

dr whitaker wellness clinic

Dr. Whitaker Wellness Clinic: Your Path to Holistic Well-being

Are you searching for a holistic approach to wellness that goes beyond quick fixes and addresses the root causes of your health concerns? Are you tired of feeling overwhelmed by conflicting medical advice and searching for a truly personalized care plan? Then you've come to the right place. This comprehensive guide dives deep into the Dr. Whitaker Wellness Clinic, exploring its philosophy, services, and the transformative experiences patients are reporting. We'll cover everything you need to know to determine if the Dr. Whitaker Wellness Clinic is the right fit for your journey to optimal health.

Understanding the Dr. Whitaker Wellness Clinic Philosophy

The Dr. Whitaker Wellness Clinic stands apart from traditional medical practices by embracing a truly holistic approach. This means they don't just treat symptoms; they delve into the underlying factors contributing to your health challenges. This often involves looking at lifestyle choices, diet, stress management, and environmental influences, all of which play a significant role in overall well-being. Dr. Whitaker's philosophy is rooted in the belief that the body possesses an innate ability to heal itself, and the clinic's treatments aim to support this natural healing process.

Unlike many clinics that focus solely on pharmaceuticals, Dr. Whitaker Wellness Clinic emphasizes a combination of evidence-based practices and complementary therapies. This integrated approach might involve nutritional counseling, lifestyle modifications, stress reduction techniques, and targeted supplement recommendations, alongside more conventional medical treatments where appropriate. The goal is to empower patients to take an active role in their health and achieve long-term, sustainable well-being.

Services Offered at Dr. Whitaker Wellness Clinic

The Dr. Whitaker Wellness Clinic provides a wide range of services designed to address various health concerns. While the specific offerings may vary, the clinic typically caters to patients seeking solutions in areas such as:

Weight Management: Personalized weight loss programs that address individual metabolic needs and lifestyle factors. This goes beyond simple calorie counting and addresses hormonal imbalances and underlying metabolic issues that can hinder weight loss efforts.

Hormone Balance: Comprehensive testing and treatment plans to address hormonal imbalances affecting both men and women, including thyroid issues, menopause symptoms, and testosterone optimization.

Digestive Health: Specialized programs to identify and address digestive issues like IBS, Crohn's disease, and leaky gut syndrome through dietary adjustments and other supportive therapies.

Chronic Disease Management: Support and guidance for managing chronic conditions such as diabetes, heart disease, and autoimmune disorders through integrated treatment plans.

Stress Reduction and Mental Wellness: Techniques such as meditation, mindfulness practices, and stress management strategies are integrated to support mental and emotional health.

Patient Testimonials and Success Stories

Many patients have reported significant improvements in their health and well-being after undergoing treatment at the Dr. Whitaker Wellness Clinic. Testimonials frequently highlight the clinic's personalized approach, the supportive and knowledgeable staff, and the lasting positive changes they've experienced. These stories often emphasize the clinic's success in addressing underlying health issues rather than just masking symptoms. This individualized attention is a key factor contributing to

the clinic's positive reputation and high patient satisfaction rates. Real patient stories, available on their website or through online reviews, offer powerful insights into the potential benefits of choosing the Dr. Whitaker Wellness Clinic.

What Sets Dr. Whitaker Wellness Clinic Apart?

Several factors differentiate the Dr. Whitaker Wellness Clinic from other wellness centers and traditional medical practices. These include:

Holistic Approach: The clinic's comprehensive, integrated approach addresses the root causes of illness, rather than simply treating symptoms.

Personalized Treatment Plans: Treatment plans are tailored to meet the unique needs and circumstances of each individual patient.

Focus on Prevention: The clinic emphasizes preventative care and empowering patients to make lifestyle changes that promote long-term health.

Supportive and Knowledgeable Staff: Patients consistently praise the clinic's compassionate and knowledgeable team.

Emphasis on Education: The clinic actively educates patients about their health and empowers them to take control of their well-being.

Finding the Right Fit: Is Dr. Whitaker Wellness Clinic Right for You?

Deciding if the Dr. Whitaker Wellness Clinic is the right fit for you involves considering your individual health goals and preferences. If you're seeking a comprehensive, holistic approach to wellness that goes beyond conventional medical care and addresses the underlying causes of your health concerns, this clinic may be an excellent option. However, it's crucial to research the specific services offered, consult your primary care physician, and weigh the potential costs before making a decision.

Conclusion

The Dr. Whitaker Wellness Clinic offers a refreshing and effective alternative to traditional healthcare for those seeking a more holistic and personalized approach to well-being. By addressing the root causes of illness and empowering patients to take control of their health, the clinic helps individuals achieve lasting improvements in their overall health and quality of life. If you're ready to embark on a journey towards optimal health and well-being, exploring the services and philosophy of Dr. Whitaker Wellness Clinic could be a significant step in the right direction.

FAQs

Q1: Does Dr. Whitaker Wellness Clinic accept insurance?

A1: Insurance acceptance varies. It's essential to contact the clinic directly to inquire about your specific insurance provider and coverage.

Q2: What is the typical cost of treatment at the clinic?

A2: The cost of treatment varies significantly based on individual needs and the specific services required. Contacting the clinic for a consultation will provide a personalized cost estimate.

Q3: What are the clinic's hours of operation?

A3: The clinic's hours may vary. Check their official website or contact them directly for the most up-to-date information.

Q4: Does the clinic offer virtual consultations?

A4: Some clinics offer virtual consultations. It's best to check with the clinic directly to confirm their availability.

Q5: How do I schedule an appointment at the Dr. Whitaker Wellness Clinic?

A5: You can typically schedule an appointment by calling the clinic's phone number or booking online through their website. Look for a "contact us" or "appointments" section.

dr whitaker wellness clinic: Dr. Whitaker's Guide to Natural Healing Julian M. Whitaker, 1995

A Blueprint for Healthful Living Julian Whitaker, America's wellness doctor, believes that there is almost no medical condition that cannot be improved or even reversed. Your body has the power to heal itself and stay healthy, naturally. Dr. Whitaker's Guide to Natural Healing shows you ways to help prevent heart attacks and strokes, reverse diabetes, lower blood pressure, protect yourself from cancer, stop the symptoms associated with Alzheimer's, end depression without drugs, and confront many other critical health issues. Instead of focusing on disease, this book provides you with a comprehensive roadmap for wellness by covering: -Prescriptions for optimal health that focus on prevention and wellness -Natural remedies and prevention techniques for nearly 100 specific health conditions, ranging from the common cold to hyperactivity and learning disorders -Creating your own, truly effective healthcare system -And so much more! Now you can take charge of your own health care. With Dr. Whitaker's Guide to Natural Healing, you can prevent and treat many health problems yourself, no matter what your age or current medical condition. From the Trade Paperback edition.

dr whitaker wellness clinic: The Mini-Fast Diet Julian Whitaker, 2013-06-25 The author of the best-selling Reverse Heart Disease Now shares a daily mini-fast plan strategically designed to promote weight loss, heal metabolisms and lower insulin levels and blood pressure, providing a two-week sample meal plan and advice on safe exercise habits.

dr whitaker wellness clinic: Reversing Hypertension Julian Whitaker, 2000-02-10 Using diet, nutritional supplements, exercise and other lifestyle changes, Dr Whitaker shows how to prevent or manage high blood pressure without recourse to drugs and their unwanted side effects.

dr whitaker wellness clinic: Shed 10 Years in 10 Weeks Julian Whitaker, Carol Colman, 1999-01-02 This remarkable ten-step anti-aging program can help readers strip away the wear and tear of years and become more energetic, sexier, stronger, and mentally more acute.

dr whitaker wellness clinic: Reversing Diabetes Cookbook Julian Whitaker, Peggy Dace, 2008-12-21 Now, it's even easier for readers to reduce, or even eliminate, dependency on insulin and oral drugs. Dr. Whitaker has created more than 200 delicious, kitchen-tested recipes, from appetizers to entrees, side dishes, desserts, and more. With full nutritional breakdowns provided, it's never been simpler for readers to manage their diabetes.

dr whitaker wellness clinic: Quick & Healthy Julian M. Whitaker, 2003 In 'Quick & Healthy' Julian Whitaker has put together a time-tested program that will promote the wellness and energy necessary to get the most out of life.

dr whitaker wellness clinic: The Pain Relief Breakthrough Julian M. Whitaker, Brenda Adderly, 1998 In The Pain Relief Breakthrough, Dr. Julian Whitaker and Brenda Adderly explain and illustrate how using therapeutic magnets can greatly reduce or even completely eliminate chronic and acute pain, including headaches, menstrual pain, and arthritis.

dr whitaker wellness clinic: Reversing Heart Disease Julian Whitaker, 2002-03-01 Drawing on nearly 20 years of experience, Julian Whitaker examines modern medicines's latest diagnostic techniques, treatment, and drugs and offers up improvements to his own comprehensive cardiac programme.

dr whitaker wellness clinic: The Memory Solution Julian M. Whitaker, Peggy Dace, 1999 Dr.

Julian Whitaker's 10-step program to optimize your memory and brain function.

dr whitaker wellness clinic: Nutritional Medicine, Third Edition Alan R. Gaby, 2024-05-05
Textbook regarding the use of diet, nutritional supplements, and other natural substances for the prevention and treatment of disease.

dr whitaker wellness clinic: 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.

dr whitaker wellness clinic: The Whitaker Wellness Weight Loss Program Julian M. Whitaker, 2014-11-04 This physician-designed diet and wellness plan revs up your metabolism, resulting in permanent weight loss and overall improvement in health and well-being. Dr. Whitaker's proven holistic approach focuses on improving your health with weight loss as the inevitable result.

dr whitaker wellness clinic: The Ultimate Guide to Intermittent Fasting Julian Whitaker, Peggy Dace, 2019-07-02 With 50 recipes, here is breakthrough plan by a renowned wellness doctor. One simple lifestyle change can help reverse metabolic syndrome, drop pounds, and lower insulin levels and blood pressure. The magic secret? A clinically proven, research-backed mini-fast that drives the body into an extreme fat-burning state called ketosis. Just skip breakfast, then add a simple exercise program to burn even more fat. After the mini-fast, eat normally for the rest of the day, focusing on proper portions of lean protein, vegetables, and low-fat, low-glycemic carbs. No counting calories—and no hunger. Readers will learn everything they need to follow this expertly designed program, plus: How to kickstart and stay in ketosis A 2-week sample meal plan with more than 50 easy, delicious recipes Advice on safe, effective exercise habits, plus an illustrated guide to the fitness plan Success stories from people who have changed their lives with the diet Science on how the program helps fight or prevent diabetes, arthritis, heart disease, and more

dr whitaker wellness clinic: Knockout Suzanne Somers, 2009 Draws on the expertise of eight doctors whose cutting-edge methods are enabling unprecedented cures, sharing the celebrity author's personal experiences as well as the survival stories of other cancer patients while identifying lifestyle strategies and challenging mainstream practices. By the best-selling author of *Ageless*.

dr whitaker wellness clinic: The Whitaker Wellness Weight Loss Program Julian Whitaker, 2006-04-16 This physician-designed diet and wellness plan revs up your metabolism, resulting in permanent weight loss and overall improvement in health and well-being. Dr. Whitaker's proven holistic approach focuses on improving your health with weight loss as the inevitable result.

dr whitaker wellness clinic: The Life Extension Revolution Philip Lee Miller, M.D., Monica Reinagel, 2007-12-18 For the first time the lay public can benefit from the anti-aging secrets discovered by the Life Extension Foundation, the world's largest, most respected organization dedicated to anti-aging research. Working with the Life Extension Foundation, renowned anti-aging physician Philip Lee Miller shows you how to retain your physical health and vigor, mental clarity, and youthful appearance—for life. This groundbreaking book translates cutting-edge anti-aging advances into a practical, easy-to-use program that will maximize your chances of living not only a long life—but a healthy, vibrant life. Drawing on his own clinical experience as well as the latest research from the Life Extension Foundation, Dr. Miller demystifies the aging process and provides you with:

- Detailed strategies integrating the most advanced mainstream therapies with nutrients, hormones, and holistic approaches from around the world
- A comprehensive plan to protect yourself from cancer, heart disease, arthritis, and Alzheimer's disease at the cellular level by controlling inflammation and oxidation—two degenerative processes that cause us to age prematurely
- A guide

to individualizing this lifesaving program, including the Longevity Diet for maximum vitality and effortless weight loss and a unique supplement regimen—plus how to use medical tests to monitor your progress • An inspiring vision of the future of life extension science and what your future will be like without disease, premature death and aging—with novel strategies to help you get there This far-reaching anti-aging program will change your life forever. Like many of Dr. Miller's patients, your physical and mental health will actually soar as you age chronologically. Your new longer, healthier life begins now as you embark on The Life Extension Revolution.

dr whitaker wellness clinic: Anatomy of an Epidemic Robert Whitaker, 2010-04-13 Updated with bonus material, including a new foreword and afterword with new research, this New York Times bestseller is essential reading for a time when mental health is constantly in the news. In this astonishing and startling book, award-winning science and history writer Robert Whitaker investigates a medical mystery: Why has the number of disabled mentally ill in the United States tripled over the past two decades? Interwoven with Whitaker's groundbreaking analysis of the merits of psychiatric medications are the personal stories of children and adults swept up in this epidemic. As *Anatomy of an Epidemic* reveals, other societies have begun to alter their use of psychiatric medications and are now reporting much improved outcomes . . . so why can't such change happen here in the United States? Why have the results from these long-term studies—all of which point to the same startling conclusion—been kept from the public? Our nation has been hit by an epidemic of disabling mental illness, and yet, as *Anatomy of an Epidemic* reveals, the medical blueprints for curbing that epidemic have already been drawn up. Praise for *Anatomy of an Epidemic* "The timing of Robert Whitaker's *Anatomy of an Epidemic*, a comprehensive and highly readable history of psychiatry in the United States, couldn't be better."—Salon "Anatomy of an Epidemic offers some answers, charting controversial ground with mystery-novel pacing."—TIME "Lucid, pointed and important, *Anatomy of an Epidemic* should be required reading for anyone considering extended use of psychiatric medicine. Whitaker is at the height of his powers." —Greg Critser, author of *Generation Rx*

dr whitaker wellness clinic: Fighting the Dragon Sandra Kischuk, 2012-09-19 For decades, traditional medicine had very little to offer for individuals suffering from multiple sclerosis and other autoimmune diseases. Today, medical science has brought us wave upon wave of immunomodulatory medications to try to slow disease progression. Unfortunately, these medications come with their own health- and life-threatening side effects. And sometimes, they just stop working. *Fighting the Dragon: How I Beat Multiple Sclerosis* is the story of one woman's thirty year battle with multiple sclerosis and what she did to reclaim her life when she realized she would need an assisted living facility within a few years. The book contains detailed descriptions of what worked and what did not, where she got the help she needed (and how the reader can locate these resources within his/her own community), and the logic behind the non-conventional therapies. *Fighting the Dragon* is a narrative of courage—courage driven by desperation, a story written by a patient who decided, when her neurologist told her, You will never walk normally again, that she would dance. *Fighting the Dragon* is also a book the MS patient can take to his/her physician . . . it contains well-researched, easy-to-follow guidelines for what to do and how. The information is also applicable to a wide range of other autoimmune conditions, cancers, and AIDS. * * * * * Excerpt: . . . if your car kept breaking down and the mechanic you took it to kept doing the same thing to fix it—but it did not stay fixed, you would question the mechanic's competence. Maybe the mechanic pulled out a technical manual. See. I fixed it exactly as the manual said. This is the industry-approved way to solve this problem. When the car broke down again a week later, would you be satisfied? Probably not. You might decide it is time to replace the car. But that might be too expensive. So, what to do? If you were smart, you would probably try to find a new mechanic. You might ask your friends who they would recommend. You might search on the Internet to see if other people had the same experience with their cars . . . and what caused the problem. You might telephone some repair shops to get some idea of what they thought the problem might be. If you found a new mechanic and that mechanic looked over the car and said, I have a solution that is not in any industry-approved repair

manuals, but it is safe and it works,-would you walk away and go back to the first mechanic who never got it right? Why is your health worth any less than your car?

dr whitaker wellness clinic: Honest Medicine Julia Schopick, 2011-01-01 HONEST MEDICINE introduces four lifesaving treatments that have been effectively treating--and in some cases curing--people for 25-90 years. However, for reasons of profitability (or lack thereof), these treatments have not been universally accepted. The treatments are: Low Dose Naltrexone for autoimmune diseases (e.g., multiple sclerosis, lupus, rheumatoid arthritis, Crohn's disease, etc.)

dr whitaker wellness clinic: *A New Way to Age* Suzanne Somers, 2020-08-04 #1 New York Times bestselling author and health guru Suzanne Somers established herself as a leading voice on antiaging. With *A New Way to Age*, she "is at the forefront again, bringing seminal information to people, written in a way that all can understand" (Ray Kurzweil, author of *How to Create a Mind*) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you've just had the best checkup ever. There is a new way to age. I'm doing it and it's the best decision I've ever made. I love this stage of my life: I have 'juice,' joy, wisdom, and perspective; I have energy, vitality, clearheadedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and "the big three": heart disease, cancer, and Alzheimer's disease. But you don't have to accept this fate. Now there's a new way to grow older—with vibrancy, freedom, confidence, and a rockin' libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth.

dr whitaker wellness clinic: **National Prevention Strategy: America's Plan for Better Health and Wellness** Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

dr whitaker wellness clinic: **Making Eye Health a Population Health Imperative** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The

shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

dr whitaker wellness clinic: The Miracle of Regenerative Medicine Elisa Lottor, Ph.D., HMD, 2017-12-12 Turn on the body's self-healing abilities, prevent illness before it starts, and reverse the aging process • Explains how to activate the body's regenerative abilities and combat inflammation through diet, supplements, detox, herbs, exercise, energy medicine, and mindfulness • Examines the science of epigenetics and the potential of stem cell therapies for regeneration of joints and organs as well as for healing the telomeres of our DNA • Reveals the importance of hormone balance and sleep as a core regenerative therapy Harnessing the advances of the new paradigm of medicine--which focuses on the regenerative abilities of the body rather than symptom management--Elisa Lottor, Ph.D., HMD, explains how each of us can turn on the body's self-healing abilities, prevent illness before it starts, and reverse the aging process to live longer, healthier, and happier lives. Beginning with a focus on the foods we eat, the author reveals how many diseases and symptoms of aging are the result of inflammation in the body, caused by poor diet and a lack of crucial nutrients. She explains the top foods to avoid, such as refined sugar, and the best nutrient-rich foods to include, along with easy and delicious recipes. Showing how regenerative medicine treats the roots of aging and disease, preventing them before they start, she details the regenerative properties of the liver complex, explaining the best ways to detox, and reveals how to restore optimal microbe balance in your gut. Dr. Lottor explores the regenerative properties of adaptogens, herbs, and nutraceuticals, the unobtrusive healing practices of energy medicine, the importance of hormone balance, and the concept of living water. She also underscores sleep as a core regenerative therapy. Looking at the most cutting-edge research in the rapidly emerging field of regenerative medicine, Dr. Lottor examines the potential of stem cell therapies for regeneration of joints and organs as well as for lengthening our DNA's telomeres, the shrinkage of which is now considered a chief cause of aging. She also looks at the science of gene expression--epigenetics--and how DNA can be used as both a health predictor and a tool for preventing inherited diseases. Including a comprehensive resource section for finding products and practitioners, Dr. Lottor offers each of us the necessary tools and information to reverse aging and participate in your own wellness.

dr whitaker wellness clinic: Quit Like a Woman Holly Whitaker, 2019-12-31 NEW YORK TIMES BESTSELLER • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times bestselling author of Untamed "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant

systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

dr whitaker wellness clinic: *Let Them Eat Prozac* David Healy, 2006-10 A psychiatrist provides an insider account on the controversial use of selective serotonin reuptake inhibitors (SSRIs) Prozac. Paxil. Zoloft. Turn on your television and you are likely to see a commercial for one of the many selective serotonin reuptake inhibitors (SSRIs) on the market. We hear a lot about them, but do we really understand how these drugs work and what risks are involved for anyone who uses them? *Let Them Eat Prozac* explores the history of SSRIs—from their early development to their latest marketing campaigns—and the controversies that surround them. Initially, they seemed like wonder drugs for those with mild to moderate depression. When Prozac was released in the late 1980s, David Healy was among the psychiatrists who prescribed it. But he soon observed that some of these patients became agitated and even attempted suicide. Could the new wonder drug actually be making patients worse? Healy draws on his own research and expertise to demonstrate the potential hazards associated with these drugs. He intersperses case histories with insider accounts of the research leading to the development and approval of SSRIs as a treatment for depression. *Let Them Eat Prozac* clearly demonstrates that the problems go much deeper than a side-effect of a particular drug. The pharmaceutical industry would like us to believe that SSRIs can safely treat depression, anxiety, and a host of other mental problems. But, as *Let Them Eat Prozac* reveals, this “cure” may be worse than the disease.

dr whitaker wellness clinic: *The Story of a Remarkable Medicine* Jack Dreyfus, 2003 Autobiography of Jack Dreyfus, his battle with depression, its treatment with Dilantin (clinical name: Phenytoin, or Diphenylhydantoin), and his efforts to publicize the use of phenytoin to effectively treat depression, anger, behavior disorders, and a variety of other medical applications and treatments.

dr whitaker wellness clinic: *Sometimes Amazing Things Happen* Elizabeth Ford, 2017-04-25 From the Executive Director of Mental Health for Correctional Services in New York City, comes a revelatory and deeply compassionate memoir that takes readers inside Bellevue, and brings to life the world—the system, the staff, and the haunting cases—that shaped one young psychiatrist as she learned how to doctor and how to love. Elizabeth Ford went through medical school unsure of where she belonged. It wasn't until she did her psychiatry rotation that she found her calling—to care for one of the most vulnerable populations of mentally ill people, the inmates of New York's jails, including Rikers Island, who are so sick that they are sent to the Bellevue Hospital Prison Ward for care. These men were broken, unloved, without resources or support, and very ill. They could be violent, unpredictable, but they could also be funny and tender and needy. Mostly, they were human and they awakened in Ford a boundless compassion. Her patients made her a great doctor and a better person and, as she treated these men, she learned about doctoring, about nurturing, about parenting, and about love. While Ford was a psychiatrist at Bellevue she becomes a wife and a mother. In her book she shares her struggles to balance her life and her work, to care for her children and her patients, and to maintain the empathy that is essential to her practice—all in the face of a jaded institution, an exhausting workload, and the deeply emotionally taxing nature of her work. Ford brings humor, grace, and humanity to the lives of the patients in her care and in

beautifully rendered prose illuminates the inner workings (and failings) of our mental health system, our justice system, and the prison system.

dr whitaker wellness clinic: *Weight Gain During Pregnancy* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Food and Nutrition Board, Committee to Reexamine IOM Pregnancy Weight Guidelines, 2010-01-14 As women of childbearing age have become heavier, the trade-off between maternal and child health created by variation in gestational weight gain has become more difficult to reconcile. *Weight Gain During Pregnancy* responds to the need for a reexamination of the 1990 Institute of Medicine guidelines for weight gain during pregnancy. It builds on the conceptual framework that underscored the 1990 weight gain guidelines and addresses the need to update them through a comprehensive review of the literature and independent analyses of existing databases. The book explores relationships between weight gain during pregnancy and a variety of factors (e.g., the mother's weight and height before pregnancy) and places this in the context of the health of the infant and the mother, presenting specific, updated target ranges for weight gain during pregnancy and guidelines for proper measurement. New features of this book include a specific range of recommended gain for obese women. *Weight Gain During Pregnancy* is intended to assist practitioners who care for women of childbearing age, policy makers, educators, researchers, and the pregnant women themselves to understand the role of gestational weight gain and to provide them with the tools needed to promote optimal pregnancy outcomes.

dr whitaker wellness clinic: *Congenital Cardiac Anesthesia* Laura K. Berenstain, James P. Spaeth, 2021-09-16 An illustrated guide for anesthesia providers for congenital heart disease patients, with a focus on non-cardiac operating room settings.

dr whitaker wellness clinic: *Cerebrovascular Neurosurgery* Dr Peter Nakaji, Dr Michael Levitt, 2019-08-15 Part of the *Neurosurgery by Example* series, this volume on cerebrovascular neurosurgery presents exemplary cases in which renowned authors guide readers through the assessment and planning, decision making, surgical procedure, after care, and complication management of common and uncommon disorders. The cases explore the spectrum of clinical diversity and complexity within cerebrovascular neurosurgery, including aneurysms, ischemic/occlusive disease, arteriovenous malformation, dural arteriovenous fistula, and more. Each chapter also contains 'pivot points' that illuminate changes required to manage patients in alternate or atypical situations, and pearls for accurate diagnosis, successful treatment, and effective complication management. Containing a focused review of medical evidence and expected outcomes, *Cerebrovascular Neurosurgery* is appropriate for neurosurgeons who wish to learn more about a subspecialty, and those preparing for the American Board of Neurological Surgery oral examination.

dr whitaker wellness clinic: *Understanding Racial and Ethnic Differences in Health in Late Life* National Research Council, Division of Behavioral and Social Sciences and Education, Committee on Population, Panel on Race, Ethnicity, and Health in Later Life, 2004-09-08 As the population of older Americans grows, it is becoming more racially and ethnically diverse. Differences in health by racial and ethnic status could be increasingly consequential for health policy and programs. Such differences are not simply a matter of education or ability to pay for health care. For instance, Asian Americans and Hispanics appear to be in better health, on a number of indicators, than White Americans, despite, on average, lower socioeconomic status. The reasons are complex, including possible roles for such factors as selective migration, risk behaviors, exposure to various stressors, patient attitudes, and geographic variation in health care. This volume, produced by a multidisciplinary panel, considers such possible explanations for racial and ethnic health differentials within an integrated framework. It provides a concise summary of available research and lays out a research agenda to address the many uncertainties in current knowledge. It recommends, for instance, looking at health differentials across the life course and deciphering the links between factors presumably producing differentials and biopsychosocial mechanisms that lead to impaired health.

dr whitaker wellness clinic: *EMS Agenda for the Future* , 1996

dr whitaker wellness clinic: Mohs Micrographic Surgery Keyvan Nouri, 2012-03-07 This book is written for dermatologists, otolaryngologists, facial plastic surgeons and any physician who want to provide state of the art treatment for skin cancer patients. Considering the high incidence of non-melanoma skin cancers such as Basal Cell Carcinoma and Squamous Cell Carcinoma (accounting for over one million cases per year in the United States) and since Mohs Micrographic Surgery has become the treatment of choice for these skin cancers, the popularity of this technique has been increasing dramatically, worldwide.

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