

INTOUCH NEWSLETTER



December

Client Testimonial



"If everyone could have access to this type of treatment, it would be wonderful. I only have good memories of my time at Spineworks and my dream is to be able to return. The whole team is extremely professional. "

A
Andria



"Spineworks is a super attentive and welcoming team. As soon as I walked in, everyone knew my name and made me feel like part of the family. I'm finishing my 12th session after five years of neglect – my body has decided it prefers to live life tilted to the right! The process is totally worth it! During treatment, I realised I didn't need to live with chronic pain. I'm much better now and know the team at Spineworks won't let me finish treatment until I'm 100% better!"

N
Natalie



"This is the only treatment that has helped with my vertigo and secondary symptoms (dizziness, headaches) from Meniere's Disease. Chiropractic is not just for back pain. It's been incredibly effective and I couldn't recommend it more! Josh actually listens and is sensitive to nuances and the changing nature of symptoms (I've had many specialists who don't listen). Everyone there is very caring."

B
Bronte



Yearning for a Vibrant, Stress-Free Holiday Season?

As we roll into the end-of-year festivities, it's timely to address the holiday stressors that can sometimes throw us off balance.

Stress has become an all-too-familiar companion in our lives. When it becomes constant, stress strains our relationships, health, and the fabric of our society. We're dedicated to guiding you on how to adapt whenever life serves up stress.

Let's first understand how your body responds to different stressors. They fall into three main categories: **physical, mental/emotional, chemical.**

These trigger a response from your body, leading to an inflammatory reaction in your sympathetic nervous system. For instance, whether you're running, feeling anxious, or sipping that energy drink, your heart rate will likely increase.

Stress can send us into a "fight, flight, or freeze" mode as our bodies gear up for action. The heart races, breathing quickens, and adrenaline and cortisol come out to play. Other functions slow or stop, such as your digestion and healing.

Now, this response is helpful, such as when you're driving in heavy traffic and need to be alert, but being stuck in this mode can be draining. It opens the door for diseases to sneak in and challenge our body's natural defenses.



It's not easy to switch off stress like a light switch. Ever felt like you couldn't shake off a bad mood? That's because our bodies sometimes struggle to shift into a restful state after the stressor vanishes.

The speed at which your nervous system can adapt is a sign of your wellness. You want it to be quick and snappy!

Now, here are some suggestions to support your body's transition to a relaxed state, benefiting your physical, mental, and emotional well-being.

- **Exercise** - Regular movement releases happiness hormones and helps your body flush out toxins. Walking or yoga could be helpful for relaxation versus high-intensity workouts.

- **Reduce toxic input** - Opt for fresh, whole foods, choose non-toxic home products, and curate your online environment to reduce mental toxins.

- **Meditation/Prayer** - Incorporate mindfulness, breathwork, prayer, and gratitude practices into your daily routine.

- **Community Support** - Reach out to professionals, join support groups, or confide in loved ones and friends. Accountability makes a world of difference.

And, of course, there's our favorite: **Chiropractic!**

Chiropractic adjustments optimize your nervous system, which governs your stress responses. This master system connects your brain to your body, and we're here to ensure it functions more efficiently.

We pinpoint where there is pressure and inflammation in your spine due to misaligned vertebrae. Then, we adjust, helping the body switch to a state of calm, known as the parasympathetic mode.

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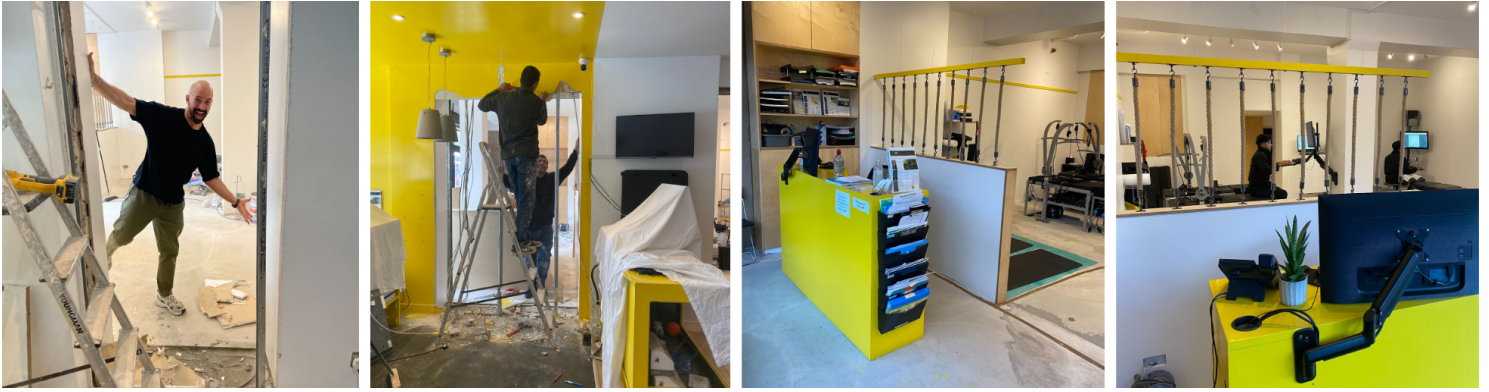
Consider adding one of these natural stress-relief methods, and let's make this holiday season vibrant and joyful! Let us know how we can support you.



Luc Archambault
Chiropractor



Exciting New Renovations



- We've been busy this month expanding the clinic to provide state of the art chiropractic care. Walls have been torn down, spaces have been renovated, and lots of dust has been accumulated! We'd like to thank each and every one of you for continuing your care in the midst of it all. We can't wait for you to see the final result!



MEET OUR NEW CHIROPRACTOR,

Yusuf

As we bid farewell to Chiropractor Josh who is moving back to Australia, we are thrilled to introduce the newest member of our Spineworks family, Yusuf!

Born in London and raised in Dubai, Yusuf was first introduced to chiropractic from a young age. His mother had a slipped disc in her lower back and chiropractic care was the only treatment that provided relief.

After seeing the benefits first hand, Yusuf decided to pursue a career in chiropractic. He recently graduated from the AECC University College with a Masters in Chiropractic. Make sure to say hi next time you're in the clinic!



HUMOR QUOTE



“Reality is the leading cause of stress for those in touch with it.”

– Jane Wagner

COMMONLY ASKED QUESTION



Should I put ice or heat on it?

When it comes to injuries and inflammation, cold is excellent at restricting blood flow, which, in turn, reduces swelling. If you're dealing with sprains, strains, or bruising, ice is your answer.

Applying ice right after an injury helps prevent the affected area from stiffening by reducing tissue fluid. For rehabilitation, use cold therapy for 20 minutes at a time and consider gentle movement. However, if you have poor circulation, cold might not be the best option.

Use heat to soothe tense muscles and cramps, to relax and ease discomfort.

Remember, however, that neither ice or heat are getting to the root of the issue. Get checked by your friendly neighborhood chiropractor or other healthcare professional in the case of injury.

ROASTED CAULIFLOWER & POTATO CURRY SOUP

"Warm and satisfying, this vegan soup contains many anti-inflammatory ingredients. Originally found on www.eatingwell.com"



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 |

INGREDIENTS :

- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 ½ tsp ground cinnamon
- 1 ½ tsp ground turmeric
- 1 ¼ tsp salt
- ¾ tsp ground pepper
- ½ tsp cayenne pepper
- 1 medium head cauliflower, cut into small florets
- 2 tbsp (30 ml) extra-virgin olive oil, divided
- 1 large onion, chopped
- 1 medium carrot, diced
- 3 large cloves garlic, minced
- 1 ½ tsp grated fresh ginger
- 1 fresh red chili pepper, such as serrano or jalapeño, minced, plus more for garnish
- 1 can (400g) tomato sauce
- 4 cups (950 ml) vegetable broth
- 3 medium russet potatoes, diced peeled
- 2 medium sweet potatoes, diced peeled
- 2 tsp lime zest
- 2 tbsp lime juice
- 1 can (400 g) coconut milk

1. Preheat oven to 450 degrees F. Combine spices in a small bowl. Toss cauliflower with 1 tablespoon (15 ml) of oil and 1 tablespoon of the spice mixture. Spread in a single layer on a rimmed baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes.
2. In a large pot, heat the rest of the oil, and sautee onion and carrot until tender. Add garlic, ginger, chili, and the remaining spice mixture. Cook and stir for 1 minute more.
3. Stir in tomato sauce and simmer for 1 minute. Add broth, potatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil.
4. Reduce heat to maintain a gentle simmer and cook, partially covered and stirring occasionally, until the vegetables are tender, 35 to 40 minutes.
5. Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through. Serve garnished with coriander and chilies, if desired.

Major Trauma & Repeated Traumas: They all add up!

Traumas of all sizes affect the spine, causing it to go out of alignment and put pressure on the nervous system. This doesn't just mean vehicle accidents or slips and falls. Many people have hidden injuries that their body has endured over time.

In the world of chiropractic care, we explore two intriguing types of trauma: macro and micro. These often overlooked culprits can silently impact your well-being.

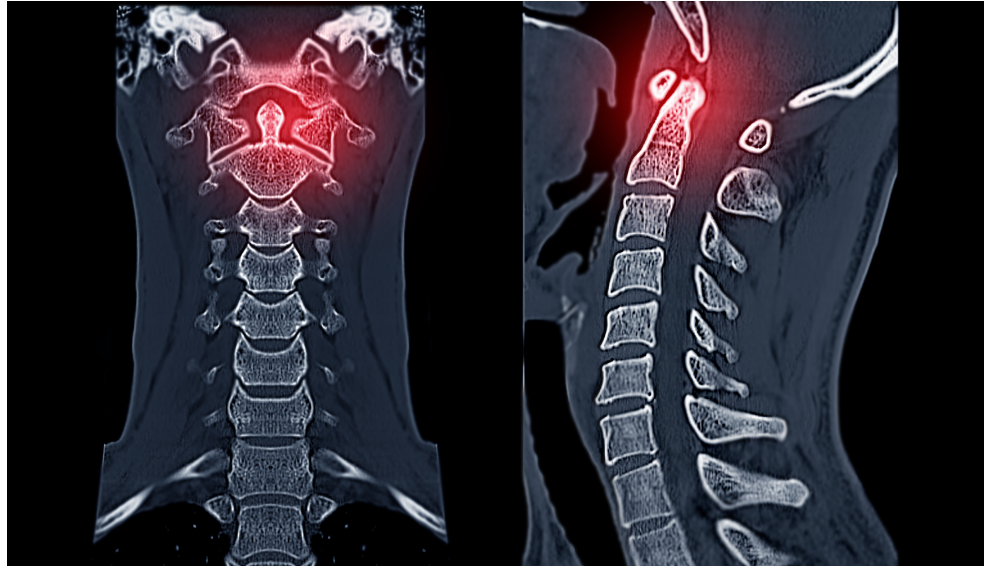
(Note: If you've experienced an injury, consult a medical provider for a thorough evaluation.)

Macro traumas are the result of direct, sudden events that may not reveal their effects immediately. They may cause pain initially, however beneath the surface, other effects may be waiting to emerge. Even major physical traumas often go unrecognised, such as childbirth, a profound event in a woman's life.

Micro traumas are the small, cumulative injuries that can be just as detrimental as a major trauma. They result from everyday activities and habits, gradually building up over time. These subtle culprits can affect anyone, from office workers enduring poor ergonomics for years to dentists who often bend over, and even painters who continuously strain their necks by looking upwards.

When your body is well-aligned, it can adapt to the daily stressors without accumulating micro traumas.

We do thorough evaluations to uncover the evidence of these macro and micro traumas and their long-lasting effects. It's crucial to understand that our bodies attempt to heal and adapt.



If the vertebrae become misaligned or subluxated, they may exert pressure on the nerves exiting the spinal cord. This reduces nerve communication and function, interfering with the body's innate healing capabilities.

When the body and brain struggle to communicate effectively, the healing process slows down or may not happen at all.

As chiropractors, we specialize in assessing how the alignment of the spine interacts with the nervous system. This is especially crucial when it comes to the upper cervical vertebrae that safeguard the brain stem.

It may take time and repeated chiropractic adjustments for the body to learn a new pattern of alignment. As your body begins to hold its alignment, stress is removed from your nervous system so it can function well. Your posture typically improves also under chiropractic care,

enabling you to engage in the activities and professions you love without discomfort and dysfunction.

Don't underestimate the hidden impact of these micro and macro traumas. Regular chiropractic care is the key to maintaining your body's adaptability, and promoting a life of vitality!

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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)