

# INTOUCH NEWSLETTER



February

## Client Testimonial



SpineWorks Chiropractic offers great service with very helpful staff. They want you to achieve your desired outcome and push you to do so.

J

*Jamahl J*  
★★★★★

I would highly recommend SpineWorks Chiropractic. The team are always so friendly and helpful. If you need an emergency appointment they will try their best to get you seen asap. The care you get is great and your given advice and helpful exercises to do at home to help you with your healing along side your treatments at the clinic.

A

*Alice*  
★★★★★

Great practice, the staff are so helpful and knowledgeable! I've had nothing but positive results, I would 100% recommend!

J

*Jake N*  
★★★★★

## Healing Hugs: The Science Behind Emotions and Wellness

**"To die of a broken heart"** sounds like the kind of dramatic phrase that should stay in fairy tales. However, there's more truth to that than you may have thought!

Our physical hearts are susceptible to the effects of whatever roller coaster ride our emotional hearts experience. Various heart conditions, such as broken heart syndrome or stress cardiomyopathy, have been traced back to emotional trauma. However, it isn't only sudden events that are detrimental.

Chronic stress becomes a silent saboteur, elevating heart rate and blood pressure. Stress hormones, particularly cortisol, wreak havoc by increasing inflammation and altering blood chemistry, escalating the risk of heart attack or stroke.

However, the flip side is equally compelling. Emotions like love and gratitude are known for their healing and regenerative power.

A long hug triggers the release of neurochemicals—dopamine, serotonin, and oxytocin—your natural pleasure, anti-stress, and antidepressant hormones. This healing cascade reduces cortisol and inflammation and elevates pain thresholds.



Recall a moment when a hug lifted your spirits. Does even just the memory lift your spirit? Make it a goal to indulge in more cuddles (pets count, too!) and extend those feel-good seconds.

"Please" and "I love you" aren't the only magic words either. "Thank you" unlocks a special emotional and physical reaction.

A 2023 UCLA Health article reveals gratitude's profound impact on heart health.

When we pause to be grateful, it triggers a physiological response. The parasympathetic nervous system activates, slowing down our heart rate, syncing it with our breathing, and lowering our blood pressure.

Boost your heart health by incorporating various activities that connect you with positive emotions daily. Experiment with keeping a

journal where you jot down moments that bring you joy or gratitude. Meditation and prayer can relax your mind and maintain emotional balance.

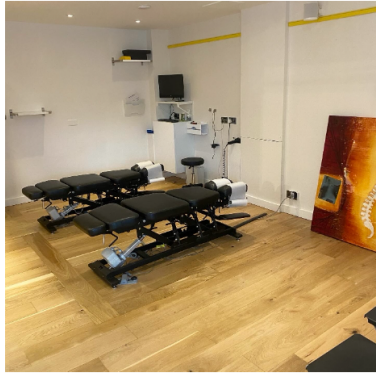
Share your gratitude for others through heartfelt conversations, thoughtful texts, or handwritten cards. Each of these actions not only impacts your immediate state of mind but also profoundly influences the intricate relationship between your emotions and the well-being of your heart.



*Luc Archambault*  
Chiropractor



# Grand Re-Opening Party

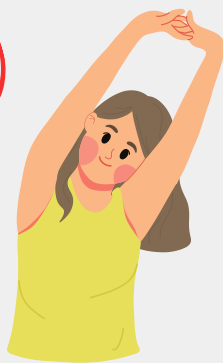


Last month, we held a Grand Re-Opening Party to celebrate our newly renovated clinic! Patients and friends alike, we enjoyed delicious food and drinks, groovy tunes, and free spinal checks of course.

We want to say a huge thank you to everyone for continuing care through our renovations! We now have a state-of-the-art clinic and can't wait to assist your journey on growth and vitality.



## DID YOU KNOW?



Chiropractic promotes overall wellness in mind and body! A 2012 article reviewed a case study of a 5-year-old boy diagnosed with ADHD who was struggling at home and school, along with waking up at night with asthmatic symptoms.

During his evaluation, hypertonicity and trigger points were found in his thoracic region. After a year of chiropractic care and soft tissue therapy, his family reported improvements with fewer meltdowns, increased ability to follow instructions, and improved performance at home and at school.

Muir JM. Chiropractic management of a patient with symptoms of attention-deficit/hyperactivity disorder. *J Chiropr Med.* 2012 Sep;11(3):221-4. doi: 10.1016/j.jcm.2011.10.009. PMID: 23449647; PMCID: PMC3437345.



## QUOTE



*“Love is the water of life. Drink it down with heart and soul.”*

*- Rumi*

## COMMONLY ASKED QUESTION



### How Many Adjustments Does It Take to Get Better?



The answer is as individualized as your unique case. To give you a personalized answer to this question, we need to consider various factors in your journey to wellness. This includes age, the degree of degeneration, activity level, diet, and the severity of symptoms.

We do our best to support it, however, your body is going to heal on its own timeline. Your care plan will also depend on whether you're seeking relief or aiming for a more profound healing experience. We do our best to create an optimal healing environment for your body so that you can feel and function well as quickly as possible.

# OUR TEAM HAS EXPANDED!

We'd like to introduce our newest Chiropractor, Dr. Andrea!

From Sardinia, Italy, Dr. Andrea has practised in London for the past couple of years. His passion for Chiropractic stems from his desire to help people not only feel better, but to stay healthy and in top physical condition.

He is a very active person and enjoys participating in a lot of sports, such as swimming, cycling, and martial arts. Dr. Andrea looks forward to continuing helping his patients here at SpineWorks and feels proud, excited, and motivated to be part of our fantastic team!



**D.G. ANDREA FOIS**

## WARM WELCOME TO OUR NEW CLIENTS



ANITA KATHRINE

LISA CHARLES

GRACE DANIEL

YAZMIN CHARLES

BECKY MICHAEL

EMILY DEAN

## THANK YOU TO OUR REFERRERS



CHARLOTTE WILL

AMELIA DAVE

ERIN ALEX

SIAN ROBERT

CHRISTINE HELEN



**JADE COLE**

Originally from Bermuda, Jade has lived in London for the past five years. She joins the Clinic Assistant team with a positive attitude and genuine interest for natural healing. She has a deep love for music, including singing and playing the violin.



**GABRIELA TANAKA**

Passionate about health and fitness, Gabriela is the latest Sports Therapist to join our SpineWorks family! She has a big love for football, both playing and cheering on Arsenal. Make sure to say hi next time you're in the clinic!



# What Your Heart Rate Variability Says About Your Nervous System

If you love wellness or fitness, you may have measured your Heart Rate Variability (HRV) on a smartwatch or activity tracker.

HRV measures the variation of time between your heartbeats, or how quickly your heart rate can adapt to your activity level. Many people don't realize that HRV offers insights into the intricate workings of your nervous system. Measuring the intervals between heartbeats provides a glimpse into the adaptability of your autonomic nervous system.

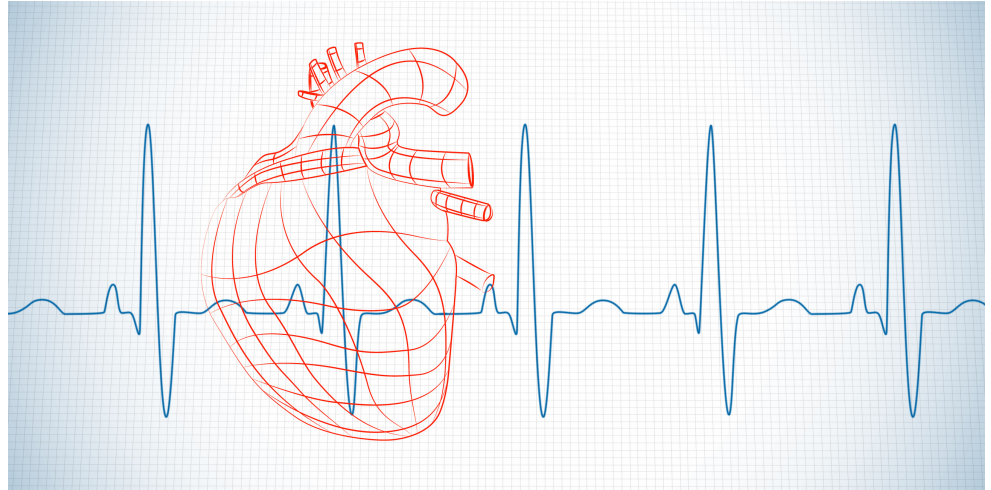
When your HRV is high, it signifies an adept nervous system that can smoothly transition between the "fight-or-flight," also known as sympathetic, and "rest-and-digest" or parasympathetic modes. In your day-to-day life, this enhances your ability to handle stress.

Conversely, a low HRV may indicate a less adaptable nervous system. Your body may be stuck in a stressed, sympathetic state, unable to stress, potentially leading to fatigue, anxiety, or other health issues.

So, how can you improve your HRV? This is a "which came first? The chicken or the egg scenario."

You can positively affect your HRV with regular cardiovascular exercise and practices like controlled breathing techniques.

However, a strategic move is to first focus on a healthy nervous system. Chiropractic care has been shown to impact the nervous system through adjustments of the spine, which houses the spinal cord.



When the spine is in alignment, it reduces the pressure and irritation of the nerve roots that connect the spinal cord to the rest of the body. A clear nervous system is better able to relay messages between the brain and body, positively influencing HRV.

This means your brain can more easily process information about your external and internal experiences. For example, when you get on a treadmill and start running.

Your brain has to quickly decide what to do and issue orders for the heart rate and breathing to increase, for the muscle to start moving, as well as changes in blood chemistry.

If this doesn't happen quickly and smoothly, you may feel sluggish as you begin to work out.

If there's irritation in the nervous system, working out harder isn't going to solve it.

Being checked by your friendly neighbourhood chiropractor is a great way to ensure that your neuromusculoskeletal functions to its highest capacity.

Heart Rate Variability can be just one tangible indicator of enhanced nervous system function as you continue your health journey with chiropractic, exercise, and other natural health practices.



## WHERE TO FIND US:

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[www.spineworkschiro.co.uk](http://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)