

Hungerford Chiropractic Healthcare

February 2016 Newsletter

February is national Heart Month
Valentine's Day and the start of lent

Highlights from last month...

Thank you for helping us spread the message of chiropractic and helping our community get well and stay well.

In January we welcomed 34 new patients and returning practice members. We would like to say a very warm welcome to all and a big thank you to those who used their Christmas Gift Certificates to recommend family and friends.



We were invited to attend West Berkshire Council's Wellness Day, where Clare, Thea and Heidi gave advice to staff and performed over 30 spinal screenings

We would like to thank Nerys and her team for inviting us to the event. It was great fun.



Let us know if your business, place of work or club wants us to come and give a workshop or a complimentary spinal screening.

Refurb

Thank you for all your lovely comments about the refreshed look of the Centre. Who would have thought that a coat of white paint and a desk move would have caused so much uplift? We still have a little way to go, so thank you for your patience, encouragement and positivity - we really do appreciate it.

Recipe of the Month

Healthy Chocolate Mousse

Lent is fast approaching us and if you want a healthy alternative to keep those chocolate cravings at bay - then try out our recipe of the month:

- 1 Large avocado
 - 1 Banana, frozen
 - 3 Tbsp raw cacao powder
 - 2 Tbsp raw honey or maple syrup
 - 1 tsp lemon juice
 - 1 tsp vanilla extract
 - 2 tsp water and a tiny pinch of sea salt
- You can also add 1 - 2tsp of amaretto liquor

Place all ingredients in a food processor and blend until completely smooth. Serve in espresso cups, topped with some raspberries. Yummy!

A bit of Gossip

One of our practice members, John, has left us to travel around Asia for the next half a year. We have, in the last couple of months, had the pleasure of helping John getting healthy for his trip and we wish him an exciting and memorable journey!



Practice Member of the Month



This month we are celebrating Alina Naznean who has been a wonderful ambassador of Hungerford Chiropractic Healthcare. Alina is celebrating a year of care with us and she has gone from strength to strength.

"I came in pieces, I went out as a whole person. I feel great; rediscovered what I thought I had lost. Well done and thank you!!"

She has been spreading the chiropractic message to her family and friends who have made full use of the Christmas Gift vouchers and her Membership Introduction Gift Certificate.

She really is a cherished member of our Community here at HCH.



Congratulations Jean Allen who is celebrating her 100th Birthday this month.

Sadly Nicola,

Our practice manager, has suffered a miscarriage since the publication of the newsletter last month.

I'm sure you will join us in expressing our condolences to both her and Matt.

British Heart Foundation - Wear Red day

This month we are focussing on heart health within the centre. On Friday 5th of February we all wore red to show our support for the British heart foundation.

We are doing blood pressure checks at the Centre all through February

Here are some tips for a healthy heart:

- 1) **Quit smoking** - smoking is a huge factor in the build-up of atherosclerosis (plaque in the arteries). With this disease process the heart struggles to function properly.
- 2) **Exercise** - regular exercise helps to keep the muscular heart healthy. Even just a 20 min walk a day can make a huge difference.
- 3) **Improve your Diet** - too much sugar, trans fats and processed foods all lead to a build-up inflammation in our body.
- 4) **Reduce stress** - When we are stressed our body releases hormones that raise our blood pressure so that we can either run away from the stressor or stay and fight it. This is called the fight or flight response, and is necessary for our wellbeing. However in modern life, where stress can be constant, our body keeps our blood pressure high permanently as we are in that 'fight or flight' state all of the time. So, take step to lower your stress (deep breathing, mindfulness, meditation, mindfit, yoga - to name a few) and this in turn will lower your blood pressure and take the strain off your heart.

Being overweight, stressed out, eating a pro-inflammatory diet, not exercising enough - all lead to raised blood pressure, and an increased risk of heart disease. Follow our advice and see your health transform.

