



## Hungerford Chiropractic Healthcare April Newsletter



### Highlights from last month...

This month we have been welcoming Spring - it's so nice and energising to see the sunshine again! We hope you've been making the most of it and getting some fresh air and walks. We have been busy with more refurbishments at the Centre...painting... and has anyone spotted our new team member the 'Blue Cow'!?



### So...Why the Blue Cow!?

Blue Cow is a children's TV show that used to be shown on the Cbeebies channel. It's all about a cow - a blue cow - who is different from all the other cows in her field. She dreams of what exists in the world beyond. She's full of optimism, energy and curiosity. She's passionate and dynamic and full of life. Her brown cow colleagues are none of these things. When she tells them that she wants to be an astronaut, or compete in the Olympics or be a great ballet dancer, they look up from chewing the grass and say: 'Everyone knows cows can't do that!'

In every episode, Blue Cow ignores their scepticism and goes to the edge of her field where she catches a bus to wherever she needs to be to experience her longing for adventure. We (the audience) watch her fly to the moon, win gold medals in the Olympics, dance at the Royal Ballet and when she's done, she rushes back to her field and tells the brown cows all about her adventures. She's full of excitement and passion for what's just happened, but they continue to chew the grass. They say: 'She's off again! Everyone knows cows can't do that.'

The narrator always ends a Blue Cow episode with the words 'but we know they can!'

This concept was taken by 2 chiropractors who used these metaphors within their chiropractic practice. Everyone in their team (as well as their clients!) knew that their Centre was a 'Blue Cow environment', and they were trying to do Blue Cow things in the world. They went on to create a chiropractic coaching company which we are part of, as well as the 'Blue Cow Summit' which attracts world class leaders each year.

The 'blue cow' concept has become a part of HCH culture. We believe that anything is possible for our health, wellbeing and our lives. We are surrounded by those who tell us 'it can't be done'. Don't let these 'brown cows' hold you back. Equally, we believe we all have a brown cow and a blue cow within us - usually it is our own brown cow that stops us making the difference in the world that we are here for. Please embrace your blue cow and let our environment help you achieve your full potential.

## 7<sup>th</sup> April - World Health Day This year focusing on Diabetes Prevention

### Did you know...

- \*About 347 million people worldwide have diabetes
- \*Diabetes is predicted to become the 7th leading cause of death in the world by the year 2030
- \*Type 2 diabetes is much more common than type 1 diabetes
- \*Cardiovascular disease is responsible for between 50% and 80% of deaths in people with diabetes
- \*Type 2 diabetes can often be prevented by making changes to your lifestyle
- \*Thirty minutes of moderate-intensity physical activity on most days and a healthy diet can reduce the risk of developing type 2 diabetes

Taken from W.H.O. website



### Type 2 Diabetes - What is it?

Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy.

The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get out of the blood and into the cells of our bodies.

Type 2 diabetes develops when glucose stays in the blood and can't get into the cells. This occurs when the pancreas either doesn't make enough insulin or the body doesn't use the insulin as it should, leading to insulin resistance. This causes sugars to build up in the blood, which is very dangerous, and can lead to serious health complications including heart disease, blindness, kidney failure, and nerve damage.

Diabetes is predicted by a clear set of symptoms, but it still often goes undiagnosed.

The main symptoms of Type 2 diabetes are:

- . Increased thirst
- . Dry mouth
- . Increased need to urinate, particularly at night
- . Increased hunger
- . Feeling tired all of the time
- . Unexplained weight loss

Diabetes is becoming increasingly more common throughout the world, due to increased obesity - which can lead to metabolic syndrome.

Type 2 diabetes has many risk factors associated with it, mostly related to lifestyle choices.

Genes do play a role in type 2 diabetes, but lifestyle choices are also important. You can, for example, have a genetic mutation that may make you susceptible to type 2 diabetes, but if you take good care of your body, you may not develop it.

## Recipe of the Month

### Asparagus Goats Cheese Salad

From [www.honestlyhealthy.com](http://www.honestlyhealthy.com)

Serves: 2 | Prep time: 10 minutes | Cooking time: 10 minutes | Cooking Skills: Simple

A light and delicious recipe and perfect for spring with asparagus coming into season.

#### Salad

6 spears of asparagus  
1 tbsp olive oil  
150g broccoli  
1 tsp sea salt  
250g cooked quinoa  
15g chopped dill  
160g goats cheese  
1 thinly sliced spring onion  
10g pomegranate seeds for garnish

#### Dressing

2 tbsp olive oil  
 $\frac{1}{2}$  tsp honey  
 $\frac{1}{2}$  tsp cider vinegar  
 $\frac{1}{2}$  lime juice



#### Instructions

Pre-heat oven to 170 degree (fan oven).

Put the asparagus on a baking tray and drizzle with oil and a small pinch of salt. Put into the oven for 10 minutes until soft.

Boil a pan of water with 1 tsp of salt and once at boiling add the broccoli florets to the pan. Leave to cook for 3 minutes or until soft. Take out and strain.

Just before you take the asparagus out of the oven put the goats cheese onto a piece of baking paper and put into the oven to melt for 3-4 minutes.

Mix together in a bowl the cooked quinoa, broccoli, chopped dill, and sliced spring onions.

Plate with the melted goats cheese over the top with asparagus and pomegranate seeds.

Make the dressing by mixing all together and drizzle over the top of the salad.

#### A bit of Gossip

We are currently brainstorming ideas for our summer event to celebrate our wonderful Practice Members! Watch this space for more details....!

**Practice Member of the Month  
Beverley Mann**



"The staff have always been friendly and helpful. Pleasant atmosphere. Very pleased with service provided! Has made me consistently carry out exercises provided and increase exercise in general" Beverley

"Beverley is one of our new practice members this Spring. She has been wonderfully committed to her care plan and is enjoying her adjustments. She takes on board all of our advice and has seen great improvement in her overall health. We hope she will continue on the path towards optimal health!" Thea

Guess which raises your blood sugar faster?

250ml **coke** or **apple juice**

30g serving of **coco pops** or **cornflakes**

A **snickers bar** or 150g serving **corn on the cob**

120g **apple** or **grapes**

## Glycemic Load

Eating low glycemic load foods is essential to keep your blood sugar levels balanced throughout the day, helping to keep you feeling energized all day and to keep excess weight off.

When you eat refined carbohydrates or sugar, these cause your blood sugar levels to shoot up. When you cannot use all of the sugar you have eaten immediately, your body turns it into adipose tissue, and therefore dumps the excess as fat.

Soon blood sugar levels come crashing down again, and you will feel tired and hungry, commonly reaching for the next sugary snack!

### **What is the Glycemic Index (GI)?**

GI tells you how quickly a carbohydrate impacts your blood sugar level

### **What is Glycemic Load (GL)?**

GL combines the GI with how much of the carbohydrate you're actually consuming per serving and therefore how much of an impact it makes on your blood sugar level.

Foods with a glycemic load under 10 are 'good' choices. Foods that fall between 10 and 20 on the glycemic load scale have a moderate effect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to eat those foods sparingly.

If you are keen to find out more about this topic, and which foods have a high glycemic load, pick up a leaflet from our welcome area or borrow the Patrick Holford cookbook from our lending library (a fantastic book recommended to us by one of our Diamond members Jayne).