

# INTOUCH NEWSLETTER



June

## Patient Testimonial

"Absolutely loved my experience so far. The whole team are very welcoming and have taken time to learn my name. Everyone makes you feel comfortable from the beginning, which is good because you'll probably spend a lot of time here. Would recommend to anyone that wants to improve their posture or any spinal issues. They have alleviated my back pain and made me feel much more confident in my posture"

I  
*Ian M*  
★★★★★

"I started attending sessions at SpineWorks almost two months ago. Since then, I've noticed dramatic improvements in my overall well-being and feeling stronger. My neck pain and headaches decreased significantly. My mood, ability to cope with stressful situations and flexibility have shown positive dynamics. On top of that, the attentiveness, can-do attitude and kindness of the team created a positive environment where you feel everything is possible. I'm grateful and appreciative of all their work highly recommend "

N  
*Nataly R*  
★★★★★

"The team at Spineworks are great! They always greet me by my first name every time which is a small thing, but it's great! They are all thoroughly professional and upbeat and there to help with any questions or concerns I might have. They have given me a great insight into what was wrong with my posture and general spine health and have given me a very thorough plan to get me back to where I need to be. Totally recommended."

A  
*Ardon T.*  
★★★★★

## Wanna Try Cold Plunging- Here's the Wim Hof Method At Home

The Wim Hof Method, was created by Wim Hof, a Dutch extreme athlete who is also known as "The Iceman". Hof believes you can accomplish incredible feats by developing command over your body, breath and mind through the use of specific breathing techniques and tolerance to extreme temperatures.

The Wim Hof Method combines breathing, cold therapy and commitment to help you connect more deeply to your body. It involves powerful inhalation, relaxed exhalation and prolonged breath holds.

The technique can lead to:

- Increased immunity
- Better sleep
- Reduced stress
- Heightened focus

There are 3 pillars to the Wim Hof Method:

- Breathing
- Cold Therapy
- Commitment

Most of the existing research on cold exposure and its many health benefits is on full-body, up to the neck immersion in an ice bath or other cold body of water. The reason for this is purely practical- it's simply easier to control all the experimental variables that way. In an immersion tank, you can more precisely measure the effects of cold because you can control the temperature and how much skin is exposed to water versus air, regardless of differences in body weight, height and surface area.

However, understandably full body submersion can be hard to come by, especially in a home setting. Instead, cold showers can be considered.

There's no evidence suggesting how often someone should take cold showers. But Dr. Hume recommends using cold therapy in response to your athletic endeavors. If you work out daily, it's ok to take a cold shower every day. His tips for taking cold showers include:



“  
*Dr. Hume recommends using cold therapy in response to your athletic endeavors.*”

- **Keep the water below 60 degrees:** In a typical home shower, make the shower as cold as it can go.
- **Take it slow:** Start with 30 seconds of cold water. Work up to a minute and progress until you take a cold shower for two to three minutes.
- **Alternate hot and cold:** UCLA Health athletic trainers often recommend a contrast shower post-workout. It involves a hot shower for three minutes, followed by a cold shower for one minute. Repeat the pattern three times and always end with the cold.



*Luc Archambault*  
Chiropractor

## COMMONLY ASKED QUESTION



### Will the treatment hurt?

Chiropractic treatment is usually painless unless an area is inflamed, in which case treatment will be modified. Don't worry if you hear a clicking or popping sound when one of your joints is being adjusted – this is perfectly normal. It is also normal to experience some reaction to treatment, including temporary discomfort, stiffness, or tiredness for a day or so. On the other hand, you may feel more energetic. It is important to talk to your chiropractor if you feel worried about anything during or after treatment.



## PATIENT OF THE MONTH



## CONGRATULATIONS! MEGAN!!!

Our patient of the month for June: Megan G. Megan's diligence with her exercises and tractions has helped reduce her lower back scoliosis from 14° down to 7.5°! (A 46% reduction!)

Megan no longer has a reversal of her neck curve either. Congratulations on the improvements!



## HEALTH QUOTE

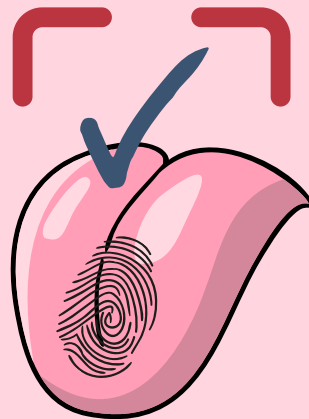


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*“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body”*

– Joseph Addison

## FUN FACT



You may know that everyone's fingerprints are different, but did you know that the same is true of everyone's tongue print



# 5 Reasons Why You Need to Spend More Time Outdoors



## WARM WELCOME TO OUR NEW PATIENTS



CARLOS	RADWAN
GENIS	LANRE
VICTOR	AHMED
NATHANAEL	BENJAMIN
ANA	MAHEEN
TOM	GIANLUCA
AUDHARYA	DAVID
MATTHEW	LUCY
JOSE	KARA
MUDASSIR	TOMI

## THANK YOU TO OUR REFERRERS



SUSIE  
ARKADAS  
MABEL  
ADAM

The Great Outdoors! But what's so great about it? Other than the fact that your TV screen could never compare to the actual beauty that lies outside, there are actual many health benefits to spending more time outdoors.

Spending time outdoors can both boost physical and mental health in a range of ways.



### **1. Better Breathing**

It may actually surprise you to know that the indoor concentrations of air pollution are often two to five times higher than outdoor concentrations. Spending more time in natural green spaces could help lower your risk of respiratory concerns. You will generally find the freshest air in places with the high air circulation.

### **2. Improved Sleep**

Typically, your body's internal clock follows the sun, making you feel awake during the daytime and sleepy at night.

Exposing yourself to sunlight can improve your sleep by:

- Helping you feel more tired at night.
- Shortening the time it takes to fall asleep
- Improving the quality of your rest

### **3. Reduced Depression Symptoms**

Sunlight can often help ease depression symptoms like low mood and fatigue.

Light therapy can help treat both depression and seasonal depression. Some people believe that sunlight has a protective effect since it can help your body produce vitamin D. It is also possible that sunlight improves sleep, which in turn reduces the severity of depression symptoms.



### **4. More motivation to exercise**

Working out in green spaces could help boost your motivation to exercise in the future, in part because outdoor exercise can offer a nice change of pace from gyms and make physical activity more interesting and enjoyable, and perhaps even make the whole experience feel easier and less strenuous.



### **5. Mental Restoration**

The modern world contains plenty of intrusive stimuli- flashing screens, vibrating phones, rumbling roadways- that compete for our attention. This ongoing overstimulation may raise your stress levels without you even realizing it. The natural world on the other hand, can offer a mental and emotional refuge when you need to unwind and recharge. Research suggests that spending time in nature can help you feel more relaxed and focused, especially when you take the time to notice your surroundings. So go on then! Go and smell the flowers... literally!

# Unveiling Chiropractic Adjustment Truth: Debunking 'Back Cracking' Videos

If you ever want to feel like a dinosaur, try explaining to a 6-year old that we used to only have 3 TV channels.

And I daren't tell them that overnight, they'd just be switched off.

Nowadays, with TikTok, Instagram reels, YouTube shorts, anybody with a smartphone can tune in to an endless stream of content, 24 hours a day.

It's no wonder attention spans are getting shorter, but that's probably a topic for another email...

**There's one aspect of these platforms that I'm not a huge fan of. And that's "back cracking" videos.**

I'm sure you've probably seen them:

The ones where a Chiropractor films themselves getting those satisfying 'snaps, crackles, and pops' out of a patient through a series of adjustments.

And while I understand the enjoyment these videos might provide (similar to ASMR), my concern is that it paints a false picture of what a Chiropractic adjustment is really about.

You see, contrary to what they show, the success of an adjustment isn't measured by how loud a crack you can hear.

**Because as satisfying as it may be, that sound (which is called a cavitation), isn't a sign that an adjustment has been effective.**

When we perform an adjustment, what we're doing is adjusting your subluxation complexes.

Put simply, a subluxation can be thought of as a joint that isn't moving as it's designed to. When a joint's subluxated, it's lost its full range of motion, causing issues.



The joints between your vertebrae are synovial joints, meaning they're a soft joint capsule that's filled with a natural lubricant called "synovial fluid".

If these joints aren't working properly, the vast amount of nerve endings will send signals to the rest of your body, which tells the surrounding muscles to 'protect it'.

It's this protection response that often causes muscle tightness or spasms.

**So that 'cracking' noise we can sometimes hear is the result of these joints being opened, which can cause the gases in the synovial fluids to be released.**

But it's the release of these joints that actually provides relief, not the noise itself.

And regular adjustments actually stimulate the production of this natural lubricant inside the joint, similar to oiling a squeaky door.

The key thing to realise though is that even if you're able to 'crack' your own back, this isn't the same as having a proper Chiropractic adjustment - even if it sounds the same as the videos you might have seen!



**sp:neWORKS**  
CHIROPRACTIC

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3:00pm – 8:00pm

Sat: 9:00am – 2:00pm

**REFER A FRIEND OR LOVED ONE**

**50% off**

INITIAL CONSULTATION

Loving chiropractic care? Got a loved one who you think would benefit from it?

Have them call us and tell them to mention your name to get 50% off their Initial consultation! (X-rays not included)