

1st choice wellness inc

1st Choice Wellness Inc: Your Gateway to a Healthier, Happier You

Are you searching for a holistic approach to wellness that prioritizes your individual needs? Are you tired of generic health plans that don't truly address your unique challenges and goals? Then look no further than 1st Choice Wellness Inc. This comprehensive guide dives deep into what makes 1st Choice Wellness Inc. stand out, exploring their services, philosophy, and the overall experience you can expect. We'll uncover why they're becoming a leading choice for individuals seeking a personalized path to improved well-being.

Understanding the 1st Choice Wellness Inc. Philosophy

At the heart of 1st Choice Wellness Inc. lies a belief in personalized wellness journeys. They understand that a one-size-fits-all approach simply doesn't work when it comes to health and well-being. Instead of offering generic programs, they prioritize a deep understanding of each client's unique circumstances, goals, and challenges. This personalized approach is reflected in every aspect of their service, from initial consultations to ongoing support. They recognize that true wellness encompasses physical, mental, and emotional health, and their programs are designed to address all three. It's about creating a sustainable lifestyle change, not a quick fix.

The Comprehensive Range of Services Offered by 1st Choice Wellness Inc.

1st Choice Wellness Inc. offers a diverse range of services designed to cater to a broad spectrum of wellness needs. These services often include, but are not limited to:

Personalized Nutrition Plans: Forget restrictive fad diets. 1st Choice Wellness Inc. creates customized nutrition plans tailored to your individual dietary needs, preferences, and health goals. These plans often incorporate sustainable lifestyle changes, making long-term adherence more achievable.

Targeted Fitness Programs: Their fitness programs are designed to be effective and enjoyable, helping you achieve your fitness goals without feeling overwhelmed or burned out. They may incorporate a variety of approaches, considering your current fitness level and preferences.

Stress Management Techniques: Recognizing the profound impact of stress on overall well-being, 1st Choice Wellness Inc. likely offers techniques like mindfulness meditation, yoga, or breathing exercises to help clients manage stress effectively.

Mental Health Support: Addressing mental health is crucial for comprehensive wellness. 1st Choice Wellness Inc. may offer counseling services or connect clients with qualified mental health professionals. This may include cognitive behavioral therapy (CBT) or other evidence-based approaches.

Wellness Workshops and Group Classes: Beyond individual consultations, they might offer group workshops and classes focused on specific aspects of wellness, fostering a sense of community and shared support. This could include workshops on nutrition, stress management, or healthy cooking.

Holistic Health Assessments: Thorough assessments allow 1st Choice Wellness Inc. to gain a complete understanding of your current health status, identifying potential areas for improvement and tailoring a program that directly addresses your needs.

The 1st Choice Wellness Inc. Client Experience: What to Expect

The 1st Choice Wellness Inc. client experience is designed to be supportive, encouraging, and results-oriented. From the moment you contact them, you can expect:

A warm and welcoming environment: A comfortable and supportive atmosphere is crucial for fostering trust and open communication.

Personalized consultations: Your initial consultation will be a crucial step in understanding your goals, challenges, and preferences.

A collaborative approach: Your wellness journey is a partnership. 1st Choice Wellness Inc. will work closely with you to develop a plan that fits your lifestyle and preferences.

Ongoing support and accountability: They provide ongoing support and encouragement to help you stay motivated and accountable for your goals.

Measurable results: You can expect to see tangible progress toward your wellness goals, with regular check-ins to monitor your progress and make adjustments as needed.

Why Choose 1st Choice Wellness Inc.? Setting Them Apart

What truly differentiates 1st Choice Wellness Inc. from other wellness

providers is their commitment to personalization and holistic care. They don't just offer services; they build relationships with their clients, understanding their unique circumstances and tailoring their approach accordingly. This personalized attention ensures that their clients receive the most effective and sustainable support possible. Their holistic approach encompasses all aspects of well-being, acknowledging that physical, mental, and emotional health are interconnected. By addressing all three, they help clients achieve true, lasting wellness.

Taking the First Step with 1st Choice Wellness Inc.

Ready to embark on your personalized wellness journey? Contact 1st Choice Wellness Inc. today. Whether it's through their website, phone, or email, they're ready to answer your questions and guide you towards a healthier, happier you. Remember, investing in your well-being is an investment in your future.

Conclusion:

1st Choice Wellness Inc. presents a compelling model for holistic wellness, prioritizing individual needs and sustainable lifestyle changes. Their comprehensive approach, commitment to personalized care, and focus on measurable results make them a strong contender for those seeking a genuine path to improved well-being.

FAQs:

1. Does 1st Choice Wellness Inc. accept insurance? This information would need to be verified directly with 1st Choice Wellness Inc. Contact them to inquire about insurance coverage options.
1. What are the typical costs associated with their services? Pricing will vary depending on the specific services chosen and the individual's needs. Contact 1st Choice Wellness Inc. for detailed pricing information.
1. How long does it typically take to see results? The timeline for seeing results varies depending on individual factors and goals. Regular check-ins and consistent effort are key to achieving progress.

1. What if I need to reschedule an appointment? Contact 1st Choice Wellness Inc. as soon as possible to reschedule your appointment. They will likely have a cancellation policy which should be clarified during booking.

1. What makes 1st Choice Wellness Inc.'s approach different from other wellness centers? Their dedication to personalized plans and holistic care, considering all aspects of well-being (physical, mental, and emotional), distinguishes them from providers who might focus solely on one area.

1st choice wellness inc: *Historic Chautauqua County* Douglas Houck, 2010 An illustrated history of Chautauqua County, New York, paired with histories of the local

1st choice wellness inc: *Section 1557 of the Affordable Care Act* American Dental Association, 2017-05-24 Section 1557 is the nondiscrimination provision of the Affordable Care Act (ACA). This brief guide explains Section 1557 in more detail and what your practice needs to do to meet the requirements of this federal law. Includes sample notices of nondiscrimination, as well as taglines translated for the top 15 languages by state.

1st choice wellness inc: *Natural Medicine, Optimal Wellness* Jonathan V. Wright, Alan R. Gaby, 2013-04-24 Imagine having holistic physicians at your fingertips to answer your medical questions. With Natural Medicine, Optimal Wellness, you do. For each condition, you'll sit in on a consultation between Dr. Jonathan Wright and a patient seeking advice. By the conclusion of each visit, you'll have a complete understanding of why Dr. Wright prescribes particular natural treatments. Then, in a separate commentary, Dr. Alan Gaby follows up with an analysis of the scientific evidence behind the treatments discussed, enabling you to make informed decisions about your health. If you wish to receive the best of care from the best of physicians, Natural Medicine, Optimal Wellness is the natural choice for your personal library of health and wellness books.

1st choice wellness inc: *Choice Architecture* Avani Parikh, Prashant Parikh, 2017-12-22 From Vitruvius in the 1st century BCE on, there has been an attempt to understand how architecture works, especially in its poetic aspect but also in its basic functions. Design can encourage us to walk, to experience community, to imagine new ways of being, and can affect countless other choices we make that shape our health and happiness. Using the ideas of rational choice theory and behavioral economics, Choice Architecture shows how behavior, design, and wellness are deeply interconnected. As active agents, we choose our responses to the architectural meanings we encounter based on our perception of our individual contexts. The book offers a way to approach the design of spaces for human flourishing and explains in rich detail how the potential of the built environment to influence our well-being can be realized.

1st choice wellness inc: *am i being kind* Michael J. Chase, 2011-04-15 Imagine if one simple question could change your life... and your world. Awakening the reader like caffeine for the heart, am I being kind revives the spirit and blazes a direct path to a more peaceful and kindhearted world. In this captivating guide to personal transformation, author and inspirational speaker Michael J. Chase reveals how one simple question has the power to change your life and the lives of those around you. As you ask, am I being kind in seven vital areas of your life, you discover the secret to creating unlimited joy, inner peace, and the life you've always dreamed of. Having experienced the art of unkindness throughout much of his life, Michael shares his own journey of self-discovery and

the lessons learned from unlikely spiritual teachers along the way. Through riveting true stories and a unique step-by-step program, *Am I Being Kind* shows you how the astonishing power of kindness can change your heart, your life, and ultimately, your world.

1st choice wellness inc: *Alcoholics Anonymous* Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

1st choice wellness inc: *Belarus* Nigel Roberts, 2015-05-01 With one foot still in its Soviet past, Belarus might not be the most obvious choice for travellers, but its isolation is at the heart of its appeal. Those who venture here will find a history rich in heroism and tragedy, set amid a landscape of primeval birch forests, snow-edged lakes and cornflower fields, replete with golden-orbed Russian Orthodox churches and villages where age-old traditions still hold sway. While it's easy for visitors to feel as though they've slipped into another time and dimension, they'll encounter singular hospitality and a genuine welcome. Nigel Roberts' *Belarus*, the only standalone guide in English to the country, combines detailed background information with expert practical advice for those seeking to take the road less travelled.

1st choice wellness inc: *The Medicare Handbook* , 1988

1st choice wellness inc: *Choice* , 1987

1st choice wellness inc: *The Ultimate Guide To Choosing a Medical Specialty* Brian Freeman, 2004-01-09 The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

1st choice wellness inc: *A Doctor's Dozen* Catherine Florio Pipas, MD, MPH, 2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

1st choice wellness inc: *Complementary and Alternative Medicine in the United States* Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes

the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

1st choice wellness inc: Kansas Register , 2004

1st choice wellness inc: Harris Michigan Services Directory , 2007

1st choice wellness inc: The College Buzz Book Carolyn C. Wise, Stephanie Hauser, 2007-03-26 Many guides claim to offer an insider view of top undergraduate programs, but no publisher understands insider information like Vault, and none of these guides provides the rich detail that Vault's new guide does. Vault publishes the entire surveys of current students and alumni at more than 300 top undergraduate institutions. Each 2- to 3-page entry is composed almost entirely of insider comments from students and alumni. Through these narratives Vault provides applicants with detailed, balanced perspectives.

1st choice wellness inc: Bloomington/Spencer White & Yellow Pages , 2002 Bloomington, Ellettsville, Gosport, Lake Monroe, Nashville, Patricksburg, Poland, Smithville, Spencer, Stanford, Cloverdale, Ninevah, Trafalgar ... White pages coverage only for Morgantown.

1st choice wellness inc: Evidence-Based Physical Examination Kate Sustersic Gawlik, DNP, APRN-CNP, FAANP, Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, Alice M. Teall, DNP, APRN-CNP, FAANP, 2020-01-27 The first book to teach physical assessment techniques based on evidence and clinical relevance. Grounded in an empirical approach to history-taking and physical assessment techniques, this text for healthcare clinicians and students focuses on patient well-being and health promotion. It is based on an analysis of current evidence, up-to-date guidelines, and best-practice recommendations. It underscores the evidence, acceptability, and clinical relevance behind physical assessment techniques. Evidence-Based Physical Examination offers the unique perspective of teaching both a holistic and a scientific approach to assessment. Chapters are consistently structured for ease of use and include anatomy and physiology, key history questions and considerations, physical examination, laboratory considerations, imaging considerations, evidence-based practice recommendations, and differential diagnoses related to normal and abnormal findings. Case studies, clinical pearls, and key takeaways aid retention, while abundant illustrations, photographic images, and videos demonstrate history-taking and assessment techniques. Instructor resources include PowerPoint slides, a test bank with multiple-choice questions and essay questions, and an image bank. This is the physical assessment text of the future. Key Features: Delivers the evidence, acceptability, and clinical relevance behind history-taking and assessment techniques Eschews "traditional" techniques that do not demonstrate evidence-based reliability Focuses on the most current clinical guidelines and recommendations from resources such as the U.S. Preventive Services Task Force Focuses on the use of modern technology for assessment Aids retention through case studies, clinical pearls, and key takeaways Demonstrates techniques with abundant illustrations, photographic images, and videos Includes robust instructor resources: PowerPoint slides, a test bank with multiple-choice questions and essay questions, and an image bank Purchase includes digital access for use on most mobile devices or computers

1st choice wellness inc: Prevention , 2006-04 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss, fitness, health, nutrition, recipes, anti-aging & diets.

1st choice wellness inc: The Advocate , 2002-10-29 The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

1st choice wellness inc: Social Media Wellness Ana Homayoun, 2017-07-27 Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, Social Media Wellness is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. Tips From Teens On Promoting Social Media Wellness Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but Social Media Wellness is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world. —Jessica Lahey, Author of The Gift of Failure This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know. —Rachel Simmons, Author of The Curse of the Good Girl Read About Ana Homayoun in the news: NYTimes, The Secret Social Media Lives of Teenagers NYTimes, How to Help Kids Disrupt 'Bro Culture' Pacific Standard, Holier Than Thou IPO: Snapchat and Effective Parenting Parenttoolkit.com, Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat Los Angeles Review of Books, Life and Death 2.0: When Your Grandmother Dies Online Chicago Tribune, Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking? Today Show, 9 Tips to Help Teens Manage Their Social Media Footprint 5 Ways Parents Can Help Kids Balance Social Media with the Real World

1st choice wellness inc: Food Over Medicine Pamela A. Popper, Glen Merzer, 2013-06-11 Includes recipes from Chef Del Sroufe, author of the bestselling Forks Over Knives—The Cookbook and Better Than Vegan Nearly half of Americans take at least one prescription medicine, with almost a quarter taking three or more, as diseases such as diabetes, obesity, and dementia grow more prevalent than ever. The problem with medicating common ailments, such as high blood pressure or elevated cholesterol, is that drugs treat symptoms—and may even improve test results—without addressing the cause: diet. Overmedicated, overfed, and malnourished, most Americans fail to realize the answer to lower disease rates doesn't lie in more pills but in the foods we eat. With so much misleading nutritional information regarded as common knowledge, from “everything in moderation to “avoid carbs, the average American is ill-equipped to recognize the deadly force of abundant, cheap, unhealthy food options that not only offer no nutritional benefits but actually bring on disease. In Food Over Medicine, Pamela A. Popper, PhD, ND, and Glen Merzer invite the reader into a conversation about the dire state of American health—the result of poor nutrition choices stemming from food politics and medical misinformation. But, more important, they share the key to getting and staying healthy for life. Backed by numerous scientific studies, Food Over Medicine details how dietary choices either build health or destroy it. Food Over Medicine reveals the power and practice of optimal nutrition in an accessible way.

1st choice wellness inc: Union Agriculturist and Western Prairie Farmer , 2006

1st choice wellness inc: Flow Mihaly Csikszent, 1991-03-13 An introduction to flow, a new field of behavioral science that offers life-fulfilling potential, explains its principles and shows how to introduce flow into all aspects of life, avoiding the interferences of disharmony.

1st choice wellness inc: *Medical and Health Information Directory* , 2010

1st choice wellness inc: *Modern Office Technology* , 1991

1st choice wellness inc: Medicine for Consumers Gregory Billy, 2017-12-31 Medicine for Consumers provides students with an overview of the world of medicine with special emphasis on topics that are important to patients and consumers. The volume covers the basics of medical information and training, allied health professions, insurance issues, how to improve personal health throughout the lifespan, and more. Through 41 chapters, the book provides both consumers and future physicians with critical information that will help them navigate the world of medicine. The book explores the history of medical education, the basics of inpatient and outpatient care, various medical and surgical specialties, an introduction to the pharmaceutical industry, the importance of sound nutrition and regular exercise to health, and more. Additional chapters address mental health issues, patient satisfaction, medical myths, determining a diagnosis, and physical therapy. The text provides students with the opportunity to analyze, gather, and use newfound information to make the best possible health care choices, both for themselves and for future patients. Medicine for Consumers is an excellent resource for general health courses and foundational courses for medical professionals in training. The text could also serve as a valuable resource for practicing healthcare professionals. Gregory Billy, M.D., is currently an associate professor in the Departments of Orthopaedics & Rehabilitation and Physical Medicine & Rehabilitation at Penn State College of Medicine. He teaches resident physicians, fellows, medical, and undergraduate students in both the College of Medicine and the College of Health and Human Development. He earned his medical degree from the Pennsylvania State University College of Medicine and completed his residency in Physical Medicine and Rehabilitation at Sinai Hospital/Johns Hopkins Hospital Program in Baltimore, Maryland. Dr. Billy also serves as a team physician for Penn State University and the State College Spikes, a Class A professional minor league baseball team. His research interests include pain and spine medicine, neurologic and brain disorders, and sports medicine.

1st choice wellness inc: The Boundaries Workbook Jake Morrill LMFT, 2022-04-05 Set and maintain clear boundaries in every facet of your life Healthy boundaries define what you're willing to accept from others—and yourself. But learning to speak up for your needs and say no without feeling guilty takes some practice. This workbook offers insights and exercises to help you set, communicate, and uphold clear and consistent boundaries—so you can enjoy more rewarding relationships and start living the life you truly want. What sets this boundaries book apart: The basics of boundary-setting—Understand your needs, find freedom from limiting beliefs about yourself, and create boundaries that support your overall well-being. An array of engaging exercises—Explore writing prompts, actionable scripts, and mindfulness activities that help you maintain your boundaries and practice self-care. Additional support—Complete this workbook on its own or in conjunction with The Boundaries Journal for extra guidance and self-reflection. Learn how to set realistic limitations and prioritize your well-being with The Boundaries Workbook.

1st choice wellness inc: Golden Rules for Vibrant Health in Body, Mind, and Spirit Joseph J. Sweere, 2004 Sickness makes people turn inward and become more self-oriented, and chronic debilitating illness robs them of their ability to enjoy life to its fullest. This expansive book of commonsense rules for a healthy life offers practical information and tools for health-conscious people who are not in optimal health but wish to be.

1st choice wellness inc: The Price We Pay Marty Makary, 2019-09-10 New York Times bestseller Business Book of the Year--Association of Business Journalists From the New York Times bestselling author comes an eye-opening, urgent look at America's broken health care system--and the people who are saving it--now with a new Afterword by the author. A must-read for every American. --Steve Forbes, editor-in-chief, FORBES One in five Americans now has medical debt in collections and rising health care costs today threaten every small business in America. Dr. Makary, one of the nation's leading health care experts, travels across America and details why health care has become a bubble. Drawing from on-the-ground stories, his research, and his own experience, The Price We Pay paints a vivid picture of the business of medicine and its elusive money games in

need of a serious shake-up. Dr. Makary shows how so much of health care spending goes to things that have nothing to do with health and what you can do about it. Dr. Makary challenges the medical establishment to remember medicine's noble heritage of caring for people when they are vulnerable. *The Price We Pay* offers a road map for everyday Americans and business leaders to get a better deal on their health care, and profiles the disruptors who are innovating medical care. The movement to restore medicine to its mission, Makary argues, is alive and well--a mission that can rebuild the public trust and save our country from the crushing cost of health care.

1st choice wellness inc: *Twelve Steps and Twelve Traditions Trade Edition* Bill W., 1953
Twelve Steps to recovery.

1st choice wellness inc: Natural Causes Barbara Ehrenreich, 2018-04-10 From the celebrated author of *Nickel and Dimed*, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, *Natural Causes* describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But *Natural Causes* goes deeper -- into the fundamental unreliability of our bodies and even our mind-bodies, to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own decisions, and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, *Natural Causes* examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

1st choice wellness inc: *The Canyon Ranch Guide to Men's Health* Stephen C. Brewer, 2016-03 Family physician and Medical Director of Canyon Ranch Health Resorts recommends ways to resolve and reverse common health problems of men at each stage of adult life. He shares stories of his patients as he focuses on sleep problems, sexual function, and cardiovascular, prostate, and brain health--

1st choice wellness inc: *The Cancer Code* Dr. Jason Fung, 2020-11-10 Author of the international bestsellers *The Diabetes Code* and *The Obesity Code* Dr. Jason Fung returns with an eye-opening biography of cancer in which he offers a radical new paradigm for understanding cancer—and issues a call to action for reducing risk moving forward. Our understanding of cancer is slowly undergoing a revolution, allowing for the development of more effective treatments. For the first time ever, the death rate from cancer is showing a steady decline . . . but the “War on Cancer” has hardly been won. In *The Cancer Code*, Dr. Jason Fung offers a revolutionary new understanding of this invasive, often fatal disease—what it is, how it manifests, and why it is so challenging to treat. In this rousing narrative, Dr. Fung identifies the medical community’s many missteps in cancer research—in particular, its focus on genetics, or what he terms the “seed” of cancer, at the expense of examining the “soil,” or the conditions under which cancer flourishes. Dr. Fung—whose groundbreaking work in the treatment of obesity and diabetes has won him international acclaim—suggests that the primary disease pathway of cancer is caused by the dysregulation of insulin. In fact, obesity and type 2 diabetes significantly increase an individual’s risk of cancer. In this accessible read, Dr. Fung provides a new paradigm for dealing with cancer, with recommendations for what we can do to create a hostile soil for this dangerous seed. One such

strategy is intermittent fasting, which reduces blood glucose, lowering insulin levels. Another, eliminating intake of insulin-stimulating foods, such as sugar and refined carbohydrates. For hundreds of years, cancer has been portrayed as a foreign invader we've been powerless to stop. By reshaping our view of cancer as an internal uprising of our own healthy cells, we can begin to take back control. The seed of cancer may exist in all of us, but the power to change the soil is in our hands.

1st choice wellness inc: *The Gentle Art of Swedish Death Cleaning* Margareta Magnusson, 2018-01-02 *The basis for the wonderfully funny and moving TV series developed by Amy Poehler and Scout Productions* A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called *döstädning*, *dö* meaning "death" and *städning* meaning "cleaning." This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you'd ever use) and which you might want to keep (photographs, love letters, a few of your children's art projects). Digging into her late husband's tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

1st choice wellness inc: *Spirit, Science, and Health* Thomas G. Plante, Carl E. Thoresen, 2007 A state of the art look at knowledge and ongoing research on the connection between spirituality and health.

1st choice wellness inc: *Household Homeopathy* Vinton McCabe, 2004 This practical approach to homeopathy teaches readers how to promote healing in their own homes.--Publisher description.

1st choice wellness inc: *Resources in Education* , 1995-05

1st choice wellness inc: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

1st choice wellness inc: *The Mayo Clinic Guide to Stress-Free Living* Amit Sood MD, Mayo Clinic, 2013-12-24 A specialist at the Mayo Clinic offers a practical, two-step stress management program that is the result of two decades of research and work and that has already helped over 15,000 people annually. 40,000 first printing.

1st choice wellness inc: *Atomic Habits* James Clear, 2018-10-16 The #1 New York Times bestseller. Over 20 million copies sold! Translated into 60+ languages! Tiny Changes, Remarkable

Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

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