



Hungerford Chiropractic Healthcare

May Newsletter

This month we are celebrating Spinal Awareness Week



14-20 MAY 2018

Chiropractic...

NOT JUST HOW YOU FEEL
BUT HOW YOU
function

SPINAL AWARENESS WEEK
MOVE BETTER - LIVE BETTER

Alliance of UK CHIROPRACTORS



Spinal Awareness Week - 14 - 20 May

The Alliance of UK Chiropractors (AUKC) says the spine is key to overall health because it houses and protects the central nervous system that connects the body to the brain.

The message of Spinal Awareness Week is: 'It's not just how you feel, but how you function'.

The aim is to encourage people to make lifestyle choices that will enable their body to work well, keep their nervous system functioning at its best, and to cope better with stresses that can often lead to health complaints both physically and mentally.

Our health is dictated by our body's ability to adapt to external stress. We are always being exposed to stresses; physical, chemical and emotional...and often we are not aware of the damaging effects of these because we don't feel them right away.

In fact, we can be lulled into a false sense of security about our health. We all think we're fine, if we feel good or we look good. But if you ask anybody who has ever survived a heart attack how they felt the day before, they will say they felt fine. In reality, their heart attack didn't just come out of the blue. So, it's not just how you feel, it's how you function.

There are certainly things we can do to minimise the negative effects of stress. Focus on your nutrition, exercise, rest, mind set and the function of your spine and nervous system. With those five in play, we are better able to adapt to the stresses that we all face throughout our life. And if we are functioning better, we will experience greater levels of health and vitality...so we can live our best life.

Limited Availability:

Complimentary & Reduced New Patient Slots during May
(ask in Welcome Area for details)

SPINAL
A W A R E N E S S W E E K

Spinal Awareness Week
14 – 20 May 2018

Limited Availability:
Complimentary New Patient
Consultation for your family &
friends if you book in between
14 – 20 May

A big thank you to
Clare who has taken on
more responsibilities
within the Centre this
month and is doing
fantastically well





Practice Member of the Month - Frances Small

It's always a pleasure to come for treatment as the care I receive from everyone is brilliant.

Frances

Congratulations Frances on becoming our Practice Member of the Month.

Frances is a lovely lady who always brightens up the Centre when she comes in for her regular adjustment sessions. Frances is passionate about her job caring for people, so I love to be able to adjust Frances to keep her on top form for her very demanding job.

Frances is a wonderful advocate of us here at Hungerford Chiropractic Healthcare, we have even been to Frances's workplace for spinal screening events which are always a joy to do.

Well done Frances!

Clare





Recipe of the month

Diary Free Neapolitan Ice Cream



This ice cream is super-simple, it doesn't require a fancy ice-cream make and is a nutritious as it is delicious

Serves 2

1 x 400ml can coconut milk

3 Bananas, peeled and frozen overnight

1 tbsp raw cacao powder

5 frozen strawberries

1 vanilla pod

Open the can of coconut milk, mix the cream and milk together if they have separated.

To make the chocolate ice-cream: Mix one of the bananas with one-third of the coconut milk and the cacao powder in the food processor until you have an ice-cream consistency, and pop it into a bowl.

For the vanilla ice-cream: Mix one of the bananas with one-third of the coconut milk and the whole vanilla pod in the food processor and mix as before until you have an ice-cream consistency, and pop into a bowl.

Finally, the Strawberry ice-cream: Mix the last banana with the last third of the coconut milk and the strawberries in the food processor, again until you have an ice-cream consistency, and pop into a bowl.

Lastly pop all three ice-creams together in one large bowl, freeze, then eat - **Delicious**



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