

# INTOUCH NEWSLETTER



July

## Client Testimonial

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!  
Simon

S

*Simon Stockdale*



The loveliest team around! Throughout my experience, which spans over a year now, I've always felt very well cared for. I would (and have!) recommend SpineWorks to anyone who is struggling with back or posture problems.

M

*Maxine*



# KISS Your Way to Health

When it comes to health, there is often conflicting advice. Is it good to eat eggs or are they too high in cholesterol? Should we all be doing High-Intensity Interval Training or focusing on a step count is enough? Is a keto diet the best...or vegan or carnivore?

We can go deeper into the rabbit hole of whether a conservative natural approach or a more aggressive surgical route is warranted, and supplements, vitamins, and herbs versus their pharmaceutical counterparts.

It can be incredibly frustrating for individuals to figure out what is the correct treatment, therapy or lifestyle. We can argue that it gets even more complicated for parents and caregivers who are making life-changing decisions for others.

So is there a right answer, and how do we find it?

### **KISS - Keep It Simple, Sweetheart**

Our brains crave simplicity and repetition. Thinking and making decisions burns up our energy, which our primal brain is trained to conserve.

Our nervous system needs to be in a restful parasympathetic state to heal effectively. Ironically, sometimes natural healthcare can increase a patient's anxiety with overcomplicated instructions, lists of dos and



don'ts, and dramatic lifestyle changes.

Often the best health advice is to keep things simple.

We suggest starting with chiropractic care as it clears the nervous system of interference, initiating improved regulation of every function of the body. This is a powerful way to make other practises more effective.

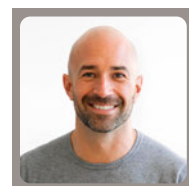
Next, ask yourself a few questions:

- What foods make you feel full of energy? Which foods make you feel heavy, lethargic or give you indigestion? Aim to increase the amount of whole, unprocessed foods you eat that make you feel great, while steadily reducing the foods you know don't support a healthy lifestyle.
- What exercise or movement can you consistently enjoy on a regular basis? Make it part of your regular routine and then begin to challenge yourself more.
- What areas of my life contain the most stress (physical, chemical,

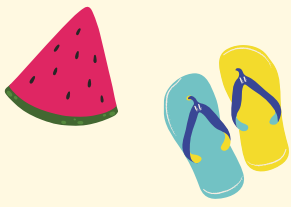
mental or emotional?) What is one step that I can take to either reduce my exposure or increase my adaptability in that area? For example, you may not be able to make a career shift if your job is stressful, but you could ensure that you get adequate sleep to support mental and physical flexibility.

Another way to simplify your wellness journey is to seek personalised care. No other person has had your unique experiences in life. You deserve the attention of healthcare practitioners who get to the root source and partner with you to create an action plan.

Reach out if we can support you or answer any questions you may have!



*Luc Archambault*  
Chiropractor



# WORD SCRAMBLE



Unscramble these words related to leisure activities and summer fun.  
Have fun solving and enjoy the warmth of the season!

## Word list:

- SMREMU \_\_\_\_\_
- OTIANACV \_\_\_\_\_
- YIAHDLO \_\_\_\_\_
- PSTSRO \_\_\_\_\_
- LRVATE \_\_\_\_\_

- NAXLIEROTA \_\_\_\_\_
- EEIATRCNOR \_\_\_\_\_
- HISNENUS \_\_\_\_\_
- ICE CAREM \_\_\_\_\_
- MFAILY \_\_\_\_\_

## DID YOU KNOW?



A seven-year study (from 1999-2005) followed people whose primary care physician was a chiropractor. They found these patients had 60% fewer hospitalisations, 62% fewer outpatient surgical cases and 85% lower pharmaceutical costs.

"Clinical Utilization and Cost Outcomes from an Integrative Medicine Independent Physician Association: An Additional 3-year Update J Manipulative Physiol Ther 2007 (May); 30 (4): 263-269

## QUOTE

*"A good laugh and a long sleep are the best cures in the doctor's book."*

*- Irish Proverb*

## COMMONLY ASKED QUESTION



### Why don't I feel better yet?



It's frustrating when healing takes longer than we'd like. It would be great if there was an exact formula. Adjustments + rest = relief. Or adjustments + nutrition + exercise = wellness. Instead of being that straightforward, think of your body as working through layers of healing, like an onion. Our brain is always working towards homeostasis and wellness; there may just be more layers than you'd like! Stay consistent and make small changes as needed. You'll likely begin to see progress soon.

# HEARTY BLUEBERRY MUFFINS

PREP TIME: 10 min. COOK TIME: 15 min

SERVINGS: 12



## WARM WELCOME TO OUR NEW CLIENTS

LEONA	SAMUEL
ADROEN VICTORIA	RACHEL
RAY	KAYLIEGH
HANNAH ISSAC	ANETTE
ROBERT	PHIL
JOSHUA	SUNNAH
TOM	LIZA
DAN	JESSE
ABI	BRIT
JAMES	LEWIS
	ROB

## THANK YOU TO OUR REFERRERS

FARI

DESTA

SOLOMON

JAYSHREE

## WET INGREDIENTS :

- 175 ml Full fat milk
- 100 ml Vegetable oil
- 75 g Honey
- 1 Egg

## DRY INGREDIENTS :

- 200 g Plain flour
- 50 g Rolled oats
- 2.5 tsp Baking powder
- 1/2 tsp Bicarbonate of Soda
- 1 tsp Cinnamon
- Zest of orange
- 175 g Fresh blueberries (or another berry)

## INSTRUCTIONS:

- Preheat the oven to 180 C.
- Add all of your wet ingredients (milk, honey, oil and the egg) to a bowl and whisk until combined. In a separate bowl, mix together your dry ingredients (flour, oats, bicarbonate of soda, baking powder, cinnamon, orange zest and blueberries).
- Add your wet ingredients to the dry ingredients and whisk until fully combined (no visible lumps of flour).
- Put 12 muffin cases into a muffin tin and spoon the mixture into them equally. Sprinkle the top of each muffin with some more oats, if desired.
- Bake in the oven for 15 mins until golden on top and springy to the touch.

\*Original recipe from : <https://www.tamingtwins.com/healthy-breakfast-muffins>



# ABCs of Chiropractic

Please forgive us for all the times we get overexcited about health and start jabbering in technical terms!

We know that you may already struggle with pain, the frustration of chronic issues or the daily stressors of a busy life. You don't have the time or energy to try to make sense of it all. You just need to know the WHY and HOW chiropractic makes your life better in practical terms.

Our job is to make chiropractic principles and concepts simple for anyone to grasp. We want to explain how chiropractic benefits you, no matter your age, and no matter what situation has brought you to us.

Let's break chiropractic care down into ABCs.

**A - All** systems of the body are controlled by the nervous system. Information flows from above in the brain, down the spinal cord, from the central nervous system out to the rest of the body. The peripheral nerves send messages back up the spinal cord to the brain as well.

**B - Breakdown** in communication happens when spinal vertebrae are causing or contributing to nerve irritation, obstructing nerve flow. Bad things aka SYMPTOMS occur when these subluxations interfere with the flow of messages between the brain and body.

**C - Chiropractors** identify and correct subluxations. This restores the brain-body connection, improving communication and helping the nervous system to self-regulate.

**D - Dynamic** physiologic changes when the nervous system is clear, because it regulates



digestion, hormone production and release, and so much more. Maybe your initial symptom hasn't completely disappeared (yet). However, you likely have seen...

- improved sleep
- less tension
- improved mood regulation and focus
- fewer days of illness
- less discomfort
- reduced allergy symptoms
- fewer headaches or reduced intensity
- more energy

**E - Will you have to go to the chiropractor for ETERNITY?** It's entirely up to you whether you decide to continue chiropractic care after your acute symptoms have resolved. Many people choose to continue to get regular checkups for wellness and maintenance.

This is an excellent idea because life and stress continue to affect your spine and nervous system. When you are adjusted regularly, we can address any subluxations

before they cause more issues. In addition, some chronic conditions may require regular attention to limit further degeneration and pain.

We're happy to provide more information and guidance, along with our best, personalised recommendations. Reach out if we can support you in any way!



## 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

## Theme of the Month Promotion!!

*Know someone with headaches or migraines? We're here to help them feel and function better*

**Use Code JULY24 for £50  
initial consultation**

*X-rays included if required, valued at £220*