

INTOUCH NEWSLETTER



October

Client Testimonial

"I would highly recommend SpineWorks! All of the staff are really friendly, professional and knowledgeable. I've been going for over 4 months now, and have signed up for at least a year. The sessions have been really helpful for my back problems, and I am finally able to exercise again without getting back pain. Thanks to the team"

H
Heden
★★★★★

"This place is fantastic, from your first initial assessment the level of detail and time put in means that you really understand the causes of the problem you have. It's also why your personal care plan is tailored just to you. All this is delivered by a great team of caring professionals and backed by exemplary customer service. Not only has my constant neck pain gone so I am sleeping so much better, if I do get a twinge in my back, it now clears up in a couple of days, not weeks. Thank you guys. Cant recommend Spineworks highly enough!"

G
G Burgess
★★★★★

"I first found out about SpineWorks in 2019, just after I had been diagnosed with MS, and I'm so glad I did! The staff are very professional, friendly, and gave us a warm welcome to the SpineWorks community. The treatment is great, with noticeable differences in posture after a short period of time. I believe this early intervention/treatment has slowed the progression of my MS. They not only focus on Chiropractic, but your entire wellness. I highly recommend SpineWorks to anyone in need of Chiropractic services as they have been a great help to both me and my daughter"

D
D Bostock
★★★★★

Lessons from a Bean: The Health Equation We Often Overlook

Tiny fingers push a single bean into loose dirt in a paper cup, then pat it down. Small hands spill drops of water everywhere while attempting to water it every day. Bright eyes watch closely for the sign of a sprout, and a little voice cheers as the first leaf unfurls.

If you've experienced this process, you know this embodies several important lessons for a child. Let's see how these lessons apply to our health and wellness



1. Patience: Beans sprout quickly, but in a child's mind, those days of waiting are long. When you embark on a journey for better health, you're probably eager for some quick results. You may see some encouraging changes immediately, but often, you'll need patience for healing at deeper levels. Or maybe you've been trudging along and reached a plateau. So frustrating, right? There may need to be some tweaks or adjustments, but you'll still need patience to keep going.

2. Consistency: The daily watering of the bean sprout may become a ritual the child enjoys...or they may tire of it quickly! Either way, consistency is required for sustained growth and vitality of any living thing. That means for you, too! To be most

effective, we must be consistent with regular habits like chiropractic care, exercise, nutrition, and mental health. Our muscles won't get stronger, one salad won't solve all of our deficiencies, and one adjustment likely won't resolve years of dysfunction.

3. Reap what you sow: The child learns that you plant beans, and you will get beans. You plant zinnias, you get zinnas!

We're all aware of this principle, but somehow, it goes out the window regarding health. Years of poor posture, unaddressed subluxations, lack of movement, negativity, and inadequate nutrition will result in dysfunction. This may be presenting itself as symptoms now, or it may show up later. But we WILL reap what we sow.

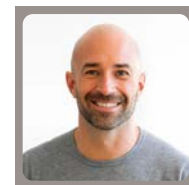
However, this is also exciting when we are planting the seeds of health.

It means that each adjustment, each glass of water and delicious, balanced meal, each mile run, and each moment of a mental health practice all contribute to a harvest of health.

What do we want to harvest in the garden that is our life? It will take effort and energy to tend, but we assure you that a vibrant life is worth it.

Determine one or two areas where you can take action to improve your health. Set yourself up for success by blocking out time in your calendar and getting some accountability.

Reach out if we can be of service. We're here to help, guide, and support you!



Luc Archambault
Chiropractor

WORDSEARCH CHALLENGE

Find some of the keywords we've been using throughout this newsletter.



- HARVEST HEALTH -



- consistency
- patience
- harvest
- health
- reap
- sow
- cavitation
- synovial
- potential
- flourish
- thrive

V	E	N	F	A	Q	F	G	T	Z	V	C
H	P	B	U	D	S	A	Y	S	E	A	L
S	H	A	E	S	Y	B	Y	T	V	Z	A
I	L	Z	T	R	V	N	L	I	Y	Q	I
R	L	Q	E	I	O	J	T	Q	T	M	T
U	V	A	S	V	E	A	O	O	A	Q	N
O	P	P	I	G	T	N	H	I	W	D	E
L	N	A	T	I	Z	K	C	B	N	Z	T
F	L	K	O	H	A	R	V	E	S	T	O
F	T	N	H	E	A	L	T	H	S	W	P
T	I	S	T	H	R	I	V	E	Z	O	D
C	O	N	S	I	S	T	E	N	C	Y	W



DID YOU KNOW?



Studies have shown that chiropractic care may positively impact your mental health! Depression and anxiety can be associated with an autonomic nervous system imbalance and an over-activation of the "fight or flight" of the sympathetic nervous system.

Chiropractic care can help to regulate the nervous system. Adjustments of the neck have been shown to activate the "rest & digest" or parasympathetic system.

In a 2019 article, researchers studied the case of a woman unable to sleep well with neck pain, low back pain & anxiety attacks.

After 6 adjustments, she rarely noticed any back or neck discomfort. A PHQ-4 (self-reported assessment short-form) showed no signs of depression & anxiety.

Multiple scientific papers show that chiropractic stimulates the nervous system to release chemicals and hormones that regulate blood pressure and flow, calm the brain and reduce inflammation.

"Neurobiological basis of chiropractic manipulative treatment of the spine in the care of major depression." Acta Biomed. 2020 Nov."

"Molecular foundations of chiropractic therapy. Acta Biomed. 2019 Sep"



HEALTH QUOTE



"The Nervous System Holds The Key To The Body's Incredible Potential To Heal Itself"

- Sir Jay Holder, M.D., D.C., Ph.

COMMONLY ASKED QUESTION



What is the cracking or popping noise that sometimes occurs during a chiropractic adjustment?

Imagine your joints, like your knuckles or back, are like two puzzle pieces fitting together. When a chiropractor gives you an adjustment, they apply a quick and gentle force to help those pieces move slightly.

Inside your joint space, there's a little bit of synovial fluid to lubricate the joint, like oil in a machine. A tiny gas bubble can form in that fluid.

So, that cracking sound you sometimes hear during a chiropractic adjustment is the pop of the bubble, a release of that gas from the joint space. We call this a cavitation.

A cavitation is normal and may or may not happen. The goal of the adjustment isn't to produce a sound, it is to specifically move the joint back into alignment for improved performance.

SIMPLE CHICKEN & BEAN SPROUT STIR FRY

"Mung bean sprouts are a delicious and nutrient-dense addition to stir-fry."



INGREDIENTS :

- 550 grams (1 ¼ lbs) boneless skinless chicken breasts
- 200 grams (2 cups) mung bean sprouts, rinsed and dried
- 45 ml (3 tablespoons) vegetable oil, divided
- 3 grams (1 ½ teaspoons) gingerroot, minced and pared
- 2 garlic cloves, minced
- 5 green onion tops, chopped
- 2 medium carrots, chopped
- 45 ml (3 tablespoons) soy sauce
- 45 ml (3 tablespoons) honey

DIRECTIONS :

- In a wok or other large pan, heat half of the oil, (1 ½ tablespoons) over high heat; add sprouts and cook, stirring quickly and frequently, until lightly browned and tender, 1 to 2 minutes. Transfer sprouts to plate and keep warm.
- To same wok add remaining oil and heat for 30 seconds to 1 minute; add chicken, garlic, carrots, and ginger and stir-fry for 2 minutes.
- Add scallions and continue stir-frying until chicken is tender and browned on all sides, 2 to 3 minutes longer.
- Add soy sauce (to taste) and honey and mix well; cook, stirring constantly for 1 minute longer. Top warm sprouts with chicken mixture, and serve with rice or rice noodles.
- You can substitute shiitake mushrooms for the chicken to make this dish vegan. Use gluten-free soy sauce for a gluten-free meal.

”

“Eating well can be delicious! Focus on simple, wholesome ingredients, making adjustments as needed for your body’s needs.”

WARM WELCOME TO OUR NEW CLIENTS



RUPERT FLORENCE

BEATRICE PERCIVAL

FELIX IMOGEN

MATILDA CEDRIC

WINSTON PENELOPE

THANK YOU TO OUR REFERRERS



ARTHUR GWENDOLYN

EVANGELINE HORATIO

REGINALD OCTAVIA

AGATHA ARCHIBALD

CEDRIC TABITHA



Flourish from Within: How Chiropractic Helps You Thrive

Have you considered how your anatomy frequently mirrors nature? Let's talk about your central nervous system: the brain and spinal cord.

Your spinal vertebrae are like the outer bark of a tree trunk, protecting your spinal cord much like the sapwood, the tree's pipeline for moving nutrients. In the intricate web of your body's functions, the nervous system is the central command center to coordinate movement, sensation, and even automatic processes like breathing.

The spinal cord is the communication pathway that relays messages between your brain and the rest of your body. Without a properly functioning spinal cord, your body's systems wouldn't work harmoniously, affecting everything from simple movements to complex actions.

Nerve roots branch out from the spinal cord, passing between the vertebrae to transmit vital information throughout your body. The peripheral nervous system reaches every organ, gland, tissue, and muscle. To continue our nature analogy, the PNS can resemble a root system, supporting the tree's growth and life.

Critical to this communication network is cerebrospinal fluid (CSF), a clear fluid encasing your brain and spinal cord. CSF cushions and shields your nervous system, also serving a role similar to how water sustains and provides nutrients to a plant.

However, interruptions can occur in this vital nervous system network, known as interference.



Think of what happens when you disrupt or cut the roots of a plant. Interference can lead to distorted signals, resulting in discomfort and diminished functionality. This can range from minor discomfort to more noticeable effects.

Enter chiropractic care—a solution to address these interruptions. Chiropractors act as skilled gardeners, focusing on helping you to thrive. By identifying and correcting misalignments in the spine, chiropractic adjustments restore the nervous system's smooth functioning.

As interference is removed, your body is innately able to communicate, heal, develop, and function more effectively.

Let's go back to picturing a tree that receives the proper amounts of sunlight and nutrients - it flourishes from a robust and straight sapling to a magnificent mature tree, adapting well to various seasons and storms.

We want this for each of you: a well-functioning nervous system translates to increased vitality. Naturally, results are entirely individual, based on how your body responds. Our patients frequently experience enhanced energy levels, better sleep, improved digestion, increased range of motion, flexibility, decreased discomfort, and an improved sense of well-being.

sp:neWORKS
CHIROPRACTIC

WHERE TO FIND US:

236 Kennington Park Road
Kennington, London,
SE11 4DA

(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)