

# INTOUCH NEWSLETTER



August

## Client Testimonial

"I have been having sessions since January and my sciatica pain has greatly reduced. I've been really impressed with the level of professionalism shown by everyone at spineworks!"

**T**

*Tina Götschi*

★★★★★

"Everyone at SpineWorks are professional and welcoming. A great service that I would recommend to anyone!"

**B**

*Brian Laframboise*

★★★★★

"I've been coming here for the past 6 weeks to help solve my pain in neck and correct my posture and it's been excellent. Feel well looked after, Josh and team are all really diligent and kind and put me right at ease. Would recommend if you are looking for some chiropractic work!"

**I**

*Iain Barrett*

★★★★★

"If you have back problems, headaches, posture etc. this is the place for you! I could see results immediately! Professional team and always available! I have suffered from headaches for almost 10 years, I would wake up at least 3 times a week with headaches or migraines, as soon as I started the treatments I could feel immediate relief! I just want to say a big thank you for your work!"

**N**

*Noemi Terranova*

★★★★★

## How to Choose the Perfect Pillow for a Good Night's Sleep

When it comes to getting a good night's sleep, choosing the right pillow is just as important as selecting a comfortable mattress. A comfy pillow not only provides support for your head and neck, but also ensures proper spinal alignment. With the many varied options available in the market, finding the pillow which is the right fit can be overwhelming. Here are some factors you can consider while picking out the optimum pillow for you to get the quality of sleep you deserve!



“  
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### Consider Your Sleep Position

The first step in finding the perfect pillow is to consider the position that you sleep in, as different sleeping positions require various levels of support to maintain proper alignment.

- 1. Back Sleepers:** Look for a medium- firm pillow that cradles your head and supports the natural curve of your neck.
- 2. Side Sleepers:** Opt for a firm pillow with extra loft to keep your head aligned with your spine.
- 3. Stomach Sleepers:** Choose a soft, flat pillow to prevent strain on your neck and maintain a more natural position.

### Determine Your Pillow Material

Pillows come in various materials, each offering unique benefits:

- 1. Memory Foam:** Conforms to the shape of your head and neck, providing excellent support and pressure relief
- 2. Latex:** Offers a responsive and supportive feel, with hypoallergenic properties for allergy sufferers.

### 3. Down/ Feather:

Provides a soft and luxurious feel, suitable for those who prefer a fluffier pillow.

- 4. Synthetic Fill:** Offers a budget- friendly option with varying degrees of firmness and hypoallergenic properties.

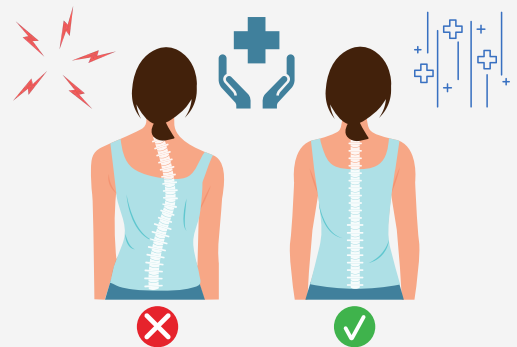
### Pillow Loft and Firmness

The loft refers to the height or thickness of the pillow, while firmness relates to its support level. Your body size and sleep position play a significant role in determining the ideal loft and firmness.



*Luc Archambault*  
Chiropractor

## COMMONLY ASKED QUESTION



### Can chiropractic treatment help with posture improvement?

Yes, chiropractors can assess and address posture-related issues. They may use adjustments, exercises, and ergonomic recommendations to improve posture and reduce strain on the musculoskeletal system.



## RECENT EVENT

The team got outside this month to the Kennington Oval Farmers market. We spread the message of health and wellness and offer free spinal checks to the everyone including the local community!



### Find us there on:

12th August 10am-2pm  
9th & 23rd of September 10-2pm

Why not pop down to say hi? Bring along a friend or family member for their free spinal check and to see what the other local businesses in the area have to offer :)

See you soon!



We Are Closed for Summer Holidays

1st - 28th August

Closed



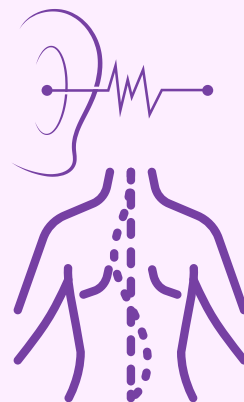
## HEALTH QUOTE



“The wish for healing has always been half of health”

– Naval Ravikant

## FUN FACT



In 1895, the first chiropractic adjustment was performed,

reportedly restoring a man's hearing by realigning his spine.





# An Apple a Day Keeps the Doc Away: 7 Reasons Why That's True!



## WARM WELCOME TO OUR NEW CLIENTS



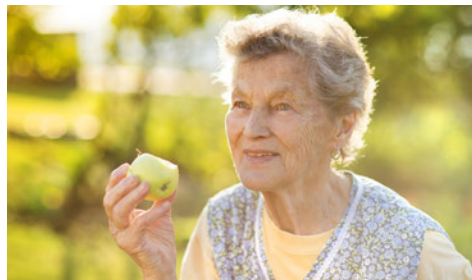
LEONA	SAMUEL
ADROEN	RACHEL
VICTORIA	KAYLIEGH
RAY	TOM
HANNAH	ANETTE
ISSAC	PHIL
ROBERT	SUNNAH
JOSHUA	LIZA
TOM	JESSE
DAN	BRIT
ABI	LEWIS
JAMES	ROB



## THANK YOU TO OUR REFERRERS

FARI  
DESTA  
SOLOMON  
JAYSHREE

We've all heard the famous saying, "An apple a day keeps the doctor away," but have you ever wondered what that really means? Let's dive into the health benefits that come along with eating one of nature's candy!



**1. Weight Management:** Apples, packed with approximately 4.5 grams of fiber per medium-sized fruit, play a crucial role in weight management. The fiber content slows digestion. Keeping you feeling satiated for longer and curbing overeating tendencies.

**2. Gut Health:** Nourishing your gut microbiome is crucial for optimal health, and apples contribute significantly to this cause. With their pectin content, a beneficial type of fiber, apples act as prebiotics, promoting the growth of good bacteria in a gut.

**3. Heart Health:** Supporting a healthy heart is as simple as incorporating a daily apple into your diet. Studies suggest that apples may help reduce blood pressure. Cholesterol levels, and inflammation. All vital factors in maintaining cardiovascular health.

**4. Lung Function:** Antioxidants, such as flavonoids and vitamin C, found abundantly in apples, can help enhance lung function and potentially lower the risk of conditions like COPD.



### 5. Immune System Support:

Strengthening your immune system is essential, and apple skins, containing quercetin, offer powerful immune-boosting properties while reducing inflammation.

**6. Diabetes Management:** For individuals managing diabetes, apples can be beneficial in reducing insulin resistance, leading to improved blood sugar levels. The polyphenols in apples facilitate insulin release and sugar uptake by cells.

**7. Bone Health:** Women, especially after menopause, can benefit from apples unique phytonutrient, phloridzin, which supports bone density and reduced bone breakdown.

Embracing the apple-a-day habit is a simple yet effective way to enhance your health and well-being. With their incredible range of benefits, these delicious fruits are not only nutritious but also versatile and easy to incorporate into your daily meals. So, why not take a bite into a crisp, juicy apple today and experience the countless rewards it brings to your overall health. Remember, good health can be as easy as reaching for an apple!

# Is sitting REALLY the new smoking?

There's a quote you may have seen in the papers or on TV recently:

**"Sitting is the new smoking".**

But how true is that statement?

Like with many headlines we see in the news, I feel it's sensationalised and needs to be taken with a pinch of salt.

*Comparing a sedentary lifestyle to intentionally inhaling countless toxins and carcinogens, seems fairly excessive, after all.*

**That said, more and more research is showing that being too sedentary (i.e. not moving enough) can have a hugely negative impact on your health, including:**

- An increased risk of heart disease and stroke
- An increased risk of obesity and diabetes
- An increased risk of anxiety and depression
- An increased risk of cancer
- And an overall increased risk of death

Let's be clear - it's not that sitting down for a few hours is going to kill you. But when combined with the other habits we can often slip into as the result of a sedentary lifestyle, the risk increases.

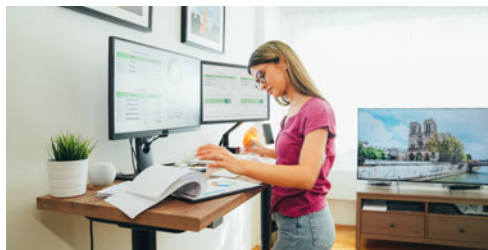
*Poor nutrition and diet, failure to do any exercise, increased weight gain, poor sleep, and many more.*

And in the short term, not moving enough is only going to make any pain you experience even worse.

I've said it before and I'll definitely say it again: "Motion is lotion!"

And it's a problem that's been made worse by the shift to 'work from home' - where desk setups are often crammed into the corner of a spare room.

But there's one fairly simple solution that can have a huge impact on how long you spend sitting:



## A standing desk.

It can take some getting used to standing to do your work, but before you know it, you'll find yourself feeling more comfortable and productive while you work.

*Many desks are now available in a sit/stand option, where you can adjust the height based on whether or not you're sitting down or standing up.*

Best of all, you **don't** need to invest in any new furniture to try this out.

There are plenty of inexpensive options which allow you to raise the height of your laptop, or monitor and keyboard, without changing your existing desk setup.

**But remember - whether you're working in a seated or standing position, ensuring your monitor is at eye level, your back is straight, and your knees are aligned underneath your pelvis, is vital**

And above all, the most effective way to create a healthy lifestyle and habits for yourself is through regular Chiropractic adjustments.

It's a misconception that Chiropractors just treat pain.

Although many of our patients first come to us because of 'symptoms' (neck pain, back pain, migraines, etc), they stay with us for the long term impact on their wellbeing, sleep, energy levels, and overall quality of life.



**spineWORKS**  
CHIROPRACTIC

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**(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

**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)