

# INTOUCH NEWSLETTER



March

## Client Testimonial



Years of bad posture left me with constant neck and shoulder pain. I thought it was something I'd have to live with forever. But after working with the chiropractors here, I stand taller, feel stronger, and the pain is finally gone!

J  
Jason  
★★★★★

A sports injury left me sidelined and in pain for months.

Traditional treatments weren't helping, but after starting care at this clinic, I recovered faster than I ever expected. I'm back in the game, stronger than before!

E  
Eric  
★★★★★

The shooting pain from sciatica was unbearable, making it hard to sit, stand, or even walk. I was skeptical at first, but after just a few adjustments, the relief was incredible. I wish I had come here sooner!

N  
Nancy  
★★★★★

## The Ripple Effect: How Your Posture Shapes Your Health and Happiness

We can all spot a confident person from across the room by their posture. Their shoulders are back, their head held high, and they are likely moving with purpose and grace.

Take a moment to notice your posture as you read this. Are your shoulders rounded forward? Is your head tilted down? Don't worry – you're not alone. With the increasing use of technology, poor posture has become increasingly common. But here's what's fascinating: your posture affects your structure and function far more than just your appearance!

### The Hidden Costs of Poor Posture

Your body works as an interconnected system, with each part influencing the others. That forward head posture from screen time isn't just causing neck strain – it creates a cascade of effects throughout your body. When your spine isn't properly aligned, it can cause or contribute to irritation of the nerves, reducing and interrupting the flow of information.

Poor posture can compress your organs, reducing lung capacity and making it harder to breathe deeply. Even more surprisingly, slouching can impact your digestion and energy levels by cramping your internal organs.

The effects aren't just physical. Research shows that poor posture can influence your mood and stress levels.



Were you often corrected by parents or teachers as a kid or teenager for slouching? They may have been right! Slumping over may make you feel more negative and less confident. Standing tall triggers more positive thoughts and higher energy levels. It's a fascinating mind-body connection that demonstrates just how important proper alignment really is.

### Your Path to Better Posture

Improving your posture takes some time and dedication. Here are a few things you can do to improve your posture and overall well-being:

- Schedule regular chiropractic adjustments to correct posture from the inside out, and to maintain proper spinal alignment
- Strengthen your core muscles through targeted exercises, as they're crucial for maintaining good posture
- Invest in supportive, well-fitted shoes that help maintain proper body alignment
- Create an ergonomic workspace with your screen at eye level and your feet flat on the floor

- Practise mindfulness about your posture during daily activities like walking and sitting. Keep your head above your shoulders and your shoulders above your hips.

Remember, good posture isn't about rigidly holding yourself in an uncomfortable position – it's about helping your body to refine its natural, healthy alignment. You'll be amazed at the improvement you feel, mentally and physically.

Pro Tip: Think of posture correction as a journey rather than a quick fix. Make small changes and reinforce them so they become habits. We're here to help you on this journey, providing adjustments, exercises, and guidance tailored to your specific needs!



Luc Archambault  
Chiropractor

# POSTURE PERFECT PUZZLE

Words to Find:

- ALIGNMENT
- SLOUCHING
- SPINE
- ERGONOMIC
- CORE
- SHOULDER



- PELVIS
- MUSCLES
- HEADTILT
- WELLNESS
- POSTURE
- STANDING



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Book in with one of our amazing sports therapists for a sports massage!



**sp: neworks**  
CHIROPRACTIC

**SPORTS MASSAGE**

25 MINS - £50  
55 MINS - £80

**BOOK NOW**  
020 7793 7454 /  
info@spineworkschiro.co.uk

**WELLNESS  
WORKSHOP**



**JOIN OUR FREE  
WELLNESS WORKSHOP!**

**MARCH:**

**TUES 18<sup>TH</sup> @ 19:15**

**FRI 28<sup>TH</sup> @13:15**

**YOU WILL LEARN ABOUT:**

- NATURAL HEALING, INNATE INTELLIGENCE & THE PILLARS OF HEALTH
- FIGHT OR FLIGHT STRESS RESPONSE IN YOUR BODY
- PRACTICAL TIPS TO AVOID SUBLUXATIONS IN DAILY LIFE: AT HOME, AT WORK, AT THE GYM...

**BRING A FRIEND OR FAMILY MEMBER THEY WILL RECEIVE A SPECIAL OFFER ON THEIR INITIAL CONSULTATION!**

020 7793 7454 | INFO@SPINEWORKSCHIRO.CO.UK

# SWEET & SPICY SWEET POTATO BITES WITH AVOCADO LIME DIP

Prep Time: 10 minutes | Cook Time: 20 minutes  
Makes: 24 bites



## SWEET POTATO BITES:

- 2 medium sweet potatoes (about 400g)
- 30ml olive oil
- 15ml honey
- 5g chipotle powder
- 2.5g sea salt
- 1g black pepper

## AVOCADO LIME DIP:

- 2 ripe avocados (about 300g)
- 15g fresh coriander
- 30ml lime juice
- 1 small garlic clove
- 1g cumin
- Pinch of cayenne (optional)
- Salt to taste

## INSTRUCTIONS:

1. Preheat oven to 200°C. Line a baking sheet with parchment paper (baking parchment)
2. Slice sweet potatoes into 1/2 inch (1.25cm) thick rounds.
3. Mix olive oil, honey, chipotle powder, salt, and pepper in a bowl.
4. Toss sweet potato rounds in the seasoning mixture.
5. Arrange on baking sheet, not overlapping.
6. Roast for 20 minutes, flipping halfway through.
7. While potatoes roast, blend all dip ingredients until smooth.
8. Top each sweet potato round with a dollop of dip.
9. TIPS: Make the dip fresh when serving. This can be enjoyed warm or cold!

## WHY WE LOVE THIS SNACK:

- ✓ Sweet potatoes have anti-inflammatory properties
- ✓ Avocados provide healthy fats
- ✓ Perfect balance of sweet and spicy
- ✓ Great for entertaining
- ✓ Supports sustained energy levels

A WARM WELCOME TO  
OUR NEW CLIENTS AND  
A SPECIAL THANK YOU  
TO OUR REFERRERS

MAXINE

LEIDY

KEVIN

NORA

FATUMA

JAMES

EMMA

ZARYA

SAMANTHA

KELLY

OLA

VIOLA

# The Shoulder-Posture Connection: Understanding and Addressing Your Pain

Stop and do a couple of shoulder rolls forward. Now slide them back and down as if putting your shoulder blades into your back pocket. It feels good, right?

Shoulder pain affects millions of people worldwide. There are various causes from sports injuries to the wear-and-tear of repeated movements and stress from poor posture. While it might start as a minor inconvenience, shoulder pain can significantly impact your daily life.

## How Poor Posture Affects Your Shoulders

Our modern lifestyle isn't exactly shoulder-friendly. All that time hunched over desks and devices is taking its toll. When we let our heads drift forward and our shoulders round forward, we're putting a lot of extra stress on our shoulders.

Poor posture kicks off a whole chain of problems: our chest muscles get tight and shortened, our upper back muscles become weak and stretched, and our shoulder blades drift out of their best position.

Before you know it, the nerves in your arms are pinched and irritated, your rotator cuff muscles are working overtime, your neck and upper back become chronically tense, and simple everyday movements become more difficult. It's amazing how one poor posture habit can cause so many issues throughout your upper body.

## Finding Relief Through Chiropractic Care

While many people turn to pain medications or even surgery, there's another approach worth considering. Chiropractic care offers a natural, drug-non-invasive solution that gets to the root of the problem.

Surprisingly, your shoulder pain may not actually start in your shoulder! Sometimes the real culprit is nerve irritation in your neck or spine. By finding the true source of your pain, we can address the underlying problem, not just mask the symptoms.



Your body is one connected system – when one part isn't working right, it affects everything else. That's why we do a thorough assessment to check your posture and alignment.

Now, you might think pushing through the pain is the way to go, but that can actually make things worse. When your shoulder isn't moving correctly due to misalignment, forcing it can lead to more problems. However, "motion is lotion" for your joints, so we may encourage you to stretch your shoulder as it heals.

Our patients don't just tell us about less pain – they tell us about getting back to the things they love. Whether it's being able to pick up their grandchildren again, enjoy a round of golf, or return to their workout routine, these are the victories that really matter.

Don't let shoulder pain stop you from living your best life. Understanding how your posture affects your shoulders is the first step, and we're here to help. With the right care, you can get back to doing what you love – without the nagging pain holding you back.

**sp:neWORKS**  
CHIROPRACTIC

## WHERE TO FIND US:

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[www.spineworkschiro.co.uk](http://www.spineworkschiro.co.uk)

## Opening Hours:

Mon, Tue, : 8:00am – 1:00pm &  
Thur, Fri : 3:00pm – 8:00pm  
Wed : 3:00pm – 8:00pm  
Sat : closed