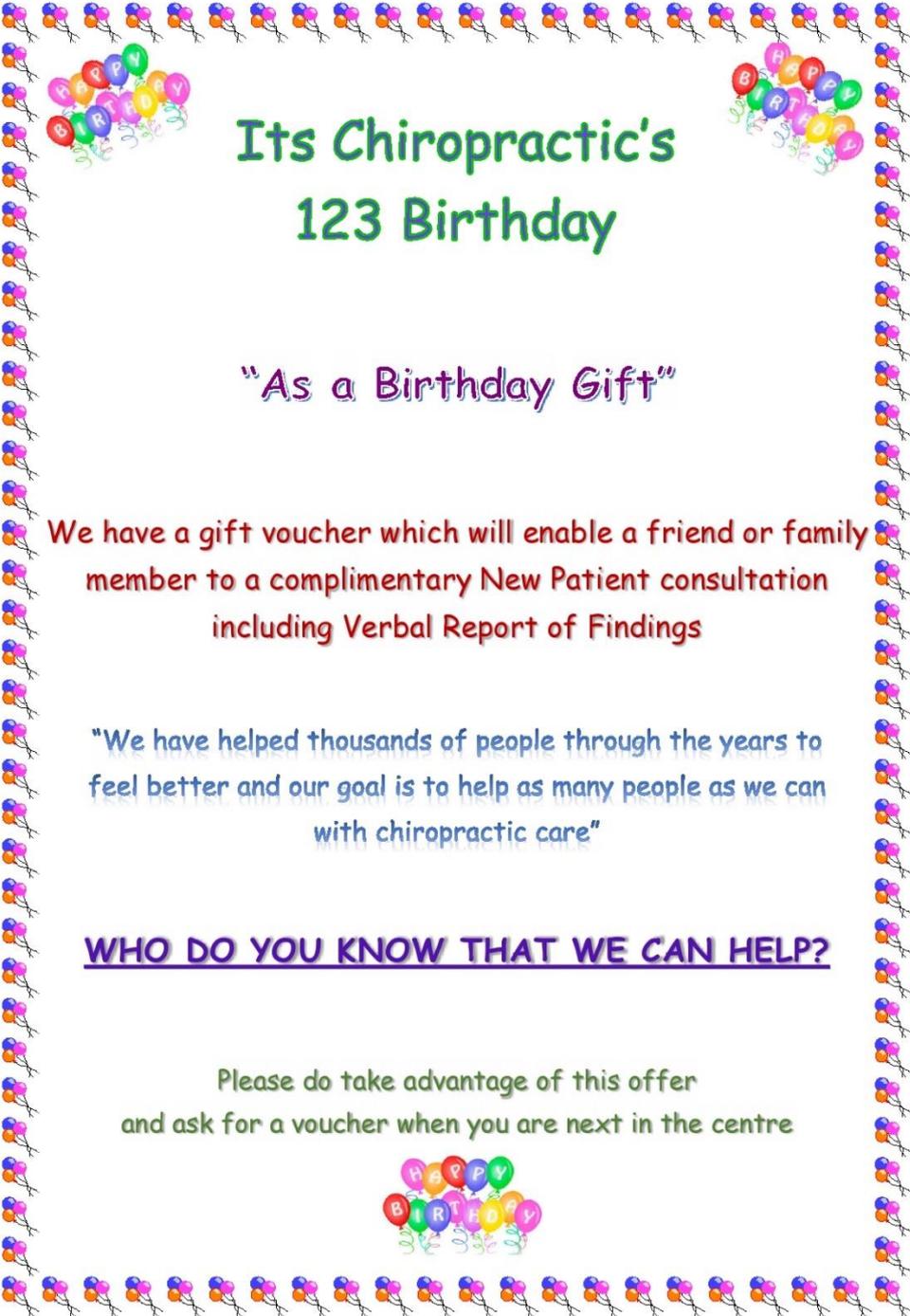


Hungerford Chiropractic Healthcare

September Newsletter

This month we are celebrating 123 of Chiropractic



Its Chiropractic's 123 Birthday

"As a Birthday Gift"

We have a gift voucher which will enable a friend or family member to a complimentary New Patient consultation including Verbal Report of Findings

"We have helped thousands of people through the years to feel better and our goal is to help as many people as we can with chiropractic care"

WHO DO YOU KNOW THAT WE CAN HELP?

Please do take advantage of this offer and ask for a voucher when you are next in the centre





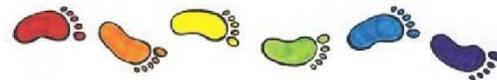
The lovely ladies wearing their new uniform

Earlier this month we went to CDK and did an in-house Spinal Screening, it was a great success. Many thanks to Mark for inviting us and helping organise it.

If you would like us to come into your workplace or club then please do let us know.

Don't forget Walk and Chatter taking place on Wed 19th Sept at 6.20 see below for details:

Walk and Chatter



Following on from our Walking Challenge the Team would be delighted if you would join us for a walk and chatter on the 19th September.

Please meet at the Centre for 6.20 pm the walk will be for approximately one hour with light refreshments afterwards.

Please feel free to bring a long a family member or friend.

If you are interested please let us know by popping in, email or Facebook.

Practice Member of the Month - Alison Crofts

"It was a delightful surprise to be named Member of the Month, especially as I am sure I am one of Heidi's more challenging patients! I always look forward to my sessions and the whole team are an absolute pleasure to work with.

Heidi is an expert at what she does and as well as sorting out whatever I have managed to do to my body her boundless optimism in the power of the body to heal and unwind has seen me through and pushed me on to continue my healing and keep improving.

Thank you. "

Alison

It is so wonderful to have Alison as one of our Diamond members. I love working with clients who can tune in and listen to their bodies, and Alison is a wonderful example of that. Her light-hearted, fun nature also makes every visit a real giggle - thank you :)

Heidi

Recipe of the month

"Snickers" bar

...an attempt at one of my favourite chocolate bars, but this one is far healthier...
and still totally delicious!

- **Ingredients**
- **For the base**
- 1/2 cup oats
- 1 cup of nuts (I use 1/2 cup cashews or macadamias and 1/2 cup almonds, but you can use whatever you like)
- 1/2 cup shredded coconut
- 1/4 cup maple syrup
- 2 tbsp crunchy peanut butter
- pinch of salt



- **For the peanut butter caramel**
- 1 cup pitted Medjool dates, soaked in hot water for at least 30 minutes
- 1 tbsp peanut butter
- 1/2 tbsp maple syrup
- 1/2 tsp vanilla extract
- pinch of salt
- (1/2 cup shelled peanuts if wanted - I prefer without)

- **For the chocolate**
- 1/4 cup coconut oil
- 6 tbsp cacao powder
- 2 tbsp maple syrup

- **For the base**
- In a food processor, mix the oats, nuts, coconut, and salt until all ingredients are broken down into a flour-like consistency.
- Add in maple syrup and peanut butter and process until a sticky ball of dough forms.
- Press base down evenly in a loaf pan lined with non-stick parchment paper.
- Place in the freezer to set.

- **For the peanut butter caramel**
- Drain the dates.
- Blend all the ingredients until smooth.
- Spread caramel over the base
- (sprinkle peanuts on top of the caramel and lightly press them into the caramel)
- Place back in the freezer.

- **For the chocolate**
- Heat coconut oil in a saucepan over low heat until completely melted.
- Add in cacao powder and maple syrup and whisk together.
- Pour chocolate evenly on top of the caramel.
- Place back in the freezer for at least 2 hours.
- Remove from the freezer and let thaw for 30 minutes before cutting into slices.
- Eat within 20-30 minutes after removing from the freezer!



Join the HCH Community: @HungerfordChiropracticHealthcare