

# LW Gazette

April

## Client Testimonial

Have good knowledge and in depth appointment regarding spine, neck & pelvic. Helpful staff & nice atmosphere

T

*Teresa D*



I've been attending Lifetime Wellness clinic since October and it's made a massive difference. I've been under Steve's care and he's a top class bloke. The girls that meet you as you come in are always lovely and can't do enough for you to make your visit comfortable.

R

*Richard T*



Extremely friendly and professional staff, very knowledgeable about what their clients need and also any exercises needed to help. I have recommended friends and family here, who say the same things, and will continue to recommend Lifetime Wellness to anyone who needs them.

C

*Ceri B*



## 6 Fun Ways to Move Your Spine (and why!)

"I'm not as flexible as I used to be," we may grumble and groan.

It isn't necessarily the passing years that are the culprit. Our joints are meant to be in motion, and when they aren't, they get a little "rusty." This doesn't just mean our elbows or shoulders but also the joints of our spine.

You may think of your spine as a solid unit, however, it isn't fused like the teaching models you see. It is actually a series of joints.

The movement of the spine is vitally important. Movement pumps cerebrospinal fluid through the spinal column and around the brain. Nobel Prize winner Dr. Roger Sperry found that movement of the spine provides up to 90% of the brain's stimulation and nourishment.

The solution is to regularly move our bodies in ways that engage the spine, and that are adapted to our activity level.

Here are some ideas:

**1. Yoga** - There are many different types and intensity levels. You can even find chair yoga that is adapted for reduced mobility.

**2. Pilates** - This practice involves stretching and building strength with small gentle movements.



**3. Dance** - This is clearly a wide category. You could opt for something structured, like ballroom or salsa dance classes with a partner, exercise classes that use dance movements, such as barre or Zumba, or simply turning on your favorite music and dancing in your home.

**4. Walking** - Many people now use devices to track their steps, but it bears repeating. Combat a sedentary lifestyle by making walks a regular part of your life. You can increase the benefits by walking in nature and including a friend or pet.

**5. Stretching** - Don't underestimate the power of setting reminders during the work day to stop what you are doing and stretch. Even a few minutes is extremely helpful and can even boost your brain productivity. Add in some intentional breathing to ground your nervous system as you lengthen your spine.

**6. Chiropractic** - When you get checked and adjusted regularly, you are contributing to your spinal health. Adjustments restore movement to any vertebrae that aren't moving correctly, reducing the risks of degeneration and arthritis in the joint, ensuring the spinal discs have the space they require, and that nerves aren't irritated from misalignments.

Which of these is a regular practice for you? Which would you like to do more this month?

*John Roberts*  
**Chiropractor**



# Recent Events

## St David's Day



We love to make the clinic special on these types of days.

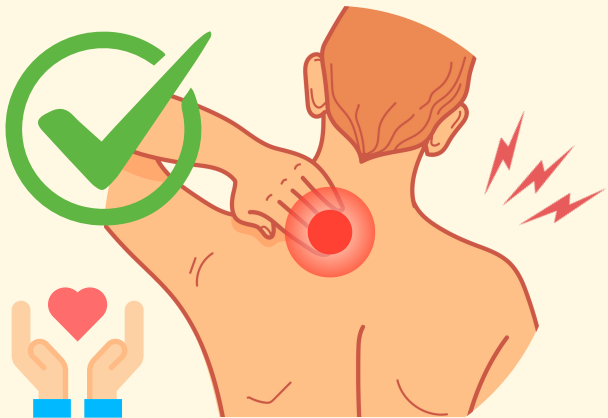
With a little something to nibble on or just something pretty on our table.



### CAN YOU SPOT OUR VERY OWN WELSH LEGEND?



## DID YOU KNOW?



A 2009 study proved what thousands of chiropractic patients know; that adjustments are extremely effective at helping neck pain.

This study examined data on 99 patients who saw 10 different chiropractors. The Neck Disability Index scores improved on average by 73%; the Characteristic Pain Intensity scores improved by 56% at the final evaluation.

Haneline MT, Cooperstein R. Chiropractic care for patients with acute neck pain: results of a pragmatic practice-based feasibility study. J Chiropr Med. 2009 Dec;8(4):143-55. doi: 10.1016/j.jcm.2009.08.003. PMID: 19948305; PMCID: PMC2786244.



## QUOTE



*“A man is as young as his spinal column.”*

*- Joseph Pilates*

## COMMONLY ASKED QUESTION



### Is it OK if I “pop” or “crack” my own neck or back?



We'd rather you didn't! We definitely understand the discomfort of a joint that feels stuck.

However, when you force it, you probably are not moving the correct joint. It's likely a segment above or below it that moved! In our chiropractic training, we learned to identify which vertebra to adjust and to modify the angle, vector, and force required. Come and see us and we'll help you.

# ONE-DISH ROAST CHICKEN & VEGETABLES

Prep Time: 5 minutes | Cook Time: 25 minutes



## WARM WELCOME TO OUR NEW CLIENTS



|           |          |          |
|-----------|----------|----------|
| GERAINT S | MIKE L   | AJITH K  |
| MARTIN T  | TEIFI W  | LAURA B  |
| ROGER G   | MIKE E   | KATHY T  |
| FREYA E   | CHLOE A  | DAVID L  |
| LESLEY T  | DANIEL W | MARY R   |
| HUW T     | JEFF W   | ALICE M  |
| SARA G    | JULIE V  | GAYNOR F |
| KEIRION H | ANDY H   | LEE T    |
| LAURA N   | HELEN G  |          |
| JOSHUA K  | STEVEN B |          |

## THANK YOU TO OUR REFERRERS



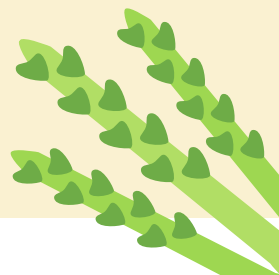
|          |           |
|----------|-----------|
| JULIE T  | CAMERON G |
| HAYLEY O | GAYNOR W  |
| CARA T   | HELEN L   |
| JODIE H  | MILLIE H  |
| LUKE R   | ROGER G   |
| MARTIN T | CARL B    |
| LESLEY W | GARETH L  |
| NEIL A   | HUW T     |
| ROSE P   | BERYL C   |
| DAN L    |           |

## INGREDIENTS :

- 4 chicken thighs
- 500 g (1 lbs) new potatoes, cut in half or quarters
- 4 large carrots, cut in bite-sized chunks
- 1 head cauliflower, cut in bite-sized florets
- 400 g (14 oz.) green beans, (fresh or frozen)
- 3-4 tablespoons olive oil
- 4 garlic cloves, peeled
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried basil leaves
- ½ teaspoon garlic powder
- Salt and pepper to taste

## INSTRUCTIONS:

- Preheat the oven to 220° C (425°F). Place the chicken in the middle of a large baking sheet. Then place potatoes onto the pan. Drizzle the olive oil and sprinkle the seasonings evenly over top. Then toss to evenly combine.
- Bake for about 15 minutes, or until potatoes begin to soften. Remove from oven, add carrots, cauliflower, and green beans and flip the vegetables. Add an extra Tablespoon of oil if needed. Then bake an additional 10-15 minutes or until the chicken reaches 73°C (165°F). Serve while warm. Salt and pepper to taste.



# Why Poor Posture is a Major Problem!

Look around in a busy public place, and you'll likely see any number of people with their heads down, hunched over a smartphone, laptop, or tablet. Most people are unaware that prolonged poor posture has a significant and detrimental effect on your health!

One posture in particular is causing issues. Nicknamed, "text or tech neck" it's more clinically known as forward head carriage or a hyperkyphotic posture. This is where your head is carried forward like a turtle.

Tech neck puts increased pressure and weight on your spine. This affects the alignment of your whole body.

We can see this in postural analysis. Take photos of yourself and draw these lines for a mini self-evaluation. When viewed from the side, we want a vertical line from your feet to your hips, your shoulders, and up your neck. From the front, draw horizontal lines where the neck is not tilted to either side, the shoulders are level with each other, and the hips are also level.

Good posture can increase our confidence and make us look more polished. But we're more interested in what is happening in your biomechanics.

The spine has two main jobs: to provide structure and to protect the delicate bundle of nerves that is your spinal cord and the nerve roots that pass between vertebrae into your peripheral nervous system.

The vertebrae may shift when your spine is pulled out of alignment by poor posture. Over time, this becomes microtrauma and can degenerate the joint as it fails to move properly.



This misalignment may cause or contribute to inflammation, muscle tension, and nerves to be "pinched" or irritated. We call this a subluxation.

Like most of us, irritated nerves tend to do a poorer job! The decrease in function may be slight at first. You may not even draw the connection with symptoms like brain fog, poor sleep, and digestive troubles.

Interestingly, nerve dysfunction does have a correlation to your posture. A 2019 study in the *Journal of Physical Therapy Science* showed that forward head posture actually decreased respiratory function.

Sadly, it isn't enough to just be aware of your posture and try to fix it. Even home exercises may not be enough to correct your posture.

As chiropractors, we assess the severity of your forward head posture and the length of time you've had this posture. We are specially trained to identify and adjust which vertebrae need to move.

It's definitely better to start early rather than later! We can't turn back time and make a spine young again. Once the spine is realigned, your muscles and ligaments often take time and repetition to hold them in place.

Reach out if you'd like to learn more. We'd love to help you or your family to address any posture issues.

*lifetime*wellness  
chiropractic clinics

## WHERE TO FIND US:

80 Bute Street,  
Treorchy, Rhondda  
Cynon Taff CF42 6AH  
United Kingdom

**01443 773 737**

[rhondda@lifetimewellness.co.uk](mailto:rhondda@lifetimewellness.co.uk)

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

### Opening Hours:

Mon: 9:00 – 18:00

Tue: Closed

Wed: 9:00 - 19:00

Thu: 9:00 - 19:00

Fri: 9:00 - 18:00

Weekends: Closed

## REFER A FRIEND OR LOVED ONE

**50% off**

Loving chiropractic care? Got a loved one who you think would benefit from it? Have them bring in this coupon and get 50% off their examination!"