

INTOUCH NEWSLETTER



August

Client Testimonial



If everyone could have access to this type of treatment, it would be wonderful. I only have good memories of my time at Spineworks and my dream is to be able to return. The whole team is extremely professional.

A

Andrea



This is the only treatment that has helped with my vertigo and secondary symptoms (dizziness, headaches) from Meniere's Disease. Chiropractic is not just for back pain. It's been incredibly effective and I couldn't recommend it more! Josh actually listens and is sensitive to nuances and the changing nature of symptoms (I've had many specialists who don't listen). Everyone there is very caring.

B

Bronte



Why the Vagus Nerve is Your New Best Friend (And How to Keep It Happy)

You're sitting in your favourite chair after a long day. As you take a deep breath, stress melts away. This moment of tranquillity is brought to you in part by the vagus nerve!

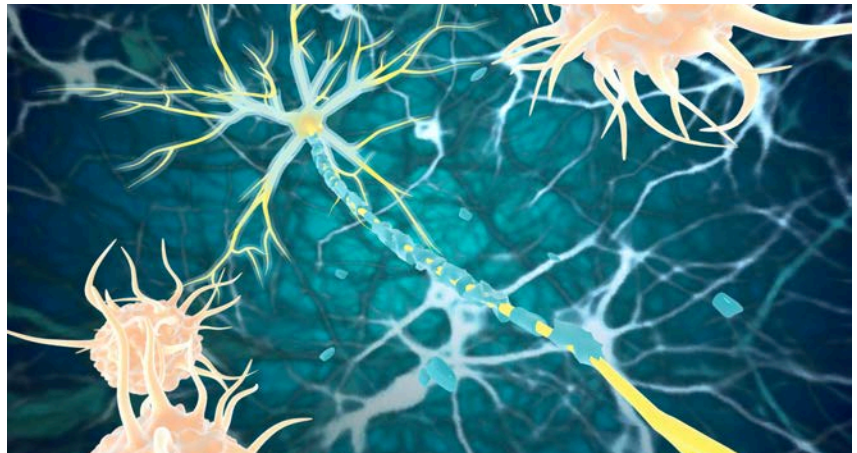
Originating in the brainstem, the vagus extends through the neck down to the abdomen, connecting various organs such as the heart, lungs, and digestive tract. This network makes the vagus nerve essential for maintaining the autonomic nervous system and involuntary bodily functions, such as regulating the heart rate.

The vagus nerve also serves as a crucial mediator in the parasympathetic nervous system, often referred to as the "rest and digest" system. The vagus nerve helps to facilitate digestion by stimulating the release of digestive enzymes and enhances gut motility, promoting efficient digestion.

With a rise in Polyvagal Theory and Somatic Experiencing, many healthcare practitioners are beginning to understand the power of this complex nerve. By regulating neurotransmitters like serotonin, the vagus nerve plays a crucial role in mood and emotional well-being.

In addition, by reducing stress and inflammation, the vagus nerve can be pivotal in mitigating headache frequency and intensity.

Understanding and nurturing the vagus nerve can transform your



health, bringing calmness, balance, and vitality into your life.

Here are some natural methods that you can use to stimulate and activate the vagus:

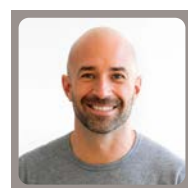
- **Deep Breathing:** Deep, slow breathing exercises can have a calming effect.
- **Meditation and Mindfulness:** Regular meditation and mindfulness practices can gently coax the vagus nerve into action, promoting relaxation and reducing stress.
- **Cold Exposure:** Brief exposure to cold, such as a cold shower or splash of cold water on the face, can invigorate the vagus nerve and enhance its function.
- **Singing and Chanting:** The vocal cords are next-door neighbours to the vagus nerve - vibrations from vocal activities such as singing, humming, or chanting can stimulate it.
- **Chiropractic care:** Misalignments in the spine, especially in the cervical (neck) region, can hinder the vagus nerve's function and contribute to headaches and other issues. Chiropractic adjustments correct

these misalignments and promote better nerve function.

By ensuring the spine is properly aligned, chiropractic care diminishes interference in the nervous system, allowing the vagus nerve to perform its duties with precision and efficiency.

Regular chiropractic adjustments can lead to a harmonious balance in the autonomic nervous system, enhancing vagal tone and yielding a multitude of benefits, including headache relief.

In essence, the vagus nerve is a linchpin of holistic health, influencing everything from your heartbeat to your digestion to your susceptibility to headaches. Make these natural methods to stimulate this nerve part of your daily health routine!



Luc Archambault
Chiropractor

WORD SEARCH

Find some of the keywords we've been using throughout this newsletter.



- CHIRO
- MIGRAINE
- HEADACHE
- RELIEF
- ADJUSTMENT
- SPINE
- NERVOUS
- SYSTEM
- NATURAL
- TENSION
- LIFESTYLE
- STRESS
- POSTURE

V	G	A	G	O	S	T	A	Y	P	Z	I	W	F	C
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R	E	J	R	T	K	R	M	M	E	X	O	L	C	A
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DID YOU KNOW?



A 2000 study followed 123 participants diagnosed with migraines to test the effectiveness of chiropractic treatment. Results showed that patients who received chiropractic care had significant improvement in migraine frequency, duration, disability, and lowered medication use in comparison to the control group.

Tuchin PJ, Pollard H, Bonello R. A randomized controlled trial of chiropractic spinal manipulative therapy for migraine. *Journal of Manipulative and Physiological Therapeutics* 2000;23(2):91-95.

QUOTE

"The secret of staying young is to live honestly, eat slowly, and lie about your age."

- Lucille Ball

COMMONLY ASKED QUESTION

Help! I need some quick headache relief. What can I do?



Here are a few natural ideas to help soothe a headache:

- Come let us check and see if an adjustment would help!
- Increase your water intake and add some high-quality electrolytes.
- Try putting a cool cloth or ice pack on the back of your neck.
- Sip chamomile tea.
- Try rubbing a drop or two of high-quality essential oils on your temples, such as lavender or peppermint.
- Take a nap in a cool, dark room.

QUINOA AND CHICKPEA POWER SALAD

This ancient grain is gluten-free and high in protein! To make this recipe vegan, replace the feta with a cheese substitute; there are some delicious cashew options.



WARM WELCOME TO OUR NEW CLIENTS



FINN MAX

RHYS PAT

KIT ZACH

HUGH MAISIE

IAN BEA

LEO FLO

THANK YOU TO OUR REFERRERS



IZZY JAY

POPPY TED

ALEX WILL

BEN PIP

ED WREN

INGREDIENTS:

- 200 grams of quinoa
- 300 ml of water
- 200 grams of cherry tomatoes, halved
- 1 cucumber, diced
- 1 small red onion, finely chopped
- 100 grams of feta cheese, crumbled
- 240 grams (1 can) of chickpeas, drained and rinsed
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of lemon juice
- Salt and pepper to taste
- Chopped fresh parsley
- Chopped fresh basil

INSTRUCTIONS:

- Rinse the quinoa under cold water. In a medium pot, combine quinoa and water. Bring to a boil, then reduce heat and simmer for 15 minutes, or until water is absorbed. Remove from heat and let it sit, covered, for 5 minutes. Fluff with a fork and let it cool.
- While the quinoa is cooking, chop the cherry tomatoes, cucumber, and red onion. In a large bowl, combine the cooked quinoa, cherry tomatoes, cucumber, red onion, and chickpeas. Add the crumbled feta cheese.
- In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper. Pour the dressing over the salad and mix well. Add the chopped parsley and basil. Serve immediately or refrigerate for an hour to let the flavours meld.

Less Pain, More Gain: How Chiropractic Eases Headaches

Migraines and headaches are more than just annoying—they can be truly debilitating. The World Health Organisation states that headaches are one of the most common nervous system disorders. If you're among the millions who suffer from migraines, you know how they can disrupt your daily life.

The Real-Life Impact of Migraines and Headaches

Managing a migraine while looking after young children can feel impossible, as parents try to read a bedtime story or help with homework while dealing with throbbing pain and sensitivity to light. This health issue often affects your ability to be present for your community.

These headaches don't just affect your personal life—they also have a massive impact on the economy. Frequent headaches lead to missed workdays and decreased productivity, costing businesses billions of dollars each year. When you're stuck in bed with a migraine, it's stressful to know that you may be falling behind on your workload or colleagues may be trying to cover for you.

How Chiropractic Care Can Help

Chiropractic care offers an effective approach to managing and reducing the frequency and intensity of migraines and headaches. Here's how:

Chiropractors focus on the spine's alignment. Misalignments, known as subluxations, can interfere with nerve function and contribute to headaches. Correcting subluxations through spinal adjustments can reduce nerve irritation, decrease muscle tension, and improve blood flow.

This holistic approach not only alleviates headache symptoms but can reduce their frequency. In fact, a study published in the Journal of Manipulative and



Physiological Therapeutics found that chiropractic care significantly reduced the number of migraines experienced by participants. (See page 2!)

Benefits of Chiropractic Care for You

- **Drug-Free Relief:** Chiropractic care offers a natural alternative that tackles the root cause of your headaches.
- **Personalised Treatment:** Your experience with headaches is unique, so we tailor our treatment plans to your specific needs.
- **Long-Term Wellness:** Our approach doesn't just provide immediate relief; it also promotes long-term health, helping you enjoy a headache-free life.

As we said above, research supports the effectiveness of chiropractic care. A study published in the European Journal of Neurology reported significant improvements in headache intensity and frequency among participants who received chiropractic care. Additionally, in a 2011 online survey of more than

45,000 Consumer Reports subscribers, 65% of people who had chiropractic care found it beneficial.

If migraines and headaches impact your life, chiropractic care offers a holistic approach to finding relief. We are dedicated to helping you get to the source of interference to reduce the intensity and frequency of your headaches. Let's work together to improve your quality of life so you can focus on what matters most!



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3:00pm – 8:00pm
Sat: 9:00am – 2:00pm

REFER A FRIEND OR LOVED ONE

50% off
INITIAL CONSULTATION

Loving chiropractic care? Got a loved one who you think would benefit from it?

Have them call us and tell them to mention your name to get 50% off their Initial consultation! (X-rays not included)