

### Summer Tips

- Eat healthy and light meals - Heavy meals with large amounts of carbohydrates and fats give rise to a lot of heat in the body. Focus on fresh fruits and vegetables that have high water content – such as oranges, watermelon, tomatoes, etc.
- Wear sunglasses – sunglasses that block at least 99% of UV rays protect your vision in harsh sunlight
- Drink Lots of Water – Heat and sweat can leave us dehydrated - Alcohol, fizzy drinks and coffee make this happen faster - drink 2-3 litres of water a day to keep well hydrated.
- Stay Indoors – avoid outdoor activities in peak heat time between 11 and 3pm; When needing to be out at peak times try and stick to the shade where possible
- Use a broad brimmed hat or umbrella – Use these and body coverings to shade you from the sun and protect from sunburn – wearing light colours and natural fabrics like cotton and linen help us stay cooler.
- Wear sunscreen (SPF 30+)– a good waterproof sunscreen reapplied every 3-4 hours ensures skin is protected from damage.
- Wear insect repellent – Mosquitos and similar insects love summer as much as you do – wear repellent where at risk to reduce risk of bites etc
- Wash your face often – excess oil and sweat can cause irritations, rashes, etc – washing your face often reduces and soothes the effects.
- Avoid outdoor food – remember food spoils faster outside in the summer so avoid foods that have been sat out too long to prevent stomach upsets.

### Latest news from the centre

#### X-ray training complete

After intensive studying, all our Osteomyologists are now fully qualified to take x-rays in the centre without having to rely on other colleagues for support

#### Getting started Workshop

Our next getting started workshop (via zoom) is on the 10th of June - if you are fairly new to care, we highly recommend getting booked in to the next available session as you will learn so much about how to get the most from your care including lots of hints and tips you can do for yourself. The great news is that the cost is included in the price of your new client appointment and so you have nothing to lose



#### Strat Day

We will be closed on Friday the 11th of June for our next strat day when we are continuing to develop the centre and its team, if you need anything on the 11th, leave us a message on the phone or via email and we will get back to you as soon as we can on our return.

#### Electrical inspection

During May we closed for a day to complete our 5 yearly site electrical inspection. We passed with flying colours and so we know that all our clients and team members remain safe when using the centre's plugs, sockets and lights.

#### Team member of the month

Last month we introduced 'Team member of the month' a massive well done to Anna on receiving the award for always helping out her fellow team members and ensuring the smooth running of the centre



**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 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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Expires:  
30/06/21