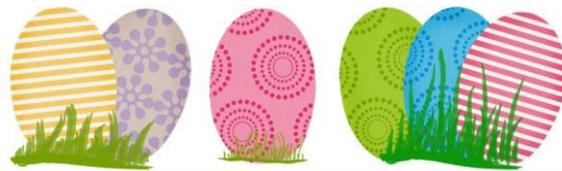


Hungerford Chiropractic Healthcare



April Newsletter



Another successful spinal screening event was held courtesy of Hungerford Tennis Club and Ignition Tennis. Clare and Annarita were warmly welcomed and enjoyed some early spring sunshine.



Future events are on Saturday 8th July Adult/child competition 12.30-3.00pm
Sunday 10th July Hungerford Tennis Club open day 10.30-3.30pm

Would your work place benefit from us coming to do a spinal screening there?

Practice Member of the Month



David has felt the benefit of his Chiropractic journey from the beginning. Initially expressing that he was "Very happy with the progress and the positive changes I have experienced" at the next Progress Visit he commented "Really proud of my achievements since starting this process. Very grateful for the support and guidance I have received. I have progressed into a better form of myself and feel I can achieve so much more. Thank you to the whole Team"

David

David has been on a real journey with us at the Centre. He has embraced Chiropractic wholeheartedly, and has taken on board all the advice we have given him. It has been a real pleasure to assist David on his Wellbeing journey. He definitely deserves to be our Practice Member of the month.

Check out our new DC Uniform! Don't they look smart...
Embroidery courtesy of Lisa Philpot at 'Handful of Colour'



Plant and Rake Without the Ache

**Smart tips to avoid sore joints, aching muscles
and injuries. Your back will thank you!**

S-t-r-e-t-c-h before you start.

Loosen up to prevent injuries
in your joints and muscles.
Take a walk ... even on the spot,
to get your body ready.



The right tools! The right moves!

Use the right tools and moves for the job.
Kneel to plant. Change positions
frequently while you work.

Bend your knees to lift with ease

When lifting, keep your back
straight and bend your knees.
Always carry the load
close to your body and
avoid twisting.



Take a break so you won't ache.

Give yourself and
your back a break.
As a rule-of-thumb take a
brief rest or stretch break at
least three times each hour.
Drink fluids frequently.



Ontario Chiropractic Association
Association Chiropratique de l'Ontario
1-877-327-2273

For free tips sheets
go to the OCA web site
www.chiropractic.on.ca

Chiropractic.
Treatment that stands up.

Recipe of the Month

Walnut Banana Bread

(Gluten-free, dairy-free, egg-free and vegan)

Ingredients:

2 tablespoons ground flax
6 tablespoons warm water
1 cup all-purpose gluten-free flour
1 teaspoon baking soda, aluminum free
pinch of fine sea salt
1/2 - 3/4 cups raw cane sugar
1/2 cup coconut oil, melted but not hot
2 small very ripe bananas (total of 1 cup smashed)
1 teaspoon vanilla extract
3/4 cups chopped walnuts

Directions:

- Preheat oven to 350F. And line a 6x9" baking dish with parchment paper. Grease the top with extra coconut oil.
- In a small bowl, mix ground flax seeds with warm water and set aside. In a large mixing bowl, sift flour, baking powder and mix to combine.
- In another bowl, smash the bananas and measure out 1 cup.
- Add in all the liquid ingredients, including the ground flax 'egg' and sugar to the bananas and mix well.
- Combine the wet and dry ingredients and mix well.
- Add in the chopped walnuts and smooth the top.
- Top with extra walnut pieces if preferred.
- Bake at 350F for about 50 minutes or until golden on top and a toothpick inserted into the centre comes out dry and clean.
- Allow to cool for about 30 minutes before cutting into it - I know - - the hardest part!! Enjoy!



Heidi, Clare and Annarita at the United Chiropractic Association Spring Conference.

We enjoyed listening to speakers such as Cyndi O'Meara (her book is in our library) talking about the effect of Gluten on the Muscular Skeletal System, and many other fantastic thought providing speakers.

