

# Hungerford Chiropractic Healthcare

## January Newsletter

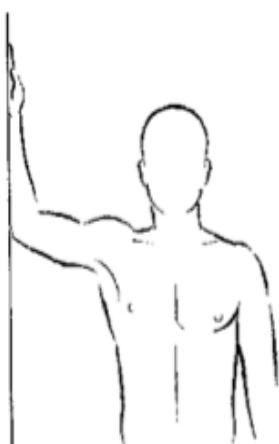


January can be a difficult month to get motivated - are you feeling the excesses of Christmas & New Year? If so ...

Each week in January we are giving you delicious and healthy winter warmer recipe to try, and some simple exercises to get you going again.

Reaching your goals is all about the daily habits you build. Start small and consistent, and before you know it you will have made a giant leap.

### Chest Stretch



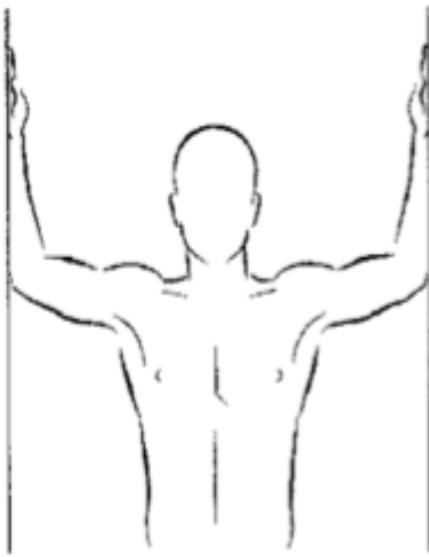
#### Starting position:

- Stand at a doorway
- Bring one arm to 90 degrees, and rest your forearm against the doorframe

#### The exercise:

- Gently turn your upper body away from the raised arm, until you feel a stretch across your chest
- Hold for 30 seconds, increasing the stretch if needed
- Repeat on the other side

## Alternative Chest Stretch



### Starting position:

- Stand up straight in the middle of a doorway
- Bring your arms to 90 degrees, with your forearms resting against the doorframe
- Step forwards with one leg

### The exercise:

- Lean your body forwards, through the doorframe, until you feel a gentle stretch across your chest
- Hold for 30 seconds, increasing the stretch as needed

### Mistakes to avoid:

- You should not feel your lower back arching
- Make sure you push off from the back leg, so the whole spine stays in a neutral position

## Wall Press Up

If this is feeling too easy, you can walk your feet further backwards, so you are at more of an angle to the wall.

Stand facing a wall, feet hip width apart.

Place both your hands on the wall shoulder width apart.

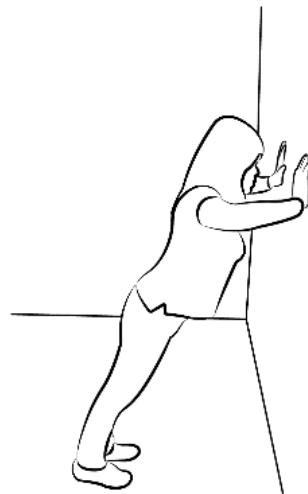
Move your feet back until your arms are straight.

Do a press up by bending your arms at your elbows so that your body and head move towards the wall.

Then push back to straighten your arms again.

Make sure you can keep your whole body straight, no sagging at your tummy.

Repeat 10 times (within comfort)



# Recipe of the month

## Bone Broth

This is one of my favourite ways to keep me healthy and healing from the inside out. From a healthy gut to stronger and healthier skin, hair and nails, there are many benefits to consuming bone broth.

### Ingredients

Chicken carcass, or lamb/beef knuckle bones

Cover with water

You can also add: crushed garlic, 1tbsp cider vinegar and any vegetables you want (eg onion, leek, carrot - roughly chopped)



### Method

-Place all ingredients in a slow cooker and set the heat to high.

-For chicken bones, cook for 6 hours. Lamb and beef bones for 12-24hrs

-Strain the stock through a fine mesh strainer and throw away all the debris

-At this stage you can reduce the stock on the hob to concentrate it down if you want to

-Place the cooled stock into glass jars for storage in the fridge (for up to a few days) or pour into freezer-safe containers for later use.

-The fat will rise to the top and solidify when cold. You can use this for your savoury cooking in place of butter or oil

-When the broth is fully cooled, look for a gelatinous consistency. That means your broth is gelatin-rich! Sometimes a longer or very hot simmer may break down the gelatin and your broth won't appear gelatinous. Don't worry the broth is still very mineral rich.

-You can drink the stock warm as it is, or use it as a base to soups and stews. If you reduce it down further, it will go very solid when cold. I often have a tablespoon 1st thing in the morning :)

What an amazing December we have had 😊 thank you all for being fabulous members and here's to an amazing 2020



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