and clicking it you might not be adjusting the area where the issue arises, you might just make it worse. By getting a professional to examine your spine before adjusting you they can find the areas where you need the right attention.

Why not get in touch with us at the practice to find out how we can help your spinal health.

*Luc Archambault*

Chiropractor





# 5 Ways You Can Practice Wellness While At Work

We all know that the last few years have been tough on everyone's wellbeing, and that for many the work environment has changed forever. While some head to their place of work daily, some work entirely remotely and many have something in-between. This can all make focusing on your wellbeing quite tricky, but we've got some tips to help you feel at ease wherever you're working.

## 1. Make Meetings A No Tech Zone

It's hard to imagine going too long without your phone or computer when working, but when your team are having meetings try making phones a no-go rule. Not only will it remove the urge to check that text vibration on the table, but it'll also allow you to focus more on the meeting increasing productivity. You'll certainly feel the benefits of not constantly checking your phone for an hour or two.



## 2. Try Breathing Exercises

Breathing exercises are a great way to control stress and anxiety and they can be done anywhere. Try taking some time between sending emails or when you've completed one task and have a spare 5 minutes to take some deep breaths in with your mouth and out through your nose. A great tip would be to put on some tranquil music and focus on the air passing through your body.





### 3. Set Break Alerts

If you're someone who spends all day at their desk, taking time only to grab some quick food before returning to eat at their desk then you might need to set some stricter break times. Try setting an alert or alarm every two or three hours and taking a 5-minute walk outside. If you're in the office maybe see if a colleague wants to come and join you.



### 4. Try Herbal Tea

While your usual blend of milky black tea or green tea are great for getting your energy up with some caffeine, why not try some herbal tea. You can find varieties such as camomile, rooibos and ginger which can be relaxing. While fruit-based herbal teas make a nice change, and their soothing flavour can help you de-stress at work.

### 5. Listen To Soothing Music While You Work

Not all jobs will be applicable for this, but many offices are comfortable for you to stick your headphones in and listen to music while you work. Try putting on some soothing music that will help you concentrate, but also feel at ease when completing tasks. Classical or music without lyrics is always a good place to start.



**We hope these tips will help you on your wellness journey in the workplace.**

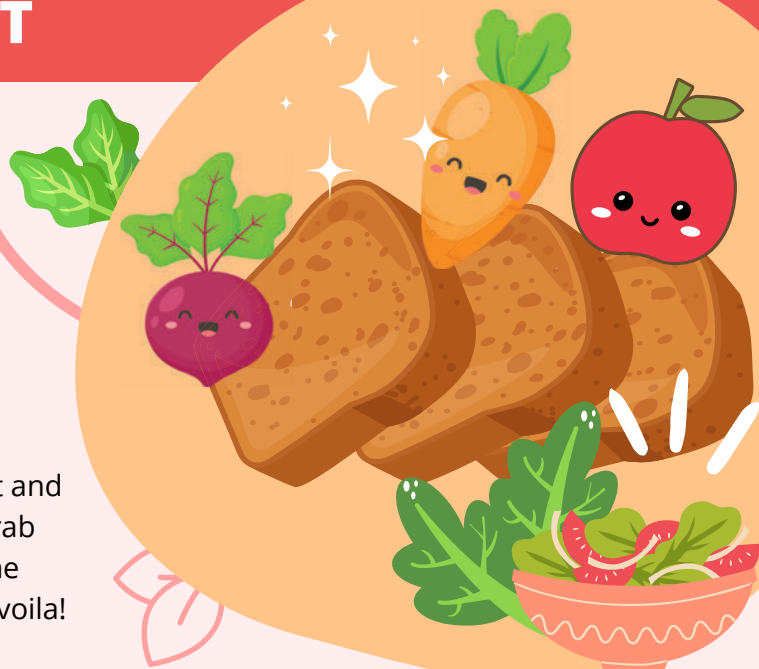
# VEGAN RAINBOW TOAST

## Ingredients :

- Slice/s of bread
- Carrot
- Beetroot
- Apple
- Lemon juice
- Hummus

## Instructions :

An easy peasy toast topper recipe that's perfect for brightening up your breakfast. Grate a carrot, beetroot and apple into a bowl and squeeze in some lemon juice. Grab some bread and pop it in the toaster, then spread some hummus on top. Sprinkle the rainbow mix on top and voila!



## Fun Facts ~

A crocodile can't stick its tongue out thanks to a membrane that holds it in place.



**sp:neWORKS**  
CHIROPRACTIC

## WHERE TO FIND US:

236 Kennington Park Road  
Kennington, London,  
SE11 4DA

**(020) 7793 7454**

info@spineworkschiro.co.uk  
www.spineworkschiro.co.uk

### Opening Hours:

Mon- Fri: 8:00am – 1:00pm  
3:00pm – 8:00pm

Sat: 9:00am – 2:00pm

## PATIENT OF THE MONTH

# CONGRATULATIONS! AFIZ!!!

Through his dedication and regular adjustments over the last 6 months, our patient of the month Afiz has achieved an amazing postural correction!

**We are so proud of him and his hard work!  
Keep it up Afiz!**

