

November

## Client Testimonial



Excellent engagement, quality care, streamlined service. My chiropractor Anil has provided a quality service and an excellent level of care. In the ~2 months I have been attending the clinic my health has improved removing my immediate pain and improving my posture and energy. The service is very streamlined meaning that it's easy for some to feel the service is not very personalised. However every engagement with Ali, Dan, Anil and everyone else there I've had has been top quality. They all know my name and are extremely knowledgeable and friendly. Being greeted with a smile after my long day with a quick chat yet getting a speedy and efficient service letting me carry on with my day is exactly what I need. The price is high but then what isn't in London and having been to a few Chiropractors before this place I'd say they are comparable for the area.

R

Reggie



## Tired of Being Tired? Discover the Sleep Tricks That Actually Work

Does getting quality sleep often take a backseat to other priorities? While "early to bed, early to rise" sounds like cliché advice, research consistently shows that good sleep is fundamental to your health and healing. If you want to improve your daily life significantly, you must understand the benefits of restful sleep and how to achieve it.

### Physical and Mental Health Benefits

During sleep, your body repairs tissues, synthesises hormones, and bolsters your immune system.

Adequate sleep has been linked to better heart health, weight management, and reduced inflammation. Conversely, chronic sleep deprivation can increase the risk of serious health conditions such as diabetes, cardiovascular disease, and obesity.

Being well-rested can also enhance cognitive function, improving your ability to learn, make decisions, and solve problems. You have probably experienced how much easier it is to regulate your emotions and manage stress after a good night's sleep!

### Quality Over Quantity

But how much sleep are we talking about? Adults should aim for 7-9 hours of sleep per night. However, it's not just about quantity; the quality of sleep matters too. Sleep cycles through different stages, including deep sleep and REM (Rapid Eye Movement) sleep, each serving specific functions for our physical and mental restoration.



Improving sleep quality often requires adjusting your habits and environment. A dark, quiet, and cool bedroom promotes better sleep. Limiting exposure to blue light from screens in the evening can help prepare your body for sleep. Blue light blocking glasses can if you do need to use devices late in the day. But falling asleep in front of a screen isn't going to give you the best rest.

### Tools for Better Sleep

Wearable devices like the Oura Ring can track sleep patterns, providing insights to help you dial in your specific sleep hygiene routine. You may want to also upgrade your mattress (especially if it is over 8 years old) and choose a pillow that supports a neutral spine.

### The Chiropractic Connection to Better Sleep

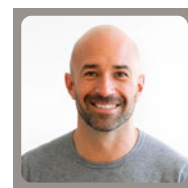
Sometimes the root of sleep problems is that you're in pain or your nervous system is overactive.

This is where chiropractic care can help!

Chiropractic adjustments can help relieve pain and discomfort, by addressing lower back pain, neck stiffness, or general body aches so you can finally get comfortable and sleep.

Chiropractic care has been shown to help the nervous system switch into a calmer state (read more on page 4). MANY chiropractic patients report that they fall asleep more easily and wake up feeling more refreshed.

If you've been struggling to get quality sleep, start with just one of these suggestions to begin getting relief from the inside out!



*Luc Archambault*  
Chiropractor

# SLEEP-WELL WORD SEARCH

**Instructions:** Find and circle the following words related to sleep and chiropractic care. Words can be horizontal, vertical, diagonal, or backwards.

- SPINE
- RESTFUL
- MELATONIN
- ADJUSTMENT
- RELAXATION
- DREAMS
- SLEEP
- FATIGUE
- RELAX
- CIRCADIAN
- NERVOUS
- STRETCH
- SLUMBER
- SNOOZE
- POSTURE

S P I N E R E S T F U L  
 L E M E L A T O N I N C  
 E A D J U S T M E N T Y  
 E R E L A X A T I O N C  
 P E D R E A M S N A P L  
 C F A T I G U E R L O E  
 Y U P O S T U R E M S S  
 C L C I R C A D I A N L  
 L N E R V O U S Y E E E  
 E E S S T R E T C H S E  
 S S L U M B E R P I S P  
 S N O O Z E W A K E S I

## DID YOU KNOW?



Chiropractic care is linked to improved parasympathetic nervous system function, which can improve sleep. A 2008 study suggests that adjustments of the neck may encourage this “rest and digest” response.

This study involved 40 patients and measured autonomic responses such as blood pressure and pulse rate before and after chiropractic adjustments.

J Chiropr Med. 2008 Sep; 7(3): 86–93. Published online 2008 Sep 2. doi: 10.1016/j.jcm.2008.04.001

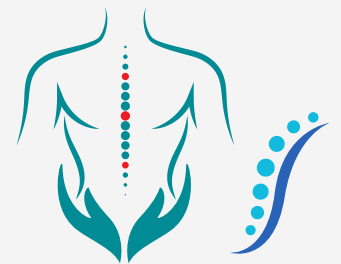
## QUOTE

“Sleep is that golden chain that ties health and our bodies together.”

– Thomas Dekker

## COMMONLY ASKED QUESTION

Does chiropractic do more than treat pain?



Chiropractic care can improve the condition of your spine and the adaptability of the nervous system. By ensuring proper spinal alignment and biomechanics, chiropractic care can improve function throughout your body. Regular chiropractic care is part of a proactive approach to maintaining overall health and wellness.



# CALMING CHERRY-ALMOND YOGHURT BOWL

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## INGREDIENTS:

- - 125g plain Greek yoghurt
- - 60ml tart cherry juice
- - 35g fresh or frozen pitted cherries
- - Handful of flaked almonds
- - Spoonful of honey (optional)

## INSTRUCTIONS:

- In a small bowl, mix the Greek yoghurt with the tart cherry juice until well combined.
- Top with fresh or thawed frozen cherries. Sprinkle flaked almonds over the top.
- If desired, drizzle with a small amount of honey for added sweetness.

## WHY IT PROMOTES GOOD SLEEP:

- Tart cherries are a natural source of melatonin, which helps regulate sleep cycles.
- Greek yoghurt contains tryptophan, an amino acid that can help produce serotonin and melatonin.
- Almonds provide magnesium, which may improve sleep quality.
- This snack offers a balanced mix of protein and complex carbohydrates, helping to stabilise blood sugar levels during the night.

Enjoy this snack about an hour before bedtime for potential sleep-promoting benefits.

### WARM WELCOME TO OUR NEW CLIENTS

KIM

HAWA

CALLUM

SAMUEL

GENEAL

HARRY

CHRYSTAL

SALVADORA

CHLOE

WEMINO

### THANK YOU TO OUR REFERRERS

RASHIDA

HALIMA



# The Neuroscience of Sleep: How Chiropractic Care Influences Rest

It's next to impossible to sleep well if you're chronically stressed. Your body responds to physical, chemical, or mental stress by gearing up to fight, preparing to run away from harm, or freezing like an animal in headlights. This sympathetic nervous system state makes it difficult to rest!

This is why a good night's sleep isn't just about your pillow or how much caffeine you had today. We need to understand sleep from a neurological perspective.

Sleep is primarily regulated by the autonomic nervous system (ANS), which consists of the sympathetic ("fight or flight") and parasympathetic ("rest and digest") branches. The balance between these two systems is crucial for healthy sleep patterns.

During sleep, the parasympathetic nervous system lowers heart rate, slows breathing, and begins repair and healing.

Do you want to get really brainy? Key neurotransmitters also play vital roles in sleep regulation. Adenosine buildup during waking hours increases sleep pressure. Melatonin, influenced by light exposure and circadian rhythms, signals the body to prepare for sleep. GABA, the primary inhibitory neurotransmitter, promotes sleep by reducing neural activity.

However, misalignments in the spine can disrupt this balance, potentially leading to insomnia, waking up frequently or not feeling rested when you wake up.

## Spinal Misalignments and Sleep

Vertebral subluxations, or misalignments in the spine, can interfere with proper nerve function. These misalignments may compress or irritate nerves,



potentially disrupting the signals and the function of the body's "master clock." Fascinating, right?

In addition, subluxations can lead to inflammation, reduced range of motion, tension, stiffness, discomfort, and pain, making it difficult to find a comfortable sleeping position.

Chiropractors identify and correct these misalignments, potentially improving nervous system function. By restoring proper alignment, chiropractic care may help:

1. Reduce pressure on nerves, allowing for improved signal transmission
2. Decrease muscle tension, promoting physical relaxation
3. Alleviate pain that might be interfering with sleep
4. Improve blood flow, including cerebral spinal fluid circulation

Some studies support the benefits of chiropractic care. A 2005 study published in the Journal of Manipulative and Physiological Therapeutics found that chiropractic patients reported immediate improvement in sleep quality following adjustments.

Another study in the Journal of Chiropractic Medicine (2009) observed that chiropractic care improved insomnia symptoms in patients with lower back pain.

## Integrating Chiropractic Care for Wellness

Chiropractic care can be a valuable component of a holistic approach to sleep health. By addressing nervous system function and spinal alignment, chiropractic care may improve the physiological conditions you need for restful, restorative sleep.

Reach out with any questions or if we can support you to get a good night's rest!



## WHERE TO FIND US:

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### 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**