

# INTOUCH NEWSLETTER



June

## Client Testimonial



I've suffered recurring bouts of Sciatica for the past decade and have been at the mercy of the NHS when it came to treatment. And to be fair, they've been good on the whole but only so far as treating the pain. Spineworks is a whole new ball game not only addressing the pain, but rooting out and tackling the cause of the pain by means of a physical assessment including x-rays, a mobility examination and a detailed explanation as to what is going on inside, all carried out by highly trained and experienced staff. The atmosphere is extremely friendly and welcoming and they will tailor a programme that suits your individual needs. I booked twelve sessions over two months including initial examination and x-rays plus a progress exam at the end which I've just completed. I've had a significant reduction in pain and improved mobility so much so, Usually, the pain is so bad, I can't even get my shoes on! My treatment is far from over. Back issues don't clear up overnight, but I'm feeling a damn sight more positive and I'm eager to continue with further treatment. Thank you all of you at Spineworks. You've given me a glimmer of hope in getting my life back.

R

Ron Chilton



## Don't Wait Until It's Raining to Fix the Roof

You're cruising through life, feeling invincible. Little health problems may pop up, but most don't bother you more than a gentle spring rain bothers your house.

Most health issues are managed with a round of pharmaceuticals, though some discomfort and chronic issues stick around to bother you. You chalk it up to getting older and maybe take some painkillers or prescriptions, or have minor procedures done.

Until suddenly, you have a health emergency of hurricane proportions. Maybe you have an injury, or a twinge in your back disrupts your stride, sciatica pain shoots down your leg, or the migraines become constant. You can't ignore it or keep pushing through anymore.

You're in trouble! You'll probably try to treat symptoms quickly while searching for long-term healing.

This can be like trying to fix your roof in the middle of a storm.

If you maintain your roof and any surrounding trees on sunny days, there will be less damage when a massive squall hits. Taking a proactive stance towards wellness can save you from unnecessary suffering and even speed up your healing when acute issues arise.

Chiropractic is a great way to be proactive rather than reactive.



Chiropractic care focuses on optimising nervous system function—the equivalent of your home's electrical and internet systems combined.

Just like electricity flows to every room of a house, so you can do various things like use kitchen appliances or plug in a computer in an office, the nervous system controls the function, movement, and communication between every part of your body.

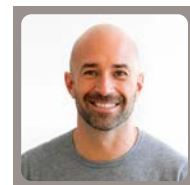
By aligning the spine and addressing subluxations, chiropractors help maintain nervous system integrity so that it can function optimally. This results in wellness in every other system, improving the body's innate healing potential!

We recommend starting early on your health journey, as we can't turn back the clock to completely reverse all the damaging effects of stress and time.

However, it's also never too late to start. When your nervous system is clear, your body can still work wonders in restoring balance and vitality.

Adopting a proactive mindset isn't just about avoiding pain; it's about embracing life to its fullest and investing in your future self. Imagine waking up each day with energy, ready to tackle whatever challenges come your way. That's the power of proactive wellness.

We're here to support you in that journey. So start today and your future self will thank you!



Luc Archambault  
Chiropractor



# Recent Events



We went to our local farmers market in Camberwell to offer free spinal screenings! Here we enjoyed meeting new people and discussed how Chiropractic can help improve their lives!

Do you want to know more about how you can help your friends and family with back pain / headaches / postural issues / general wellbeing? Use the voucher on the back of this newsletter or bring them along to our next Spinal Screening event - they will get a free spine check!! :) Ask us in the clinic for more event details!



## THEME OF THE MONTH – HEADACHES



### Understanding and Managing Headaches

Headaches can be a debilitating condition, affecting millions of people worldwide and being the number one cause of pain in the UK! They come in various types, including tension headaches, migraines, and cervicogenic headaches, each with its own set of triggers and symptoms. At SpineWorks Chiropractic we understand the impact headaches can have on daily life and are committed to providing comprehensive care to alleviate symptoms and promote long-term relief.

**Types of Headaches:** Understanding the different types of headaches is key to effective management. Tension headaches often result from muscle tension and stress, while migraines are characterized by intense throbbing pain and may be accompanied by nausea and sensitivity to light and sound. Cervicogenic headaches originate from issues in the neck and often present with neck pain and stiffness.

**The Role of Vertebral Subluxations and Posture:** Vertebral subluxations, or misalignments of the spine, can contribute to headache symptoms by affecting the nerves and disrupting the body's natural balance and ability to heal. Poor posture, whether from sitting at a desk all day or other daily habits, can also exacerbate headaches by causing muscle tension and strain in the neck and shoulders.

**Chiropractic Care:** Chiropractic adjustments play a crucial role in headache management by addressing vertebral subluxations and restoring proper alignment to the spine. By gently realigning the vertebrae, chiropractors can improve spinal movement and promote optimal nervous system function, reducing the frequency

and intensity of headaches. Additionally, correcting posture through a specialized technique called chiropractic biophysics which we provide here at SpineWorks, and ergonomic adjustments can help alleviate muscle tension and strain, further reducing headache symptoms and providing a long term solution to your headaches.

**Managing Headaches Effectively:** In addition to chiropractic care, there are several strategies individuals can use to manage headaches effectively. These include staying hydrated, maintaining a balanced diet, practicing stress management techniques such as deep breathing or meditation, and getting regular exercise. By incorporating these lifestyle modifications into their daily routine, individuals can minimize the frequency and severity of headaches and improve overall quality of life. For more information, be sure to ask for a headache brochure at the front desk.

If you're experiencing headaches or seeking natural, drug-free relief, we're here to help. If you or anybody you know is suffering from headaches, schedule an appointment today and take the first step towards a headache-free future.





Craving something sweet or something salty? We're covering both with these two quick and easy recipes that are both satisfying and wholesome.



## MINI COURGETTE PIZZAS

### WARM WELCOME TO OUR NEW CLIENTS



KARSH	RITA	IRFAN
IAIN	FAME	THEO
DANIEL	KATRINA	AIMEE
JOHN	ARADOM	ARIEL
ERROLL	ELIAS	DAN
MAGUETTE	THU	MERVE
VINCENT	STACY	ANDREW
HARRIET	BOLAJOKO	ABBIE
FABIAN	OLEKSANDR	EMMANUEL
CHRISTINA	MANOJ	TOMJEDUR
ADAM	JADE	JOEL
LEE	REGINA	MARK
GIOVANNI	ELISA	CHARLES
JAYSHREE	ANTONIA	MELISSA
SOLOMON	MARK	MARYLISE
DENICE	JOE	ANWAR
AMY	JORDAN	ALFONSO

### THANK YOU TO OUR REFERRERS

ARKADAS

CARLA

LISETA

DIDAR

### INGREDIENTS :

- 1 tablespoon of olive oil
- 3 courgette, sliced in thick circles
- 1/3 cup marinara sauce
- 1/2 cup finely grated mozzarella
- 1/4 cup pepperoni cut in quarters
- 1 tablespoon Italian seasoning

### INSTRUCTIONS:

- Preheat oven to broil.
- Heat olive oil in a large skillet. Working in batches, add courgette and cook, flipping once, until golden, about 1-2 minutes on each side; season with salt and pepper, to taste.
- Place courgette rounds onto a large baking sheet. Top each zucchini round with marinara, mozzarella and pepperoni. Place into oven and cook until the cheese has melted, about 1-2 minutes. Sprinkle with Italian seasoning and serve.

## FROZEN BERRY BITES

### INGREDIENTS :

- Plain or Vanilla Greek Yogurt
- Raspberries, blueberries or strawberries
- Optional: splash of lemon juice
- Optional: torn mint leaves

### INSTRUCTIONS:

- Use a muffin pan or individual ramekins. Put three large spoonfuls of yogurt in the bottom of each. Sprinkle with fruit. Freeze for at least two hours before serving.



# Back to the Future: How Chiropractic Care Defies Ageing Norms

Ageing gracefully must start young and involve more than just using skincare to minimise wrinkles or fighting to balance hormones. Let's be proactive about nurturing vitality and well-being as we journey through the years.

As we age, our bodies undergo various changes. Our metabolisms change, muscle mass decreases, bones weaken, and joints can become stiffer. These changes can affect our mobility, flexibility, and overall quality of life.

One area significantly impacted by ageing is spinal health and nervous system function. As we grow older, spinal discs may lose moisture and elasticity, leading to degeneration and decreased mobility.

In addition, repeated postures and movements over the years can contribute to joint degeneration. This can lead to subluxations, which decrease nerve function and affect communication between the brain and body.

Lifestyle factors definitely play a crucial role in how we age. While not all are avoidable, some factors are within our control. Poor nutrition, sedentary habits, and chronic stress can accelerate the ageing process, leading to increased inflammation, weakened immune function, and heightened susceptibility to disease.

So, what can we do to counteract all of these things?

Chiropractic care offers a proactive approach to ageing well by optimising nervous system function. Through gentle adjustments, chiropractors help restore proper alignment in the spine, reducing nerve interference and promoting overall health and vitality.



Additionally, chiropractic care improves balance and coordination, reducing the risk of falls and injuries, and encouraging us to stay active. Motion is lotion to our joints! By addressing spinal misalignments and improving joint function, people under chiropractic care report enhanced overall mobility and stability.

Another essential aspect of aging gracefully is managing pain and discomfort whenever it appears. This is often a warning signal of dysfunction. The discomfort usually resolves when we address the source of nerve irritation or pressure.

The most important benefit of chiropractic care is overall well-being and quality of life. Many patients experience better sleep, improved digestion, and increased range of motion after receiving chiropractic care. When we start to be healthier and more active in our 20s, 30s, and 40s, we can continue that lifestyle more easily as we age.

This is why we recommend regular chiropractic check-ups at every stage of life, starting from the youngest age possible: today! Just as we visit the dentist for regular check-ups, prioritising spinal health through chiropractic care ensures optimal function and vitality as we age.

We hope this has encouraged you that ageing gracefully is within reach, and chiropractic care can support that goal!

**sp:neWORKS**  
CHIROPRACTIC

## WHERE TO FIND US:

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[info@spineworkschiro.co.uk](mailto:info@spineworkschiro.co.uk)  
[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)