

dr katina health and wellness

Dr. Katina Health and Wellness: Your Journey to a Vibrant Life

Are you ready to unlock your body's full potential and embark on a transformative journey towards optimal health and well-being? Feeling overwhelmed by conflicting health advice? Then you've come to the right place! This comprehensive guide dives deep into the world of Dr. Katina Health and Wellness, exploring her holistic approach, the services offered, and how her expertise can empower you to live your healthiest, happiest life. We'll uncover the secrets to achieving lasting wellness and show you how Dr. Katina's methods can help you reach your personal health goals.

Understanding the Dr. Katina Health and Wellness Philosophy

Dr. Katina's approach to health and wellness isn't about quick fixes or fad diets. It's about building a sustainable foundation for lifelong well-being through a holistic lens. This means considering the interconnectedness of your physical, mental, and emotional health. Instead of solely focusing on treating symptoms, Dr. Katina aims to identify and address the root causes of health imbalances. This personalized approach empowers individuals to take control of their health journey and make informed decisions about their well-being. Her philosophy emphasizes preventative care, proactive lifestyle changes, and the power of self-awareness.

The Comprehensive Services Offered by Dr. Katina Health and Wellness

Dr. Katina offers a wide range of services designed to meet diverse individual needs. These services may include (but are not limited to):

Personalized Wellness Plans: Forget generic advice! Dr. Katina works closely with each client to create a tailored plan that considers their unique health history, lifestyle, and goals. These plans often incorporate dietary recommendations, exercise strategies, stress management techniques, and more.

Nutritional Counseling: Understanding the vital role of nutrition in overall health is paramount. Dr. Katina provides expert guidance on optimizing your diet through balanced nutrition, mindful eating, and addressing potential nutritional deficiencies. She may also help you navigate food sensitivities and allergies.

Stress Management Techniques: In today's fast-paced world, stress is a major contributor to various health problems. Dr. Katina may incorporate mindfulness techniques, meditation practices, or other stress-reduction strategies into your personalized plan.

Functional Medicine Testing: Sometimes, identifying the root cause of health issues requires advanced testing. Dr. Katina may recommend functional medicine tests to gain a deeper understanding of your body's unique functioning and to address underlying imbalances.

Lifestyle Coaching: Beyond diet and exercise, lifestyle plays a crucial role in overall health. Dr. Katina can provide support and guidance in areas such as sleep hygiene, time management, and cultivating healthy relationships.

Weight Management Programs: Sustainable weight management is often a significant goal for many individuals. Dr. Katina provides comprehensive support, focusing on healthy lifestyle changes rather than quick-fix solutions. This may involve a combination of dietary adjustments, exercise programs, and behavioral modifications.

The Benefits of Choosing Dr. Katina Health and Wellness

Choosing Dr. Katina means investing in your long-term well-being. The benefits extend far beyond simply managing symptoms. By adopting a holistic approach, you can experience:

Increased Energy Levels: Optimizing your nutrition, managing stress, and improving sleep can significantly boost your energy levels.

Improved Mental Clarity: Reduced stress and improved nutrition can lead to enhanced cognitive function and mental clarity.

Enhanced Physical Performance: Targeted exercise and dietary changes can improve strength, endurance, and overall physical performance.

Weight Management Success: Sustainable lifestyle changes can help you achieve and maintain a healthy weight.

Reduced Risk of Chronic Diseases: Preventative care and proactive lifestyle changes can significantly lower your risk of developing chronic conditions.

Improved Sleep Quality: Addressing underlying health issues and incorporating healthy sleep habits can lead to better sleep quality.

How to Get Started with Dr. Katina Health and Wellness

Ready to take the first step towards a healthier you? Contact Dr. Katina's office to schedule a consultation. During this initial meeting, you'll discuss your health goals, medical history, and lifestyle. Dr. Katina will work collaboratively with you to create a personalized plan that aligns with your needs and aspirations. The process is designed to be supportive, empowering, and ultimately transformative.

Conclusion

Embarking on a journey to optimal health and well-being requires dedication, support, and a holistic approach. Dr. Katina Health and Wellness provides the tools, expertise, and personalized guidance to help you achieve your goals and live your healthiest, happiest life. Remember, it's not just about treating symptoms; it's about nurturing your body, mind, and spirit for long-term well-being.

Frequently Asked Questions (FAQs)

1. Does Dr. Katina accept insurance? Please contact Dr. Katina's office directly to inquire about insurance coverage. They can provide information on accepted plans and billing procedures.
1. What is the typical length of a wellness program with Dr. Katina? The duration of a wellness program varies depending on individual needs and goals. Dr. Katina will work with you to establish a timeline that is realistic and effective.
1. Is Dr. Katina's approach suitable for all ages and health conditions? While Dr. Katina's approach is suitable for a wide range of individuals, it's important to discuss your specific health conditions and concerns during your initial consultation.
1. What are the payment options available? Dr. Katina's office accepts various payment methods, including credit cards, debit cards, and potentially others. Contact the office for specific details.
1. How can I schedule a consultation with Dr. Katina? You can schedule a consultation by contacting Dr. Katina's office via phone or through their website (if available). The contact information should be readily available on their official website or online directory listings.

dr katina health and wellness: Finding the Good Life. Eugene L Antenucci, 2023-05-05 In Finding The Good Life, you will discover the seven steps to being the person you were born to be through proper nutrition, fitness, knowing how to balance life's daily stresses, and setting the goals you need to make your life whole.

dr katina health and wellness: Official Gazette of the United States Patent and Trademark Office , 2007

dr katina health and wellness: The 50 Fridays Marriage Challenge Jeff Helton, Helton Lora, 2013-09-03 Transform your marriage with this revitalizing relationship guide that challenges couples to answer important questions together and grow in mutual understanding. In our modern, fast-paced society, it is easy for couples to drift apart and suddenly find their marriages in need of serious help. If this sounds familiar, then Pastor Jeff Helton and his wife Lora have a challenge for you: sit down once a week with your spouse to answer a question together. It could be something as simple as "What makes you laugh out loud?" or as deep and challenging as "If you had one day left on earth, what would you say to your spouse?" or "Are you satisfied with our level of physical

intimacy?" The 50 Fridays Marriage Challenge is a fun book specifically designed to spark open and honest conversation between partners at any stage of married life. Each short chapter includes an engaging question, a brief message, an encouraging quote, a Bible scripture, and a prayer. The short messages bring hope to rocky marriages by providing a safe, gentle space for discussing important matters, such as communication, conflict, in-laws, finances, children, sex, and much more. By taking the 50 Fridays Marriage Challenge, husbands and wives will find that their Friday evening talks—whether they laugh together, delve deep into the topic at hand, or plan and dream for the future—may be the only time they spend in close conversation that doesn't involve the kids, the checking account, or who took out the trash. Spend a few precious moments together once a week with this book, and you will ultimately see your marriage transformed.

dr katina health and wellness: [This Is Your Brain on Food](#) Uma Naidoo, 2020-08-04 Eat for your mental health and learn the fascinating science behind nutrition with this must-read guide from an expert psychiatrist (Amy Myers, MD). Did you know that blueberries can help you cope with the aftereffects of trauma? That salami can cause depression, or that boosting Vitamin D intake can help treat anxiety? When it comes to diet, most people's concerns involve weight loss, fitness, cardiac health, and longevity. But what we eat affects more than our bodies; it also affects our brains. And recent studies have shown that diet can have a profound impact on mental health conditions ranging from ADHD to depression, anxiety, sleep disorders, OCD, dementia and beyond. A triple threat in the food space, Dr. Uma Naidoo is a board-certified psychiatrist, nutrition specialist, and professionally trained chef. In *This Is Your Brain on Food*, she draws on cutting-edge research to explain the many ways in which food contributes to our mental health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues. Packed with fascinating science, actionable nutritional recommendations, and delicious, brain-healthy recipes, *This Is Your Brain on Food* is the go-to guide to optimizing your mental health with food.

dr katina health and wellness: *Autoimmune Illness and Lyme Disease Recovery Guide* Katina I. Makris, 2015-08-18 Don't let an autoimmune disorder leave you torn apart—learn to mend from the inside out. The occurrence of autoimmune illnesses has spiked dramatically over the last forty years. MS, rheumatoid arthritis, and fibromyalgia are plaguing people worldwide. The suffering is vast, and the dependency on medication and the amount of physician care involved are overwhelming the health-care system. Most disturbing is that people do not necessarily heal from diseases like lupus or chronic fatigue syndrome—they merely manage their disability. Katina I. Makris, veteran natural health-care practitioner and former sufferer of CFS, fibromyalgia, and Lyme, carefully explains the mechanisms at play with autoimmune illness. "The body is not compartmentalized into illness symptomology, but is integrated and whole; the mind-body-spirit are entwined as one, searching for balance or homeostasis," she writes. With clear insight into our seven energy chakra centers and the correlation to our bodily systems and specific emotional interplay, *Autoimmune Illness and Lyme Disease Recovery Guide* is a manual and workbook, educating readers on the role of Integrative Medicine and dietary and lifestyle management for optimizing recovery potentials, as well as how to ignite the mind-body healing pathway. Makris shows us how to attune to the innate healing gifts we all bear. Instead of being fragmented and dependent on outside sources such as drugs and doctors, the tools Makris offers teach us how to mend ourselves—because when we are whole, we are well.

dr katina health and wellness: *Fit2Fat2Fit* Drew Manning, 2012-06-12 Drawing from the lessons and insights of his breakout website, [Fit2Fat2Fit.com](#), personal trainer Drew Manning delivers the story of his quest to go from fit to fat to fit again in one year in order to better understand the weight-loss struggles of his clients and the online community. Drew embarked on this journey to prove to clients, website followers, and people across the country that it is possible to get back into shape—and his bottomless desire to kindle a new hope for his readers comes through on every page of *Fit2Fat2Fit*. With before and after (and after...) photos to that tell their own striking story, and intimate reflections from Drew's wife Lynn, *Fit2Fat2Fit* is more than a spectacle or a gimmick; it's an inspiring story, and sound proof that anyone can reach the level of fitness they

desire to make themselves happy.

dr katina health and wellness: Sugar Free Karen Thomson, 2016-11-25 Where fat was once regarded as the enemy, scientists now point to the huge amount of sugar we consume as being the real danger to our health. Karen Thomson's simple, effective and proven eight-week programme to quit sugar for good will dramatically improve your health while helping you to lost weight. Packed with recent scientific research and nutritional advice, it includes a chapter by research neuroscientist Dr Nicole Avena and provides eight weeks of meal plans, both vegetarian and non-vegetarian, put together by Emily Maguire. This updated international edition of Sugar Free features over 40 new mouth-watering new recipes developed to help you live a low-carb lifestyle.

dr katina health and wellness: Out of the Woods Katina I. Makris, 2015-04-07 Hope and practical help for Lyme disease sufferers everywhere. More than 300,000 people in the United States are diagnosed with Lyme disease every year, and many, many more are suffering from Lyme without knowing it. Katina Makris was one of those undiagnosed individuals who nearly died from the disease. At the peak of her career, classical homeopath and health-care columnist Katina Makris was stricken with a mysterious "flu." Only after five years of torment—two completely bedridden—and devastating blows to her professional and family life was Katina's illness finally diagnosed as Lyme disease. Out of the Woods not only shares the brutality of Lyme disease through the telling of Katina's story, but it also describes her incredible journey back to full recovery, giving thousands of Lyme sufferers hope for their uncertain and frightening futures. Katina's memoir is a gripping and inspiring story of healing through faith and perseverance, but Out of the Woods extends beyond Katina's personal story. Putting her homeopathic training to work, Part Two of the book details the nuts and bolts of Lyme disease, offering readers up-to-date information on Eastern and Western treatments. Readers will learn about the importance of antibiotics as well as acupuncture, homeopathic remedies, energy restoration, and a path to emotional healing, affirming that complete healing from any disease encompasses body, mind, and spirit.

dr katina health and wellness: General Dermatology Kathryn Schwarzenberger, Andrew Eugene Werchniak, Christine J. Ko, 2009 Urticaria and other reactive erythemas / Elizabeth Satter -- Pruritus / David F. Butler -- Erythema multiforme, Stevens-Johnson syndrome, and toxic epidermal necrolysis / April W. Armstrong -- Panniculitis and lipodystrophies / Papri Sarkar -- Blistering dermatoses / Brooke N. Shadel and Maria Yadira Hurley -- Cutaneous histiocytoses / Arturo P. Saavedra -- Mastocytosis / Jenny C. Hu and Stefani Takahashi -- Cutaneous infections / Whitney A. High -- Dermatologic conditions of pregnancy / Lisa C. Edsall and Julia R. Nunley -- Diseases of the mouth and oral mucosa / Katy Burris, Geeta K. Patel and Eve J. Lowenstein -- Spongietic disorders / Sharon E. Jacob and Juan P. Jaimes -- Papulosquamous disorders / Melvin W. Chiu -- Lichenoid dermatoses / Christopher B. Skvarka and Christine J. Ko -- Cutaneous malignancies / Elizabeth Satter -- Benign skin tumors / Donna Marie Vleugels and James E. Sligh -- Genodermatoses / Robin P. Gehris and Laura Korb Ferris -- Perforating dermatoses / Jonathan Cotliar -- Acne, rosacea, and hidradenitis suppurativa / Jonette E. Keri and Linda S. Nield -- Granuloma faciale / Steven Chow and Kimberly Bohjanen -- Disorders of pigmentation / Clarissa Yang -- Leg ulcers / Jared Lund and Donald Miech -- Keloids / Oliver J. Wisco and Robert T. Gilson -- Adverse drug reactions in the skin / David R. Adams -- Anatomy and basic nail data / David Doyle and Richard Devillez -- Hair disorders / Dirk M. Elston.

dr katina health and wellness: Surgery for Gynecologic Cancer Mikio Mikami, 2019 This comprehensive volume provides exhaustive interpretations of surgery for gynecologic cancer. In these chapters, expert authors expound the history, principles and indications, preoperative evaluations, techniques, morbidity, and the future prospects for each surgical procedure. Also included are comparisons of the training systems of gynecologic surgeons in Japan and the USA. Recently, minimally invasive surgeries such as laparoscopic and robotic approaches have been introduced into the gynecologic oncology field. Readers will be interested to know the history, advances, and current status of gynecologic surgery in Japan. This collection methodically broadens understanding of new surgical methods with quality assurance aimed at saving the cancer patient's

life, from the point of view of gynecologic oncologists. Thus the book benefits not only experienced gynecologists, but also young physicians and all medical oncologists who are involved in gynecologic cancers.

dr katina health and wellness: Orthopedic Surgery Clerkship Adam E. M. Eltorai, Craig P. Eberson, Alan H. Daniels, 2017-08-09 This quick-reference guide is the first book written specifically for the many third- and fourth-year medical students rotating on an orthopedic surgery service. Organized anatomically, it focuses on the diagnosis and management of the most common pathologic entities. Each chapter covers history, physical examination, imaging, and common diagnoses. For each diagnosis, the book sets out the typical presentation, options for non-operative and operative management, and expected outcomes. Chapters include key illustrations, quick-reference charts, tables, diagrams, and bulleted lists. Each chapter is co-authored by a senior resident or fellow and an established academic physician and is concise enough to be read in two or three hours. Students can read the text from cover to cover to gain a general foundation of knowledge that can be built upon when they begin their rotation, then use specific chapters to review a sub-specialty before starting a new rotation or seeing a patient with a sub-specialty attending. Practical and user-friendly, Orthopedic Surgery Clerkship is the ideal, on-the-spot resource for medical students and practitioners seeking fast facts on diagnosis and management. Its bullet-pointed outline format makes it a perfect quick-reference, and its content breadth covers the most commonly encountered orthopedic problems in practice.

dr katina health and wellness: Beating Burnout at Work Paula Davis, 2021-03-16 A first-of-its-kind, science-backed toolkit takes a holistic approach to burnout prevention by helping individuals, teams, and leaders build resilience and thrive at work. In Beating Burnout at Work, Paula Davis, founder of the Stress & Resilience Institute, provides a new framework to help organizations prevent employee burnout.

dr katina health and wellness: Dr. Lani's No-Nonsense Bone Health Guide Lani Simpson, 2014-06-01 Part whistle-blower book, part bone health bible, Dr. Lani's No-Nonsense Bone Health Guide exposes the shocking difficulty involved in getting an accurate bone density reading and the serious risks of long term use of the most recent osteoporosis medications. Author Dr. Lani Simpson, both a Doctor of Chiropractic and a Certified Clinical Densitometrist cuts through the confusion and inaccuracies surrounding osteoporosis to explain her whole-body approach to bone health, which includes discussions of digestive health, diet, supplements, and exercise. You may be surprised to learn which foods and medicines hurt bone health and which ones help in building strong bones. The book also sheds light on basic bone biology, how aging affects the bones, the risks and benefits of drugs and alternative treatments, a comprehensive breakdown of calcium supplementation – and some delicious recipes for bone-building meals. We all share concerns about bone health and osteoporosis. Whether you are one of the nearly 10,000 baby boomers turning 65 every day, or a younger person building a healthy body, Dr. Lani's No-Nonsense Bone Health Guide will answer your questions and help you live long, healthy, and fracture-free into your golden years.

dr katina health and wellness: Carb Cycling Recipe Book Josh Falenski, 2019-09-25 The Carb Cycling Recipe Book and Meal Plans Do you often wonder if carbs actually do cause weight gain, or is it something else? Have you reached a confusing plateau with your current diet and/or work-out routine, even though you think are doing everything correctly? Would you like to know what the Carb Cycling diet is and how you can start testing it out yourself today? Carb cycling is an effective, newer and proven way of eating that greatly helps in weight and fat loss, without losing muscles, by adding in lots of CARBS to your current diet, at a certain time of the day or week (cycle) This way of eating is an integral part of the trainings followed by athletes and professional body builders. Its effects go beyond getting fit and preparing athletes for their events. It can be done by just about everyone in order to achieve your desired weight goal. Carb cycling is a system that is very simple to follow and understand, which is why many people like it. Meals for a week are cycled or rotated through low to no-carb days, medium carb and high carb intake. Regardless of the level of carb intake, each day should include high protein intake. Fat intake is adjusted in relation to carb intake. On high carb

days, fat intake is low. On low carb days, fat intake is high. The cycle depends on you. You can choose to have 4 low-carb days in a week, followed by a high carb intake then a no-carb intake. Or, have 3 days of low-carb intake, followed by high-carb and a no-carb then start over! There are many variations to carb cycling that will work depending on you, everyone is different. For me, the author, I discovered that DAILY carb cycling works best for me; in late morning/early afternoon I eat low carb meals with fat. In the evening I eat high carb healthy foods, such as; Fruit, vegetables, grains, and sometimes...unhealthy carbs like pizza, cookies, chips..etc. It's time you change your mind about carbs: Burn fat (Carbs are actually needed to burn or metabolize fat quicker) Build muscle (Carbs are needed to enhance and balance hormones and metabolism No gym required! Cheat every other day, with unhealthy carbs! How to do carb cycling? There is more to it than eating little one day and eating a lot the next. Find out how to properly cycle carbs by reading this book today. Discover your Carb Cycling formula for success today - Scroll to the top of the page and click the BUY NOW button!

dr katina health and wellness: Changing the Face of Medicine, 2004 Changing the face of medicine, an exhibition that celebrates America's women physicians, premiered in the fall of 2003 at the National Library of Medicine. This calendar spotlights some of those women--their lives, their dreams, their accomplishments, and the challenges they faced in becoming physicians...-- Directors statement.

dr katina health and wellness: Ultrasound-assisted Liposuction Rod J. Rohrich, Samuel J. Beran, Jeffrey M. Kenkel, 1998

dr katina health and wellness: Gynecologic Cancer Patricia J. Eifel, David M. Gershenson, John J. Kavanagh, Elvio G. Silva, 2005-12-21 Gynecologic cancer includes cancer of the female lower genital tract: vagina, vulva, cervix, endometrium, uterus, and ovaries. Gynecologic Cancer is the fourth volume in the M.D. Anderson Cancer Care Series, featuring the current standard approach to gynecologic cancer care from the experts at M.D. Anderson Cancer Center. Designed for the practicing oncologist, this clinical guidebook allows for quick, authoritative access to the latest and best multimodality therapies. Topics covered in this volume include primary prevention and early detection, preinvasive diseases of female lower genital tract, pathology and imaging of gynecological malignancies, treatment of vaginal, cervical, endometrial, uterine cancers. Discussions also address fertility-sparing options for treatment of women with gynecological cancers as well as sexuality in women with gyn malignancies. Each of the 20 chapters ends with an up-to-date list of suggested readings, as well as key practice points highlighting the most principles and practices of each chapter for at-a-glance reference. More than 80 illustrations complement the text. This thorough, practical volume is the essential clinical guide for the oncologists, surgeons, and all physicians involved in the care of patients with gynecologic cancer.

dr katina health and wellness: Supreme Myths Eric J. Segall, 2012-02-22 This book explores some of the most glaring misunderstandings about the U.S. Supreme Court—and makes a strong case for why our Supreme Court Justices should not be entrusted with decisions that affect every American citizen. *Supreme Myths: Why the Supreme Court is Not a Court and its Justices are Not Judges* presents a detailed discussion of the Court's most important and controversial constitutional cases that demonstrates why it doesn't justify being labeled a court of law. Eric Segall, professor of law at Georgia State University College of Law for two decades, explains why this third branch of the national government is an institution that makes important judgments about fundamental questions based on the Justices' ideological preferences, not the law. A complete understanding of the true nature of the Court's decision-making process is necessary, he argues, before an intelligent debate over who should serve on the Court—and how they should resolve cases—can be held. Addressing front-page areas of constitutional law such as health care, abortion, affirmative action, gun control, and freedom of religion, this book offers a frank description of how the Supreme Court truly operates, a critique of life tenure of its Justices, and a set of proposals aimed at making the Court function more transparently to further the goals of our representative democracy.

dr katina health and wellness: The Prophet of the Andes Graciela Mochkofsky, 2022-08-02

The remarkable true story of how one Peruvian carpenter led hundreds of Christians to Judaism, sparking a pilgrimage from the Andes to Israel and inspiring a wave of emerging Latin American Jewish communities “If Gabriel García Márquez had written the Old Testament, it might read like Graciela Mochkofsky's staggering true account of a humble Peruvian carpenter's spiritual odyssey from a shack in the Andes, via the Amazon, to the Promised Land of Israel with a community of devoted followers. —Judith Thurman, award-winning author of *Isak Dinesen Segundo Villanueva* was born in 1927 in a tiny farming village perched in the Andes; when he was seventeen, his father was murdered and Segundo was left with little more than a Bible as his inheritance. This Bible launched Segundo on a lifelong obsession to find the true message of God contained in its pages. He found himself looking for answers outside the Catholic Church, whose hierarchy and colonial roots embodied the gaping social and racial inequities of Peruvian society. Over years of religious study, Segundo explored various Protestant sects and founded his own religious community in the Amazon jungle before discovering a version of Judaism he pieced together independently from his readings of the Old Testament. His makeshift synagogue began to draw in crowds of fervent believers, seeking a faith that truly served their needs. Then, in a series of extraordinary events, politically motivated Israeli rabbis converted the community to Orthodox Judaism and resettled them on the West Bank. Segundo's incredible journey made him an unlikely pioneer for a new kind of Jewish faith, one that is now attracting masses of impoverished people across Latin America. Through detailed reporting and a deep understanding of religious and cultural history, Graciela Mochkofsky documents this unprecedented and momentous chapter in the history of modern religion. This is a moving and fascinating story of faith and the search for dignity and meaning.

dr katina health and wellness: Surgery for Ovarian Cancer Robert E. Bristow, Beth Y. Karlan, Dennis S. Chi, 2019-02-21 Updated and expanded, the third edition of *Surgery for Ovarian Cancer* focuses on essential techniques for the effective management of ovarian cancer. It reflects the most contemporary science and surgical applications for the management of patients with ovarian cancer and related peritoneal surface malignancies. This new edition takes a step-by-step approach and includes new intraoperative photographs and videos illustrating surgical procedures. It is principally devoted to the technical aspects of cytoreductive surgery, with chapters divided according to anatomic region. The chapters cover relevant anatomical considerations, surgical challenges specific to each region, and operative approaches and techniques favored by the authors. The list of contributing authors has been expanded from the previous edition and includes international and world-renowned experts from the fields of gynecologic oncology and surgical oncology. The topics of minimally invasive surgery, secondary cytoreduction, palliative surgery, and postoperative care are also covered in detail. New to the third edition are chapters on preoperative risk stratification, regional therapeutics and peritonectomy procedures, and quality assurance relating to ovarian cancer surgery. This comprehensive text is essential reading for all practitioners working with patients with ovarian cancers.

dr katina health and wellness: Urologic Cancer Marc S Ernstoff, 1997-02-07 This book details the biology of urologic cancers with emphasis on clinical management of these diseases. Surgical radiation therapies and radical treatment are discussed and 'how-to' methods of treatment are presented. Risk factors, screening and diagnostic approaches for each cancer are provided.

dr katina health and wellness: The Secret Thoughts of Successful Women Valerie Young, 2011-10-25 Learn to take ownership of your success, overcome self-doubt, and banish the thought patterns that undermine your ability to feel—and act—as bright and capable as others already know you are with this award-winning book by Valerie Young. It's only because they like me. I was in the right place at the right time. I just work harder than the others. I don't deserve this. It's just a matter of time before I am found out. Someone must have made a terrible mistake. If you are a working woman, chances are this internal monologue sounds all too familiar. And you're not alone. From the high-achieving Ph.D. candidate convinced she's only been admitted to the program because of a clerical error to the senior executive who worries others will find out she's in way over her head, a shocking number of accomplished women in all career paths and at every level feel as

though they are faking it—impostors in their own lives and careers. While the impostor syndrome is not unique to women, women are more apt to agonize over tiny mistakes, see even constructive criticism as evidence of their shortcomings, and chalk up their accomplishments to luck rather than skill. They often unconsciously overcompensate with crippling perfectionism, overpreparation, maintaining a lower profile, withholding their talents and opinions, or never finishing important projects. When they do succeed, they think, Phew, I fooled 'em again. An internationally known speaker, Valerie Young has devoted her career to understanding women's most deeply held beliefs about themselves and their success. In her decades of in-the-trenches research, she has uncovered the often surprising reasons why so many accomplished women experience this crushing self-doubt. In *The Secret Thoughts of Successful Women*, Young gives these women the solution they have been seeking. Combining insightful analysis with effective advice and anecdotes, she explains what the impostor syndrome is, why fraud fears are more common in women, and how you can recognize the way it manifests in your life.

dr katina health and wellness: *The Death of Homo Economicus* Peter Fleming, 2017 A sharp analysis of the nature of work under late capitalism, revealing the dark side of aspiration and utility.

dr katina health and wellness: *Against White Feminism: Notes on Disruption* Rafia Zakaria, 2021-08-17 A radically inclusive, intersectional, and transnational approach to the fight for women's rights. Upper-middle-class white women have long been heralded as "experts" on feminism. They have presided over multinational feminist organizations and written much of what we consider the feminist canon, espousing sexual liberation and satisfaction, LGBTQ inclusion, and racial solidarity, all while branding the language of the movement itself in whiteness and speaking over Black and Brown women in an effort to uphold privilege and perceived cultural superiority. An American Muslim woman, attorney, and political philosopher, Rafia Zakaria champions a reconstruction of feminism in *Against White Feminism*, centering women of color in this transformative overview and counter-manifesto to white feminism's global, long-standing affinity with colonial, patriarchal, and white supremacist ideals. Covering such ground as the legacy of the British feminist imperialist savior complex and "the colonial thesis that all reform comes from the West" to the condescension of the white feminist-led "aid industrial complex" and the conflation of sexual liberation as the "sum total of empowerment," Zakaria follows in the tradition of intersectional feminist forebears Kimberlé Crenshaw, Adrienne Rich, and Audre Lorde. Zakaria ultimately refutes and reimagines the apolitical aspirations of white feminist empowerment in this staggering, radical critique, with Black and Brown feminist thought at the forefront.

dr katina health and wellness: *I Think You're Wrong (But I'm Listening)* Sarah Stewart Holland, Beth Silvers, 2019-02-05 More than ever, politics seem to be driven by discord. People sitting together in pews every Sunday feel like strangers and loved ones at the dinner table feel like enemies. Toxic political dialogue, hate-filled rants on social media, and agenda-driven news stories have become the new norm. But it doesn't have to be this way. In *I Think You're Wrong (But I'm Listening)*, two working moms from opposite ends of the political spectrum teach us that politics don't have to divide us. Instead, we can bring the same care and respect to policy discussions that we bring to the rest of our lives. Sarah Stewart Holland and Beth Silvers, co-hosts of *Pantsuit Politics*, recently named an Apple Podcasts Show of the Year, give you all of the tools you need to: Respect the dignity of every person Recognize that issues are nuanced and can't be reduced to political talking points Listen in order to understand Lead with grace and patience Join Sarah from the left and Beth from the right as they teach you that people from opposing political perspectives truly can have calm, grace-filled conversations with one another. Praise for *I Think You're Wrong (But I'm Listening)*: Sarah and Beth are an absolute gift to our culture right now. Not only do they offer balanced perspectives from each political ideology, but they teach us how to dialogue well, without sacrificing our humanity. --Jen Hatmaker, New York Times bestselling author and speaker Sarah from the left and Beth from the right serve as our guides through conflict and complexity, delivering us into connection. I wish every person living in the United States would read this

compelling book, from the youngest voter to those holding the highest office. --Emily P. Freeman, Wall Street Journal bestselling author of *The Next Right Thing*

dr katina health and wellness: Future Foods Rajeev Bhat, 2021-12-04 *Future Foods: Global Trends, Opportunities, and Sustainability Challenges* highlights trends and sustainability challenges along the entire agri-food supply chain. Using an interdisciplinary approach, this book addresses innovations, technological developments, state-of-the-art based research, value chain analysis, and a summary of future sustainability challenges. The book is written for food scientists, researchers, engineers, producers, and policy makers and will be a welcomed reference. - Provides practical solutions for overcoming recurring sustainability challenges along the entire agri-food supply chain - Highlights potential industrial opportunities and supports circular economy concepts - Proposes novel concepts to address various sustainability challenges that can affect and have an impact on the future generations

dr katina health and wellness: Bariatric Endoscopy Christopher C. Thompson, 2013-02-06 To date, diet programs and medical therapies for the treatment of obesity have had limited success. Bariatric surgery, however, provides a means of effective weight loss for many of those with morbid obesity. Most of these weight loss procedures are performed with a variety of techniques that continue to evolve. Each technique is associated with unique challenges and complications and it is important for the clinician to be knowledgeable about the endoscopic management of these patients. Additionally, as endoscopic technology evolves it may offer more than just the diagnosis and treatment of complications. Endoscopic therapy may soon allow less invasive bariatric revision procedures as well as a variety of primary obesity therapies for various patient populations. *Bariatric Endoscopy* reviews the management of obesity, normal post-surgical anatomy, endoscopic and medical management of post-surgical complications, and future endoscopic therapies for obesity management. Organized into five sections, the volume covers an obesity overview, traditional therapy, endoscopy and the bariatric patient, medical management of post-surgical complications, and the future role of endoscopy in obesity management. Detailed illustrations are also provided for surgical procedures, complications and obesity management chapters. Authored by authorities in the field, *Bariatric Endoscopy* is an indispensable tool for the gastroenterologist or surgical endoscopist as they care for patients with complicated bariatric issues.

dr katina health and wellness: Poor Queer Studies Matt Brim, 2020-03-06 *In Poor Queer Studies* Matt Brim shifts queer studies away from its familiar sites of elite education toward poor and working-class people, places, and pedagogies. Brim shows how queer studies also takes place beyond the halls of flagship institutions: in night school; after a three-hour commute; in overflowing classrooms at no-name colleges; with no research budget; without access to decent food; with kids in tow; in a state of homelessness. Drawing on the everyday experiences of teaching and learning queer studies at the College of Staten Island, Brim outlines the ways the field has been driven by the material and intellectual resources of those institutions that neglect and rarely serve poor and minority students. By exploring poor and working-class queer ideas and laying bare the structural and disciplinary mechanisms of inequality that suppress them, Brim jumpstarts a queer-class knowledge project committed to anti-elitist and anti-racist education. *Poor Queer Studies* is essential for all of those who care about the state of higher education and building a more equitable academy.

dr katina health and wellness: Putting Out the Fire Katinka Van der Merwe, 2016-10-24 As many as eight million people worldwide suffer from reflex sympathetic pain syndrome/chronic regional pain syndrome (RSD/CRPS). Many have not been diagnosed, even though the pain they experience can be severe, debilitating, and life-changing. As Dr. Katinka van der Merwe, DC, QNP, reveals in *Putting Out the Fire*, RSD/CRPS was first documented during the Civil War. It took physicians many decades to understand the subtleties of the disease, and research is still moving forward. Dr. Van der Merwe is at the forefront of new treatments to relieve pain. Van der Merwe helps readers understand the myriad symptoms associated with RSD/CRPS and explains how the syndrome stems from a malfunction in the central nervous system. In addition to providing background and research on RSD/CRPS, Van der Merwe includes her revolutionary Four-Punch

System treatment technique. She uses her expertise in Vagus Nerve awakening, Quantum Neurology nerve rehabilitation, frequency-specific microcurrent, and the VECTTOR Therapy System to compressively treat pain at its source. Not only must RSD/CRPS sufferers deal with the chronic, constant pain, but they often have anxiety, depression, and frustration about their condition. Van der Merwe understands this and gives readers hope for a brighter future.

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dr katina health and wellness: The Diet Delusion Gary Taubes, 2009 Whilst low-fat diets have been sold as the route to health, obesity has become epidemic, diabetes rates have soared and heart disease has not declined. This book examines this paradox and debunks the popular misconceptions on health, taking a hard look at the corporate world of the diet industry.

dr katina health and wellness: Prostate Cancer Prevention Jack Cuzick, Mangesh A. Thorat, 2014-02-15 Prostate cancer is by far the most common cancer in men and the second leading cause of death due to cancer. It comprises a mixed group of tumours displaying varying clinical behaviour: while some have a very aggressive course, others are rather indolent. Prevention of prostate cancer and discrimination between aggressive and indolent forms are important clinical goals and the acquisition of significant new evidence on means of achieving these aims makes this book particularly timely. A wide range of topics are covered by leading authorities in the field. The biology and natural history of prostate cancer are reviewed and the role of lifestyle and dietary factors, assessed. Detailed attention is paid to risk prediction biomarkers and to the role of novel high-throughput nucleic acid-based technologies in improving risk prediction and thereby allowing tailored approaches to cancer prevention. Potential means of chemoprevention of prostate cancer are also reviewed in depth, covering the very positive new data on the impact of aspirin as well as evidence regarding 5 α -reductase inhibitors, DFMO and lycopene. Guidance is provided on the differentiation of aggressive from indolent disease and the policy and research implications of recent findings are examined. This book will be of interest to both clinicians and researchers.

dr katina health and wellness: Taming the Beast Katinka Van Der Merwe, 2013-11-13 Fibromyalgia is a complicated, vicious beast. It methodically steals your quality of life, it robs you of sleep, and submerses you in terrible daily pain and debilitating fatigue. The traditional medical approach to this condition is that the cause of fibromyalgia is a mystery, that it is incurable, and that the only way to manage it is to take lots of medications to cover up your pain and other symptoms. Now, for the first time, we provide a fresh look at this condition in a way that has never been done before. We address some of the most obscure symptoms that you may have not known are associated with fibromyalgia, as well as what might have caused your fibromyalgia in the first place, and how to differentiate between different kinds of fibromyalgia. We also discuss the critical role of the nervous system and how its malfunction causes fibromyalgia. Lastly, we discuss positive actions that you can start taking today to help measure and address the neurological, physical, emotional, and chemical symptoms associated with fibromyalgia. Along every step of the way, you will be able to objectively test your results. This book is meant as a guide to not only understand fibromyalgia better, but to help you design a plan to conquer it, starting today.

dr katina health and wellness: Life Should Be Simple and Easy Conrad Aquino, 2017-05-25 The book, Life Should Be Simple and Easy: If You're Doing It Hard, You're Doing It Wrong, shows us the downright, honest truths about life. In doing so, this book gives us the tools to live life in the best

possible way. It is a unique self-help book, in the sense that, it does not try to change you, motivate you, inspire you, or teach you coping skills. It drills down to the basics of how we become who we are, in turn, revealing the origin of stress. The book was written in a manner that makes logical sense. It is divided into six sections meant to be read one week at a time. It provides the reader the opportunity to experience the concepts in each section, in order to fully grasp their meanings. When you truly understand the ideas in this book, it will give you a new awakening. You may find the happiness you are seeking and live a stress-free life. But it doesn't end at the book. The publisher also follows through with the readers by giving them access to the authors through hosting a website. This site provides exclusive content and a private online forum where people gather regardless of gender, race, religion, or political affiliation. It is a community of people helping people achieve the same goal - the simple and easy life.

dr katina health and wellness: Oxford Textbook of Correctional Psychiatry Robert L. Trestman, Kenneth L. Appelbaum, Jeffrey L. Metzner, 2015 This textbook brings together leading experts to provide a comprehensive and practical review of common clinical, organisational, and ethical issues in correctional psychiatry.

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dr katina health and wellness: The Ideal Classroom Setting for the Selectively Mute Child Elisa Shipon-Blum, 2001-01-01 Dr. Elisa Shipon-Blum's Guide, The Ideal Classroom Setting for the Selectively Mute Child is a wonderfully informative guidebook that will provide parents, teachers, and treating professionals with the advice necessary to help prepare the 'ideal class setting for the Selectively Mute child.' This practical guide is informative and entertaining and goes into detail as to tactics that can be done in the school to benefit and accommodate the needs of the Selectively Mute child. Recommendations on testing, IEP development and multiple methods to help lower anxiety, build self esteem and increase communication comfort within the school are emphasized throughout this book. This guide book is easy to read, graphically attractive and is a necessary reference for all those involved with a Selectively Mute child within the school environment.

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