



Hungerford Chiropractic Healthcare

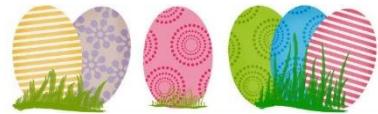


April Newsletter



We would like to wish all our Practice Members a very Happy Easter.

Don't forget the Centre is closed from Friday 19th April to Monday 22nd April (inclusive)



The team have decided to do "No Sugar April"

We are very interested in nutrition at HCH because we are keen to minimise the 'chemical' stress we place on our nervous systems. As you know, the less we stress our systems, the better we hold our chiropractic adjustments and the healthier we become.

The average Briton consumes **238 teaspoons** (more than a kilo) of sugar each **week**. What we should be consuming is no more than **49 teaspoons** of free sugar per week (which is sugar added to food).

The experts tell us that **sugar**, whether added to food by you or the manufacturer, **is the greatest threat to human health**, bar none. It also makes us feel lethargic, creates mood swings, encourages us to overeat, increases our weight...the list goes on and on.

So hopefully you can see the **importance** of reducing your sugar intake and why we are so keen to share this information with you.

We would like to encourage you to take a look at what you currently eat and see if you can **swap it** with a lower sugar alternative.

We are going to post some simple swaps online and around the Centre to get you going and give some inspiration, but we would also like to hear how creative you have been with your swaps.

Each week email us or tell us what your 'swap' has been so we can do so we can share your ideas to help inspire others and lower our sugar levels too!

We will have all the information on how to reduce your sugar intake at the Practice and on our Facebook page: <https://www.facebook.com/HungerfordChiropracticHealthcare>

Or you can email us for more information.

It's very easy why not join us The Challenge!

- Avoid refined sugar in your diet. No breads, flour, processed foods, soft drinks etc. Avoid foods with a high glycemic load.
- Eat lots of vegetables, grass fed organic meats, fish, eggs, nuts and seeds, some fruit and cheese: Lots of protein and fat and slow-release carbohydrates.
- Check the food labels for added sugar on anything packaged - you will be amazed where the sugar is hiding!
- Go easy on the caffeine. Your craving for tea and coffee might increase, but caffeine causes blood sugar to drop, making you more vulnerable to sugar cravings. I recommend no more than one a day.
- Avoid alcohol if possible. Its fast absorption and high calorie content affect your sugar-handling hormones. Its effects may also affect your will power! If you want to have a glass of wine, make sure it's just one, and had with food.

As part of the Months Challenge why not try some of these food swaps

What will your swap be??



Try hummus and oat cakes - delicious and very low in sugar - 0.4 g

Instead of:



Most cereal bars contain vast amounts of sugar up to 18 g even the ones advertised as 'healthy'!

Chicken avocado and brown rice salad -3.5 g 'good' fats and protein to fill you up and avoid that afternoon 'slump'!



Instead of:

Hidden sugars can spike you blood sugar levels causing you to feel tired mid afternoon. Chicken club sandwich 6 g



Swapping to a dark chocolate Easter egg can cut back on 100g of sugar compared to a milk chocolate one!



Instead of:

Milk chocolate Easter egg approx. 145g of sugar!

For more ideas check out the Welcome Area in the center and don't forget if you have any great swaps please do tell us so we can let others know - thank you

Practice Members of the Month

The Blake Family



"Emma, Robbie and myself have been visiting Hungerford Chiropractic regularly for about 8 years and have recently persuaded Steve to join us, as his joints are reminding him he is no longer a young man! I first visited as a rheumatoid arthritis sufferer, I soon took Robbie, aged 4 at the time, as he suffered asthma symptoms, and then Emma as she suffered anxiety and they both take part in a lot of regular sport. There is no doubt about the benefits we have from our regular visits, we all walk taller when we leave. Heidi, Clare and the team help us be the best versions of ourselves both physically and mentally and can never thank them enough".

Alison, Steve, Emma and Robbie

It has been such a pleasure taking care of Alison, Emma and Robbie over the past 8 years, and we are so pleased that Steve has now joined them in getting adjusted too.

We absolutely love being given the opportunity to take care of the whole family and seeing the difference that it makes. The Blake's are so lovely, and Practice Member of the Month is very well deserved.

Heidi and Clare

Recipe of the month

Easter time is a big deal in my house. We always have the whole family together for a few days, preparing for the big Easter Breakfast that we host. My mum's Austrian tradition is for us to paint hard boiled eggs. Each egg has a (hopefully!) beautiful design on it along with the person's name. This then goes into their 'nest' which is also filled with yummy chocolate delights and gets hidden in the garden to be hunted for before breakfast.

My mum also bakes this amazing 'Easter Plat'. It is a sweet yeast bread filled with rum soaked raisins, cherries, nuts, chocolate .. absolutely yummy. We feast on our eggs, homemade bread, and this sweet bread pudding for hours!!

In my adult years my body doesn't tolerate yeast very well, and I stay off dairy and gluten where ever possible. I create this banana bread to have at Easter, so I still get a sweet yummy treat. Trust me.. it's a good one!

Banana Bread Loaf - Preheat the oven to 150 degrees.

- 4 Bananas, mashed
- 3 small eggs
- 3 tbsp coconut milk
- 1 tbsp vanilla
- Date paste made of 5 dates and 1-2 tbsp maple syrup
- 75g (1/2 cup) coconut flour
- 1 tsp baking soda
- 2 tbsp cinnamon
- 1 tsp coconut oil (melted)
- pinch salt
- could add rum soaked raisins, chocolate chunks and pecan or walnuts



First make the date paste:

- boil dates in minimal water for 5-10 mins until gooey. Discard the water and mash dates with the maple syrup.
- Allow to cool

Batter:

- Combine the bananas, eggs, coconut milk, vanilla
- add cooled date mix into the wet mixture.
- Combine coconut flour, baking soda, cinnamon and salt.
- add wet and dry ingredients together
- Add any extra fillings you choose (chopped dark choc, nuts etc)
- add coconut oil

If needed, add extra maple syrup (will depend on ripeness of banana's and your preference!)

- Pour batter into lined loaf tin
 - sprinkle with brown sugar
- bake for approx 60-70 mins, until skewer inserted in the middle comes out clean.
Leave in tin for 10mins

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