

# INTOUCH NEWSLETTER



May

## Client Testimonial



Absolutely loved my experience so far. The whole team are very welcoming and have taken time to learn my name. Everyone makes you feel comfortable from the beginning, which is good because you'll probably spend a lot of time here. Would recommend to anyone that wants to improve their posture or any spinal issues. They have alleviated my back pain and made me feel much more confident in my posture

I  
Ivan M  
★★★★★

Had a fantastic experience with SpineWorks over a four month period. They helped fix my posture issues, and I was really happy with the results. The team are incredibly warm and friendly, I would highly recommend!

S  
S. Stockdale  
★★★★★

## Getting Healthy Together: Why Family Wellness Matters

It's bigger than career advancement and grander than leaving a financial legacy. One of the best things you can do in life is inspire and support your family to be the best versions of themselves. This applies to parents, siblings, children, and even friends.

Getting healthy is also more fun with support and teamwork! Let's break down some reasons to prioritise wellness for the whole family.

- **Bonding Time:** When you sweat, laugh, and learn together, you're not just building healthier bodies; you're also strengthening the bonds of your relationship. Whether it's a hike in the great outdoors or a cooking class in the kitchen, these shared experiences create memories that last a lifetime.

- **Setting a Good Example:** By prioritising your health and wellness, you're quietly showing loved ones the importance of self-care and setting them up for a lifetime of healthy habits.

- **Support System:** Life can get hectic, and sometimes we all need extra support. When your family is on the wellness journey together, you've got built-in cheerleaders to lift you up when you're feeling down and celebrate your victories along the way.



### Suggestions for Family Wellness Fun:

- **Get Moving:** Lace up your trainers for a walk or bike ride together. Not only is it great exercise, but it's also a chance to explore your neighbourhood and enjoy some fresh air together.

- **Healthy Cooking:** Get everyone involved in picking recipes and meal prep. When everyone has a hand in cooking, they're more likely to try new foods and develop a love for healthy eating.

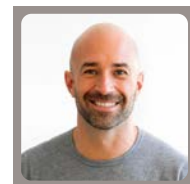
- **Tech-Free Time:** In today's digital world, too much screen time can affect our physical and mental health. Set aside dedicated tech-free time daily for family activities like board games, crafts, or just chatting and connecting without distractions.

- **Mindfulness Moments:** Incorporate mindfulness practises into your routine and invite family to join. Whether it's a bedtime meditation or a weekend yoga session, these moments of peace and quiet can help reduce stress and promote overall well-being.

- **Outdoor Adventures:** Mother Nature rejuvenates both body and soul. Plan regular outings to parks, beaches, or nature trails where you can hike, play games, or simply bask in the beauty of the great outdoors.

- **Family Check-ups:** Adults and children alike can benefit from chiropractic care too! Scheduling regular check-ups for the whole family can help ensure everyone's spine is in tip-top shape, promoting overall wellness and preventing future issues.

Nurture the health and happiness of your entire clan. By embarking on this journey together, you're building stronger bodies and bonds that will last a lifetime. Let's get healthy together!



Luc Archambault  
Chiropractor

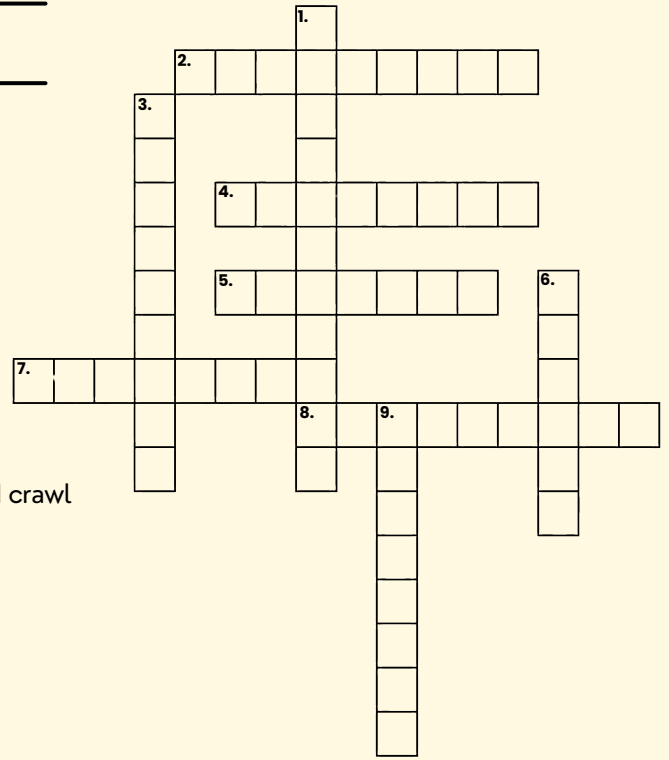
# CROSSWORD PUZZLE

## DOWN:

1. what happens as children grow
3. branch of healthcare for children
6. a group of people that are related by blood and/or love
9. when a group of people partner to do something

## ACROSS:

2. what we check for as children roll, sit and crawl
4. state of being healthy in body and mind
5. what we give to help each other
7. moving our bodies with purpose
8. what we get from our food



## DID YOU KNOW?



Chiropractic has been shown to be helpful for babies with colic. Researchers evaluated 104 infants under 8 weeks old in the UK. Over 10 days, two groups of babies received chiropractic care, and one group was not adjusted.

They showed that chiropractic care reduced the babies' crying. The findings showed that parental knowledge of treatment was unlikely to contribute to the observed treatment effects.

Miller JE, Newell D, Bolton JE. Efficacy of chiropractic manual therapy on infant colic: a pragmatic single-blind, randomized controlled trial. *J Manipulative Physiol Ther.* 2012 Oct;35(8):600-7. doi: 10.1016/j.jmpt.2012.09.010. PMID: 23158465.

## QUOTE

“

*“It is easier to build strong children than fix broken men.”*

*- Frederick Douglass*

## COMMONLY ASKED QUESTION



Can you adjust a newborn? And why would you?



Yes! Paediatric chiropractors use gentle pressure to adjust babies, much like you'd check the ripeness of fruit. This can relieve nerve pressure and irritation, helping with colic, fussiness, torticollis, constipation and other issues so babies can thrive.

Labour (of any length) and vaginal delivery put an enormous amount of pressure on a baby's neck. Interventions like forceps or cesarean section also have the potential to misalign the tiny vertebrae.

# HEALTHY BREAKFAST CASSEROLE

Prep Time: 10 minutes Cook Time: 30+ minutes  
Total Time: 50 minutes Yield: 8 servings



## WARM WELCOME TO OUR NEW CLIENTS



|        |          |
|--------|----------|
| SMITH  | PATEL    |
| JONES  | WRIGHT   |
| BROWN  | JOHNSON  |
| TAYLOR | HARRIS   |
| WILSON | LEWIS    |
| EVANS  | ROBINSON |

## THANK YOU TO OUR REFERRERS



|          |          |
|----------|----------|
| DAVIES   | TURNER   |
| CLARKE   | CARTER   |
| MITCHELL | COOPER   |
| HUGHES   | MORGAN   |
| GREEN    | PHILLIPS |

## INGREDIENTS :

- 1 tablespoon extra-virgin olive oil
- 2 medium red bell peppers, chopped
- 1 small bunch thinly sliced green onion
- 150 grams roughly chopped spinach or kale
- 12 eggs
- 3 tablespoons heavy cream, sour cream or plain Greek yogurt
- Several dashes of your favourite hot sauce,
- Salt and pepper to taste
- 120 grams crumbled feta or goat cheese

## INSTRUCTIONS:

- Preheat the oven to 180 °C. Grease a rectangular dish with butter.
- In a large skillet, sauté the bell peppers and green onion until tender, then add spinach and cook until wilted. Set the pan aside for a few minutes to cool.
- Beat the eggs well with a cream/yogurt, with hot sauce, salt and pepper. Stir in half of the cheese. Stir in the veggies into the egg mixture, then gently pour it all into a buttered baking dish. Top with the rest of the cheese.
- Bake for 25 to 35 minutes until the eggs are set (until a fork poked in the center comes out clean.)
- This dish can be prepared in advance as well. Refrigerate the egg and veggie mixture in a mixing bowl or in the buttered baking dish for up to two days.
- Bake as directed. It may require 10 minutes longer if it comes straight from the refrigerator.



# Signs That Indicate A Child May Be Subluxated

Ever wondered why children benefit from chiropractic care? Despite lacking years of posture-induced stress, their developing nervous system is incredibly sensitive.

Childhood is when the MOST neurological changes are happening. The brain doubles in size in a baby's first year and about 90% of brain development is accomplished by age 5. Full communication between their brain and body is absolutely vital throughout childhood.

The brain develops in part through the input it receives from the body. This is a loop of communication as the child develops and reaches milestones through signals from the brain.

Unfortunately, newborns can experience spinal misalignment due to the birthing process. In 1987, Dr. Godfrey Gutmann studied over 1,000 newborns, discovering that more than 80% of them had suffered trauma to their cervical spine, disrupting nerve flow.

Does your child have any of these signs of dysfunction or discomfort?

1. Sleep troubles
2. Digestive issues
3. Behavioural challenges
4. Trouble focusing
5. Allergies
6. Posture problems & traumas
7. Excessive Clumsiness

Addressing these signs early can prevent future health complications. Chiropractic adjustments promote optimal nervous system function by restoring spinal mobility. Fortunately, paediatric chiropractors specialise in detecting and gently correcting these issues.



The nervous system coordinates everything from a child's development to how they go through their day. When the nervous system is able to switch into a peaceful parasympathetic mode, parents often report their child is able to "rest and digest" more easily.

Subluxations disrupt the flow of sensory and motor signals, which may affect both behaviour and focus. Chiropractic care helps restore nerve flow, restoring the connection between brain and body. Many parents report their child is calmer and has more concentration while under chiropractic care.

Ensuring clear communication between the body and brain also helps regulate responses to allergens, germs, and other stressors more effectively.

Many children lead active lives, prone to bumps and falls, sports injuries and accidents. Even minor traumas can impact spinal alignment. Regular chiropractic check-ups ensure their spines remain aligned, supporting

healthy development and improving their motor skills and reflexes.

Paediatric chiropractic care nurtures your child's innate ability to thrive. By optimising nervous system function, it empowers them to grow, learn, and play to their fullest potential. So, consider including chiropractic in your child's healthcare routine—it's a gentle yet powerful investment in their future!

**sp:neWORKS**  
CHIROPRACTIC

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**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)