

INTOUCH NEWSLETTER



November

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
H Eden
★★★★★

"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
★★★★★

Healthier Together: The Remarkable Benefits of Social Connections

As the Beatles sang in 1967, all we need is love! Over the decades since then, it's become more and more evident that humans need each other beyond the basic necessities of food, shelter, and protection.

Even if we live in a warm and friendly neighborhood, many of us have lost a deep connection to a community. We make our way from work or school to home with our heads down, trying not to make eye contact with anyone. Then, we tune out to the world as quickly as possible, diving into whatever we are currently binge-watching rather than engaging with any more humans.

This is understandable, especially if you're an introverted whose emotional "battery" is recharged by alone, or if you have a stressful job, or if you are a parent,

However, decades of research have confirmed that there are psychological and physical health benefits to having strong social connections.

Good relationships can even be a predictor of a longer life! A 2010 review of 148 studies found that your odds of dying increase by 50% if you don't have social connections



A 2019 CNN article looked into why the people of Sardinia, Italy, are famous for their long lives.

It concluded that as they aged, these Italians maintained close connections, especially with family, and continued their active lifestyles

We can become so focused on the "diet and exercise" aspect of health that we forget this important mental and emotional health aspect. But where do we begin?

In honor of World Kindness Day (November 13th), let's make this a month where we reach out to others.

Here are some ideas:

Smile

Make it a habit of smiling, even during brief interactions with others. You never know who needed that to brighten their day!

Lend a helping hand.

Whether it's assisting a co-worker or a mom with her hands full at a store, reach out in a practical way.

Feed them

mind and body. Bring coffee for a friend, pay for someone's lunch tab, or invite a lonely person for dinner. Sharing a meal is powerful in many traditions worldwide for a reason!

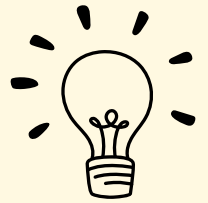
Refer someone to our office for an evaluation.

This simple gesture doesn't take much time or energy, but can impact them positively for years to come. (See the voucher on the last page.)



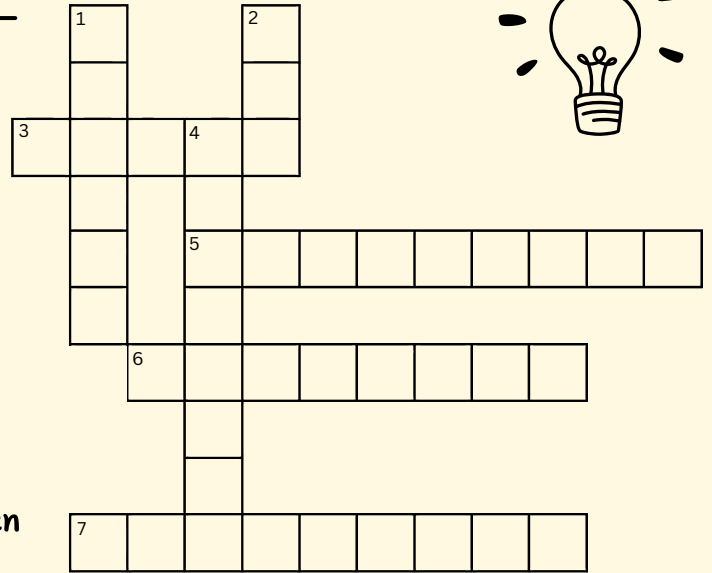
Luc Archambault
Chiropractor

Mental Health CROSSWORD



- Down :**
1. the state you want
 2. to the world
 4. a state symbolized by a dove

- Across :**
3. Birthday
 5. switching easily
 6. opposite of tense
 7. when both sides of the scales are even



DID YOU KNOW?



Many people report that they sleep better while under chiropractic care...and research backs their testimonials!

A 2005 study reviewed 221 patients and 15 chiropractors. Of these patients, 51 reported their sleep patterns changed and improved immediately after their chiropractic adjustment.

In addition, preliminary evidence suggests that chiropractic care benefits the nervous system allowing it to prepare the body for sleep. A 2008 study found that 40 asymptomatic adults responded to cervical adjustments with decreased blood pressure and pulse rate, indicating a parasympathetic or "rest and digest" response.

"Jamison JR. Insomnia: does chiropractic help? J Manipulative Physiol Ther. 2005 Mar-Apr"

"Sympathetic and parasympathetic responses to specific diversified adjustments to chiropractic vertebral subluxations of the cervical and thoracic spine. J Chiropr Med. 2008 Sep"



HEALTH QUOTE



“ "You never know how far-reaching something you may think, say or do today will affect the lives of millions tomorrow. It is better to light a single candle than to curse the darkness."

– B.J. Palmer

COMMONLY ASKED QUESTION



What conditions can chiropractic care help with?

Chiropractic care is known for its ability to help with a wide range of conditions, including those related to the nervous system.

Chiropractic supports optimal nerve function, allowing the body to regulate itself naturally.

Here are some conditions that may benefit from regular adjustments.

1. Back and Neck Pain: Chiropractic adjustments can alleviate pressure on spinal nerves, reducing discomfort along the length of the spine.
2. Headaches and Migraines: Tension or misalignments in the spine may contribute to chronic headaches.
3. Peripheral Neuropathy: Chiropractic addresses nerve compression or irritation, which can contribute to symptoms of peripheral neuropathy.
4. Vertigo and Balance Issues: Proper alignment of the cervical spine can potentially help with vertigo and balance problems.
5. Stress and Anxiety: Chiropractic care can optimize the nervous system's response to stress.

Chiropractic care takes a holistic approach to health, aiming to enhance overall well-being, not just alleviate symptoms.



THE ULTIMATE SHARABLE SNACK MIX

"Things taste better when they are shared! This healthy mix is great whether you need to bring a snack to an event or you want to have it on hand for your busy family."



WARM WELCOME TO OUR NEW CLIENTS



LUCA	LENA
SOFIA	LEON
LIAM	MIA
EMMA	LUCA
NICO	ZOE

THANK YOU TO OUR REFERRERS



NOA	ADA
ANNA	LARA
LUKA	FINN
ELLA	MILA
HUGO	LEO

Nuts and seeds also contain essential vitamins and minerals such as zinc, magnesium and omega-3 fatty acids - all of which are great for mental health!

Choose raw nuts and seeds for the highest nutrient content and unsweetened, unsulphured dried fruit.



COMBINE IN A LARGE BOWL :

- 250 grams or (1.5 cups) of nuts (almonds, walnuts, pecans, cashews, or peanuts.)
- 150 grams or (1 cup) of seeds – (sunflower seeds, pumpkin seeds, flax or chia seeds)
- 165 grams or (1 cup) of dried fruit – (raisins, figs, dates, prunes, apricots, bananas, pineapple or berries)

You can make it more interesting by changing the ratios, adding dark chocolate chunks or a sprinkle of spices such as cinnamon or a pinch of nutmeg.

Store in an airtight container.



Mind and Body Harmony: Exploring Chiropractic's Mental Health Benefits

People rarely visit a chiropractor saying, 'I have anxiety, and I'm hoping chiropractic can help.' Instead, they often come in with musculoskeletal issues like low back pain. But as we dig deeper into their exams, we may discover they aren't sleeping well, and their mental health could be struggling too.

What's truly beautiful about the human body is the connection between every system and function. Chiropractic can have a positive impact on your mental health in several different ways and for several different reasons.

This is a vital and timely topic as the World Health Organization reported that in 2020 the global prevalence of anxiety and depression increased by a massive 25%, and many continue to struggle with mental health.

Nervous System and the Vagus Nerve

The vagus nerve, running from the brain along the sides of your neck and into your torso and gut, plays a crucial role in vital organ function, including the heart, lungs, and digestive organs. It's also a key player in your parasympathetic or 'rest and digest' responses.

For the last twenty years, the healthcare community has learning more about the vagus nerve and preliminary research suggests that stimulating it may be helpful for mental health.

"The vagal response reduces stress. It reduces our heart rate and blood pressure. It changes the function of certain parts of the brain, stimulates digestion, all those things that happen when we are relaxed." Dr. Mladen Golubic, MD, Medical Director of the Cleveland Clinic

When you receive a chiropractic adjustment, it may positively impact the vagus nerve via the neuromusculoskeletal system.



Your vertebrae protect where the brainstem connected to the spinal cord, which is a bundle of nerves, with nerve roots passing between the vertebrae. Chiropractors check for indications of misaligned vertebrae that could be causing or contributing to nerve irritation and dysfunction. Adjustments clear the nervous system of this interference, allowing for optimal nerve signal transmission between the brain and body, including through the vagus nerve.

Hormone Regulation and Balance

While mood swings are often attributed to hormone imbalances, the nervous system plays a vital role in regulating the production and release of hormones and neurotransmitters. When the nervous system operates at its peak, achieving the delicate chemical balance we need for our well-being becomes easier.

Pain Relief and Sleep

As we mentioned earlier, many people report that chiropractic care helps them feel better. This is because it addresses the root causes of nerve dysfunction and works to optimize the body's natural healing mechanisms.

The 'side effects' of a balanced nervous system can include improved, deeper sleep, increased concentration, and enhanced mental clarity.

All these benefits combine to make chiropractic care an excellent complement to other mental health practices. If even your main focus is to deal with musculoskeletal issues, remember that taking care of your nervous system can lead to a happier, healthier you.

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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)