

Vitamin D

Vitamin D is often known as the sunshine vitamin as it can be naturally sourced by exposure to direct sunlight and your bodies response to it - the amount received from this source in the UK in the winter months however is often not sufficient to meet our needs. Those in areas of high pollution will be exposed to less. Using sunscreen, spending more time indoors, living in big cities, and having darker skin all reduce our ability to get vitamin D naturally. Food sources of vitamin D include salmon, sardines, egg yolk, shrimp, or fortified milk/cereal/yogurt/orange juice.

It is needed in our diet to aid the absorption of calcium and phosphorus, and a sufficient amount is needed for normal growth and development of bones and teeth. It also improves our resistance to certain diseases and aids normal immune system function.

In present times there are more and more studies showing that good levels of vitamin D in your blood will help reduce the risk of infection, severe diseases, and dying if contracting Covid 19. According to the British Medical Journal research is saying there is little to be lost and a huge amount to be gained from taking a decent daily dose of vitamin D3 (1-2,000 IU for children, and 4-5,000 IU for adults). Other studies over the years have also found that vitamin D can reduce your risk of multiple sclerosis, decrease your chance of getting heart disease, and help reduce your likelihood of developing flu.

Away from disease, vitamin D has been seen to be beneficial in reducing depression and regulating mood, especially in those suffering from conditions such as fibromyalgia.

A lack of vitamin D will often make you feel tired, have aches and pains and generally give you a sense of not feeling well. Some people also report bone and muscle pain and sometimes weakness which makes it more difficult climbing stairs or getting up from the floor or a low chair. At its worst it can lead to stress fractures, or bone abnormalities such as soft bones (osteomalacia) or fragile bones (osteoporosis)

Latest news from the centre

New team members



We are now very pleased to inform you that Megan has also joined our Osteomyology team – she specialises in Activator Protocol, giving the same great results as our Chiropractors without the need of such hands-on treatments

We are also very excited to welcome aboard two new Centre Assistants to our team, Coral and Jessica who will be joining us from 2nd November to help support our growing team

Christmas Toy Appeal

Once again its nearly time for our Christmas toy appeal – to be covid safe all donations will be kept out the way and sanitised – with all that is going on this year it is even more important than ever to support children in our local community – look out in the centre for more information



Sara Course

Sara is doing a course during November which will teach all the latest information from the orthopaedic surgeons on subjects ranging from hand and wrist techniques to the latest guidelines on managing osteoporosis. This is fantastic as it means she will be able to help with ensuring all our clients are given the latest guidance and advice when being referred off to other specialists or being co-managed with the orthopaedic teams.

Osteomyologists Xray Training

Our Osteomyologists are working very hard in becoming certified in taking xrays – meaning very shortly they will no longer need to rely on Sara & Mark to take them when needed

Planned strat day in December

We are excited to be holding our first team development day since March on December 4th - the centre will be closed on this day



VOUCHER

FAMILY REFERRAL VOUCHER

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of your their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

Total Balance Wellbeing Centre. 19-21 Surrey Street, Lowestoft, Suffolk. NR32 1LJ. Telephone 01502 517070

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