

INTOUCH

NEWSLETTER

spineWORKS
CHIROPRACTIC

September

Patient Testimonial



A Lifesaver for Our Family
We are incredibly grateful to Dr Archambault for the exceptional care he and his team have provided to our family. The thorough assessments, bespoke treatment plans and flexible approach to timings have made a remarkable difference in our health. Spineworks Team has also consistently delivered effective results with successful permanent pain relief, better posture and improved mental health. We wholeheartedly recommend Spineworks to anyone seeking professional and caring chiropractic care.

M
Morgane
★★★★★

I've had a great experience receiving treatment at this practice over the past two years. They consistently provide personalized, attentive care. The team truly cares about their patients and delivers the best possible service.

A
Alexandra
★★★★★

Inflammation Nation: How the Foods We Eat Fuel Pain (or Heal It)

Do you ever wake up feeling like your body hit the snooze button on itself? Your back's already stiff, your energy's running on empty, and by 3 pm the brain fog rolls in so thick you forget why you walked into the kitchen (again).

What many people don't realise is that chronic inflammation is a hidden force behind many of the problems that bring people into our clinic. It's linked to everything from joint pain and fatigue to autoimmune conditions, heart issues, metabolic disorders — and yes, that stubborn brain fog.

And one of the biggest culprits? What we're putting on our plates.

Ultra-processed foods make up the bulk of what many people eat in developed countries. Research shows that more than 60% of the typical British diet now comes from these foods — things like crisps, packaged snacks, white breads, added sugars, and refined vegetable oils. These ingredients irritate the gut, overload the nervous system, and ramp up inflammation.

The good news? Food can also be part of the solution.

Here are three simple ways to help reduce inflammation in your daily routine:

1. Start small. Cut down your portions of fried foods, sugar, and packaged snacks. When you run



out of them, don't buy more.

2. Add more real food. Leafy greens, green tea, colourful veg, berries, turmeric, oily fish, and healthy fats all help soothe inflammation and support your nervous system. Pick a few you enjoy and keep them stocked.

3. Swap one processed item. For example, trade your evening ice cream for Greek yoghurt and fresh berries. Easy win.

Here's the magic bit: When you pair these small changes with regular chiropractic care, your body moves more freely, inflammation settles, muscles support your alignment better, and your nervous system communicates more clearly, helping your body heal as it's designed to.

A lot of our patients say they feel better between visits when they

eat in a way that supports their system. Each small win makes the next one easier.

And before you know it, you're drinking water on purpose and wondering who you've become!

Next time you're in, let us know if you'd like to chat more about this. We're always happy to offer ideas for simple lifestyle changes to support your care.



Luc Archambault
Chiropractor

WORD SEARCH

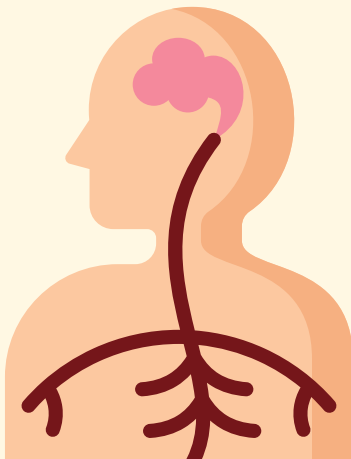
Microbiome	Hydration
Probiotic	Fiber
Fermented	Ginger
Turmeric	Healing
Quinoa	Vagus
Omega	Inflammation



U Q F O A I P C J H O L R R Z
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DID YOU KNOW?



Chronic pain may ease when the vagus nerve is stimulated! Research shows that vagus nerve stimulation reduces inflammatory cytokines and influences pain pathways in the brain, leading to measurable pain relief in both human and animal studies.

Shao P, Li H, Jiang J, Guan Y, Chen X, Wang Y. Role of Vagus Nerve Stimulation in the Treatment of Chronic Pain. Neuroimmunomodulation. 2023;30(1):167-183. doi: 10.1159/000531626. Epub 2023 Jun 27

WELLNESS WORKSHOP



JOIN OUR FREE WELLNESS WORKSHOP!

September

Fri 5th - 13:15

Tues 16th - 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...

Everybody welcome!

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LEMON-GARLIC SALMON WITH QUINOA AND ROASTED VEGGIES

Serves: 2 Prep Time: 35 minutes

This dish includes several anti-inflammatory powerhouses: Omega-3s (salmon), fibre (quinoa, veggies), antioxidants (garlic, turmeric, olive oil).



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

ALFONSO

AHMET

AYO

HERBER

ROSETTA



INGREDIENTS:

- 2 salmon fillets (approx. 170g each)
- 1 tbsp olive oil
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1/2 tsp turmeric
- Sea salt and black pepper
- 90g dry quinoa
- 240ml water or low-salt vegetable stock
- 100g broccoli florets
- 100g carrots, peeled and sliced in 5 cm sections
- 100g courgette, sliced
- 1 tbsp olive oil (for veg)

INSTRUCTIONS:

1. Preheat oven to 200°C.
2. To prepare the salmon: In a small bowl, mix olive oil, lemon juice, garlic, turmeric, salt, and pepper. Place salmon on a baking tray and brush with the mixture. Let marinate while prepping veggies.
3. To roast the veggies: Toss broccoli, carrots, and zucchini with olive oil, salt, and pepper. Spread on a separate tray and roast for 20-25 minutes, until tender and golden.
4. Rinse the quinoa. In a small pot, bring water or broth to a boil. Add quinoa, reduce the heat, cover, and simmer for 15 minutes, or until the liquid is absorbed. Fluff with a fork.
5. Bake salmon: Place in oven for 12-15 minutes, or until salmon flakes easily with a fork.
6. Serve: Plate the salmon over a bed of quinoa with roasted veggies on the side.



The Vagus Nerve: The Hidden Link to Better Digestion

When most people think about digestion, they picture their stomach, not their spine. But there's a powerful connection running between the two, and it starts with a remarkable nerve you may not have heard of: the **vagus nerve**.

The vagus nerve is like the body's communication power cable. It runs from your brainstem, down through your neck and spine, branching out to your heart, lungs, and digestive system. It controls the "rest and digest" part of your nervous system, helping your body calm down, break down food, absorb nutrients, and eliminate waste.

When the vagus nerve is working well, digestion tends to flow smoothly. But when it's under stress—due to poor posture, spinal misalignments, chronic inflammation, or even high emotional stress—things can get messy. You might experience reflux, bloating, indigestion, constipation, or other gut issues. This is more common than you'd think.

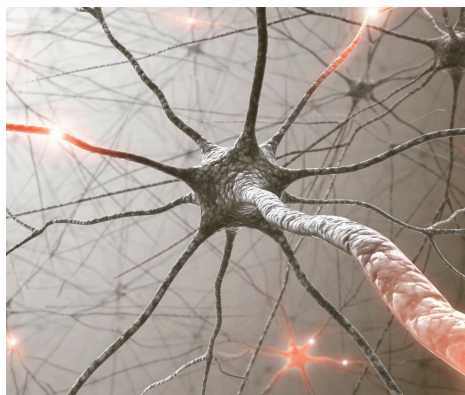
The gut has also been called a "second brain" because of the high concentration of neurons that form a complex network known as the enteric nervous system, affecting both mood regulation and the immune system.

So how does chiropractic fit in?

Chiropractic adjustments, especially in the **upper cervical spine and mid-back**, can help stimulate the vagus nerve by improving alignment, relieving inflammation and irritation. This encourages better nerve signalling between your brain and digestive organs. This improves the input of information to the brain, so you can have the best output from the brain to the rest of the body. When these messages get through clearly, your body knows what to do.

Think of chiropractic as a tune-up for your body's internal communication system, not just a treatment for back or neck pain.

Some patients come in for back pain or headaches, and are surprised when their heartburn eases or they have fewer issues with constipation. Other common results we hear are that sleep has improved and brain fog has lessened. These indicate the nervous system is able to shift into "rest and digest" mode.



Of course, chiropractic isn't a magic cure-all. If your diet is full of processed foods or you're running on stress 24/7, your gut may still struggle. But when we support the

vagus nerve and reduce inflammation through better nutrition, hydration, and movement, the whole system works better.

Your gut and nervous system are in constant conversation. If you want better digestion, clearer thinking, and a calmer body, make sure both are getting the support they need. Reach out to us if we can support you!

sp:networks
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