

Hungerford Chiropractic Healthcare

August Newsletter

We would like to thank everyone that took part in our July's Walking Challenge, what fun it has been, we have loved seeing the totals come in each week, but congratulations to Vicky our overall winner of the month.



Some of our Practice Members that took part in the Challenge



September is all about our Posture

Posture it isn't all cosmetic!

How many times where you told when you were younger to 'Stand up straight and stop slouching!'

We all know that generally we should stand up straight and sit tall, but why is this so important?



You may have heard of the fight or flight response. (Think back to having a job interview or exam - sweaty palms, dry mouth, loss of appetite)



When our brain thinks we are in danger several things happen.

Our posture changes - our head comes forward, our shoulders round, the muscles in the buttocks, hamstrings and achilles tighten ready to run

We start to sweat

Our heart rate increases

Our eyes are more light sensitive, our ears are more sensitive to sound

This is fine for a short time if we really are in danger but think what would happen if we were constantly in this wound up state.

Most of us sit at our desks all day, then sit in the car, we have deadlines to meet, a family to keep happy, financial worries, this is plenty enough to keep us in the wound-up fight or flight state.

Constantly being in this state is bad for our health as we are driving our sympathetic nervous system instead of the nervous system that activates rest, digestion, reproduction and repair.

So how can we get out of this wound up state?

There are several things we can do to get out of this wound up state.

We need to make sure we have a good balance between our structural health, emotional health, and chemical health.

Structural health

We can have regular chiropractic adjustments.

We can use a posture pole to change our posture to 'trick' our brains out of the fight or flight mode. We can take regular exercise.



Chemical

We can keep well hydrated and eat a well-balanced diet.

We can take supplements to help support our adrenal system.



Emotional

We can take time out for ourselves - meditation is a great way to do this. (Have you had your complimentary demo of the Mind fit yet?)

Meet up with friends and family regularly



Speak to either Clare or Heidi if you would like advice on any of the above.

We can order in supplements for you, and we have posture poles in stock ready to take away.

Practice Member of the Month

Bernadette Rodbourn



"Becoming a practice member was one of my better choices! Not only is my spine looked after but also my body in total, my mind and my spirit. Heidi and her team are always coming up with different ways to keep me healthy and sane. Thank you for the honour. "

Bernadette

Congratulations Bernadette on becoming our Practice Member of the Month.

It is thoroughly deserved.

The whole Team love to see Bernadette when she comes in for her adjustments she is so warm and friendly, and her smile lights up the room, she really is a shining star.

So, thank you Bernadette for being such a very special part of our community.

Clare & Heidi

Recipe of the Month

Blackened chicken and avocado power bowl

Prep time 15 mins Cook time 15 mins

Serves: 4



INGREDIENTS

1 Tablespoon Chili Powder

1 teaspoon onion powder

$\frac{1}{2}$ teaspoon garlic powder

1 teaspoon salt

4 chicken breasts thinly sliced

2 cups broccoli florets

1 yellow bell pepper sliced

1 cup red cabbage chopped

2 teaspoons paprika

1 teaspoon cumin

1 teaspoon Italian Seasoning

$\frac{1}{4}$ teaspoon pepper

4 Tablespoons olive oil divided

1 red bell pepper sliced

1 x 15 ounces can chickpeas

1 avocado chopped

INSTRUCTIONS

To prepare the chicken: In a small bowl add the chili powder, paprika, onion powder, cumin, garlic powder, Italian seasoning, and salt and pepper. Use about 1 tablespoon of the oil the chicken. Rub the spice rub evenly on the front and back of the chicken.

In a medium-sized skillet over medium-high heat add 1 tablespoon of the oil. Add the chicken and cook on each side about 2-3 minutes or until cooked through.

To roast the veggies: Preheat oven to 220°C. On a baking sheet add the broccoli, pepper, and chickpeas. Salt and pepper and drizzle with remaining olive oil. Roast for 15 minutes or until tender.

To assemble the power bowls: Divide the chicken evenly with the broccoli, peppers, chickpeas, avocado, and red cabbage

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