

INTOUCH NEWSLETTER



January

Client Testimonial



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!



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



How to Actually Achieve Your Health Goals

Why don't we do the things that we KNOW will help us to feel good? And also, why do we STOP doing what we know works?

It seems to be part of human nature. However, today is a new day! We can start again by putting more energy into our health. The second law of thermodynamics explains that things "fall apart." Disorder, or entropy, always increases over time, so let's take action now.

Don't know where to start? We encourage you to write down a list of three things you've done in the past that make you feel like your best, healthiest self.

A psychology professor at Dominican University in California, Gail Matthews, found that you are 42% more likely to achieve your goals when you write them down.

Here's a list to jump-start a brainstorming session:

- Regular chiropractic adjustments: Beyond pain relief and improved posture, chiropractic care enhances nervous system function, fostering overall well-being.
- Prioritize sufficient sleep: Quality sleep sets the stage for your daily well-being and positively impacts mental and physical health.
- Increase water intake: Water is a simple yet powerful elixir for overall health, with benefits from promoting



digestion to maintaining radiant skin.

- Join a local gym: Explore various workout routines tailored to individual preferences and look for a supportive fitness community.
- Incorporate more walks into your routine: Uncover the benefits of walking for both physical health and mental well-being. It's a simple and accessible activity to enjoy.
- Boost nutrition with fruits or vegetables: A rainbow on your plate means a spectrum of health benefits.
- Embrace practices like gratitude, meditation, or prayer: The mind-body connection is a powerful tool for holistic well-being.
- Connect with a group that has common interests: Human connection is a vital aspect of emotional well-being.
- Engage in sports clubs or activities: Physical activity can be both enjoyable and beneficial, where fitness meets fun, and teamwork enhances individual well-being.

- Consult healthcare practitioners or nutritionists: Professional guidance can play a crucial role in evaluating and optimizing your nutritional and dietary needs.

Prioritize your three items and start with just the first action that you're going to tackle.

Then set yourself up for success! Get accountability from a friend or professional to increase your chances of following through on your health goals. Reach out if we can support you in any way.



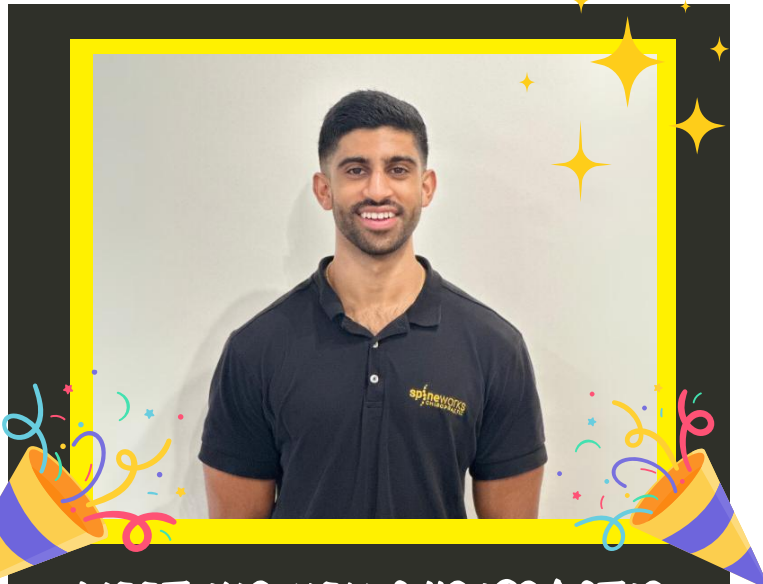
Luc Archambault
Chiropractor



Renovations Update



Our renovations are now complete, and the new clinic is fully functioning! We want to say a huge thank you to our patients who endured the past couple of months. Who knew noise and dust could be part of your chiropractic journey, right? Now that the dust has settled (pun intended), we've got a refreshed space ready for you. We can't wait for you to enjoy the upgraded clinic!



MEET OUR NEW CHIROPRACTOR,

Anil

Hailing from New Zealand with a background steeped in sports, including football, cricket, martial arts, and swimming, Anil brings a dynamic approach to chiropractic care. A true fitness enthusiast, he finds joy in both the gym and on the field, complemented by a love for travel, the outdoors, and indulging in delightful cuisine.

Having recently planted roots in London, Anil is thrilled to join SpineWorks Chiropractic, sharing his firm belief that health is our most valuable asset! With a passion for chiropractic, he aims to help our patients live their best lives. Make sure to say hi to Anil next time you're in the clinic!



HEALTH QUOTE



"If you listen to your body when it whispers, you won't have to hear it scream."

We celebrate **VITALITY** and **GROWTH** in January



NEW NEW NEW



YEAR CLINIC YOU!

REFER A LOVED ONE and you can win a FITBIT Smartwatch (value £220)!

SPECIAL OFFER

£50

(value £220)

- Full Chiropractic Examination/ X-rays (if needed).
- Report of Findings

Valid until 31st January 2024. T&Cs apply

Call now to book!
020 7793 7454





GRAND RE-OPENING PARTY



Where: SpineWorks Chiropractic

When: 26th January 2024

Time: 7:30pm



WARM WELCOME TO OUR NEW CLIENTS



JAMES	JESS
WILLIAM	ALISON
BENJAMIN	ANITA
TERRY	LISA
JOAN	GRACE

THANK YOU TO OUR REFERRERS



YAZMIN	DANIEL
BECKY	CHARLES
EMILY	MICHAEL
KATHRINE	DEAN
CHARLES	ANNABELLE

To mark the grand re-opening of our newly renovated clinic, we're throwing a fantastic celebration! Expect delicious food and drinks, groovy tunes, and complimentary spinal checks for all new guests

Bring along a loved one—we aim to involve the entire community in celebrating health and wellness. Additionally, stay tuned as we reveal the winner of our exciting referral competition!

CLIENT SPOTLIGHT



Iain

Our Patient of the Month is Iain who's improved dramatically since beginning treatment in May 2023. By keeping up with his weekly exercises, adjustments and traction, Iain's posture and mobility has skyrocketed.



The Simplest Analogy for Chiropractic

Have you ever experienced the sensation of a tight rubber band on your finger? What happens?

As the blood flow is restricted, the finger begins to turn purple and swell, reducing how well you can move and bend your finger. After a moment, there's discomfort that warns you that something is wrong. If you did nothing for long enough, the tissues would begin to die, and irreversible damage would be done.

Just as a snug rubber band can impede blood flow, a subluxation, a misalignment causing pressure on nerves, can obstruct proper nerve flow within your body. This interference affects the communication highway of your nervous system, impacting overall well-being. This miscommunication can manifest as pain, reduced range of motion, or even more severe health issues.

In the analogy of the band on your finger, no matter the remedies attempted - from pain meds to ice - the key lies in removing the elastic band around the finger. When the band is removed, blood flow is immediately restored. However, there may still be some discomfort or marks on the skin. It may take some time to get back to normal, depending on how long the band was on there.

Chiropractic care operates on a fundamental principle: removing pressure and ensuring your body's nervous system functions



optimally. We focus on a holistic approach, addressing the root causes rather than merely treating or masking symptoms. We want to get to the source of the dysfunction and restore the natural flow of life within your body!

It may take some time to see the full benefits, however, it's important to remember that your body has the power to heal itself when given the right conditions.

Just as removing a tight rubber band restores circulation to your finger, chiropractic adjustments aim to remove the obstacles hindering your body by realigning the spine and releasing the pressure on nerves

Many patients often report not only reduced pain and improved range of

motion but also improvements in sleep, digestion, performance, mental clarity and overall wellness. This has positive impacts on your mental health as well!

Share this analogy with a friend! Unlock your body's full potential for health and vitality by getting to the source of the issue.

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)