

March

THE ULTIMATE BACK CARE GUIDE FOR THE REGULAR COMMUTER

When we think about causes of back pain, we often think about the way that we sit on our desk chair for elongated period of hours, or that our manual handling techniques have something to do with it. But back pain can also be aggravated while you're traveling too!

When Driving:

Driving can be a cause of lower back pain. While some factors such as the vibration of the engine, which can contribute to lower back pain are unavoidable, it is also your sitting position and the length of time that you drive that influences whether you experience discomfort.

For many, our jobs will involve long periods of travel which cannot be avoided. In this instance, take as many breaks as possible. After all, the spine is designed to move and sitting in one position for a long period of time can create the sensation of stiffness in the back.

Use the "take a break" signs occasionally and give your muscles, joints and your whole body an opportunity to move. Stretch your back as well. Perhaps use the break as an opportunity to adjust your seat if you feel the need to.

How to Adjust Your Seat?

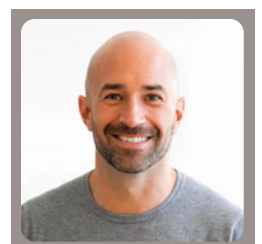
While driving, make sure your bottom sits where the base and the back of the seat meet. This will help maintain optimal support when you're driving, supporting the natural curvature of the spine.

The base of your seat is also important. Make sure it isn't touching the back of your knees and pull the seat forward to within easy reach of the pedals. This will help to maintain comfortable spinal posture.

Adjust your backrest often. This is to support your lumbar. Subtle changes will keep your spine moving and keep changing the position. Make sure the backrest doesn't feel unnatural or uncomfortable. If you think you might need more lumbar support, a rolled up towel or a small pillow can be added on.

Luc Archambault

Chiropractor



Love Snacking? Let's Make it Healthier!

Snacking is such a regular part of our lives. It gives us the energy boost when we need it, cheers us up when we're feeling down, fills us up when we're hungry or short on time to get a proper meal... whatever your motivation behind snacking may be, maybe it's time to reconsider how it can be made healthy.

1. Mixed Nuts

Nuts are a great nutritional snack. They provide the perfect balance between healthy fats, protein and fiber. There are plenty of nuts you can choose from, including walnuts, almonds, hazelnuts, cashews, pistachios etc. Since they don't require refrigeration, they're a great choice for snacking on the go. A good idea is to keep them in a small lunch box in perhaps your work bag, handbag or even your desk, just so you have something handy to eat when you're feeling peckish.



2. Air Fryer Kale Chips

These air fryer kale chips are a super tasty way to start a healthy chip habit. They just take minutes to prepare, and using your air fryer means less grease. Feel free to customize your chips with different herbs and spices- the possibilities really are endless!



3. Kettle Corn

Kettle corn is popcorn that is topped with sugar and salt. The combination makes for an addictively sweet, high-fiber treat that's perfect for movie night, an afternoon sugar craving, or on the snack table at your next picnic or BBQ.



4. Roasted Chickpeas

Chickpeas are good for so much more than just creamy homemade hummus. (Though that's definitely a good use of them!) They also make for a particularly good, fiber-ful salty snack and are infinitely adaptable based on what you've got in your spice cabinet.

5. Baked Plantain Chips

If you love a wildly crunchy chip, plantains are the way to go. With a bit more fiber than your average spud chip, these plantain chips only require 3 ingredients. They're darn addictive on their own, but can pair nicely with some creamy dips like a bowl of guacamole or Greek feta dip too.



CHOCOLATE KETO COOKIES

Ingredients :

- 2 1/2 tbsp. butter
- 3 tbsp. keto chocolate chips, divided
- 1 large egg
- 1 tsp. pure vanilla extract
- 2/3 c. blanched almond flour
- 1/3 c. confectioners Swerve
- 3 1/2 tbsp. dark unsweetened cocoa powder
- 1/2 tsp. baking powder
- Pinch kosher salt

Instructions :

Step 1 : Preheat oven to 325°. In a medium-sized bowl, add the butter and half of the chocolate chips. Microwave for 15 to 30 seconds – just enough time to slightly melt the butter and chocolate.

Step 2 : In a small dish, add and whisk the egg until the yolk combines with the whites. Add the vanilla extract to the bowl with the chocolate sauce. Mix again, and add other dry ingredients.

Step 3 : Use a cookie scoop (or a tablespoon) to form 11 equal sized cookies. Add the cookies to a baking sheet lined with parchment paper and top each cookie with the remaining chocolate chips. Flatten each cookie with either a spoon or a spatula. Bake for 8-10 minutes.



Fun Facts ~

Chocolate is good for your skin, its antioxidants improve blood flow and protect against UV damage



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NEW TEAM MEMBER

Welcome to the team...
Madi!!



Our new clinic assistant