

INTOUCH NEWSLETTER



July

Client Testimonial



"I came to Luc and the team at SpineWorks for treatment of a shoulder injury and have gone from having been unable to move my arm back to full range of motion. From the initial investigation and diagnosis of the injury through to strengthening and conditioning via adjustment, laser and soft tissue work, Luc and the entire team worked step by step with me. I couldn't be happier with the results. SpineWorks are a highly professional team and not just for chiropractic, each visit has been a pleasure owing to the friendly and calm environment. I'd highly recommend them."

C

Caroline NLP School



"The loveliest team around! Throughout my experience, which spans over a year now, I've always felt very well cared for. I would (and have!) recommend SpineWorks to anyone who is struggling with back or posture problems."

M

Maxine



"Had a fantastic experience with SpineWorks over a four month period. They helped fix my posture issues, and I was really happy with the results. The team are incredibly warm and friendly, I would highly recommend! Simon"

S

S. Stockdale



"Stand Tall and Thrive: Embrace Good Posture for a Healthy Body!"

Are you tired of feeling like a slouching sloth? Do you find yourself constantly hunching over your desk, craning your neck to look at a screen, or curling up in a ball on the sofa? It's time to stand tall and proud with good posture! Not only is good posture essential for a healthy spine and overall well-being, but it can also reduce your risk of injury, alleviate pain, boost energy levels, improve mood, and make you feel like a superhero (or at least a well-postured one). Maintaining good posture may sound easier said than done, but fear not! Here are some top tips to help you stand tall and proud:



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It's time to stand tall and proud with good posture!

1. Think Tall

Imagine a string pulling you up from the top of your head. This mental image will help you align your spine and maintain proper posture throughout the day.

2. Find Your Inner Throne

Ensure that your chair provides adequate support for your lower back. If your chair lacks built-in lumbar support, consider purchasing a support cushion to keep your posture in tip-top shape.

3. Avoid Slouching

It may seem obvious, but avoiding slouching makes a significant difference. When sitting, keep your feet flat on the ground and resist the temptation to hunch forward. To combat constant slouching, set reminders to stand up and stretch every hour or place a visible post-it note as an extra prompt.

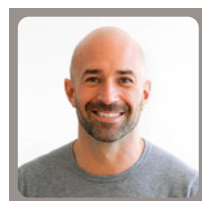
4. Get Moving

Engage in regular exercise, including core strengthening exercises, to improve your posture. You might even discover some hidden muscles you didn't know existed along the way!

5. Stand Up for Yourself

If you spend extended periods sitting, particularly during work hours, make it a point to take frequent breaks to stand up and stretch. Your body will appreciate the change in position and movement.

Remember, good posture is a lifelong journey, but with practice and consistency, you can stand tall and proud like the superhero you truly are! So, what are you waiting for? Embrace the power of good posture and let your body reap the benefits. Your future self will thank you for it!



Luc Archambault
Chiropractor

COMMONLY ASKED QUESTION



Can chiropractic care help with headaches?

Yes, chiropractic care can be beneficial in addressing certain types of headaches. While many people associate chiropractic care with back and neck pain, it can also provide relief for certain headache conditions.



RECENT EVENT

The SpineWorks team have been busy this month attending local workspaces and offices in our area giving free spinal checks to the local community and spreading the message of health and wellness. GO TEAM!!



Dr Luc did a health talk for a local business talking about how chiropractic care can help with headaches and migraines - he did an excellent job with his talk in front of a small crowd!! Bravo!!!!



HEALTH QUOTE



"Health is a state of complete harmony of the body, mind, and spirit."

- B.K.S. Iyengar



FUN FACT



Did you know that the word "chiropractic" originates from Greek?



It comes from the Greek words "cheir," meaning "hand," and "praxis," meaning "action." This reflects the hands-on approach that chiropractors use to provide care.

Benefits of Walking: Boost Your Creativity, Reduce Stress, and More!

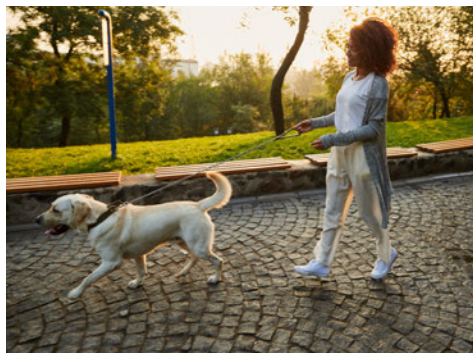
WARM WELCOME TO OUR NEW CLIENTS

KARSH	LEE
IAIN	GIOVANNI
DANIEL	JAYSHREE
JOHN	SOLOMON
ERROLL	RITA
MAGUETTE	FAME
VINCENT	KATRINA
HARRIET	ARADOM
FABIAN	ELIAS
CHRISTINA	THU
ADAM	STACY

THANK YOU TO OUR REFERRERS

ARKADAS
CARLA
LISETA
DIDAR

Want to experience more creativity, greater joy, and improved immunity? Well, guess what? You have exactly what you need to effortlessly obtain these rewards for your mind, body, and spirit—and it all depends on your own two feet. Yes, we're talking about the amazing benefits of walking!



Get More Creative!

Research shows that just 5-15 minutes of walking can give your creativity a significant boost. A study conducted at Stanford University found that participants' creative output increased by a whopping 60% while they were walking. If you find yourself seeking inspiration, you're in good company! Visionaries like Steve Jobs, Winston Churchill, and Charles Dickens were known to take thoughtful strolls. Walking not only improves our physical well-being but also helps us think more clearly, unlocking the brilliance within us. By contemplating our ideas and understanding our emotions during a walk, we pave the way for our creativity to shine through in our work.

Reduce Stress

Feeling stressed out? Going for a walk is an excellent solution. Studies have shown that the best results are achieved by walking for 20-30 minutes at least three times a week. While any walking is beneficial, research has found that a one-hour walk in nature significantly reduces stress due to the positive impact on our brains. Additionally, being outdoors allows our bodies to produce vitamin D from the sun. Exercise, including walking, is associated with the release of endorphins, also known as the "feel-good" hormones. While any physical activity is beneficial, higher-intensity workouts have been found to release even more endorphins.

Got Body Aches? Walk it Off!

Are you stuck at your desk from sunrise to sunset? You're likely to feel tension in your hunched shoulders, tight hips, and cramped muscles. The antidote? Take intermittent short strolls throughout the day. A 2015 study has shown that a 5-minute walking break can counteract the negative impacts of prolonged sitting by increasing muscle activity and improving circulation.

Boosting Your Immunity

Regular exercise, including brisk walking, has been found to lower the likelihood of experiencing upper respiratory symptoms such as coughing, a sore throat, or a runny nose. Researchers investigating the cause-and-effect relationship between exercise and immune function have often chosen brisk walking as their exercise of choice. Numerous studies have shown that engaging in brisk walking for 30-45 minutes a day, five days a week, leads to fewer respiratory symptoms.

Improves Your Attention Span and Memory

The attention restoration theory suggests that taking in our beautiful surroundings and the aesthetically pleasing stimuli they offer can help restore our attention capacities. Research has found that after spending an hour walking in nature, memory performance and attention spans improved by 20%. So, the next time you feel mentally fatigued from excessive screen time or social media scrolling, step outside and embrace the stillness around you. Walking in natural environments for 30 minutes has a more significant influence on cognitive functions compared to walking in urban settings.

Burn Calories

Looking to lose weight in a fun and healthy way? Walking is one of the best ways to burn calories. The number of calories burned while walking depends on factors such as speed, distance, and terrain. Walking uphill, for instance, burns more calories than walking on a flat surface. Although walking is a moderate-intensity form of exercise, not a high-intensity one like boxing or high-intensity interval training, you can still achieve significant calorie burn by maintaining a consistently brisk pace that keeps your heart pumping.

Embrace the Sunshine: The Radiant Benefits of Soaking in Sunlight!

There's something magical about stepping outside into the warm embrace of the sun's rays. It instantly lifts our spirits and brightens our day. But did you know that sunlight offers more than just a pleasant sensation? It holds a myriad of remarkable benefits that can positively impact your overall well-being. So, grab your sunscreen and let's uncover the enlightening truth about sunlight!

Vitamin D Production:

When your skin is exposed to sunlight, it triggers the production of vitamin D, a vital nutrient for your body. Considering that over 40% of adults have a vitamin D deficiency, soaking in the midday sun, especially during summer, can help boost your vitamin D levels.

Sleep Regulation:

Sunlight exposure during the day plays a crucial role in regulating your internal body clock and promoting better sleep quality. By getting adequate sunlight during the day, you can improve your sleep patterns and enjoy a well-rested night.

Skin Health:

While it's important to protect your skin from harmful UV rays, moderate sun exposure offers notable benefits. Sunlight can help alleviate certain skin conditions like psoriasis, eczema, and acne. It also stimulates the production of vitamin D, which is essential for maintaining healthy skin.



Improved Cognitive Function:

Preliminary research suggests that sunlight exposure may positively influence cognitive function. Sunlight promotes the production of nitric oxide in the skin, which is thought to increase blood flow to the brain, potentially enhancing cognitive performance.

So, the next time you step into the sunlight, take a moment to appreciate the remarkable benefits it offers. By embracing the sunshine and allowing its rays to touch your skin, you can harness its power to enhance your overall well-being. Remember to practice sun safety, but don't be afraid to enjoy the natural gift of sunlight.



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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)