

Hungerford Chiropractic Healthcare

September Newsletter



Please join us in welcoming Christal Yu...our newest recruit to the Chiropractic team, please click the link below to see her full Bio.

<http://www.hungerford-chiropractichealth.co.uk/christal-yu-dc/>



Dylan (aged 9) is a budding young actor who receives regular adjustments at Hungerford Chiropractic Healthcare and is a platinum Member.

He has won a lead role in a short film, Vanilla Sunday. The story line is under wraps, but the film is tipped to feature in several film festivals.

Practice Member of the Month

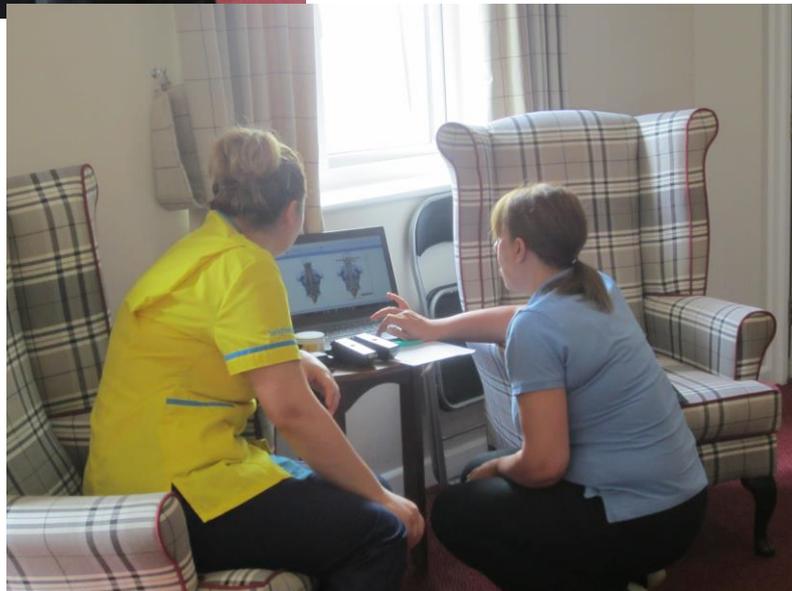
Odette



"After many years suffering with migraine, neck and back pain and seeing numerous different Osteopaths and Chiropractors, I'm extremely thankful to have found the Hungerford Chiropractic Clinic. Claire has made a huge difference to my well being and I am not suffering as I used to. I really look forward to my session knowing that I walk out feeling much better and it helps that the treatment is extremely gentle! The entire team are friendly, kind and supportive and for that I am very grateful." Odette

"Odette is a wonderful member of our community who thoroughly enjoys coming in for her adjustment sessions. Odette is a wonderful advocate for chiropractic, she loves to spread the word about us here at the Centre, which we are thrilled about. So thank you Odette you thoroughly deserve to be our Practice Member of the month. " Clare

We had a wonderful time at Brighterkind, Hungerford Care Home, offering a work place Spinal Screening for the staff. A big thank you to Frances for inviting us!



Would your work Colleagues benefit for a visit too?

4 Worst 'healthy' snacks



1. Cereal or breakfast bars - many are marketed as healthy, but most have refined carbs and sugar or syrup in them. If you need an occasional 'on the go' bar try a Nakd bar or even better, a banana
2. Popcorn - many 'designer' popcorns are being marketed as low calorie, but these are refined carbs that unbalance blood sugar. Because popcorn is so bland they usually add lots of salt or flavourings. Swap for natural nuts but not too many
3. Lentil crisps or other crisp alternatives. Lots of clever packaging makes these look good for you, but anything overbaked has lost most of its nutrients and become high in acrylamide (a carcinogen found in over-baked goods)
4. Lite yoghurts, desserts and jellies. Anything 'lite' usually has sweeteners added to make it taste good. Sweeteners interfere with gut bacteria and insulin, and are neuro-toxic so swap for a natural live yoghurt with some fresh fruit

For more information or appointment email sam@whatseatingyou.co.uk
www.whatseatingyou.co.uk

Recipe of the month

Blueberry and Greek Yoghurt Bars

A healthy make-ahead breakfast, or snack



Prep time: 10 mins
Cook time: 25 mins
Total time: 35 mins
Serves: 12

Ingredients

- **Breakfast Bars:**
- 50ml Greek Yoghurt
- 50g fresh blueberries, light crushed using a fork
- 200g rolled oats (a gluten free variety if required)
- 4tbsp honey
- 1 tbsp. virgin coconut oil, melted
- 75g dried blueberries
- 1 egg white from a large egg
- pinch of salt

Instructions

1. Preheat the oven to 170c and line a 20x20cm baking tin with baking parchment.
2. Combine all of the breakfast bar ingredients in a large bowl. Mix to combine and spoon out into your baking tin. Flatten and squash the mixture down hard (you can use the back of a spoon, but if you want to reduce the chance of crumbling then place a piece of greaseproof paper on top of the flattened mixture, place a same-size baking tin on top and really squash down hard. Then you can peel the paper off) ensuring the mixture reaches all the edges of the tin. Place in the oven and bake for 20-25 minutes until lightly golden on top.
3. Take out of the oven and leave to cool in the tin for 10 minutes, then lift out of the tin by holding onto the baking parchment. Place on a chopping board on the baking parchment and leave to cool completely before cutting into 12 bars, using a sharp knife. You should be able to slice the bars no problem, but if you do find that the bars crumble when slicing, then place in the fridge for a couple of hours before slicing the rest.
4. Wrapping and store bars in an air-tight container. They are best eaten within 4 days.



Join the HCH Community: @HungerfordChiropracticHealthcare