

INTOUCH NEWSLETTER



August

Patient Testimonial

Great customer service with a personal touch. All of you guys are really friendly, approachable and knowledgeable, who genuinely try to help. It feels great when entering your practice. Everyone knows you by name and that is this extra touch, which made me feel special. After only a month of treatments, pains disappeared and I felt huge improvement to my body. My posture improved, which was noticed by my family and friends. Thank you!

K

Kryzstof



It was a great experience here, I had come in with intense lower back pain, couldn't walk, sit or even sleep right. Yusuf explained everything about my issue, a proper care plan was made tailored to my needs. In just a couple sessions, all my pain was gone, and my posture improved tremendously with the sessions to follow. I felt better physically and mentally. Highly recommended to anyone looking to improve their posture, or get rid of any pain!

M

Meet



Parents, Do You Get the Backstage Pass to Big Emotions?

Most of us have seen a child melt down in public over something insignificant like an itchy sock and thought, "Why are they SO dramatic?!"

Some parents experience the opposite, where kids excel all day at school but fall apart once they get home.

What we see on the surface may look like tantrums, grumpiness, or hyperactivity. However, this is often just the "performance." What's happening behind the scenes in their bodies tells the real story.

If you're a parent or regularly interact with children, you've probably noticed how being tired or hungry affects their ability to handle daily life. However, we often expect them to carry on anyway.

As parents and caretakers, one of the most helpful things we can do is pause and ask: What might actually be occurring in their nervous system?

Here are some common "backstage" stressors that can throw off your child's balance:

- Not enough sleep or poor-quality sleep
- Missed meals or too much sugar
- Too much screen time
- Transitions like starting school or a new routine



- Sensory overload from noise, lights, or crowds
- Growth spurts and nervous system changes
- Emotional stress that they don't yet know how to explain

Here are some ways to help kids self-regulate better:

- Offering a calm presence while they ride the waves
- Consistent routines can help kids feel safe and supported
- A few deep breaths can act like a reset button
- A walk outside with the goal of finishing their water bottle by the end is also a great way to provide positive sensory input and calm their nervous system.

Chiropractic care can also play a proactive role in supporting children's emotional regulation.

Gentle adjustments help ease tension in their nervous system and ensure that their growing musculoskeletal system is in alignment. All of that can positively impact sleep, focus, and the ability to adapt to stress. It's about helping the body stay balanced so kids can better handle life's ups and downs.

So the next time your child's performance gets dramatic, remember: it's not always about the show, but what's happening backstage. With a little understanding and steady support, you'll help them not only feel better but also take centre stage in their own well-being.



Luc Archambault
Chiropractor



Health & Wellness at Ministry of Sound



Our team recently visited the iconic Ministry of Sound HQ to deliver a **FREE Health Talk** for their staff! Luc gave an inspiring 30-minute session on spinal health, workplace posture, and simple everyday tips to help you live a healthier, more balanced life.

Want to help your workforce improve their posture and boost productivity?

We offer complimentary health talks for companies who care about their team's wellbeing. Speak to a member of our team to find out how we can bring this to your office — at no cost!



DID YOU KNOW?



A systematic review of adolescents with low back pain found that combining chiropractic care with exercise produced greater pain reduction than exercise alone.

08 May 2024, Chiropractic Manual Therapy

WELLNESS WORKSHOP



JOIN OUR FREE WELLNESS WORKSHOP!

August

Fri 1st - 13:15

Tues 12th - 19:15

- 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...

Guests welcome!!

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FROZEN YOGHURT BARK WITH BERRIES AND CHOCOLATE CHIPS

This colorful treat is as fun to make as it is to eat.

It's sweet, calm, and loaded with probiotics, antioxidants, and kid-approved toppings. Great for after-school snacks or dessert, without the sugar crash.



A WARM WELCOME TO
ALL OUR NEW
PATIENTS. THANK
YOU FOR THOSE WHO
REFERRED

BEN

ZOE

JAKE

ELLA

HARRY



INGREDIENTS:

- 500g plain or vanilla Greek yoghurt
- 1–2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 75g strawberries, chopped
- 75g blueberries
- 30g mini dark chocolate chips
- Optional: granola, coconut, banana slices, seeds

INSTRUCTIONS:

1. Line a baking sheet with parchment paper. In a bowl, mix the Yoghurt, sweetener (if using), and vanilla until smooth.
2. Spread the Yoghurt mixture evenly onto the baking sheet—about 1/4 inch thick.
3. Sprinkle the chopped fruit, chocolate chips, and any other toppings evenly over the Yoghurt. Gently press the toppings in so they stick.
4. Freeze for 3–4 hours, or until completely firm. Break into pieces and serve immediately. Store extras in a freezer-safe container.



PANDAS & PANS: What Parents Should Know About These Neuroimmune Conditions

What if your child's behaviour suddenly changed, almost overnight? One day they're laughing and focused, and the next they're anxious, overwhelmed, and struggling with tics or obsessive behaviours. For some families, this isn't just a phase. It may be something deeper: a neuroimmune condition called PANDAS.

PANDAS stands for Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. It occurs when the body's immune response to a strep infection mistakenly targets the brain, triggering inflammation and nervous system dysfunction. A related condition, PANS (Paediatric Acute-Onset Neuropsychiatric Syndrome), has similar symptoms but can be triggered by other infections, toxins, or stressors.

While the prevalence of these conditions has not been determined, it's important for parents to have more information about them.

How the Brain and Body Get Disconnected

At the heart of PANDAS is a breakdown in communication between the immune system and the nervous system. The brain's basal ganglia—a region involved in movement, behaviour, and emotional regulation—can become inflamed, leading to sudden, severe symptoms. These may include:

- Obsessive-compulsive behaviours
- Tics (motor and vocal)
- Separation anxiety or panic
- Mood swings and irritability
- Sensory sensitivities
- Bedwetting, sleep issues, and regression

Many families describe it as a switch flipping in their child's brain.

The Missing Link: Nervous System Regulation

These symptoms may occur in children who already show signs of nervous system dysregulation, even before the infection. This may include difficulty self-regulating, sensory processing issues, frequent illnesses, or sleep struggles.

A combination of factors can make children's nervous systems more susceptible to dysfunction and imbalance. It can start with genetic susceptibility, but environmental, chemical, and even emotional stress play a factor.



While chiropractic does not treat or cure PANDAS or PANS, many families report improvements in sleep, behaviour, focus, and resilience when neuromusculoskeletal tension is addressed.

This is due to the role of the spine in brain-body communication. When the nerves are irritated or compressed by misaligned vertebrae, it can worsen any imbalance in the autonomic nervous system.

That's why addressing foundational health is so vital.

Chiropractic adjustments help restore the brain-body connection, calming the nervous system and allowing the body to better regulate stress and inflammation. We may also provide other recommendations for therapies and protocols to support overall function.

If your child is experiencing sudden emotional or behavioural changes, know that you are not alone. We encourage parents to shift their focus from just symptom management to whole-child wellness, providing families with tools that support long-term regulation and adaptability.

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CHIROPRACTIC

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Opening Hours:

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