

Hungerford Chiropractic Healthcare

June Newsletter



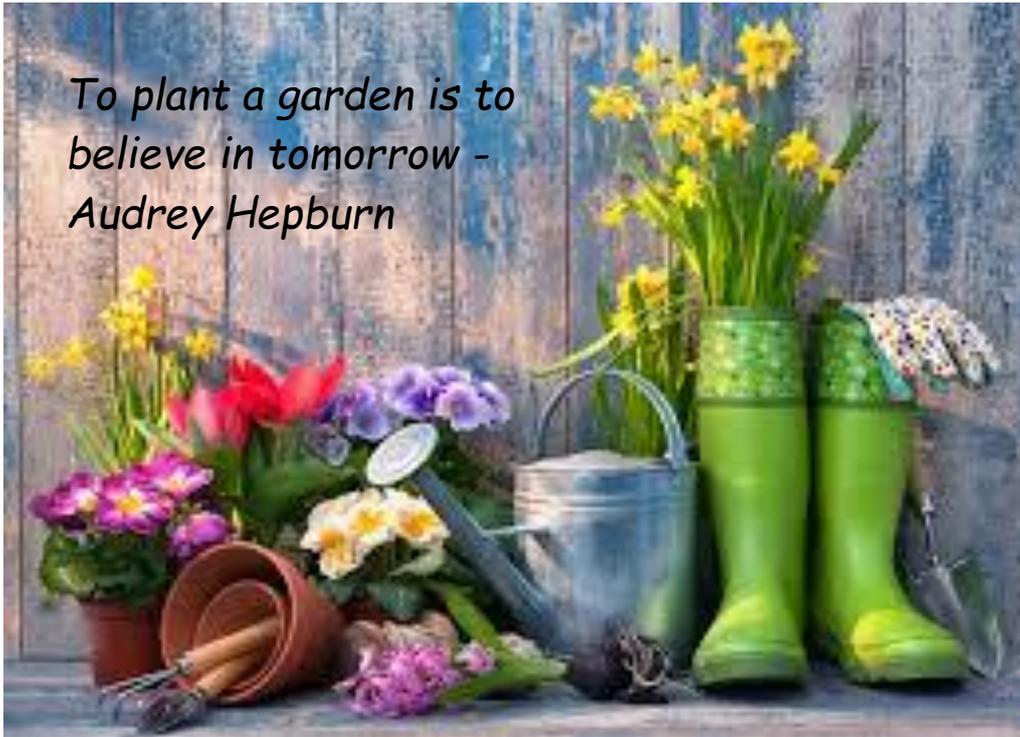
5 Tips for gardening without pain

- 1) REMEMBER TO STRETCH.** That goes for before and after you garden. Skipping this step is the most common mistake patients make. Stretching gets the blood travelling through your limbs, minimizing stiffness and helping ensure you won't pull a muscle.
- 2) CHANGE POSITIONS OFTEN.** Changing position every 15 minutes or so ensures that you're working a wide range of muscle groups, and also helps you avoid stiffness.
- 3) TAKE FREQUENT BREAKS.** Just like with stretching, people often bypass this step, but don't. Pacing yourself keeps pain from building up. If you feel a twinge, take a quick break -- sip some water and do a little stretching -- every 20 minutes.
- 4) USE TOOLS WISELY.** If you're older, or have a condition such as arthritis, invest in some long-handled tools to make the work less of a strain. Remember, the goal is to keep your back perpendicular to the ground as much as possible, in order to minimize stress on the spine. If you're kneeling, get a special pad to cushion your knees.
- 5) SOOTHE THE ACHES.** If you overdo it in spite of your best efforts, take a warm bath with Epsom salts, or use an over-the-counter remedy to temper the pain. While anti-inflammatories can be helpful. Other gardeners swear by pain relieving ointments like Ben-Gay or Tiger Balm.

So get growing!



*To plant a garden is to
believe in tomorrow -
Audrey Hepburn*



Clare and Heidi have been out and about within our community doing Complimentary Spinal Screenings - if you know anyone that would like us to come into their business, work place or club then please do let us know.



Practice Member of the Month

Hilary Drewer Trump

"I have been attending the Practice for 3 ½ years now and I cannot believe the improvements in my body, mind and general well-being. Heidi is so skilled, encouraging and positive that you never leave feeling as if you have not made any progress since the last visit, keeping up with the exercises is so important. I really look forward to my adjustment visits. The whole team are so friendly and welcoming that you feel totally comfortable. I would 100% recommend the Practice to anyone in need of Chiropractic care. Thank you, Heidi, for all you have done to aid my progress xx"

Hilary

We always so look forward to Hilary's appointments. She is so positive and energised, and has made such wonderful progress since starting care. She is great at doing her exercises between visits, and really taking responsibility for her results. Such a pleasure to have as part of the Centre.

Heidi



Recipe of the month

Miso Salmon

This is one of my all-time favourite recipes, given to me by a dear friend who is a chef. Its super simple, but tastes like you have been slaving in the kitchen for hours. Brilliant for a dinner party.

-4 Salmon fillets (skin off)

-6 tbsp white miso paste (I use Clearsprings)

-4-6tbsp mirin

Mix the miso and mirin, then cover the salmon in this thick marinade. Leave in the fridge for at least 30 mins or, better still, overnight.



Preheat a hot grill. Place the fillets on the baking tray and put in mid-lower oven. Cook for approx 8 mins, until the fish flakes easily and is cooked through. You may get some blacked bits on the top of the salmon - this is good.

Keep any of the remaining marinade in a pan, water down and heat to make a sauce. This will be very salty, so you won't want much.

I think this is best served with 'pickled' veg, sticky rice and bock choy.

Pickled Veg:

-cucumber, carrots, radish

-approx 75ml white wine vinegar

-30g sugar (typically equal quantities of vinegar and sugar are used, but I think these ratios are good enough!)

Using a vegetable peeler, shave cucumber and carrots into long, thin ribbons. Finley slice the radish.

Mix the white wine vinegar and sugar. Toss the veg in the dressing and remix every 10mins for 30mins. Then serve.

Serve with toasted sesame seeds and coriander.



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