



Team Strat Day

We recently closed the Centre for our team coaching day. What an amazing day! We are always looking at how we can strive be the best we can be as a team as well as personally, and to see how we can raise our levels of care and customer service even higher 😊

After a truly inspirational day we had the chance to reflect and relax at The Woodspear owned by Michelin starred chef John Campbell and what a treat it was.



Practice Member of the Month

Caroline Cantrill



'When I first came here I was completely out of line and suffering lots of back, neck and hip pain as a result. From day one, everyone was so kind and professional and I can't thank the whole team enough because I feel a million times better in body and soul. You're all fabulous' - Caroline

Caroline, a platinum member, has made great progress since starting her care. She is such a wonderful energy in the Centre, and I always look forward to her visits. The look of relaxation and contentment after an adjustment along with her kind words mean so much - Heidi

More information on this year's charity day will follow in next months Newsletter

This month we are focussing on backpacks.
Give us a call now to get your child's complimentary backpack assessment booked in.

Help Your Children



**Don't let their
heavy backpack
hinder their
growth and
performance!**



Take Action Now!!

Book your Free 15 Minute Backpack Spinal Assessment at Hungerford Chiropractic Healthcare

Tel: 01488 683 666

info@hungerford-chiropractichealth.co.uk

Don't forget to pick up your free backpack checklist when you are next in the Centre.



Recipe of the month

Pumpkin Soup

1. 1.5 tablespoons extra-virgin olive oil
2. 115 grams chopped onion
3. 3 garlic cloves, minced
4. 700g pumpkin (can use canned pumpkin)
5. 480ml stock/broth
6. 2 teaspoons sugar
7. 1/2 teaspoon ground allspice
8. 1/2 teaspoon dried crushed red pepper
9. 360ml coconut milk, divided
10. Salt and pepper
11. Pumpkin seeds, for garnish



1. Heat the oil in a heavy large pot over medium heat. Add the onion and garlic. Sauté until golden, about 10 minutes.
2. Add the pumpkin, broth, sugar, allspice, and crushed red pepper. Bring to a boil. Reduce the heat. Cover and simmer until flavours blend, about 30 minutes.
3. Working in batches, puree the soup in a blender until smooth. Return the soup to the pot. Bring the soup to a simmer, thinning with coconut milk to the desired consistency. Season to taste with salt and pepper.
4. Ladle the soup into bowls. Sprinkle with the pumpkin seeds, drizzle with a teaspoon of coconut milk, and serve.

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