

# INTOUCH NEWSLETTER



October

## Client Testimonial



Spineworks Chiro is amazing, very friendly team, from the lovely ladies at the front door to the guys and girls that will be helping you make a full recovery, special shout out to Andrea, Ray, Aalia, Dan and Luc.

R

*Richard Reyes Nizves*



Spineworks has been such a blessing in my life! After years of chronic pain, I feel so much stronger and more flexible thanks to their expertise. They have alleviated my back and neck pain and chronic headaches. I've been lucky enough to have been treated by all four chiropractors - Andrea, Anil, Luc and Yusuf, and they are all phenomenally experienced, knowledgeable and friendly. I cannot recommend them enough!! :)

N

*Natasha Cooper*



## 90 Days to a New You: Why October is the New January

Ever catch yourself saying, "I'll start on Monday" or "New Year, new me"? We've all been there, postponing our health goals for that perfect moment. But why wait?

We encourage you to "carpe diem" meaning "seize the day," for this present moment is all we have control of.

For many folks, October marks the beginning of a festive season filled with celebrations, and holidays. Along with the stress of hustle and bustle, tempting sugary and processed treats appear everywhere. Combine that with the changing seasons and weather, and you've got a recipe for stress overload. It's no wonder many of us struggle to adapt to these external and internal pressures.

October is also the perfect launchpad for a healthier you. You have a full 90 days before the New Year rolls around. That's three months to make better choices, build stronger habits, and set yourself up for success. Imagine feeling vibrant, energised, and ahead of the game as you ring in the New Year, instead of making another resolution you might not keep.

Here are some simple habits to get started:

**1. Head to bed:** Even an extra 30 minutes of sleep is worth it. Your body (and mind) will thank you.



Quality sleep is the foundation of good health, improving everything from mood to immunity.

**2. Hydrate to feel great:** Add just one more glass of water to your daily routine. It's amazing what proper hydration can do for your energy levels, skin health, and overall well-being.

**3. Move and groove:** Commit to 30 minutes of movement daily. Dance, walk, stretch – whatever makes you smile. Regular exercise boosts your mood, strengthens your body, and helps manage stress.

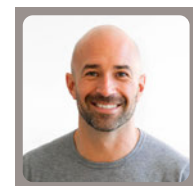
**4. Eat the rainbow:** Start with a fruit or veggie, before enjoying the rest of your meal. It's an easy way to boost your nutrient intake as you fill up with whole foods.

**5. Align and shine:** Get on a regular chiropractic schedule. A clear nervous system supports overall health, helping your body function at its best.

Remember, Rome wasn't built in a day, and neither is a healthier you. Each small choice is a building block, creating a strong foundation for your health in 2025 and beyond. Those tiny, consistent steps add up to big changes over time.

Let's make these last 90 days of the year count! By the time everyone else is making New Year's resolutions, you'll already be well on your way to a healthier, happier you.

Remember, the journey of a thousand miles begins with a single step – and we're here to support you along the way!



*Luc Archambault*  
Chiropractor



# The return of the Wellness Workshop!



## Join us in the clinic for our Wellness Workshops!

This is an important **FREE** talk for our patients to attend to find out what you can do at home to get the best out of your care for the best result. It covers the pillars of health and how the body heals naturally.

We also cover working from home ergonomics , pillows, mattresses and much much more! Come along and meet other clients in the Spineworks community - bring a friend or family member along to receive a discount if the book in on the day!

### WELLNESS WORKSHOP DATES:

- Friday 11/10
- Friday 1/11
- Tuesday 26/11
- Tuesday 22/10
- Tuesday 12/11

## WELLNESS WORKSHOP



### How to get the WOW!

FROM YOUR CARE



OCTOBER

FRI 11TH  
13.30-14.15

TUE 22ND  
19.30-20.15

NOVEMBER

FRI 1ST  
13.30-14.15

TUES 12TH  
19.30-20.15

TUES 26TH  
19.30-20.15

BRING YOUR FAMILY AND FRIENDS ALONG TO THIS FREE EVENT & GET THEM A DISCOUNT!



## QUOTE



"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly."

- Siddhārtha Gautama (The Buddha)



## CORRECTION OF THE MONTH



Congrats to **Bradley**, our correction of the month! He came to us with back pain and headaches which have improved - he also has amazing posture correction of his neck curve! Bravo!!



# ROASTED PUMPKIN AND LENTIL BOWL



This Roasted Pumpkin and Lentil Bowl is not only delicious but also highly nutritious. Pumpkin is rich in vitamins A and C, antioxidants, and fibre. Lentils provide an excellent source of plant-based protein and fibre, promoting digestive health and helping to maintain stable blood sugar levels. Cumin adds flavour and anti-inflammatory properties. This balanced meal is an ideal choice to maintain a healthy diet while enjoying flavourful, seasonal ingredients.

## WARM WELCOME TO OUR NEW CLIENTS



XANTE	ZEINAB
ANA	GHASSAN
JUDIT	SAUL
CHRISTOPHER	REGGIE
STEPHEN	STEVEN

## THANK YOU TO OUR REFERRERS



LUCIANA	ANISA
ELLIE	STUART
GLORIA	ENIEDA
DANIEL	JESSICA
FILIPPO	MATEO

## INGREDIENTS:

- 400g pumpkin, peeled and diced
- 200g cooked lentils (green or brown)
- 1 red onion, thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Optional: Feta cheese, crumbled (for topping)

## INSTRUCTIONS:

- Preheat your oven to 200°C (180°C fan).
- Roast the Pumpkin: In a bowl, toss the diced pumpkin with 1 tablespoon of olive oil, cumin, salt, and pepper. Spread it on a baking tray and roast for about 25-30 minutes, or until tender and slightly caramelised.
- In a large bowl, combine the cooked lentils, sliced red onion, and the roasted pumpkin once done. Drizzle with the remaining olive oil and mix well.
- Garnish with chopped parsley and, if desired, sprinkle with crumbled feta cheese. Serve warm or at room temperature.



# Spine Savers: Chiropractic Hacks for Work, Rest, and Play

In our modern world, we often find ourselves hunched over, in one position for hours, glued to screens, and sleeping in less-than-ideal positions. These postures can take a toll on our spinal health, leading to discomfort and potentially long-term issues.

Your spine plays a crucial role in every movement you make. Since the vertebrae protect the spinal cord, poor ergonomics may also affect your central nervous system.

Take a moment to consider your daily activities. Being mindful of how you move can make a significant difference in your spinal health.

- Always bend your knees and engage your core when lifting heavy objects, including children.
- Avoid twisting while carrying loads; pivot with your feet instead.
- For nursing mothers, use supportive pillows to avoid hunching over.
- If you stand for long periods, use supportive footwear and anti-fatigue mats. Take regular breaks to walk or stretch.
- Incorporate short walks or stretching sessions throughout your day.

## Screen Time Savvy: Protect Your Neck

Whether working at an office or using a smartphone in daily life, it's important to have a good setup. This is also important for children, especially with tablets.

- Position screens at eye level to maintain a neutral neck position. Each inch your head moves forward adds about 10 pounds of stress to your cervical spine!
- Use the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.



- For extended laptop use, consider an external keyboard and mouse.
- Use a chair supporting your lower back's curve, with feet flat on the floor and knees at 90 degrees.
- Consider a standing desk.

## Sweet Dreams: Sleep Posture for Spine Health

Your sleep posture plays a crucial role in spinal health. Opt for a mattress that provides adequate support while conforming to your body's natural curves. Your pillow should keep your neck aligned with the rest of your spine.

- Side sleepers: place a pillow between your knees to keep your hips aligned.
- Back sleepers: use a small pillow under your knees to maintain the natural curve of your lower back.
- Avoid stomach sleeping as it stresses your neck and lower back.

Remember, these small changes can have a big impact on your spinal health over time.

Proper spinal alignment affects more than just your back; it influences your nervous system and your overall health and well-being.

By implementing these chiropractic-approved hacks, you're not just avoiding pain—you're promoting better communication between your brain and body, potentially improving your focus, mood, and overall health.

We also recommend regular chiropractic check-ups to address underlying issues and ensure your spine stays in top shape.

A healthy spine is the backbone of a healthy life!



## WHERE TO FIND US:

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**(020) 7793 7454**

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www.spineworkschiro.co.uk

### Opening Hours:

Mon- Fri: 8:00am – 1:00pm  
3:00pm – 8:00pm

Sat: 9:00am – 2:00pm

## PROMOTION

Know someone struggling with sleep, fatigue, breathing, blood pressure, immune function, headaches

It could be their VAGUS nerve!

**Use Code VAGUS24 for a  
£50 initial consultation**

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