

# Hungerford Chiropractic Healthcare

## November Newsletter



There is still time to donate to "Loose Ends" our local food bank, in Newbury.

*We would love your help!*

We will be accepting donations in the centre up to the **15<sup>th</sup> November.**

There have been a couple of birthdays in the team this month so Happy Birthday to Clare and Janeen who is currently away on her hols in Africa



# Practice Member of the Month

## Tara Kersey



After all my various injuries and problems over the years, Heidi and her team have always looked after me and how ever low I might feel at the beginning of an appointment, I always leave feeling more positive. Thank you

Tara

Tara is such a wonderful part of the Centre. She is always so upbeat and kind. Through her dancing and regular care she has such great knowledge of her body, which makes her an absolute dream to adjust. Over the years she has recommended so many people to us, which we so appreciate, and really admire her determination to be at her best.

Heidi

# Recipe of the month

## Winter Vegetable and Lentil Soup



170g dried red lentils  
2 carrots, quartered lengthways then diced  
3 stick of celery, slices  
2 small leeks, sliced  
2 tbsp tomato puree  
1 tbsp fresh thyme leaves  
3 large garlic cloves, chopped  
1 tbsp vegetable bouillon powder (or 3 stock cubes)  
1 heaped tsp ground coriander  
Season to taste

Tip the dried red lentils, diced carrots, sliced celery sticks and leeks into a large pan with the tomato puree, thyme leaves, chopped garlic, vegetable bouillon and ground coriander.

Pour over 1  $\frac{1}{2}$  litres of boiling water and stir well.

Cover and leave to simmer for 30 minutes until the vegetables and lentils are tender.

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or food processor.



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