



Hungerford Chiropractic Healthcare

March Newsletter

Where we are "Springing in March"

To keep up with what's happening within the Centre, please  us on facebook.

This March we are setting you a challenge - to move more everyday!

Watch the video (link below) on how to do this, and look out for our other videos on facebook for more hints and tips to get you the results you want :)

<https://www.facebook.com/HungerfordChiropracticHealthcare/videos/2002760943097946/>

Well done to our recent competition winners David and Sue



We have sadly said goodbye to Hayley and Christal this month. Christal has gone on to focus more on her passion of animal chiropractic, and Hayley to spend more time with her children. We will miss them.

Happy Easter from all the team





Practice Member of the Month



I guess its been a journey, starting shortly after my fiancé proposed in January 2017, I decided that if I was going to spend the rest of my life with someone as wonderful as Jamie I needed to make sure that the life I committed to him was happy and healthy. I started on a project to sort myself out, starting with building what I called a foundation from whereto start from. No point going to the gym and building fitness from a point of weakness... My foundation was Chiropractic care and when I started I didn't believe just how impactful this was going to be. I am now stronger, healthier and happier than I have been in years and know that without Heidi and the team I wouldn't be where I am today, and I can't wait to walk down the aisle in June, knowing that my future is in safe hands.

Jacqui

It has been so wonderful to be a part of Jacqui's health journey over the past year. In the early days she really put her faith in us as her symptoms went up and down as her body was adjusting and adapting. Latterly seeing her lifestyle shifts has been so inspirational - from exercise, to nutrition, to mindfulness - what a transformation - well done!

Heidi





Recipe of the month

CHOCOLATE OLIVE OIL CAKE

INGREDIENTS - Makes: 8-12 slices

150 millilitres light olive oil (plus more for greasing)

50 grams good-quality cocoa powder (sifted)

125 millilitres boiling water

2 teaspoons vanilla extract

150 grams ground almonds

$\frac{1}{2}$ teaspoon bicarbonate of soda

1 pinch of salt

200 grams caster sugar (or use 150g coconut palm sugar or rapadura sugar for a 'healthier' sugar)

3 large eggs

METHOD

1. Preheat your oven to 170°C. Grease a 9inch springform tin with a little oil and line the base with baking parchment.
2. Measure and sift the cocoa powder into a bowl or jug and whisk in the boiling water until you have a smooth, chocolatey, still runny (but only just) paste. Whisk in the vanilla extract, then set aside to cool a little.
3. In another smallish bowl, combine the ground almonds with the bicarbonate of soda and pinch of salt.
4. Put the sugar, olive oil and eggs into the bowl of a freestanding mixer with the paddle attachment (or other bowl and whisk arrangement of your choice) and beat together vigorously for about 3 minutes until you have a pale-primrose, aerated and thickened cream.
5. Turn the speed down a little and pour in the cocoa mixture, beating as you go, and when all is scraped in you can slowly tip in the ground almond mixture.
6. Scrape down, and stir a little with a spatula, then pour this dark, liquid batter into the prepared tin. Bake for 40-45 minutes or until the sides are set and the very centre, on top, still looks slightly damp. A cake tester should come up mainly clean but with a few sticky chocolate crumbs clinging to it.
7. Let it cool for 10 minutes on a wire rack, still in its tin, and then ease the sides of the cake with a small metal spatula and spring it out of the tin. Leave to cool completely or eat while still warm with some ice cream, as a pudding.





Walking - A sport for all Ages

Walking - it's for people of any age, can be done anytime and anywhere, and with minimal risk of injury. All you need are comfy walking shoes and a sense of adventure!



Just 20 minutes a day of brisk walking can help you to maintain and improve your health. Walking strengthens your muscles and helps position the spine in its natural shape. Research has also shown that walking can reduce the risk of heart disease and strokes, lower blood pressure and cholesterol, and even relieve tension and stress.

To get the best health benefits from walking, it needs to be done at a moderate intensity (faster than a stroll!). One way to tell you're getting it right is that you'll be able to talk, but not sing the words to your favourite song!

The easiest way to walk more is to make it a habit. Coax yourself into parking a bit further away from work or the train station, or get off the bus one stop sooner than needed. Set yourself a challenge use a fit bit or pedometer to count your daily steps. 10,000 steps over the course of the day is a great start

You'll be amazed at the difference it makes to your fitness, energy levels and even your mood after just a few weeks of regular walking.





Exercise

If someone told us we could take a pill that could boost self-esteem, mood, quality of sleep and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease we would be queuing in the streets to get our hands on it.

Research shows us that physical activity can give us all of these benefits, and with minimal risk of negative side effects!!!

It's medically proven that people who do regular physical activity have up to a:

- 35% lower risk of coronary heart disease and stroke
- 50% lower risk of type 2 diabetes
- 50% lower risk of colon cancer
- 83% lower risk of osteoarthritis
- 68% lower risk of hip fracture
- 30% lower risk of dementia

Adults, including those over 65, should try to be active daily and aim to achieve at least 150 minutes of physical activity over a week through a variety of activities, including muscle strengthening activities on at least 2 days per week.

Children under 5 should do 180 minutes every day, and young people (5-18yrs) should do 60 minutes every day and also include muscle strengthening activities on at least 3 days per week.

For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer. This level of effort is called moderate intensity activity. One way to tell if you're working at a moderate intensity is if you can still talk but you can't sing the words to a song.

If your activity requires you to work even harder, it is called vigorous intensity activity. There is substantial evidence that vigorous activity can bring health benefits over and above that of moderate activity. You can tell when it's vigorous activity because you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Alongside your regular chiropractic care, exercise is a vital component allowing you to not only achieve and maintain good health, but to really awaken your true potential.



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