



## February 2017 Newsletter

Love is in the air this month at Hungerford Chiropractic Healthcare. We are celebrating Valentines Day by offering your loved ones a New Patient Consultation and Verbal Report of Findings for £20. Ask one of the team members for a voucher.



### Some quick facts on the power of a hug...

#### A 10 second hug can:

- lower risk of heart disease
- fight infection
- reduce stress levels
- fight fatigue
- boost your immune system
- ease depression.

Children who aren't hugged can have delays in walking, talking and reading.

A hug improves your communication between couples.

Go on...get hugging 😊

## Team News...

Congratulations to Wendy who has become a nanny to her first granddaughter Rose. I think you'll agree with us - she is utterly gorgeous!



Congratulations to Nicola (and Matt) who are expecting a little arrival of their own in the summer.



## Heidis Chocolate Recipe

Some of you may have been lucky enough to sample some of Heidi's home made chocolates...here is her secret recipe. (Shhhhh!)

- 145g cacao butter
  - 80g cacao powder
  - 80g maple syrup
  - A few drops of vanilla extract
  - A pinch of salt
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- Gently melt the cacao butter in a glass bowl over a steaming pan of water
  - Add the remaining ingredients and mix well with a whisk to ensure there are no lumps
  - Pour into moulds and refridgerate to set.
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- You can add chopped nuts or spices for a different flavor.



**Practice Member of the Month**  
Wendy Brown

*"I was experiencing acute nerve pain from a bulging disc in my neck and was taking so much medication that was only masking the symptoms. I had never been to a chiropractor before and was seen by Annarita who was very sympathetic but confident she could help with my condition. She was thorough in her examination of my history and presenting symptoms.*

*Within 4 visits my nerve pain was nearly gone, I was no longer on any medication, my posture had changed, the range of movement in my neck was increased and my energy levels and sense of wellbeing were heightened. I really look forward to my adjustments and I leave feeling totally energised and much more positive.*

*I intend to continue visiting after my acute treatment plan has ended as I am now a chiropractic convert and know my body benefits from these adjustments in order for me to feel this good.*

*I would highly recommend this practice and am very grateful to Annarita for fixing me! Thank you"*

Wendy



*"Wendy had great progress over the past few months; I am so thrilled to have her as our 'Practice Member of the Month'. Since coming she has changed her attitude towards everything that was happening to her, becoming much more positive and energetic. She loves her adjustments so much and she can't imagine what it would be like without it. Wendy tells everyone how much chiropractic has improved all life and it is always so great adjusting her."*

Annarita



## REFER A FRIEND FEBRUARY

### REFER A FRIEND for a check-up pre or post holiday

*While skiing and snowboarding are more likely to result in injuries to the knee or upper body, the stress on the lower back can also produce or worsen a lower back condition. Refer a friend this month to speak to one of our fantastic chiropractors.*



### How Skiing Can Affect Your Back Pain

- While skiing, the body's core muscles - **lower back muscles and abdominal muscles** - are used to keep the body in the proper form
- Carrying the heavy skis, boots, and other equipment can be awkward and lead to **lower back strain**
- Falling while skiing can jar, twist, or otherwise stress the spine and soft tissue structures connected or supporting the spine
  - Self-correcting to avoid a fall can lead to a lower or mid back strain or other injury
  - Skiing on moguls or other bumpy terrain can be particularly jarring to the spine and soft tissues around the spine