

LW Gazette

March

Client Testimonial

Very friendly and knowledgeable staff. Superb service.

J

Jonas



After an injury I have suffered from neck pain for years, the improvement since I started treatment has been amazing! I can't recommend it enough.

L

Lucy



Incredible staff and clinic, everyone is so friendly and nothing is too much trouble. I've been coming for 6 months and have seen a great improvement in my overall health and wellness!

N

Noah



The Best Advocate for Your Health...is You!

Has your health issue ever been dismissed by healthcare professionals? Have you been had family members treat you like a hypochondriac?

Have you searched for answers to health issues... and are you starting to feel hopeless?

We're here to tell you that you know your body best. Even if tests and exams haven't identified what is going on (yet!) we believe patients when they say that something isn't right.

Despite all the advancements in modern medicine that have occurred in the last 100 years, the human body still holds a lot of mysteries. This means that while medicine is indeed a science, it's also an art.

This is a struggle when we all want a diagnosis and cure that brings quick relief. Yet, many diagnoses are incredibly vague and become a blanket for various symptoms.

Don't misunderstand us: we know that modern medicine is great for a lot of situations. But often, inside-the-box protocols don't always get the big picture of what is going on with various health indicators.



Unfortunately, this leaves many people to resign themselves to years of chronic issues and a reduced quality of life.

It can be difficult to advocate for yourself or for a family member to get the care and attention you require.

We truly believe that you're the CEO of your health, and we're dedicated to supporting you and helping you find a way to wellness.

We tend to focus on your holistic health and your overall wellness instead of chasing down individual symptoms. We don't just take a quick medical history and prescribe something. We listen and examine, dialing into what is going on under the surface so that we can address it instead of

applying "band-aid solutions."

This is where chiropractic and alternative healthcare shines for people who haven't found answers anywhere else. As our patients can tell you, this has given hope to many desperate people.

We want you and your family to experience the quality of life and vitality you dream of and return to the activities you miss! Reach out if we can answer any questions.

John Roberts
Chiropractor

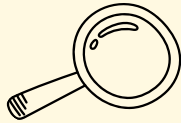
WORD SEARCH

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



- SCIATICA
- PIRIFORMIS
- SACRUM
- CHRONIC
- HYPOCHONDRIAC

- ANSWERS
- HOLISTIC
- HOPE
- SUPPORT
- ALTERNATIVE



X	P	I	R	I	F	O	R	M	I	S	S	L	H	S
A	B	Y	J	J	K	O	Y	F	V	S	A	P	V	U
L	U	G	V	B	P	I	Q	H	R	N	C	K	U	P
T	H	A	M	Z	V	Y	R	G	I	E	R	P	U	P
E	U	S	I	D	E	D	B	Z	P	W	U	K	W	O
R	W	Y	N	H	J	N	A	S	Q	E	M	U	P	R
N	H	Y	P	O	C	H	O	N	D	R	I	A	C	T
A	S	F	C	P	A	C	Q	N	B	T	O	R	H	H
T	I	C	M	E	W	N	H	R	I	A	C	V	O	Q
I	L	Q	I	W	I	H	S	R	U	S	U	T	L	Q
V	K	D	X	A	L	P	V	W	O	F	M	G	I	F
E	T	T	Z	Q	T	E	Z	R	E	N	V	O	S	G
S	M	M	X	O	P	I	W	F	O	R	I	A	T	W
H	W	G	M	P	H	W	C	T	F	M	S	C	I	F
Q	Q	L	I	B	Z	E	Q	A	H	K	X	G	C	V



DID YOU KNOW?



So many children struggling with chronic ear infections, which can lead to a host of other behavioral and developmental issues. Researchers studied over 300 children under the age of 5 under chiropractic care.

The study showed that 80% of the children had no ear infections during a 6-month period.

Fallon, JM 1997, 'The role of the chiropractic adjustment in the care and treatment of 332 children with otitis media', Journal of Clinical Chiropractic Pediatrics, vol. 2, no. 2, pp. 167-183.



We recently did Health Talks at a local WI Group and Primary School.

If this is something you think can benefit your company, feel free to ask Mariska at the desk about more information. We are always keen to do these free of charge and on any health topic of your choice.

CONGRATULATIONS TO:



Babies :

We would like to wish Lesley & Gareth and Sioned & Connor a big congratulations on the birth of their little baby boys recently.



Warmest of congratulations on the arrivals of your precious little ones.



SIMPLE SALMON PASTA SUPPER

Serves 4 | Prep:10 mins | Cook:15 mins



WARM WELCOME TO OUR NEW CLIENTS

SCOTT B	AMELIA C	LAUREN D
TERESA D	BRAD M	DARYS W
KEILAH H	REBECCA W	SHAUN J
ANNE J	DAVID H	MILLIE H
TREVOR J	WAYNE P	CARL J
SCARLETTE M	SHAUNA P	HARPER J
NICOLA O	LOIS T	JULIE T
KAREN D	SHIRLEY P	BELINDA D
CATRIN J	BETHAN T	GARETH W
ELLIE C	ADRIANNE S	ALISHA P
MANDY H	ODETTE B	JOYCE V
KERRY P	JESS J	

THANK YOU TO OUR REFERRERS

RHIAN M
RACHEL M
TRACY P
GRAHAM C
JODIE E
SHIRLEY P
KAISHA T

INGREDIENTS :

- 350g (3 cups) penne - can use rice pasta for a gluten-free option
- 2 salmon steaks, about 175g/6oz each
- 1 tbsp olive oil
- 1 red pepper, deseeded and chopped
- 1 small courgette (zucchini) diced
- 300g (1 cup) mushrooms, sliced
- Handful basil leaves

INSTRUCTIONS:

Step 1 :

Cook the pasta following package directions, adding the salmon to the water 6 mins before the end of the cooking time.

Step 2 :

Heat the oil in a pan, add the pepper and courgette, and fry until softened. Tip in the mushrooms and stir until they start to soften, then add a ladleful of the pasta water.

Step 3 :

When the pasta is cooked, remove the salmon to a plate, then drain the pasta. Fork the salmon into flakes and add to the vegetables along with the pasta and the basil leaves. Season with pepper and lightly toss together before serving.

Original recipe modified from www.bbcgoodfood.com

Sciatica is a Pain in the Nerve!

If you've experienced sciatica, you know how debilitating it can be! Described as a burning pain, numbness, or tingling, sciatica can start in the low back and buttocks, traveling down the legs. It can affect people of all ages and professions, and is a common discomfort during pregnancy.

The sciatic nerve branches out from the spinal cord just above the tailbone and extends to the feet.

What causes this nerve to become irritated and painful? Sciatica can arise from factors like misaligned vertebrae, herniated discs, or an inflamed piriformis muscle.

It also doesn't pick favorites—sciatica can be triggered by various activities like intense gym sessions, lifting, pregnancy, or even shoveling snow improperly.

While traditional methods may provide temporary relief, chiropractic care stands out by addressing the root cause.

Here's how: the spinal vertebrae are stacked to be movable joints that surround and protect the spinal cord. Nerve roots exit between the bones and branch out to the rest of the body.

Because the spine and nerves are interconnected, as chiropractors, we do a thorough evaluation to see where misalignments could be causing sciatica or other issues.

We identify where there is an issue that is creating disharmony and discomfort. This may not actually be located where there is pain. For example, the alignment of the upper cervical vertebrae in your neck can have a big impact on all the vertebrae below them.



With the subluxation located, we can then give you the adjustment you need. It may take time and repetition for the body to hold itself in alignment, resolve the inflammation, and calm the nerves down.

However, we've seen many patients benefit from a neuromusculoskeletal approach.

Benefits of Chiropractic for Sciatica:

- **Natural Solutions:** Chiropractic provides a conservative plan for relief that is non-invasive and gentle, without the risks and side effects of other treatments.
- **Individualized Specificity:** There isn't a one-size-fits-all approach to sciatica. We tailor adjustments to your specific needs.

If you're especially prone to sciatica, it may be helpful to continue with check-ups to prevent the sciatic nerve from becoming irritated again.

Whether for acute sciatica or for ongoing wellness, chiropractic care addresses your biomechanics, offering a pathway to renewed nervous system function and sustained relief from sciatic discomfort.

Reach out if we can answer questions or help you with any sciatic issues.

*lifetime*wellness
chiropractic clinics

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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!"