

Migraines

Migraines are recurrent intense throbbing or pounding headaches that typically affects one side of the head and are often accompanied by nausea and disturbed vision. They affect people of all ages and are triggered by multiple factors. These include stress, foods (e.g., chocolate, caffeine, processed meats, cheese, nuts, wine to name a few) poor sleep, medication and or even hormonal changes. (e.g., menstrual cycle, puberty, menopause). For most people there are multiple triggers which individually can be tolerated but when they all occur together a threshold is passed, and a migraine is triggered.

Chiropractic, Osteomyology, and massage treatment can help with many contributory factors and aftereffects of migraines. A clinical trial done in Australia found that 75% of migraine sufferers experienced either 'substantial' or 'noticeable' improvement after a period of chiropractic treatment. Treatments can help relieve restriction in movement of the neck, muscle tension in the neck, upper back and shoulders and help correct any postural issues that may influence the occurrence of both migraine and tension headaches. Practitioners within the centre can also offer advice on lifestyle issues, exercise, nutrition and managing stress.

Source - J Headache Pain. 2011(Apr); 12(2):127-133 – Manual Therapies for Migraine: A Systematic Review

Latest news from the centre

Blue Cow Congress

Last month saw the centre finally allowed to travel to Colchester, to attend the first congress event since before the pandemic arrived. The team had an amazing time with around 300 other people from centres just like ours, learning about ways to further enhance the service we offer our amazing clients. Not only that, but for the first time, we were lucky enough to be asked to speak about our experiences. We can't wait to bring exciting new ideas to the centre.



Christmas Toy Collection

Keep an eye out around the centre as we will shortly be launching our annual toy collection for underprivileged local children.



With the bumpy times we have had over the past couple of years, local children need our support even more than ever.

Business awards

The centre is lucky enough to have been selected as finalists at the Suffolk Chamber of Commerce business awards. We look forward to attending on the 11th of November to find out how we do.



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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Expires:
30/11/21