

Hungerford Chiropractic Healthcare

November Newsletter



Heidi, Clare and Christal enjoyed a weekend at the United Chiropractic Association in Birmingham.

'Had a great weekend at the annual UCA Chiropractic Conference, keeping my knowledge up to date in the chiropractic world and learning with my chiropractic fellows. I even got adjusted by American Chiropractor Cornelly Zeus' - Christal



There were some very interesting and thought provoking speakers at this year's UCA conference. One of my favourite speakers; Cornell Zeus. He really proved that it doesn't matter what your

background is - you can achieve great things if you set your mind and heart to it - Clare

Practice Member of the month

Edward Fenton



Edward is a much loved member of our Wellbeing community. He always comes in to see us with a lovely smile and a story to tell. He is kind and thoughtful and always willing to lend a hand and help out in his community. It is a real pleasure to know and adjust Edward.

His title of Practice Member of the Month is so well deserved.

Well done Edward. - Clare

We are having a Charity Day Friday 8th December

On Friday 8th December we will be holding a Charity Day at Hungerford Chiropractic Healthcare to help local people in a crisis.

We will be donating toiletries, food and warm things to LooseEnds Charity in Newbury. We would love you to pop in and drop off your donations too.

Mulled wine, none-alcoholic punch, mince pies, and shortbread will be on offer throughout the day.

Donations welcome:

- Tinned Cans
- Toiletries
- 'Treats' such as chocolate
- Kitchen Utensils
- Bedding
- Warm Clothing

We are open for the Christmas Extravaganza in the evening offering free spinal screenings - why not bring along a friend to get them checked?

The loose ends Charity in Newbury provide emergency support to vulnerable and homeless people in our Community. It is run solely by volunteers and survives by the kindness of the local community.



Recipe of the Month

Hot Spiced Green Tea



- 2 Cinnamon sticks (3 inches)
- 4 individual Green Tea bags
- $\frac{1}{2}$ Teaspoon minced fresh gingerroot
- $\frac{1}{2}$ Teaspoon grated lemon peel
- 4 Cardamom pods, crushed
- 4 Cups boiling water
- 2 Tablespoons of honey

In a large bowl, combine the first five ingredients. Add boiling water. Cover and steep for 5 - 6 minutes. Strain, discarding tea bags and spices. Stir honey into tea. Serve immediately.

Serves 4



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