

INTOUCH NEWSLETTER



July

Patient Testimonial

I came in for my neck pain which they were immediately able to help me with. Then I continued coming for adjustments to correct my posture, which is also coming along well. They provide great and professional service, would definitely recommend

D

Dejan



The folks at spine works are really caring and welcoming. I'm part way through my posture alignment journey and it's going really well. My sleep has improved, my digestion, my gait, and overall wellbeing. And it's all down to the SpineWorks team. Special shout out to Yusaf my chiropractor and Grace at the front desk.

B

Ben



Your Phone Isn't the Only Sleep Thief: 7 Sneaky Things Ruining Your Rest

We've all heard it a million times: put your phone away before bed. Blue light bad, sleep good. Got it. But are you still tossing and turning despite shutting down your devices an hour before bed?

Skim through these seven common sleep interrupters and see what habits you may want to change.

That "Healthy" Evening Workout

You're crushing your fitness goals with those 7 PM gym sessions, but it might be counterproductive to do this and then expect your body immediately to wind down before bed. Exercise raises your core body temperature and floods your system with energising endorphins for up to six hours afterwards. Try moving your workout to morning or early afternoon instead.

Your Cosy Bedroom Temperature

Your body actually needs to drop about two degrees to trigger sleepiness. A toasty bedroom might feel nice in theory, but it's working against your natural sleep signals. Aim for 65-68° F degrees and let your body do its thing.

Weekend Sleep-In Sessions

A glorious Saturday morning sleep-in may feel like self-care, but it could be messing with your internal clock. Sleeping until noon on weekends creates "social jet lag," throwing off your rhythm for several



days. Try limiting weekend sleep-ins to just one extra hour.

Check Your Herbal Tea

Not all herbal teas are created equal for bedtime. While chamomile has some amazing benefits, peppermint can be energising and ginseng tea can keep you wired.

Your Afternoon Coffee Cutoff

Caffeine has a longer half-life than most people realise. A latte at 3 PM could still be affecting your system at 9 PM. Consider moving your cutoff to noon if you're caffeine-sensitive.

Late-Night Problem Solving

Does your brain suddenly become a problem-solving machine the moment your head hits the pillow? Whether it's tomorrow's presentation or that conversation from three years ago, bedtime brain activation is real. Keep a notepad nearby to jot down those

midnight revelations, then tell your brain it's officially off duty.

Your Perfect Mattress

Sometimes the problem isn't that your mattress is too old or cheap—it might be wrong for your sleep style. Side sleepers need different support than back sleepers, and that expensive memory foam might actually be trapping heat and causing restless nights. Investigate what you really need and make a change!

Did one of these trigger something you can change or identify the root of a challenge? Just like small adjustments to your spine can make a huge difference, tweaking a few things can dramatically improve your sleep habits!



Luc Archambault
Chiropractor

CROSSWORD

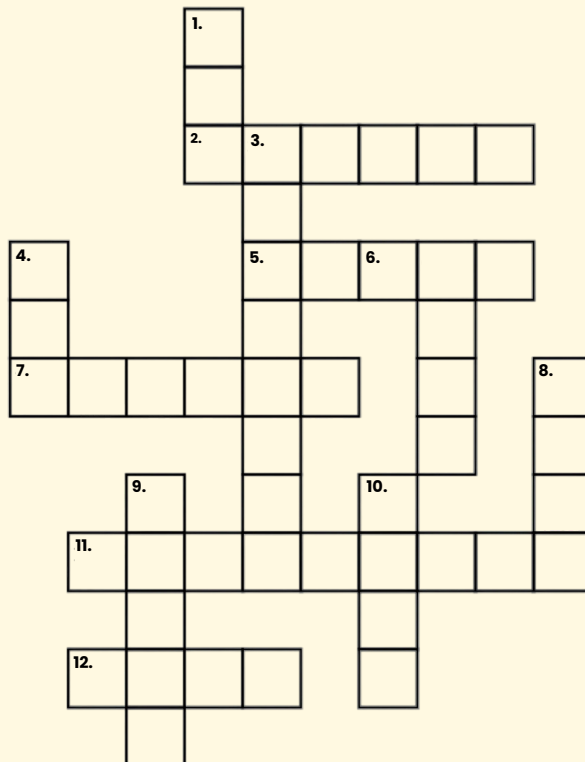
DOWN:

1. Short daytime sleep
3. Sleeplessness condition
4. Sleeping furniture
6. Sleep or repose
8. Tired mouth opening
9. Unwind and calm down
10. Light sleep



ACROSS:

2. Head support for sleeping
5. Loud breathing while asleep
7. Nighttime visions
11. Natural sleep hormone
12. Peaceful state



DID YOU KNOW?



A study of 15 fibromyalgia patients found that 30 chiropractic treatments (spinal adjustments plus pressure point therapy) significantly reduced pain by 77%, improved sleep quality by 64%, and decreased fatigue by 75%.

Hains G, Hains F. J Manipulative Physiol Ther. 2000 May

WELLNESS WORKSHOP



JOIN OUR FREE WELLNESS WORKSHOP!

July

Fri 4th - 13:15
Tues 22nd - 19:15

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!!

020 7793 7454 | INFO@SPINEWORKSCHIRO.CO.UK



SLEEPY TIME CHERRY ALMOND BITES

Makes 12 bites | Prep time: 15 minutes

These no-bake energy bites combine sleep-promoting ingredients in a delicious treat that satisfies late-night cravings without disrupting your rest.



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

ALEX

DOMINO

KATIE

MARIE



INGREDIENTS:

- 175g pitted dates
- 75g raw almonds
- 40g dried tart cherries (unsweetened)
- 2 tablespoons almond butter
- 1 tablespoon ground linseed
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- Pinch of sea salt
- 2 tablespoons unsweetened cocoa powder (optional, for rolling)

INSTRUCTIONS:

1. Soak the dates in warm water for 10 minutes (if they're not soft.)
2. In a food processor or blender, pulse almonds until roughly chopped
3. Add dates, cherries, almond butter, flaxseed, vanilla, cinnamon, and salt
4. Process until the mixture sticks together when pressed (about 1-2 minutes). You may need to add a couple of tablespoons of water.
5. Roll the mixture into 12 small balls using your hands. (Optional: Roll each ball in cocoa powder for a chocolate coating.)
6. Refrigerate for 30 minutes to firm up
7. Store in refrigerator for up to one week

SLEEP BENEFITS:

- Tart cherries contain natural melatonin to support your sleep cycle.
- Almonds provide magnesium, which helps relax muscles and calm the nervous system.
- Dates offer natural sweetness plus potassium and fibre.
- Flaxseed/Linseed adds omega-3 fatty acids that support brain health.



The Calm Switch: How Your Nervous System Controls Sleep and How Chiropractic Care Helps

Your nervous system isn't just nervous! It actually has two main modes: fight-flight-freeze when stressed, and rest-and-digest when at ease. While many people know about stress response, also known as sympathetic, fewer folks understand the parasympathetic nervous system—your body's built-in "calm switch."

When activated, the parasympathetic nervous system slows your heart rate, lowers blood pressure, stimulates digestion, and prepares you for restorative sleep. This system tells your body it's safe to relax, repair, and recharge.

When you're stuck in chronic stress, your sympathetic nervous system stays revved up like a car engine that won't turn off. This makes quality sleep nearly impossible and prevents healing processes.

The Spine-Sleep Connection

What does this have to do with your back, though? Your spine is the main communication cable for the nervous system. When vertebrae become misaligned, it can cause inflammation and irritation, interrupting the connection between the brain and body. This interferes with crucial signals, potentially keeping your body locked in stress mode.

It's why advice like "take a day off" or "just relax" doesn't work.

Research reveals fascinating insights about how chiropractic influences your nervous system. A study in the 2008 Journal of Chiropractic Medicine found that cervical (neck) adjustments specifically triggered parasympathetic responses in patients. These participants even showed significant drops in diastolic blood pressure—a clear indicator that their bodies shifted from stress mode into relaxation mode. A pulse pressure increased significantly as well and researchers noted measurable changes in nervous system function.

Better Sleep Quality

What does this mean for your sleep quality? When chiropractic adjustments help activate your parasympathetic nervous system, your body can more easily transition into that essential rest-and-digest state. This creates a cascade of sleep-friendly changes, including decreased muscle tension and less pain.

Many of our patients report falling asleep faster and experiencing deeper, more restorative sleep after chiropractic care.



To summarise, when your parasympathetic nervous system functions optimally, the benefits extend far beyond pain management. It's about restoring your nervous system's natural ability to shift gears.

By addressing spinal misalignments that interfere with nervous system communication, we are helping to restore your body's natural balance. You'll likely notice better sleep, more restful sleep, improved digestion, more stable moods, better stress resilience, and enhanced immune function.

It's like fine-tuning an instrument—when everything is properly aligned, the whole system works in harmony, setting the stage for the restorative sleep your body craves.

sp:networks
CHIROPRACTIC

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Thur, Fri : 3:00pm – 8:00pm
Wed : 3:00pm – 8:00pm
Sat : closed