

Hungerford Chiropractic Healthcare

October 2016 Newsletter



News from last month...

We would like to thank everyone for giving Annarita such a warm welcome. We celebrated her joining the team by having an evening out at the Halfway Inn. 😊



Recipe of the month

Pumpkin or Butternut Squash Soup

- 1 Large Onion
- 1 - 2 cloves garlic, crushed
- 1 small sweet potato
- 1 carrot
- Splash of Olive Oil
- 1 large Butternut Squash/Small Pumpkin, peeled and cubed
- 4 cups of Chicken or Vegetable broth/stock (amount will vary depending on size of veg used)
- 3 dessert spoons of Coconut milk
- Handful of pumpkin seeds

Optional:

- 3 tsps curry powder
- Coriander



- Cook the onion, garlic, sweet potato and carrot in a little olive oil.
- Add the pumpkin / squash and stock. Simmer until the pumpkin is tender.
- To make a spiced soup add 3 tsps of curry powder. Check for seasoning.
- When tender, liquidise or blend until just thick.
- Swirl in the coconut milk and serve with toasted pumpkin seeds sprinkled on top and some chopped coriander.

Practice member of the Month



"One is treated wonderfully at the Practice. Everyone is very friendly and helpful; Receptionists and Chiropractors. I have had super treatments there; my pain has been removed, and there is friendliness and helpful kindness everywhere.

You feel you are with friends.

I appreciate my 80-year-old body is deteriorating, but Dr Heidi Brown and her team are helping me tremendously. Long may it last!"

Phil Woolcombe

"Phil is such a fantastic member of our community. He always has a beaming smile and really enjoys his adjustments. He sends us a card after his fortnightly adjustments to let us know how much better he feels - these are so special to us. He has been visiting us since 2006 and we have continued to help him feel his best to carry out his many roles, Phil is a busy man for 80! The Practice Member of the month award is certainly well deserved. Well done Phil."

Clare and Heidi

Did you know...

...it's Vitamin D week 24th - 30th October. As the summer is all but a distant memory even if we get a warm sunny day there is not enough strength in the sun to create Vitamin D in your skin during the autumn, winter and spring. Make sure you are taking a good quality Vitamin D supplement. We like BetterYou's D3000 spray.

Pumpkin Competition & Charity Collection



You will notice some pumpkins around the centre towards the end of the month- the team are holding a pumpkin carving competition!

To take part, please choose your favourite pumpkin, pop some pennies in the pot and the winner will be the one with the most donated.

All contributions received will be sent to the charity "Loose Ends" in Newbury.



Spooky Spine Promo

From 19th to 31st October we will be offering 50% off a New Patient Consultation with Annarita (subject to availability, first come first served basis)

Charity Day

A note for your diary: We will be holding our annual charity day on Friday 9th December collecting toiletries and food for Loose Ends in Newbury. You will find more information at the centre in the next few weeks and in November's Newsletter.

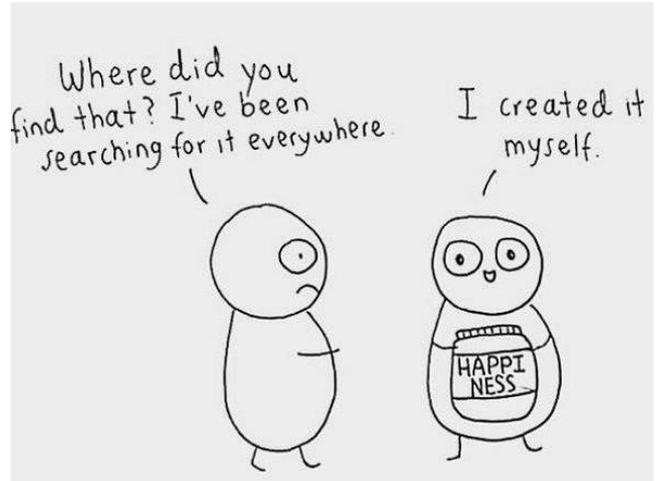
Pursuit of Happiness

Thoughts lead to feelings.... which lead to actions and words. If you are feeling out of sorts, down, angry be mindful of what you are thinking...what was the catalyst!?

The first step of the pursuit of happiness is to be aware of your thoughts. Switch off your 'monkey mind' - the continual noise / chatter you have going on in your mind and work out what the source of your feelings has been caused by. Once you locate the negative thought you need to switch it around into a positive.

Example: "I feel sick and anxious" - caused by the thought of "I have a stressful meeting at work today". Instead think "I have an opportunity filled meeting at work today".

Monitor your feelings - if they are not serving you then change your thoughts. This will then allow you to master your feelings. Most people do not achieve their goals because they are not the master of their feelings... it requires persistence! "Life is what happens to you whilst you have random thoughts (and feelings)".



Join our challenge!!!

The team will be keeping a Journal for 21 days in October to note their thoughts and feelings (spiritual, emotional, physical) and turning these around to the positive. We would love you to join us too. You can also end this with writing 10 things you are thankful for that day - to ensure you are finishing on a positive note and focus each day.

Set yourself a daily affirmation such as 'I am happy! I embrace the days opportunities with positivity, patience, kindness and love!' repeat every morning when you wake up, every evening before bed and throughout the day as necessary. It must be an 'I am' rather than I can/ should / may...

Positive outcomes of mastering your thoughts:

- Energy & Healing increases
- 'Stuckness' & Anger will shift

Stand up for what you want!

A bit of gossip...

Elizabeth managed to get a snap with the great John DeMartini at a seminar she attended recently.

