

INTOUCH NEWSLETTER



September

Client Testimonial



Had sessions since Jan and seen significant improvement. Yusef is an excellent chiropractor, he's helped me improve my posture and also provided great advice along the way.

A
Asaad
★★★★★

I've been using SpineWorks for 2 months now, and the service has been excellent from the start. Jade is the highlight of each visit; her customer service is exceptional. She always greets me with a warm smile and ensures everything runs smoothly, making each appointment a pleasant experience. Anil, my chiropractor, is also amazing! He thoroughly explained the process and is helping me restore good posture. I can already feel some symptom relief, and his expertise and personalized care make a noticeable difference in my overall well-being. I highly recommend SpineWorks to anyone in need of chiropractic care.

L
Lucas
★★★★★

The Domino Effect in Whole-Body Wellness

Did you set up dominoes as a child to watch a mesmerising chain reaction as they fell? Childhood games like this can hold profound lessons about your health.

Like a spiral of dominoes on the dining room floor, your body operates on a principle of cause and effect. This is why chronic back pain is more than just discomfort. The spine houses a key piece of the nervous system, the spinal cord. When the spine is out of alignment, it can trigger effects throughout your entire system.

This is similar to another childhood game, sometimes called "Telephone". You'd sit in a circle, someone would whisper a message, which would often be hilariously different by the time it reached the last person. Interference in your nervous system is similar (but not as funny!)

When your spine is properly aligned, it's like having a clear, unobstructed line of communication. The message "Eat your vegetables" stays intact from start to finish. But when there's a misalignment, it's as if someone in the middle couldn't hear properly. Suddenly, "Eat your vegetables" becomes "Pete has measles," and your body doesn't correctly!

This miscommunication can lead to many issues, from pain and discomfort to more complex health problems.

Back pain and spinal issues can start



innocently enough with years of repeated poor posture. The final straw may be when you lift something heavy and pain begins. When it isn't addressed at the source, you are likely to become less active and struggle to sleep. Before you know it, you're gaining weight, feeling fatigued, and your mood is spiralling downward.

Millions of people find themselves caught in this domino effect of declining health, all stemming from nervous system dysfunction.

But here's the good news: just as one misaligned domino can cause a chain reaction of problems, addressing that initial issue can create a cascade of health benefits.

Chiropractic adjustments can be the first positive push by focusing on proper spinal alignment and nervous system function. Suddenly, you might notice:

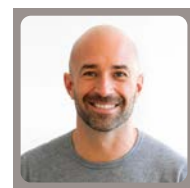
1. Your pain starts to subside
2. You're sleeping more soundly
3. With better rest, your energy levels increase

4. You feel motivated to move more, maybe even exercise
5. Your mood improves as you regain your active lifestyle

As your body begins functioning optimally, other health issues may improve too, such as your persistent digestive issue or frequent headaches.

However, just as it took time for alignment and posture issues to compound, it takes time and consistency for the healing! Regular chiropractic care and healthy lifestyle choices help maintain this upward momentum.

Isn't it time you gave that first domino a gentle, healing push?



Luc Archambault
Chiropractor

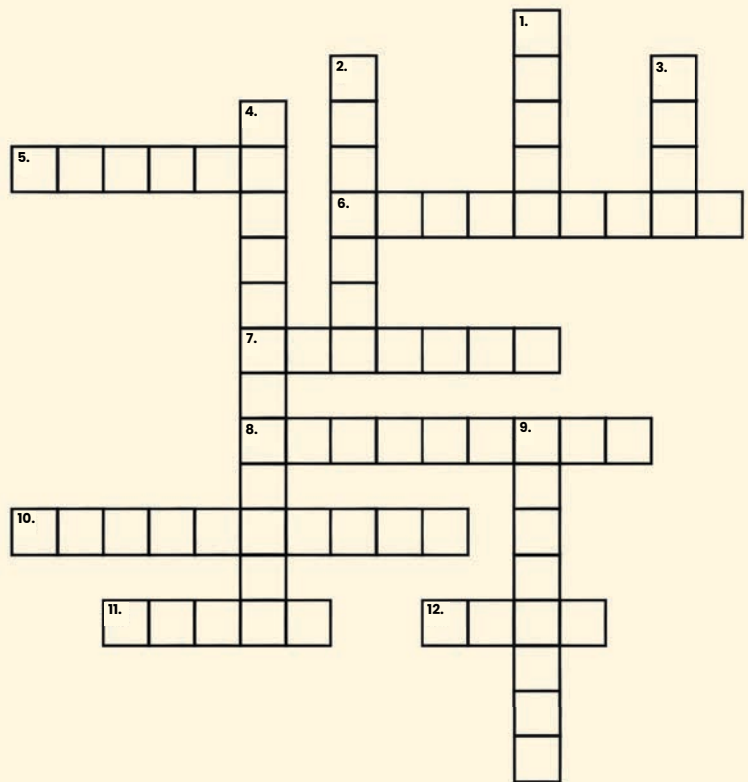
CROSSWORD

DOWN:

1. The backbone of the body (5 letters)
2. The system that carries messages throughout the body (7 letters)
3. Flexibility and strength exercise (4 letters)
4. The practice of spinal adjustments (12 letters)
9. Physical activity that promotes health (8 letters)

ACROSS:

5. Overall state of physical and mental well-being (6 letters)
6. Spinal bones (9 letters)
7. Proper body positioning (7 letters)
8. Proper spinal _____ is crucial for good health (9 letters)
10. A small but powerful chiropractic action (10 letters)
11. Spinal _____ are the cushions between vertebrae (5 letters)
12. Opposite of front (4 letters)



DID YOU KNOW?



A 2014 study followed 148 patients (between 18 and 65 years) with lumbar disc herniations confirmed by MRI. They presented with symptoms like low back and leg pain. They received high-velocity, low-amplitude, chiropractic care. After one year, 88% of patients report improvement, with no adverse effects.

Leemann, S., et al. (2014). "Outcomes of acute and chronic patients with magnetic resonance imaging–confirmed symptomatic lumbar disc herniations receiving high-velocity, low-amplitude, spinal manipulative therapy: a prospective observational cohort study with one-year follow-up." *Journal of Manipulative and Physiological Therapeutics*, 37(3), 155-163.

QUOTE



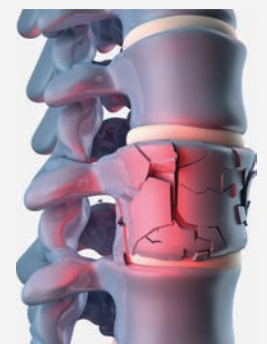
"The part can never be well unless the whole is well."

- Plato

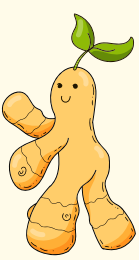
COMMONLY ASKED QUESTION



Can chiropractic care help prevent disc problems, or does it only treat existing issues?



Both! Regular adjustments help maintain proper spinal alignment, reducing uneven pressure on discs and supporting optimal nerve function. This proactive approach can prevent many disc issues from developing. For existing problems, chiropractic care addresses the root cause by correcting misalignments, improving spinal mobility, and enhancing overall spine health.



TURMERIC GINGER ANTI-INFLAMMATORY SMOOTHIE

This smoothie is packed with ingredients that support spinal and overall health:

- Turmeric: Powerful anti-inflammatory properties
- Ginger: Reduces inflammation and may help with pain management
- Pineapple: Contains bromelain, an enzyme with anti-inflammatory effects
- Banana: Rich in potassium, important for muscle function
- Chia seeds: Provide omega-3 fatty acids and calcium
- Spinach: Offers vitamins and minerals for overall health
- Black pepper: Enhances the absorption of turmeric's beneficial compounds



WARM WELCOME TO OUR NEW CLIENTS



XANTE	CJ
ANA	KHALID
JUDIT	TOM
CHRISTOPH	GHOSSAN
ER	SAUL
STEPHEN	REGGIE
ZEINAB	STEPHEN
VRINDA	

THANK YOU TO OUR REFERRERS



LUCIANA
 ELLIE
 GLORIA
 DANIEL
 FILIPPO
 ANISA
 STUART

INGREDIENTS:

- 240ml unsweetened almond milk
- 75g frozen pineapple chunks
- 1 medium banana
- 15g fresh ginger, grated
- 5g ground turmeric (about 1 level teaspoon)
- 15g chia seeds
- 30g spinach (about a large handful)
- A pinch of black pepper (to enhance turmeric absorption)
- Optional: 30g vanilla protein powder (about 1 scoop)

INSTRUCTIONS:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately.



The Backbone of Health: Understanding Disc Health

We often talk about having a "backbone" as a metaphor for courage and strength. Yet, ironically, many of us pay more attention to our teeth and oral hygiene than we do to our actual backbone. This oversight is a problem, as our spine plays a crucial role in our overall health. Much like cavities that develop silently before causing pain, your spine may be signalling distress long before you're aware of any issues.

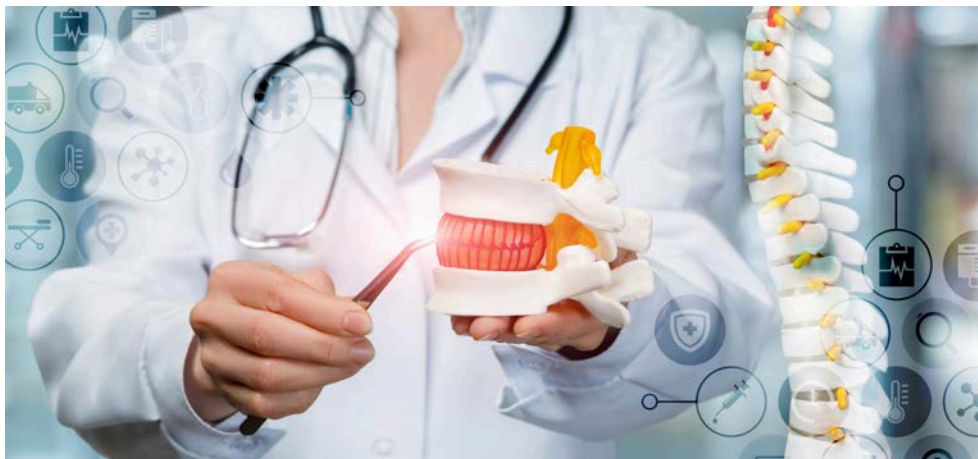
The spine is an engineering marvel, composed of vertebrae, the spinal cord and nerve roots, and vertebral discs. These discs, consisting of a tough outer layer and a gel-like centre, act as shock absorbers between vertebrae. This intricate structure allows for flexibility while maintaining stability, enabling a range of motion in daily activities.

The Impact of Misalignment on Disc Health

When spinal alignment is compromised, it creates a cascade of effects similar to a vehicle with unbalanced tyres. Initially, the changes may be subtle, but over time, uneven pressure on the discs can lead to significant issues, such as pressure on the nerves.

This imbalance can also result in bulging discs, where the outer layer weakens and protrudes, or herniated discs, where the inner gel pushes through the outer layer. Misalignments can impede the nutrient flow essential for disc health and function.

Pressure and irritation of the nerves may not cause immediate discomfort. When pain does occur, it may be "referred" and show up in unexpected areas. For instance, leg pain could originate from disc issues in the lower back.



As chiropractors, we identify and correct disc issues with a comprehensive, hands-on assessment. This can include static and motion palpation, gait analysis, and posture evaluation. We may also request imaging like X-rays and MRIs.

Addressing the Root Cause: Beyond Symptomatic Relief

While medications may offer temporary relief for disc-related pain, they do not address the underlying cause, and come with significant side effects and risks. Similarly, while surgery may be necessary in some cases, it's crucial to first explore natural, corrective care options.

Chiropractic care offers a natural approach to healing by identifying and correcting vertebral subluxations. This process reduces pressure on the nervous system, facilitates better nutrition and movement in spinal joints, and improves disc health gently and naturally. While this approach requires time and consistency, it works in harmony with the body's natural healing processes.

We may also make additional recommendations to support the healing process, including specific exercises, other therapies like spinal decompression, or supplements.

Don't wait to be diagnosed with disc issues or continue suffering currently have back pain. Invest in your spinal health today to significantly improve your overall quality of life, now and in the future. We're here to support you with chiropractic care to improve posture, enhance mobility, reduced pain, and increase function!



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)