

Weighted Blankets

Weighted blankets are heavy therapy blanket used to create a sense of being swaddled. The physical connection that you feel provides warmth and security, helping the body relax.

Weighted blankets have been used to reduce or manage the symptoms of:

- Sleep disorders such as insomnia
- Nervous disorders
- Mood disorders like depression and anxiety
- Post-traumatic stress disorder (PTSD) and panic disorder
- Restless Leg Syndrome
- Arthritis, fibromyalgia, and pain
- General stress

Research shows that weighted blanket benefits include:

- Enhances Oxytocin which slows the heart and reduces blood pressure, prompting the body to relax, resulting in improved sleep.
- Releases Dopamine & Serotonin which have a calming effect that combats anxiety, stress, and depression. The serotonin helps you fall asleep faster, stay asleep longer, and feel rested in the morning. Reducing fatigue
- Reduces night-time levels of Cortisol, helping to reduce the negative effect this hormone has on blood sugar, digestion, and immunity. Reduced cortisol levels also aid relaxation of the body.
- Boosts Melatonin, which promotes sleep and helping regulate the sleep cycle.
- Gives you a hug – wrapping yourself in a weighted blanket is thought to simulate the effect of a hug – helping to enhance calm, reduce stress, reduce the feeling of vulnerability, and lift your mood. Potentially helping with travel anxiety, PTSD symptoms, panic disorders, and OCD symptoms.

Overall, the deep pressure stimulation from a weighted blanket provides a calming, soothing effect on both the body and the brain that is conducive to sleep. People suffering from arthritis, fibromyalgia, and other painful conditions have found relief in sleeping with a weighted blanket. Some people find that this special type of blanket is a good alternative to sleeping pills at night.

Latest news from the centre

Christmas toy appeal

A massive thank you to everyone who has donated to our Christmas toy appeal so far, this will help make Christmas time special for underprivileged Children this year. There is still plenty of time to bring your toy donation in.



Suffolk Business awards

On the 11th of November Paul and Sara went (on behalf of the Centre) to the Suffolk business awards where they were lucky enough to take home awards for both employer of the year and workplace wellbeing.

Christmas opening hours

24th Dec – Close at 1.30pm
25th – 28th Dec – Closed
29th – 30th Dec – Open as normal
31st Dec – Close at 1.30pm
1st – 3rd Jan – Closed
4th Jan – Open as normal



Blue Cow Live Day

Paul, Sara and Willow enjoyed time away from the centre last week to take part in two days of training where they learnt how they could develop the centre more along with developing themselves personally.



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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