

Hungerford Chiropractic Healthcare

September Newsletter



Congratulations to all our younger Practice members on their recent exam successes. Many have said that the stress and pressure to achieve has been eased with their regular chiropractic care, which we love to hear. Some have now left to start on the University path, but have appointments booked in for their return in the Christmas holidays already. Well done 😊



As you may have noticed we closed the Centre last week to attend the annual 'Crack-It' Summit. We have all returned feeling super inspired after listening to a collection of world class speakers. The team also had amazing success with both Wendy and Elizabeth being short listed for CA of the year, Clare was short listed for Associate of the year and Nicola short listed as Centre Manager of the Year. Well done ladies!!



Heidi won the 'Shining Star Blue Cow' Award at the Summit - a massive achievement in the Chiropractic world! It really shows how positive and 'can do' Heidi is and is inspiring the team, fellow Chiropractic Centres ...and of course you wonderful Practice Members into being 'your best you'. (For those who haven't heard of the Blue Cow Story ...it is up in the Welcome Area for you to have a read!)



You will also notice a new face joined us at the team day...our newest recruit to the Chiropractic team - Annarita Storto!



Annarita, from Campobasso in Italy, always knew she wanted to work within a healthcare profession, with her mother and grandmother being midwives. However, after receiving Chiropractic care for a knee injury she became passionate about this as her chosen career. Annarita is thrilled to be joining the HCH team. She has a keen interest in caring for families and pregnant women and enjoys helping people of all ages have better health and quality of life. She will be starting her first shift with us on Monday 26 September...although you may well have seen her in and around the Centre before then. I'm sure you will join us in making her feel super welcome!

Practice Members of the Month



"Mike and I are so grateful to Hungerford Chiropractic Healthcare. When we first started attending around 2 years ago, we were in increasing pain and our mobility was gradually reducing. With regular adjustments, advice and care from Heidi and Clare and with the support of Nicola, Elizabeth and Wendy, we have improved beyond recognition. We are both much fitter and mobile than we have been in years. We are incredibly touched to be presented as practice members of the month. Thank you all for your excellent care and treatment, and thank you for our pain free and mobile future!"

Sue and Mike

"We were so thrilled to award Sue and Mike as our 'Practice Members of the month'. They are such a wonderful part of the Centre! They have made great progress over the past few years, through regular care and of course moving towards a 'chiropractic lifestyle' as well. They are always such fun, whether in for an adjustment or at our patient appreciation parties...we are so grateful to have them as part of our community."

Heidi

Chicken Massala

Serves 4

250g Chicken pieces
1 tsp salt
1 tbsp garam massala
1 tbsp turmeric
1 tbsp paprika
1 onion - chopped
4 garlic cloves - chopped
2 chillis - chopped
100g chopped tomatoes (tinned or fresh)
2 tbsp's tomato puree

Mix all the ingredients together in a bowl and either put into a slow cooked on high for 3 hours, or in the oven at 150C for 1.5 hours.

Add a splash of coconut milk.

Serve with cauliflower rice / lentils / quinoa / spiced vegetables and some fresh spinach thrown on top.



Autumn has officially arrived on our tree in the entrance hall. You will find it now adorned with squirrels, nuts, leaves, apples and some little hedgehogs snuffling around the trunk!

If you would like your photo taking to be put up on the tree or our notice boards please let one of the team know!



Why Organic?

Reduce your exposure to harmful synthetic pesticides.

On average, conventional farmers apply 2-12+ synthetic pesticides to their crops. The average serving of conventionally grown leafy greens, peppers, tree fruits, berries, and grapes contains three to four pesticide residues. Residues of some widely used pesticides may trigger subtle changes in a child's development, and have been linked to a wide range of health problems including ADHD, autism, obesity, and certain forms of cancer.

Boost the nutritional quality of your food.

Organic crops are grown in healthy, biologically active soils. While crops on organic farms tend to yield somewhat less per acre and often take longer to grow than crops on conventional farms, plants nurtured by soil on organic farms produce crops that often contain higher levels of important antioxidants, minerals, and vitamins. In 2014 a study found that organic crops are up to 60% higher in a number of antioxidants than conventionally grown ones. There are around 48% lower concentrations of toxic metal cadmium found in organic crops.

Steer Clear of Unknown Genetically Modified Food Risks.

Even small differences in the genetic makeup of food can lead to unexpected human health risks. Because organic farmers are not allowed to plant GM seeds, nor use GM crop inputs, choosing organic is the only sure way to avoid GM food risks.

Decrease your intake of unnecessary hormones and antibiotics.

Most conventional livestock farmers use a combination of growth hormones, drugs, feed supplements, and high-grain diets to push their animals to grow faster, get bigger, and produce more milk and eggs per day. Farm animals account for almost 2/3 of all the antibiotics used in the EU and these are passed down to us through the food chain. Organic milk and meat contain around 50% more omega 3 acids and lower concentrations of saturated fats. Organic also contains higher levels of iron and vitamin E.

The Dirty Dozen versus The Clean Fifteen

Eating organic can work out expensive. So if you are able to switch just one food to organic - choose one off the 'Dirty Dozen' list. This is compiled by EWG (Environmental Working Group, USA) as is updated annually showing produce they found the highest concentrations of pesticides in. They also compile a 'Clean Fifteen' list, which shows the produce least likely to hold pesticide residues.



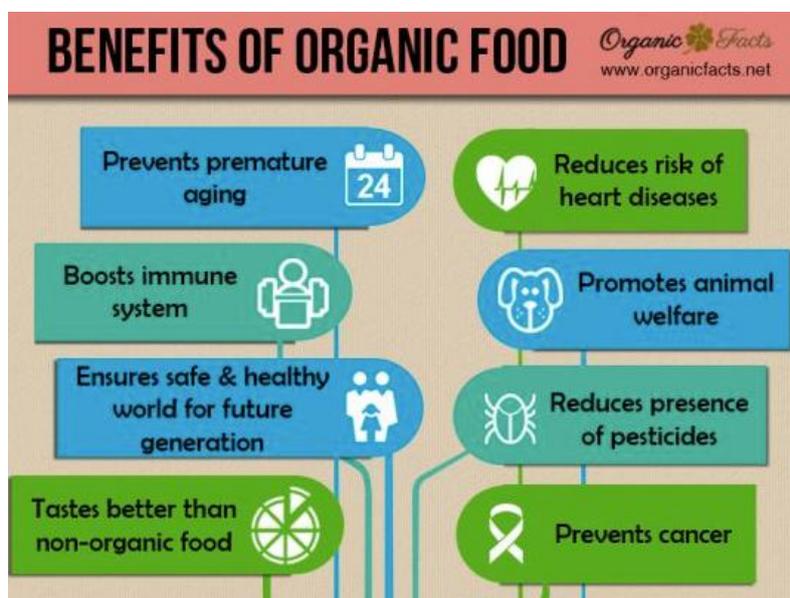
EWG's 2016
CLEAN 15

1. AVOCADOS	9. PAPAYAS
2. CORN	10. KIWI
3. PINEAPPLES	11. EGGPLANT
4. CABBAGE	12. HONEYDEW
5. SWEET PEAS	13. GRAPEFRUIT
6. ONIONS	14. CANTALOUPE
7. ASPARAGUS	15. CAULIFLOWER
8. MANGOES	



EWG's 2016
DIRTY 12

1. STRAWBERRIES	7. CHERRIES
2. APPLES	8. SPINACH
3. NECTARINES	9. TOMATOES
4. PEACHES	10. BELL PEPPERS
5. CELERY	11. CHERRY TOMATOES
6. GRAPES	12. CUCUMBERS



BENEFITS OF ORGANIC FOOD *Organic Facts*
www.organicfacts.net

Prevents premature aging (calendar icon with 24)	Reduces risk of heart diseases (heart icon)
Boosts immune system (person icon)	Promotes animal welfare (dog icon)
Ensures safe & healthy world for future generation (family icon)	Reduces presence of pesticides (bug icon)
Tastes better than non-organic food (lemon icon)	Prevents cancer (ribbon icon)