

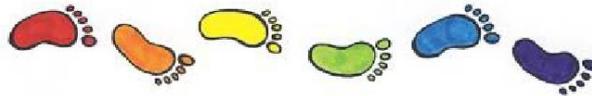


Hungerford Chiropractic Healthcare

July Newsletter



JOIN US FOR JULYS WALKING CHALLENGE



The HCH team have decided we need to get **MOVING MORE...**and we would love for you to **JOIN US** 🚶‍♀️🚶‍♂️

-Starts 1st July

RULES of the challenge:

-Have a way to track your steps (fit bit, pedometer, app on phone etc)

-Every Sunday evening/Monday morning email us (info@hungerford-chiropractichealth.co.uk) your steps from the previous week. We will create a leader board to track everyone's progress.

-There will be weekly **WINNERS** and a big **PRIZE** for the winner at the end of the month! 🏆🥂🍷📺

Do join in the fun (...We can't wait to see the competitive side of you come out 😊)





Practice Member of the Month

Sue Joselin



"I owe a lot to Hungerford Chiropractic Healthcare as through them I have changed my life for the better.

Amongst other things Heidi has been a great help with my posture and when asked has offered me sound advice on how to live a healthy lifestyle.

Visiting the Hungerford Chiropractic Healthcare is like meeting up with family. There is always a very warm welcome from Heidi and her team."

Sue

We absolutely love having Sue at the Centre. She is such a kind, positive and inspiring lady!

It has been amazing to see the changes she has made with her posture and her lifestyle over the past few years. We really do consider her a vital part of our HCH community :)

Heidi





Congratulations to Jacqui and Jamie who tied the knot at the end of June. We wish you both all the best for the future.



I wanted to give you all a little bit of an update as you won't have seen me for a while!

I am still very much a part of the HCH team, but I'm currently focussing of recovering from a rather significant health challenge.



What started with a persistent cough, grew to flu in March. I had an initial diagnosis of pneumonia, but eventually a diagnosis of a rare form of lung cancer. For a healthy eating 100% lifelong non-smoker this came as a cruel bolt from the blue. I had 2/3 of my right lung removed in May (I have donated this for research to hopefully help others) and I'm recovering well.

Friends and family have been so wonderfully supportive, and Meg ran the race for life in my name!

I feel so blessed that my journey to recover my health has been supported by Chiropractic Care from beginning to end. I'm absolutely convinced that my treatment has been so successful because my body was tuned for healing. I look forward to seeing you all again soon x





Recipe of the Month

Mango and Mint dressing



Best made ahead of time, so the flavours can infuse

Works particularly well alongside lamb and couscous!

- finely chopped mint and garlic
 - chopped mango
 - lemon juice (approx half a lemon)
 - Salt
 - olive oil (the mint does soak up liquid, so enough oil and lemon juice so it isn't completely solid)
 - honey - very small amount (only needed if the mango isn't very sweet)
- All amounts to taste.



Join the HCH Community: @HungerfordChiropracticHealthcare

