

Hungerford Chiropractic Healthcare

September Newsletter

It's Chiropractic's 124th Birthday

"As a Birthday Gift"

We have a gift voucher which will enable a friend or family member to a complimentary New Patient consultation including Verbal Report of Findings

"We have helped thousands of people through the years to feel better and our goal is to help as many people as we can with chiropractic care"

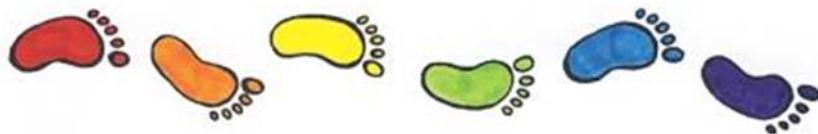
WHO DO YOU KNOW THAT WE CAN HELP?

Please do take advantage of this offer and ask for a voucher when you are next in the centre



Walk and Chatter

Having had to sadly cancel our last walk due to weather conditions, we are pleased to announce that we do have a new date for it - see poster below. Do let us know if you would like to join us and let's keep everything crossed that the weather is kind to us.



Following on from our Walking Challenge the Team would be delighted if you would join us for a walk and chatter on Wednesday 25th September.

Please meet at the Centre ready to leave for 6.30pm. The walk will be for approximately one hour with light refreshments afterwards.

Please feel free to bring along a family member or friend.

If you are interested in joining us have a chat with Janeen or Wendy and get signed up today

August Walking Challenge

We are pleased to announce the winner of our Walking Challenge was "Mik"

Congratulations well done on that epic number of steps done

Augusts Walking challenge	Grand Totals
Mik	640,892
Jo	510,387
Adam	377,105
Heidi	373,232
Tim	333,825
Wendy	324,419
Janeen	323,888
Clare	295,700
Richard	278,864
Michelle	273,014
Martin	223,772
Mark	141,120
Di	92,419



Thank you to everyone that took part - your step counts were amazing!!

Practice Member of the Month

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Lynn Long



"I am so pleased with the results of my Chiropractic treatments with Heidi (and occasionally with Clare) and cannot thank her enough for the overall improvement in my well-being. Thanks also to Wendy and Janeen for 'keeping an eye' on David while I have my treatment.

Lynn

It has been so great to see the changes in Lynn since she started care. At each progress evaluation we have been astounded at the healing her body has been doing - quite exceptional! And of course, always helped along by her determination and positive attitude. Such a delight to work with.

Heidi

Recipe of the month

Nutty Bread

I had this at a friends house recently, and just had to make it for myself. Beyond delicious!!

It is a very dense bread, you only need a thin slice - but it really is heavenly.

Ingredients:

1.5 cups blanched almond flour (not almond meal)
 $\frac{3}{4}$ cup arrowroot powder
 $\frac{1}{4}$ cup golden flaxmeal
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp baking soda
4 large eggs, whisked
1 tsp apple cider vinegar
 $\frac{1}{4}$ cup walnuts, coarsely chopped
 $\frac{1}{4}$ cup hazelnuts, coarsely chopped
 $\frac{1}{2}$ cup pistachios, coarsely chopped
 $\frac{1}{4}$ cup pumpkin seeds
 $\frac{1}{4}$ cup sunflower seeds
 $\frac{1}{4}$ cup sesame seeds



Method:

- Combine almond flour, arrowroot, flaxmeal, salt and baking soda
- In large bowl, whisk eggs until frothy
- Mix vinegar into eggs
- Mix dry ingredients into wet, then add nuts and seeds
- Transfer batter into a well greased loaf tin (approx. 8 x 4 inch)
- Bake 180 degrees for 30-35mins, until toothpick inserted into centre of loaf comes out clean
- Cool and serve

I think its best with goats cheese and smoked salmon or dipped into a thick balsamic vinegar and oil mix.

Enjoy ☺

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