

INTOUCH NEWSLETTER



September

Client Testimonial

"Many thanks to the lovely 'Spineworks' team, for their 'gentle touch and sense of humour', whilst treating the 'biggest wimp' to ever enter their clinic. I shall definitely recommend them to my friends."

T
Teresa L
★★★★★

"Very friendly staff and great service. Happy with the adjustment sessions. Over the last 1 month (12 sessions) I saw improvements including relief of pain/discomfort and more flexibility. Definitely on the right track to improving my posture and wellbeing"

W
William D
★★★★★

"Very friendly , professional and knowledgeable staff . Exceptionally clean clinic with competitive prices . They were able to relieve my neck and arm pain when it was most severe . "

I
Ian M
★★★★★

5 Reasons Why Matcha Outshines Caffeine

In a fast-paced world where energy boosts are essential, many turn to caffeine for a quick fix. However, there's a rising star that offers a healthier alternative – matcha. Derived from finely ground green tea leaves, matcha brings more to the table than just a caffeine buzz.

Here are five reasons why matcha stands out as a superior choice:

- 1. Slow-Release Energy:** Unlike caffeine, which often results in a sudden spike followed by a crash, matcha provides a steady release of energy due to its unique combination of caffeine and L-theanine. This amino acid promotes relaxation, counteracting the jitters and crashes that caffeine alone can cause.
- 2. Rich in Antioxidants:** Matcha is packed with powerful antioxidants called catechins, notably EGCG (epigallocatechin gallate). These compounds help fight oxidative stress, reducing the risk of chronic diseases while promoting overall health.

3. Boosts Metabolism: Matcha not only offers a gentle energy lift but also aids in boosting metabolism. Studies suggest that its combination of caffeine and catechins can help the body burn calories more efficiently, supporting weight management efforts.

4. Enhances Concentration and Focus: The L-theanine in matcha is known to promote alpha brainwave activity, inducing a state of relaxation and focus without the drowsiness. This natural synergy of compounds heightens concentration, making matcha an

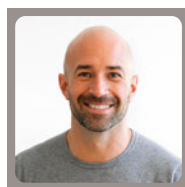


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While caffeine has its merits and can be enjoyed in moderation, matcha offers a broader spectrum of benefits for overall well-being.

excellent choice for those seeking mental clarity.

5. Gentler on Digestion: Caffeine can sometimes irritate the stomach and lead to acid reflux. In contrast, matcha is alkalizing, which can help soothe digestion and reduce the risk of gastrointestinal discomfort.

While caffeine has its merits and can be enjoyed in moderation, matcha offers a broader spectrum of benefits for overall well-being. Its combination of sustained energy, antioxidant-rich profile, metabolism-boosting effects, cognitive enhancements, and digestive friendliness sets it apart from traditional caffeine sources.



Luc Archambault
Chiropractor

By incorporating matcha into your daily routine, you're not just getting a caffeine kick; you're embracing a holistic approach to health and vitality.

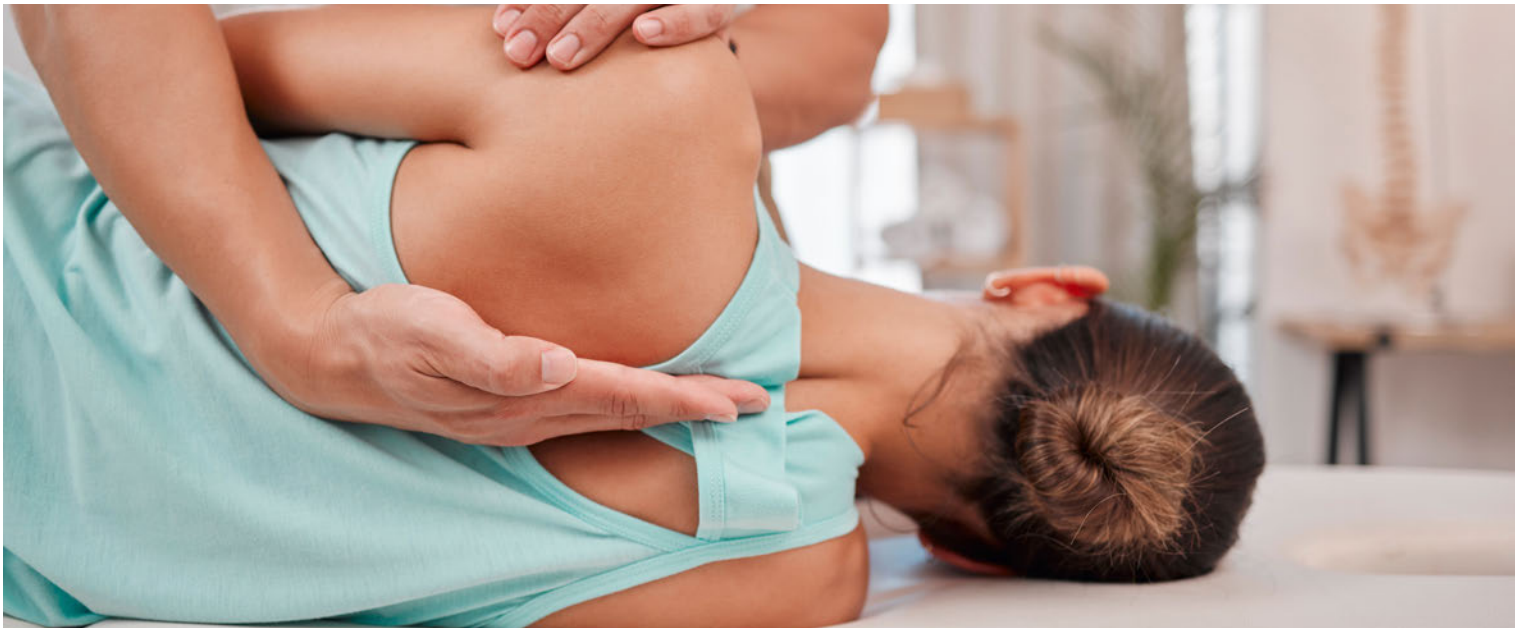
In conclusion, the allure of matcha lies not only in its vibrant green hue and rich history but also in its comprehensive health benefits. As more people seek healthier alternatives to caffeine, matcha emerges as a remarkable contender, offering sustained energy and a range of advantages that go beyond the transient buzz of traditional caffeinated beverages.

COMMONLY ASKED QUESTION



Will I hear a cracking sound during an adjustment?

Yes, a cracking sound, known as a "cavitation," is often heard during adjustments. It's caused by the release of gas bubbles in the joints and is a normal and safe part of the process.



CLIENT SPOTLIGHT



Emily S

Chiropractic care has been a revelation for me. Years of desk work had left me with constant backaches. Through personalized adjustments and expert guidance on posture, my chiropractor has not only relieved my pain but also empowered me with tools to prevent future issues. I'm now a firm believer in the power of chiropractic care.



HEALTH QUOTE

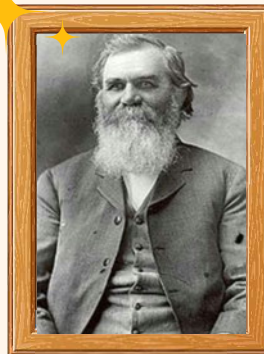


“Take care of your body. It's the only place you have to live”

– Jim Rohn



FUN FACT



Did you know that the birth of chiropractic care can be traced back to a single event?

The first chiropractic adjustment is attributed to Daniel David Palmer, a magnetic healer and self-taught practitioner. On September 18, 1895, Palmer performed the historic adjustment on a deaf janitor named Harvey Lillard.



Creating Your Oasis: 6 Ways to Build a More Comfortable Sleep Setup



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



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SOLOMON

JAYSHREE

A good night's sleep is essential for overall well-being, and creating a comfortable sleep environment can greatly contribute to the quality of your rest.



Here are six ways to design a sleep haven that promotes relaxation and rejuvenation:

Invest in a Quality Mattress and Pillows:

Your mattress and pillows are the foundation of your sleep setup. Choose a mattress that provides the right level of support for your body, and opt for pillows that suit your preferred sleeping position. Memory foam, latex, and hybrid mattresses are popular choices known for their comfort and support.

Choose Breathable Bedding: Opt for breathable, natural fabrics like cotton or bamboo for your sheets, pillowcases, and duvet covers. These materials wick away moisture and help regulate body temperature, ensuring you stay comfortable throughout the night.

Control the Lighting: Create a sleep-conducive atmosphere by minimizing external light sources. Consider blackout curtains to block out streetlights and early morning sun, promoting a darker and more restful environment.



Maintain Optimal Room Temperature:

Keep your sleep space at a comfortable temperature, usually between 60-67°F (15-19°C). Using a fan, air conditioning, or a cozy blanket can help you achieve the ideal sleep climate.

Reduce Noise Disturbances: Unwanted noises can disrupt your sleep. Consider using white noise machines, earplugs, or noise-canceling headphones to mask sounds that might disturb your rest.

Declutter and Personalize: A clutter-free environment can have a calming effect on your mind. Keep your sleep area tidy and free from distractions. Personal touches, like soothing wall art or relaxing scents from essential oil diffusers, can also help create a serene atmosphere.

Remember, everyone's sleep preferences are unique. Experiment with different setups to find what works best for you. Your sleep environment should reflect your individual needs and contribute to a sense of calmness and comfort.

By implementing these simple strategies, you can transform your sleep space into a sanctuary dedicated to peaceful nights and energized mornings. Prioritizing comfort and relaxation in your sleep setup will go a long way in enhancing your sleep quality and overall well-being.

Nourishing On-the-Go: 5 Quick and Healthy Homemade Snacks

When hunger strikes between meals, reaching for quick and healthy snacks can keep your energy levels stable and satisfy your taste buds. Skip the store-bought options laden with additives and preservatives, and try these five easy homemade snacks that are delicious and nutritious:



Hummus and Veggie Sticks: Whip up a batch of homemade hummus using chickpeas, tahini, lemon juice, and a touch of olive oil. Serve it with colourful veggie sticks like carrots, cucumbers, and bell peppers for a crunchy and nutritious snack.



Greek Yogurt Parfait: Layer creamy Greek yoghurt with a handful of your favourite berries, a drizzle of honey, and a sprinkle of granola or chopped nuts. This snack is rich in protein, probiotics, and antioxidants, offering a perfect balance of flavours and textures.



Trail Mix with a Twist: Create your own trail mix by combining unsalted nuts (such as almonds, walnuts, and pistachios), dried fruits (like cranberries, apricots, and raisins), and a sprinkle of dark chocolate chips or cacao nibs for a touch of sweetness.



Rice Cake Delight: Top a whole-grain rice cake with creamy avocado slices, a sprinkle of black pepper, and a pinch of sea salt. This simple yet satisfying snack offers healthy fats, fibre, and a delightful crunch.



Apple Slices with Nut Butter: Slice up a crisp apple and pair it with a scoop of natural almond, peanut, or cashew butter. The combination of fibre from the apple and healthy fats from the nut butter will keep you satisfied and energized.

Preparing these snacks at home not only ensures you're choosing wholesome ingredients but also allows you to customize them to your taste preferences. Whether you're looking for protein-packed options, fibre-rich bites, or a combination of both, these quick homemade snacks have got you covered.

Keep the ingredients on hand for a satisfying and nutritious solution whenever your snack cravings hit.

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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)