

August Newsletter

Our BBQ...

A massive thanks to everyone who came along!! We had such a fun time. The weather was most kind to us with a gorgeous sunny and warm summer evening. With gazebo and BBQs, trestle table of food, trolley of drinks and lots of chairs we were ready for our fabulous members to arrive...and arrive they did!

Much fun was had with the nerf gun 'shoot out' - who'd have thought so many of you were so competitive! (noted for our next event!) We loved seeing you all chatting together and really enjoyed being able to spend some 'down time' with you. Clare's son Daniel was running the shoot out and did our prize announcements for us too - an honorary member of the team!



Winner of the 'shoot out' - Rob



Winner of the raffle - Shirley

A special thanks to Matt (Nicola's hubby) and John (one of our dear Practice Members) for "volunteering" to do the BBQ cooking for us. They did so well they secured places to cook next year 😊 They did a fabulous job keeping everyone topped up with burgers, sausages and veg kebabs as well helping set up and clear up. "Thank you" doesn't come close - we truly couldn't have done it without you!



John & Matt



Practice Member of the Month



"Lindsay has responded wonderfully to care. She takes on board all of our advice, and really enjoys using the MindFit regularly.

A lovely bonus is that Lindsay's horse, a beautiful chestnut mare, has also benefited from Lindsay's chiropractic care. Since starting care Lindsay has found that both she and her horse, Dancing Flame, are much more relaxed when competing at dressage together and reaping the results. Dancing Flame was also very pleased recently when she was visited by her physio and found to be moving much better. So, through Lindsay's hard work they are both much more balanced and relaxed. A big well done to both of you!"

Clare

"I started going to HCH almost by accident, having tried all kinds of treatments for my back and knees. Right from the beginning I have found everyone at HCH very friendly and professional.

I cannot thank all the team enough, especially Claire for all the help and kindness they have shown me. I love coming in for my treatments the general atmosphere is very relaxed. As I usually come in, in the morning, it gives my day a much better start."

Lindsay

For those of you who came along to the BBQ - as promised here are the recipes for Heidi's raw broccoli salad and coleslaw. For those of you who missed out ...these are delicious...you should try them 😊

Broccoli Salad with Peppers and pine nuts

- 300g broccoli florets
- 1 red pepper (approx. 150g, cut into pieces)
- 1 apple (approx. 100g) quartered
- 30g pine nuts
- 20g olive oil
- 15g apple cider vinegar
- 1 tsp honey
- 1.5 tsp mustard
- Seasoning

Place all ingredients into a powerful mixer and pulse until veg is chopped to desired consistency.

Alternatively, finely chop broccoli and pepper, grate the apple



Coleslaw

- 200g Cabbage, cut into pieces
- 100-150g carrots, cut into pieces
- 1 apple (approx. 100g) quartered
- Onion - to taste - approx. 50g
- Mayonnaise - to taste - approx. 4 tbsp
- Seasoning

Place all ingredients into a powerful mixer and pulse until veg is chopped to desired consistency.

Alternatively, thinly slice cabbage and onions, grate carrots and apple

We used home made garlic and spring onion mayonnaise.

If using shop bought, add tsp seeded mustard, 10g apple cider vinegar and a swirl of honey.



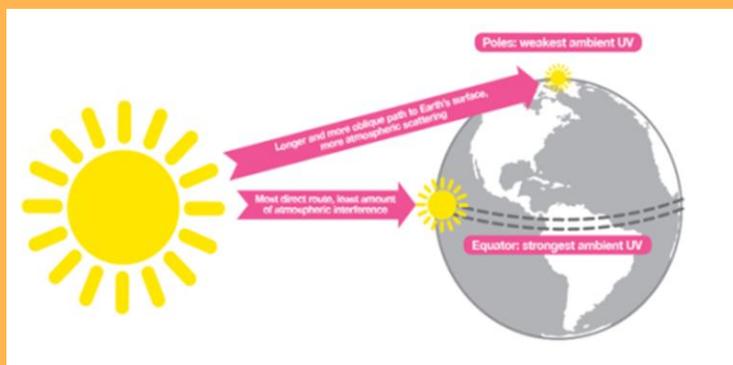
A bit of Gossip

You will be seeing a new face around the Centre ... a new Chiropractor will be joining the team at the end of September. We can't wait for Annarita to start!! We will post more about her in the next newsletter 😊

Vitamin D - The Sunshine Vitamin

The sunshine vitamin has hit the headlines again highlighting the importance of vitamin D and the dangers of our growing levels of deficiency.

Between September and April the sun is not strong enough for us to produce vitamin D, even during the clearest, sunniest days.



It is now thought that even during summer months in the UK, we simply are not getting enough vitamin D. This is due to us covering up with a high factor sun cream, wearing clothing to protect our skin and cloud cover blocking the UVB rays and preventing vitamin D production. Our indoor lifestyles further add to the problem. Public Health England advises intake should be boosted with supplements, which allow you to meet the recommended intake without damaging your skin, and ensure that your vitamin D levels remain constant even over the autumn and winter months when sunlight is scarce.

What's the deal with Vitamin D?

Vitamin D can be found in some foods, like oily fish, eggs, fortified cereals and wild mushrooms. About 10% of our vitamin D is available through diet. The remaining 90% must come from other sources such as the skin's unprotected exposure to the sun.

Vitamin D is essential for maintaining strong bones and teeth, and supporting a healthy immune system and normal muscle function.

Did you know?

The further away from the equator you live, the longer you will need to expose yourself to the sun to generate vitamin D. It is conservatively estimated that 50% of the UK suffer from vitamin D deficiency!

BetterYou™ DLux3000 Vitamin D Oral Spray (15ml)

- Suitable for anyone over the age of 16.
- Provides 3000IU of vitamin D with each spray.
- Unique, fast-absorbing spray is scientifically proven to work faster than tablets.

