

Happiness and Our Health

"Happiness is the meaning and the purpose of life, the whole aim and end of human existence."

Aristotle, the Greek philosopher said these words more than 2,000 years ago, and today there is scientific evidence showing how true this statement is. Evidence suggests that being happy may have major benefits for your health. For example, being happy promotes a healthy lifestyle. Studies show that happier people are more likely to eat healthier diets and engage in physical activity. It may also help combat stress, boost your immune system, protect your heart and reduce pain. It is also thought it may even increase your life expectancy!

Stress increases levels of the hormone cortisol, excess amounts of which have been linked to weight gain, disturbed sleep, type II diabetes and high blood pressure. A study in the Neurobiology of Aging journal in 2005 showed happy people tend to produce 32% lower levels of cortisol in response to stressful situations, and these levels remain 20% lower even after three years when followed up. A similar study published the same year following a group of people over three years found that happiness helped the heart rate reduce by six beats per minute and produced better blood pressure.

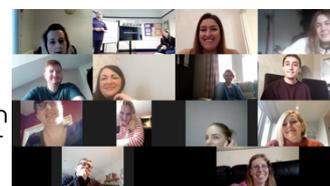
Studies have shown that being healthy may help to keep your immune system strong and therefore may help you combat the common cold and chest infections. The exact way happiness works to help the immune system is unclear. A study published in psychosomatic medicine in 2003 showed that happier people are three times less likely to develop the common cold than their least happy colleagues.

Although at present there is not an overwhelming body of evidence that happiness is important for our health the evidence is developing rapidly showing that lowering your stress levels over a period of years with a positive outlook and relaxation techniques could reduce your risk of health problems.

Latest news from the centre

Our virtual Strat Day

At the begin of December saw one of our quarterly Strat day although we couldn't do our normal fun team building session outside the centre we Still managed to come together virtually for some brainstorming on continuing to raise our standards



Christmas toy appeal

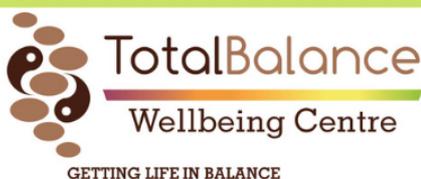
A massive thank you to everyone who donated to our annual Christmas toy appeal as a community we have helped make Christmas that bit more special for underprivileged children out there

First Aid course

In the middle of last month a lot of the team went out of the centre and took part in an emergency first aid at work course (covid secure of course) – they all passed with flying colours and we are pleased to say that now the whole team at Total Balance are first aid trained



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.

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