

INTOUCH NEWSLETTER



February

Client Testimonial



Poor posture and constant shoulder pain from long hours at a desk were making my days miserable. After visiting this clinic, expert adjustments and helpful tips transformed my posture—I sit comfortably and feel energized all day!

A

Anna



I was struggling with migraines for years, trying everything without success. After visiting this clinic, the personalized care I received worked wonders—no more constant headaches. It's like a whole new life without the pain!

J

Johnson



Years of sports injuries left my body stiff and sore. After visiting this clinic regularly, I'm amazed at how much better I feel. My flexibility is back, and I'm performing better than I have in a long time!

M

Mark



Living with the Ghost of Injuries Past? It's Time to Break Free!

Remember that fender bender from five years ago? Or maybe it was that ambitious college ski trip where you tried to "just walk it off"? Those old injuries might be ancient history in your mind, but your body has been keeping score – and it's finally calling in the debt.

Many of us carry around the aftermath of old injuries like unwanted souvenirs, thinking it's just part of "getting older." However, those persistent aches and limitations don't have to be your new normal. And they definitely don't have to stop you from being as active as you want to be at any age!

Even when "healed," old injuries can force your body to create workarounds and compensations, which may cause pain and stiffness in other areas.

That slight shoulder hitch from your old tennis injury may be why your neck feels stiff after a long day at the computer. That college football tackle could have started your mysterious lower back pain.

Despite all this, your body has an incredible capacity for renewal and restoration! It just needs the right support to hit the reset button. This is where chiropractic care comes into play, acting like a skilled detective and problem-solver for your body's complex systems.

Through specialised assessments that can include X-rays, chiropractors identify how injuries



have affected your body's posture and overall function. Maybe that whiplash from your car accident created subtle misalignments in your spine, or that old knee injury altered your walking pattern, affecting your hips and back.

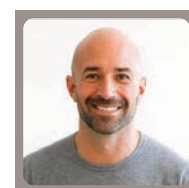
Adjustments help to restore proper movement patterns and reduce nerve interference. In addition to your spine, we may even adjust other joints like your shoulder, knee, or ankle.

As your body begins to heal and move in new patterns, you'll likely begin to experience pain relief, but the benefits don't stop there. The ability to get back to normal activities can be life-changing!

Imagine bending down to play with your kids without wincing. Picture yourself getting back to that hiking trail you've been avoiding. Think about finally having a good night's sleep without having to arrange pillows just so.

Many patients are surprised to discover that symptoms they've lived with for years – headaches, stiffness, reduced range of motion – were actually connected to injuries they thought were long gone. By addressing these old injuries at their source, rather than just masking symptoms, you're not just treating pain – you're improving your body's natural ability to function as designed.

Reach out if you have any questions and share this information with family and friends!



Luc Archambault
Chiropractor



Recent Event

We had a fun day of filming in the clinic! Here's a sneak peek:



WELLNESS
WORKSHOP



FREE
WELLNESS WORKSHOP!

FEBRUARY

TUES 11TH
19:15

TUES 25TH
19:15

BRING A GUEST!
BOOK AT RECEPTION!
020 7793 7454



QUOTE



"Healing is a matter of time, but it is sometimes also a matter of opportunity."

- Hippocrates

COMMONLY ASKED QUESTION



How do I know when to stretch and when to rest it?



The key indicator is the type of discomfort. Sharp, acute pain means rest. Dull, chronic stiffness usually benefits from gentle stretching. If stretching increases pain or causes pain to linger for hours, return to rest. For example, with plantar fasciitis, light stretching is beneficial first thing in the morning, but if sharp pain occurs, you should resume resting.

For muscle strains and sprains, follow the 72-hour rule: initially rest and ice to reduce inflammation. Once acute pain subsides, gentle stretching can begin. For pinched nerves, avoid stretching entirely during acute phases – this could worsen compression. Instead, rest and seek professional evaluation.

WINTER CITRUS & KALE POWER SALAD

Prep Time: 15 minutes | Serves: 4



INGREDIENTS:

- 1 large bunch kale, stems removed and chopped
- 2 oranges, segmented
- 1 grapefruit, segmented
- 1 crisp apple, thinly sliced
- 60g dried cranberries
- 40g pumpkin seeds
- 1 small red onion, thinly sliced
- 75g feta cheese, crumbled
- 200g shredded red cabbage

CITRUS DRESSING:

- 45ml olive oil
- 30ml orange juice
- 15ml lemon juice
- 15ml honey
- 5g Dijon mustard
- Salt and pepper to taste

INSTRUCTIONS

1. Massage chopped kale with a pinch of salt for 2-3 minutes until softened. Combine all salad ingredients in a large bowl.
2. Whisk together the dressing ingredients. Toss with dressing just before serving

TIP: Can be made ahead - keep dressing separate until ready to serve

THANK YOU TO OUR
REFERRERS

WILLIAM

MIA

HENRY

GRACE

LEO

NOAH

AVA

ARCHIE

ELLA

FINN



Think It's Just Neck Pain? The Mind-Blowing Truth About Whiplash Everyone Needs to Know

When you think of whiplash, do you picture neck braces and car accidents? While vehicle collisions are a common cause, whiplash can occur in many scenarios - from falls and sports injuries to riding a roller-coaster. Even rockstars known for "head-banging" can experience whiplash! This complex injury deserves our attention because its effects can extend far beyond a simple neck strain.

Whiplash occurs when your head is rapidly thrown backward and forward, creating a whip-like motion that can damage the delicate structures in your neck. But the effects don't stop there.

This sudden trauma can create a cascade of issues throughout your body, affecting everything from your nervous system function to your daily activities. This is due to inflammation, tissue damage, and misaligned vertebrae creating pressure that can irritate the nerves of the neck and spinal cord.

Many people are surprised to learn that whiplash symptoms can include:

- Persistent headaches and migraines
- Dizziness and balance problems (vertigo)
- Numbness or tingling in the arms and hands
- Difficulty concentrating or "brain fog"
- Sleep disturbances
- Mood changes and fatigue
- Blurred vision
- Ringing in the ears (tinnitus)

The tricky thing about whiplash is that symptoms don't always appear immediately. You might walk away from an accident feeling fine, only to develop symptoms later. Studies show that up to 43% of people with whiplash develop long-term symptoms. You may not even connect the symptoms with the original cause.

This delay often leads people to underestimate the severity of their injury. Whiplash can worsen over time if it isn't addressed and includes the onset of arthritis and degeneration of the joints of the neck.

The Role of Chiropractic Care With Whiplash

When it comes to whiplash recovery, chiropractic care offers a unique advantage as a complement to medical assessments.



Chiropractors understand how trauma affects the intricate relationship between your spine and nervous system. We carefully assess your neck and make specific adjustments to restore proper movement. This allows the body to heal whiplash injuries on a deeper level.

Many patients report being amazed at how much better they feel with chiropractic care. Even small improvements have a significant impact on life, like the restored range of motion when checking their blind posts while driving. Or it can be a major improvement, like not needing to take as many sick days for whiplash-induced headaches.

To give your body a boost towards healing, we may also recommend complementary therapies like specific exercises or soft tissue work. A holistic approach addresses the immediate symptoms AND encourages you to feel great long-term!

Every whiplash case is unique and requires an individualised assessment and care plan. However, within each of us is the potential for healing!

sp:networks
CHIROPRACTIC

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Sat: 9:00am – 2:00pm