



## Hungerford Chiropractic Healthcare May Newsletter

### Highlights from last month...

Have you spotted our new Referral Board? We are so excited and grateful when you spread the word about Chiropractic care and in particular the high level of service and attention offered by the team. We wanted to start publicly thanking you for trusting us with your family and friends - it is a great honour.

### As the Exam Season gets underway Stress levels may run high

**Take care of yourself.** Use the time as motivation to stay healthy. Include exercise and don't forget to relax, sleep and get adjusted. Remember, adjustments help keep your body running properly so you can stay healthy during stressful times!

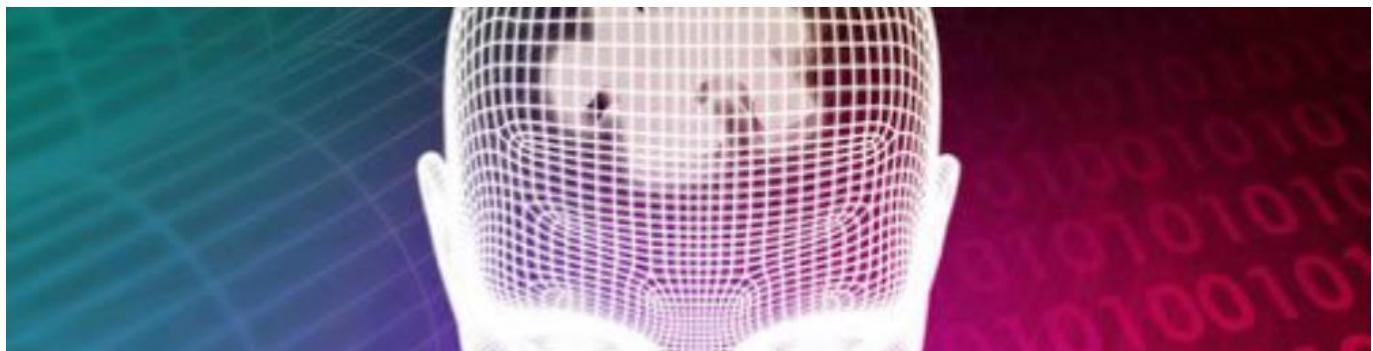
#### The Rest You Need



With so much going on in life, sometimes it's hard to prioritise the rest our body needs. For some, falling asleep is half the problem. Here are a few tips to help:

**Minimise stress and anxiety.** Keep a to-do list going throughout the day so that at night you can focus on getting sleep. (Keep one by your bed if you need it to jot down any thoughts that are spinning around your head!)

**Avoid caffeine.** The effects of caffeine can last over 8 hours, so watch out for that afternoon cup of coffee or caffeinated drink.



## Changing Brain Function with Chiropractic Adjustments

Recent research indicates that spinal adjustments impact the function of the prefrontal cortex. This part of the brain is like the conductor of the brain.

This finding could explain why in previous chiropractic research the effects have included improved sensorimotor function relevant to falls prevention; better joint position sense in both the arms and legs; improved muscle strength in leg muscles; better pelvic floor control; and better ability to carry out mental rotation of objects.

If, as this research suggests, adjusting improves prefrontal cortex activity, a part of the brain that is responsible for just so much higher level function, then what does this mean in terms of chiropractic's impact on things like behaviour, decision making, memory and attention, intelligence, processing of pain and emotional response to it, autonomic function, motor control, eye movements and spatial awareness?

This shows us that each time we have an adjustment there is a big positive effect on the brain. And a brain that is functioning differently and conducting its activities better is sure to have a big positive effect on the body.

For more information on this topic please pick up the article on the Welcome desk.

Lelic et al "Manipulation of dysfunctional spinal joints affects sensorimotor integration in the pre-frontal cortex: A brain source localization study," Neural Plasticity, Volume 2016.

## Recipe of the Month

### Baked Strawberry and Walnut Tart

#### Ingredients

**Crust** 150g walnuts

70g oats  
70g buckwheat flour or rice flour  
 $\frac{1}{2}$  tsp baking powder  
3 tbsp coconut oil  
3 tbsp honey  
1 tsp vanilla extract

**Filling** 1 Orange

4 tbsp honey  
400g Strawberries  
1 can coconut milk  
2 tbsp coconut oil



- In a food processor blend the oats, flour, walnuts and baking powder together
- Add the coconut oil then place into a bowl. Pour in the honey and vanilla and mix together with a spoon.
- Grease a 23cm tin with coconut oil and press the pastry into the tin.
- Bake in the over for 15-20 minutes until bronzed
- To make the filling: zest the orange and place to the side. Juice half the orange, pour into a pot and warm with 4tsp of honey and cook for a few minutes until it reduces.
- Half the strawberries, leaving a few for decoration.
- Scrape the coconut cream from the top of the can (leave the milk for smoothies or a curry).
- Add the strawberries and coconut cream and cook for 5 minutes. Stir in the coconut oil and pour the mix onto the baked crust.
- Decorate with the rest of the strawberries and the zest. Place in the fridge to set for a few hours.
- Once set cut into slices and keep in the fridge, will last for 4-5 days

Are you aware we offer an in house library service,  
where books can be borrowed for up to 28 days?

We have a huge selection covering subjects like  
Mindfulness, Paleo Diets, Gluten, Recipe books, etc.



## A bit of Gossip

Sadly we will be saying goodbye to Thea at the end of the month. She is moving back to Norway to be with her family, that she misses so much. We wish her every happiness on the road ahead. She will be greatly missed.

## Practice Members of the Month Martin and Nina Robinson

Who are our first couple practice members of the month.



"Fantastic support from Clare and the team, my posture & sleep have dramatically improved and the exercise advice has been invaluable. Clare supported me in getting back to running fitness and I am now booking my next 10K. Thank you team!" Nina

"Initially I came with a very bad back problem, within a short period of time it was completely resolved by Clare. I felt amazing and on every visit since. I feel so at home in the practice; everyone is so friendly and warm. I very much look forward to my visits to the practice." Martin

"Martin started care with us in August 2015 and has gone from strength to strength since then. He is always very conscientious about doing his exercises and stretches, and looking after himself through diet.

After coming to meet us at our Christmas party Nina then decided to take up care with us to help train for the runs she enjoys. Martin and Nina really enjoy their adjustment sessions, and can't imagine what it would be like not to have them now. Martin has completed his acute care plan and has moved on to Wellness care through our membership scheme. They are truly a lovely and inspirational couple. Congratulations Martin and Nina!" Clare