

# Hungerford Chiropractic HealthCare May Newsletter



You may have been lucky enough to already meet our newest recruit Hayley. She is joining the Chiropractic Assistant team (Receptionists) this month. We wish her a warm welcome and look forward to working with her boundless energy!

## Appointment Email Reminders

As you will have all seen - we are now fully computerised! Thank you so much for your patience as we transitioned from our old system. As all the information is now fully on the system we are going to be switching reminder emails on. These will be sent to everyone making new appointments who has an email address on our system. If you wish to opt out or update your email address please do let us know!

We have been having lots of fun with team

coaching sessions in the Centre over the past months. We have lots of exciting projects planned...what this space! We will be closed on Tuesday 23 May as the whole team heads off to Essex for a team day - thank you for your patience. We will be back with lots of fab energy and enthusiasm to enhance your experience with us at HCH.



Nicola will be heading off on maternity leave at the end of this month ....eek where has the time gone!? We are going through the final rounds of interviews for a new Centre Manager. Look forward to another new face in the centre 😊

Practice Member of the Month  
Oli Blackwell

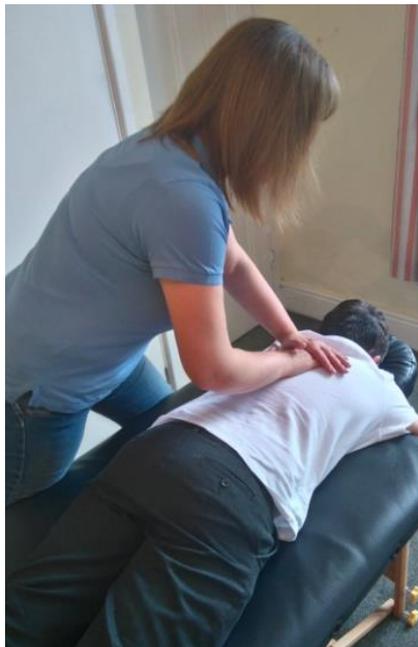
"We are so thrilled to have Oli as our Practice Member of the month. He is always such a fun, positive energy in the Centre - making us all smile and giggle 😊

Oli is a brilliant advocate of HCH - recommending us to his work colleagues and friends - a massive thank you!!" Heidi



"Always excellent care & service received" Oli

Spinal Awareness Week: Checking Future adults today.



Clare adjusting her son Daniel. He see's a chiropractor regularly to keep him in tip top condition.

## Spinal Awareness Week : 15-19 May

### The United Chiropractic Association urges routine spinal checks for children

United Chiropractic Association (UCA) executive board member Dr Jonathan Clarke says despite it being shown that spinal check-ups can contribute towards children maintaining a healthy body, most parents don't know about the benefits: "It's an awareness issue," he said. "Parents will get their kids' teeth, eyes and hearing checked as a matter of course; these are standard. But they don't get the spine checked. "This could be because people think of chiropractic as a treatment for symptoms or conditions. This isn't the case. Chiropractic isn't symptom-based. It's about enabling the individual - in this case the child - to function at their best. It should be common place for you as a parent to have your child's spine checked so that they can keep their nervous system at its optimum for life."

Dr Clarke, explained exactly why chiropractic works so well for youngsters: "Humans are very mobile creatures by nature and children are notoriously active! Falls and knocks are part of everyday life for children, in general play or in sport. These have the potential to impact on the bones of the body, including the spine. Regular check-ups would see if there's anything going on that might affect their health and gentle adjustments would be done only where necessary."

There have been recent cases of children presenting with RSI caused by using game consoles and of young people displaying early signs of hunch back through over-use of mobile devices: "We are definitely seeing postural changes in teenagers," said Dr Clarke, "and because a child is growing, if there is a problem, then the body will grow around that problem if it's allowed to continue. The aim is to prevent this happening."

The UCA is highlighting how maintaining a healthy nervous system - the brain and spinal cord - benefits not just the spine, but overall health. Research led by the US-based International Chiropractic Paediatric Association looked at the effect of chiropractic care on 812 boys and girls aged from just a few hours old to 18 years. The results were overwhelmingly positive, with 717 showing an improvement with their presenting symptoms. Seventy-four cases also reported improvements unrelated to their presenting complaints and described an increased range of motion, better sleep, improved immune function and improved patient mood. No treatment-related complications were reported.

Some parents are choosing to have their infants checked as soon as possible after they're born - within 2-4 hours in some cases. Dr Clarke explained why: "Huge forces are applied to the baby at the point of delivery, even during a relatively straightforward birth. This force places potential stress on the spinal cord, the upper cervical area and the cranium. Where intervention is necessary, the forces applied are even greater. Anything from 40-80 lbs of pressure is applied to a baby's head and neck during delivery. "It's important to make clear that these procedures save countless mothers' and babies' lives every day. It's wonderful. But little or no consideration is given to what impact these interventions have had on the developing nervous system of your brand new baby. To believe it has no impact is wrong. Add to which, the baby's head is turned up to 180 degrees during the birthing process." If any adjustment is needed, Dr Clarke says the pressure applied is minimal: "It is completely safe and natural. Chiropractors are trained to detect and where necessary correct problems with the upper neck that may have resulted from these procedures, therefore helping your little ones heal and recover from such traumatic starts. The touch is very gentle so it takes no more pressure than checking the ripeness of a tomato."

## May Offer for kiddies

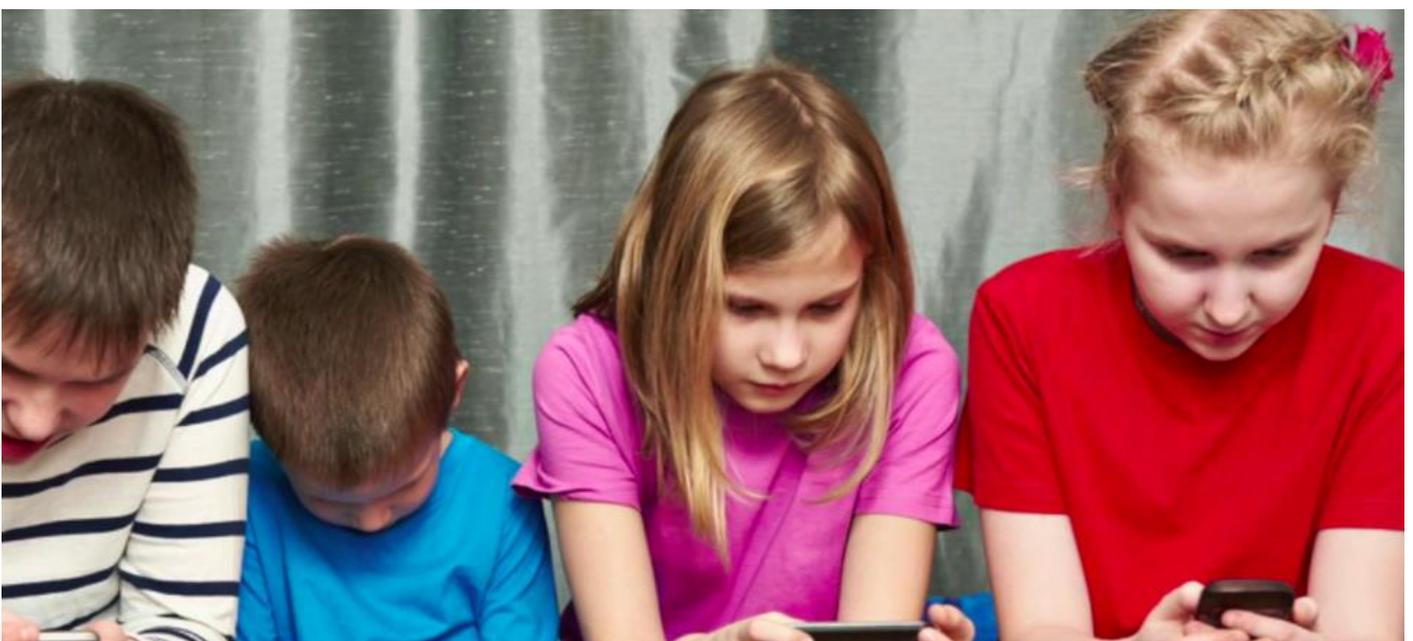
In support of the UCAs Spinal Awareness week we are inviting parents to find out more about how Chiropractic can help their kids by offering complimentary New Patient visits for children 12 years and under.

We will go through your child's health history such as the birthing process, developmental milestones and sleeping patterns, as well as assessing spinal and muscle movement and strength. We will explain our findings and you are then able to make an informed choice on whether or not to proceed with care.

We don't promise any miracles - but you can expect your child to function better and recover better. Having your child checked doesn't mean that they're going to be super-human. But what it does do is set them up to be their very best so they are able to cope with whatever life throws at them. Let's give them the best chance to do that."



Learning to walk and ride a bike causes a lot of bumps and falls putting stress on the spine and nervous system



'Tech neck' a new condition affecting our youngsters

## Recipe of the month Turmeric Hot Chococlade

Article provided by Sam Silvester of 'Whats Eating You', Lambourn.  
[whatseatingyou.co.uk/tumeric-the-golden-spice/](http://whatseatingyou.co.uk/tumeric-the-golden-spice/)

Tumeric is being written about everywhere and is the latest 'super-food'. Research and studies are now validating its health benefits particularly on the immune system, joint pain and other areas of inflammation. Here's some ways to use it:

### Turmeric hot chocolate

- 1 cup whole milk / coconut milk / almond milk
- 1 tablespoon cacao powder
- 1 teaspoon honey (or to taste)
- $\frac{1}{4}$  teaspoon ground turmeric
- $\frac{1}{4}$  teaspoon ground cinnamon



### Method:

- In a small saucepan, place the cacao powder and a tablespoon of the cold milk and mix well into a smooth paste.
- Add the rest of the milk, honey and spices, mix and then simmer over a medium heat.
- Continue to whisk occasionally until the mixture has warmed through.
- Enjoy.

### Other ways to use turmeric:

- Add a teaspoon of turmeric to homemade marinades for meat, chicken and fish
- Add a teaspoon of turmeric to carrot and ginger soup for a warming, healing meal or snack. Turmeric is best added to olive oil right at the start of the recipe, as the fat will help to enhance the absorption of curcumin.
- Add a pinch of turmeric to scrambled eggs for a spicy alternative
- Grate fresh turmeric and ginger into stir fries



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