

essential health and wellness raleigh nc

Essential Health and Wellness Raleigh NC: Your Guide to a Thriving Lifestyle

Feeling overwhelmed by the sheer number of health and wellness options in Raleigh, NC? You're not alone! The city boasts a vibrant scene, making it challenging to find the perfect fit for your individual needs. This comprehensive guide cuts through the noise, providing you with the essential information you need to navigate Raleigh's health and wellness landscape and discover the resources that will help you thrive. We'll explore top-rated studios, effective wellness programs, and vital considerations for choosing the right path for your journey to a healthier, happier you.

Finding Your Perfect Fitness Fit in Raleigh, NC

Raleigh's fitness scene is incredibly diverse, catering to every preference and fitness level. Whether you're a seasoned athlete or a beginner looking to build a healthier lifestyle, you'll find something that resonates. Let's explore some popular options:

High-Intensity Interval Training (HIIT): Numerous studios across Raleigh specialize in HIIT workouts. These short, intense bursts of exercise are incredibly effective for burning calories and building muscle. Research studios near you offering HIIT classes and check for introductory offers or free trial sessions to see if it's a good fit. Consider factors like class size, instructor experience, and the overall atmosphere of the studio.

Yoga Studios: Raleigh is a hub for yoga enthusiasts, with studios offering various styles like Vinyasa, Hatha, Yin, and Restorative yoga. Look for studios that emphasize qualified instructors and a welcoming atmosphere. Reading online reviews can help you gauge the quality of instruction and overall student experience. Don't hesitate to call and speak with someone at the studio before committing to a package.

Boutique Fitness Studios: These smaller studios often specialize in a particular type of workout, such as Pilates, Barre, or cycling. They often offer a more personalized experience with smaller class sizes and a strong sense of community. Check their schedules and pricing to see if it aligns with your budget and fitness goals.

Gyms and Fitness Centers: For those who prefer a more traditional gym experience, Raleigh has numerous options with a wide range of equipment and classes. Consider factors like location, amenities (pools, saunas, etc.), and the overall cleanliness and maintenance of the facility when making your choice.

Beyond the Gym: Wellness Practices in Raleigh NC

True health and wellness extend far beyond physical fitness. Raleigh offers a wealth of resources to support your holistic well-being:

Mindfulness and Meditation Centers: Stress management is crucial for overall health. Several centers in Raleigh offer meditation classes, mindfulness workshops, and retreats designed to help you cultivate inner peace and reduce stress levels. Research different centers and find one that aligns with your preferred meditation style and teaching approach.

Nutrition and Wellness Coaching: Working with a registered dietitian or a certified wellness coach can provide personalized guidance on nutrition, lifestyle changes, and achieving your health goals. Look for coaches with relevant credentials and experience. Check online reviews and testimonials to ensure they have a proven track record of success.

Massage Therapy and Spa Services: Self-care is essential! Raleigh has numerous spas and massage therapists offering a range of services to help you relax, de-stress, and rejuvenate. Consider the type of massage that best suits your needs (deep tissue, Swedish, etc.) and read reviews to ensure you choose a reputable and experienced practitioner.

Finding the Right Health and Wellness Resources for You

Choosing the right health and wellness resources is a personal journey. Here's a step-by-step guide to help you find what works best:

1. **Identify Your Goals:** What are you hoping to achieve? Weight loss? Increased energy levels? Stress reduction? Clearly defining your goals will help you narrow down your options.
2. **Consider Your Budget:** Health and wellness services can range in price. Determine how much you're willing to invest in your well-being.
3. **Read Reviews:** Check online reviews on Google, Yelp, and other platforms to get an idea of other people's experiences.
4. **Try Before You Buy:** Many studios and centers offer introductory rates or free trial classes. Take advantage of these opportunities to experience different options before committing to a long-term program.
5. **Listen to Your Body:** If something doesn't feel right, don't force it. Your health and well-being are paramount, so choose options that feel comfortable and supportive.

Conclusion: Your Raleigh, NC Wellness Journey Awaits

Raleigh, NC offers a rich tapestry of health and wellness opportunities. By taking the time to research your options, consider your individual needs and preferences, and leverage the resources available, you can embark on a fulfilling journey towards a healthier, happier, and more vibrant life. Remember, consistency and self-care are key to long-term success. Don't be afraid to experiment and find what truly resonates with you. Your perfect health and wellness path in Raleigh awaits!

FAQs :

1. What are the best areas in Raleigh for finding health and wellness services? Downtown Raleigh, North Raleigh, and Midtown are all popular areas with a high concentration of studios, gyms, and wellness centers.
1. How can I find affordable health and wellness options in Raleigh? Look for introductory offers, group discounts, and consider using ClassPass or similar services to sample various studios at a lower cost.
1. Are there any health and wellness services specifically designed for seniors in Raleigh? Yes, many gyms and fitness centers offer senior-specific programs and classes tailored to the needs and abilities of older adults. Research local senior centers as well.
1. How can I find a qualified health and wellness coach or dietitian in Raleigh? Check online directories, search for professional certifications (e.g., registered dietitian, certified health coach), and read reviews before making a selection.
1. What are some free or low-cost health and wellness resources in Raleigh? Many parks offer free fitness classes, and some community centers provide affordable access to fitness equipment and classes. Check your local library for wellness workshops and resources.

essential health and wellness raleigh nc: To Medicate or Not? That is the Question! Dr. Asha Pai Bohannon, 2020-05-05 To Medicate or Not? That is the Question! helps readers to start their journey to H.A.R.M.O.N.Y.TM. in their health and life. Pharmacist, Certified Diabetes Educator, Wellness Professional, and Certified Personal Trainer, Dr. Asha Bohannon describes her 7 Steps to H.A.R.M.O.N.Y.TM in To Medicate, or Not? That Is the Question!. These steps show those struggling with their health the missing link to their “off” blood work results and what information out there is right for them. Dr. Bohannon walks those through the many factors that come into play in their unique health journey in order to help lead them to the healthy life of their dreams. In To Medicate, or Not? That Is the Question!, individuals struggling with their health learn: Why a thorough health and medication history is a necessity How to nurture “the silent killer” of stress What they need to know to take control of their own health journey Why their uniqueness is a vital part of their health struggles How to maximize physical and internal attributes to gain back energy

essential health and wellness raleigh nc: *Health and Wellness* Gordon Edlin, Eric Golanty, 2015-08-04 Health & Wellness, Twelfth Edition covers many facets of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives. Written in a personal

and engaging style, the Twelfth Edition encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

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essential health and wellness raleigh nc: *The complete travel guide for Raleigh* , At YouGuide™, we are dedicated to bringing you the finest travel guides on the market, meticulously crafted for every type of traveler. Our guides serve as your ultimate companions, helping you make the most of your journeys around the world. Our team of dedicated experts works tirelessly to create comprehensive, up-to-date, and captivating travel guides. Each guide is a treasure trove of essential information, insider insights, and captivating visuals. We go beyond the tourist trail, uncovering hidden treasures and sharing local wisdom that transforms your travels into extraordinary adventures. Countries change, and so do our guides. We take pride in delivering the most current information, ensuring your journey is a success. Whether you're an intrepid solo traveler, an adventurous couple, or a family eager for new horizons, our guides are your trusted companions to every country. For more travel guides and information, please visit www.youguide.com

essential health and wellness raleigh nc: The Essential Handbook of Denominations and Ministries George Thomas Kurian, Sarah Claudine Day, 2017-03-14 Though the church universal is an ancient institution, the contemporary ministry landscape is always changing. That's why a new resource with useful information about Christian organizations is needed. The Essential Handbook of Denominations and Ministries is an easy-to-use guide to more than 200 of the largest denominations and 300 ministries in the United States. The entries for organizations include a brief history and summary, a contemporary profile, and discussion on doctrinal emphases, creeds, membership, and interdenominational and ecumenical alliances. Pastors, ministry leaders, community leaders, and students will find this resource a helpful guide as they seek to understand Christian denominations and ministries.

essential health and wellness raleigh nc: **The Process, Art, and Science of Leadership**

Errol Doeblen, 2020-07 Despite the fact that leading can look and feel messy at times, there is a very distinct process to leading well that can be followed in combat, in business, and in our most important place of leadership?at home. Where most leaders struggle with accomplishing their goals and getting buy-in from their teams, this book provides a methodology that will help any leader guide their team successfully. Leadership takes many forms in many different environments. Leaders come in all shapes and sizes, too. No matter the environment or who you are as a leader, one thing is for certain: effective leadership is not a matter of personality or circumstances. It is a process that is applicable to every leader of every stripe in every environment. In this illuminating book, Doeblen shows an uncommon and refreshing vulnerability in sharing his many self-inflicted wounds and successes so that readers can learn from his many years of experience. You'll learn the art of applying the process to your personal needs and the science of how it works, and you'll have concrete tools for practicing the process through breathing exercises and cold exposure. The process is structured yet flexible, allowing you to lead in a way that is authentic to you.

essential health and wellness raleigh nc: The Future of Nursing Institute of Medicine, Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, 2011-02-08 The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the

number who pursue doctorates. Furthermore, regulatory and institutional obstacles-including limits on nurses' scope of practice-should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

essential health and wellness raleigh nc: Health Information for International Travel
2005-2006 Paul Arguin, 2005

essential health and wellness raleigh nc: Sacred & Delicious Lisa Joy Mitchell, 2018-10-16
Sacred & Delicious is an award-winning vegetarian cookbook, a primer on Ayurveda (India's ancient wellness system), and a gorgeous food memoir that celebrates the healing power of food. Author Lisa Mitchell writes inspiring and clear prose about the power of the Ayurvedic system to sustain good health and reverse chronic health problems, recounting her own recovery. The book includes 108 recipes and more than 60 full-page color photos. Most of the dishes include vegan options, and all but two are gluten-free. Only ten of the recipes reflect traditional Indian cooking. The rest demonstrate how to apply the balancing principles of Ayurveda and the creative (yet subtle) use of spices to modern Western cuisines that many Westerners prefer. Mitchell shares the Vedic perspective on why food is sacred and how cooks can bring a sacred intention to their kitchen labors to approach food preparation as spiritual practice. Traditional blessings for food from various cultures are sprinkled throughout the book. In April 2019, Sacred & Delicious won silver medals in two prestigious book industry awards competitions: the IBPA Benjamin Franklin Awards (in the Body, Mind, Spirit category) and the Nautilus Awards (in the Food, Cooking, and Healthy Eating category). It also won the cookbook category in the Body, Mind, Spirit Book Awards and is a finalist in the Foreword INDIES Book of the Year Awards (to be announced in June).

essential health and wellness raleigh nc: Federal Register, 2012

essential health and wellness raleigh nc: Yoga and Eating Disorders Carolyn Costin, Joe Kelly, 2016-04-14
Features contributions from more than 15 experts in eating disorders treatment, yoga practice, and research Edited by well-known eating disorder specialist and treatment pioneer, Carolyn Costin, and family expert Joe Kelly—both successful authors and speakers Written in accessible, compelling language that will make it a useful resource to practitioners as well as general readers

essential health and wellness raleigh nc: Telemedicine Institute of Medicine, Committee on Evaluating Clinical Applications of Telemedicine, 1996-10-08
Telemedicine—the use of information and telecommunications technologies to provide and support health care when distance separates the participants—is receiving increasing attention not only in remote areas where health care access is troublesome but also in urban and suburban locations. Yet the benefits and costs of this blend of medicine and digital technologies must be better demonstrated before today's cautious decision-makers invest significant funds in its development. Telemedicine presents a framework for evaluating patient care applications of telemedicine. The book identifies managerial, technical, policy, legal, and human factors that must be taken into account in evaluating a telemedicine program. The committee reviews previous efforts to establish evaluation frameworks and reports on results from several completed studies of image transmission, consulting from remote locations, and other telemedicine programs. The committee also examines basic elements of an evaluation and considers relevant issues of quality, accessibility, and cost of health care. Telemedicine will be of immediate interest to anyone with interest in the clinical application of telemedicine.

essential health and wellness raleigh nc: The 30-Day Ketogenic Cleanse Maria Emmerich, 2016-12-27
The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria Emmerich, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels. This book includes: •A detailed explanation of how sugar causes inflammation and leads to disease •30-day meal plans to kick-start ketosis, with corresponding shopping lists •30-day Whole30-compliant meal plans, with corresponding shopping lists •A wide variety of amazing recipes, with suggestions for combining

those recipes into delicious and satisfying ketogenic meals • Easily accessible lists of approved keto foods and foods that hold people back from ketosis • Tips on how to eat to balance hormones, sleep better, feel better, and lose weight while following a ketogenic diet • Guidance for maintaining ketosis after a successful 30-day cleanse • Recommendations for supplements to help heal from poor eating habits • A bonus slow cooker chapter to help make life easier!

essential health and wellness raleigh nc: Public Health Behind Bars Robert Greifinger, 2007-10-04 Public Health Behind Bars From Prisons to Communities examines the burden of illness in the growing prison population, and analyzes the impact on public health as prisoners are released. This book makes a timely case for correctional health care that is humane for those incarcerated and beneficial to the communities they reenter.

essential health and wellness raleigh nc: Primary Care Institute of Medicine, Committee on the Future of Primary Care, 1996-09-05 Ask for a definition of primary care, and you are likely to hear as many answers as there are health care professionals in your survey. Primary Care fills this gap with a detailed definition already adopted by professional organizations and praised at recent conferences. This volume makes recommendations for improving primary care, building its organization, financing, infrastructure, and knowledge base—as well as developing a way of thinking and acting for primary care clinicians. Are there enough primary care doctors? Are they merely gatekeepers? Is the traditional relationship between patient and doctor outmoded? The committee draws conclusions about these and other controversies in a comprehensive and up-to-date discussion that covers: The scope of primary care. Its philosophical underpinnings. Its value to the patient and the community. Its impact on cost, access, and quality. This volume discusses the needs of special populations, the role of the capitation method of payment, and more. Recommendations are offered for achieving a more multidisciplinary education for primary care clinicians. Research priorities are identified. Primary Care provides a forward-thinking view of primary care as it should be practiced in the new integrated health care delivery systems—important to health care clinicians and those who train and employ them, policymakers at all levels, health care managers, payers, and interested individuals.

essential health and wellness raleigh nc: Heal Yourself Sarah Dawkins, 2021-06-27 Heal Yourself details real, everyday people healing themselves through natural means, proving that what we are told by doctors about self-healing being impossible, is incorrect. Follow the author's journey from an array of health issues and the depths of suicidal despair, to wellness and vibrant health. Learn how she found the secret of natural, self-healing, without the use of pharmaceutical and prescription drugs, by utilising a combination of methods and techniques. Read the many other healers' journeys too, from a wide variety of dis-eases and health problems, using various techniques, giving insight into how you can use them, whether you on your own journey or simply interested in natural healing. Healing knows no boundaries and comes from a sense of wholeness of self. Follow the author and others on their very personal journeys to health and well-being. As the author says: If I can do it, so can you.

essential health and wellness raleigh nc: Federal Register Index , 2010

essential health and wellness raleigh nc: Lifestyle Psychiatry Douglas L. Noordsy, M.D., 2019-04-08 Exercise, a healthy diet, stress management, sound sleep: Most practitioners would agree that living well can mitigate the impact of mental disorders. Yet many are unprepared to address lifestyle factors in their care of patients. Lifestyle Psychiatry seeks to instill confidence by collating and analyzing the impressive emerging body of evidence that supports the efficacy of healthy lifestyle practices -- both as the primary intervention and in conjunction with traditional treatments such as psychopharmacology or psychotherapy -- in preventing and managing psychiatric disorders. This volume examines the impact of lifestyle interventions -- from exercise, yoga, and tai chi to mindfulness and meditation, diet and nutrition, and sleep management -- on psychiatric disorders, including depression, anxiety, posttraumatic stress disorder, schizophrenia, and addiction. Readers can readily find data to support the use of specific lifestyle interventions for a patient presenting with a specific disorder. Detailed descriptions of the mechanisms of each lifestyle

intervention also prepare practitioners to educate their patients on the specific neurobiological and psychological effects of these interventions to support their recovery. With chapters that focus on developing a robust therapeutic alliance and inspiring patients to assume responsibility for their own well-being, this guide provides a framework for lasting, sustainable lifestyle changes. Additionally, the book discusses the impact of the provider's lifestyle on clinical behavior and the implications of lifestyle medicine and psychiatry for health care systems and population health, offering a broader examination of the important role this new field can play in leading a sophisticated, holistic approach to optimizing wellness.

essential health and wellness raleigh nc: Black Man in a White Coat Damon Tweedy, M.D., 2015-09-08 A NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S TOP TEN NONFICTION BOOKS OF THE YEAR A LIBRARY JOURNAL BEST BOOK SELECTION • A BOOKLIST EDITORS' CHOICE BOOK SELECTION One doctor's passionate and profound memoir of his experience grappling with race, bias, and the unique health problems of black Americans When Damon Tweedy begins medical school, he envisions a bright future where his segregated, working-class background will become largely irrelevant. Instead, he finds that he has joined a new world where race is front and center. The recipient of a scholarship designed to increase black student enrollment, Tweedy soon meets a professor who bluntly questions whether he belongs in medical school, a moment that crystallizes the challenges he will face throughout his career. Making matters worse, in lecture after lecture the common refrain for numerous diseases resounds, More common in blacks than in whites. Black Man in a White Coat examines the complex ways in which both black doctors and patients must navigate the difficult and often contradictory terrain of race and medicine. As Tweedy transforms from student to practicing physician, he discovers how often race influences his encounters with patients. Through their stories, he illustrates the complex social, cultural, and economic factors at the root of many health problems in the black community. These issues take on greater meaning when Tweedy is himself diagnosed with a chronic disease far more common among black people. In this powerful, moving, and deeply empathic book, Tweedy explores the challenges confronting black doctors, and the disproportionate health burdens faced by black patients, ultimately seeking a way forward to better treatment and more compassionate care.

essential health and wellness raleigh nc: Aromatherapy for Bodyworkers Jade Shutes, Christina Weaver, 2007 As aromatherapy gains in popularity among complementary medical modalities, more bodywork professionals now integrate essential oils into their practices. Aromatherapy for Bodyworkers embraces the expansion of knowledge and presents a complete and authoritative source of information for health care workers and spa professionals.

essential health and wellness raleigh nc: Data Analytics and Applications of the Wearable Sensors in Healthcare Shabbir Syed-Abdul, Luis Fernandez Luque, Pei-Yun Sabrina Hsueh, Juan M. García-Gomez, Begoña Garcia-Zapirain, 2020-06-17 This book provides a collection of comprehensive research articles on data analytics and applications of wearable devices in healthcare. This Special Issue presents 28 research studies from 137 authors representing 37 institutions from 19 countries. To facilitate the understanding of the research articles, we have organized the book to show various aspects covered in this field, such as eHealth, technology-integrated research, prediction models, rehabilitation studies, prototype systems, community health studies, ergonomics design systems, technology acceptance model evaluation studies, telemonitoring systems, warning systems, application of sensors in sports studies, clinical systems, feasibility studies, geographical location based systems, tracking systems, observational studies, risk assessment studies, human activity recognition systems, impact measurement systems, and a systematic review. We would like to take this opportunity to invite high quality research articles for our next Special Issue entitled "Digital Health and Smart Sensors for Better Management of Cancer and Chronic Diseases" as a part of Sensors journal.

essential health and wellness raleigh nc: The Mindful Twenty-Something Holly B Rogers, 2016-12-01 "A 21st century book, grounded in ancient ways of practice." —Sharon Salzberg, author of Lovingkindness and Real Happiness In The Mindful Twenty-Something, the cofounder of the

extremely popular Koru Mindfulness program developed at Duke University presents a unique, evidence-based approach to help you make important life decisions with clarity and confidence. As a twenty-something, you may feel like you are being pulled in dozen different directions. With the daily tumult, busyness, and major life changes you experience as a young adult, you may also be particularly vulnerable to stress and its negative effects. Emerging adulthood, which occurs between the ages of 18 and 29, is a developmental stage of life when you're faced with important decisions about school, relationships, sex, your career, and more. With so much going on, you need a guide to help you navigate with less stress and more ease. The Koru Mindfulness program, developed at Duke University and already in use on numerous college campuses—including Harvard, Yale, Princeton, MIT, Dartmouth, and several others—and in treatment centers across the country, is the only evidence-based mindfulness training program for young adults that has been empirically proven to have significant benefits for sleep, perceived stress, and self-compassion. Now, with *The Mindful Twenty-Something*, this popular program is accessible to all young adults struggling with stress. With Koru Mindfulness and the practical tools you'll learn from this acceptance-based, proven-effective approach, you'll be able to cultivate the compassion and mindfulness skills you need to manage life's challenges from a calm, balanced center, regardless of what comes your way.

essential health and wellness raleigh nc: Regenerative Rehabilitation Sarah M. Greising, Jarrod A. Call, 2022-06-01 This contributed volume presents the current state of research on regenerative rehabilitation across a broad range of neuro- and musculoskeletal tissues. At its core, the primary goal of regenerative rehabilitation is to restore function after damage to bones, skeletal muscles, cartilage, ligaments/tendons, or tissues of the central and peripheral nervous systems. The authors describe the physiology of these neuro- and musculoskeletal tissue types and their inherent plasticity. The latter quality is what enables these tissues to adapt to mechanical and/or chemical cues to improve functional capacity. As a result, readers will learn how regenerative rehabilitation exploits that quality, to trigger positive changes in tissue function. Combining basic, translational, and clinical aspects of the topic, the book offers a valuable resource for both scientists and clinicians in the regenerative rehabilitation field.

essential health and wellness raleigh nc: Implementing High-Quality Primary Care National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Implementing High-Quality Primary Care, 2021-06-30 High-quality primary care is the foundation of the health care system. It provides continuous, person-centered, relationship-based care that considers the needs and preferences of individuals, families, and communities. Without access to high-quality primary care, minor health problems can spiral into chronic disease, chronic disease management becomes difficult and uncoordinated, visits to emergency departments increase, preventive care lags, and health care spending soars to unsustainable levels. Unequal access to primary care remains a concern, and the COVID-19 pandemic amplified pervasive economic, mental health, and social health disparities that ubiquitous, high-quality primary care might have reduced. Primary care is the only health care component where an increased supply is associated with better population health and more equitable outcomes. For this reason, primary care is a common good, which makes the strength and quality of the country's primary care services a public concern. *Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care* puts forth an evidence-based plan with actionable objectives and recommendations for implementing high-quality primary care in the United States. The implementation plan of this report balances national needs for scalable solutions while allowing for adaptations to meet local needs.

essential health and wellness raleigh nc: The Collagen Diet Pamela Schoenfeld, 2018-10-23 From a registered dietitian, a guide to harnessing the power of collagen with food and supplements—includes recipes. The formation of collagen by your body is absolutely essential for the rejuvenation of skin, hair, nails, bones and joints. More importantly, collagen gives these tissues the youthful elasticity, flexibility and strength needed to ward off degeneration before it begins. Written by a registered dietitian and packed with scientifically proven techniques, helpful strategies, and

delicious recipes, this book offers simple steps to boost your body's natural collagen production. Pam Schoenfeld reveals ways to keep skin more youthful, hair stronger, and bones more resilient, explaining everything you need to know about collagen, including: • What it is and how your body utilizes it • Why you need collagen protein in your diet • How it supports wellness, beauty, and good health • How to utilize collagen to better manage weight and blood sugar issues • How collagen can support your antioxidant and inflammation defenses • How much to consume daily and which foods naturally contain it • How to choose an effective supplement • What other nutrients and foods support your body's collagen production

essential health and wellness raleigh nc: CDC Yellow Book 2020 Centers for Disease Control and Prevention (CDC), 2019 The definitive reference for travel medicine, updated for 2020 A beloved travel must-have for the intrepid wanderer. -Publishers Weekly A truly excellent and comprehensive resource. -Journal of Hospital Infection The CDC Yellow Book offers everything travelers and healthcare providers need to know for safe and healthy travel abroad. This 2020 edition includes: ♦ Country-specific risk guidelines for yellow fever and malaria, including expert recommendations and 26 detailed, country-level maps ♦ Detailed maps showing distribution of travel-related illnesses, including dengue, Japanese encephalitis, meningococcal meningitis, and schistosomiasis ♦ Guidelines for self-treating common travel conditions, including altitude illness, jet lag, motion sickness, and travelers' diarrhea ♦ Expert guidance on food and drink precautions to avoid illness, plus water-disinfection techniques for travel to remote destinations ♦ Specialized guidelines for non-leisure travelers, study abroad, work-related travel, and travel to mass gatherings ♦ Advice on medical tourism, complementary and integrative health approaches, and counterfeit drugs ♦ Updated guidance for pre-travel consultations ♦ Advice for obtaining healthcare abroad, including guidance on different types of travel insurance ♦ Health insights around 15 popular tourist destinations and itineraries ♦ Recommendations for traveling with infants and children ♦ Advising travelers with specific needs, including those with chronic medical conditions or weakened immune systems, health care workers, humanitarian aid workers, long-term travelers and expatriates, and last-minute travelers ♦ Considerations for newly arrived adoptees, immigrants, and refugees Long the most trusted book of its kind, the CDC Yellow Book is an essential resource in an ever-changing field -- and an ever-changing world.

essential health and wellness raleigh nc: Faith, Health, and Healing in African American Life Stephanie Y. Mitchem, Emilie M. Townes, 2008-08-30 Offers an overview of the varieties of ways African Americans address healing and health, particularly through religion, faith, and spirituality.

essential health and wellness raleigh nc: *Core Curriculum for Holistic Nursing* Barbara Montgomery Dossey, American Holistic Nurses' Association, 1997 Nurses are increasingly aware of the need to blend technology, mind, and spirit in creating optimal circumstances for healing. The American Holistic Nurses Association, with Barbara Dossey, a pioneer and leader in the field, has created a core curriculum that will provide a blueprint for what it means to be a holistic nurse. This text can also serve as a study guide for the AHNCC exam. Core Curriculum for Holistic Nursing has a broad appeal to nurses new to holistic concepts as well as those who are already experts.

essential health and wellness raleigh nc: Wellness Foods , 2003

essential health and wellness raleigh nc: Tired of Being Sick and Tired Michael Berglund, 2011-10-04 DIVIn Tired of Being Sick and Tired, Dr. Michael Berglund addresses the surprising hidden reasons why you, like so many other people, may be struggling to overcome exhaustion, depression, and weight gain./div

essential health and wellness raleigh nc: *Building Resilience to Trauma* Elaine Miller-Karas, 2015-02-20 After a traumatic experience, survivors often experience a cascade of physical, emotional, cognitive, behavioral, and spiritual responses that leave them feeling unbalanced and threatened. Building Resilience to Trauma explains these common responses from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology. It also presents alternative approaches, the Trauma Resiliency Model (TRM) and the

Community Resiliency Model (CRM), which offer concrete and practical skills that resonate with what we know about the biology of trauma. In programs co-sponsored by the World Health Organization, the Unitarian Universalist Service Committee, ADRA International and the department of behavioral health of San Bernardino County, the TRM and the CRM have been used to reduce and in some cases eliminate the symptoms of trauma by helping survivors regain a sense of balance. Clinicians will find that they can use the models with almost anyone who has experienced or witnessed any event that was perceived as life threatening or posed a serious injury to themselves or to others. The models can also be used to treat symptoms of vicarious traumatization and compassion fatigue.

essential health and wellness raleigh nc: The Way of Mindful Education: Cultivating Well-Being in Teachers and Students Daniel Rechtschaffen, 2014-06-08 A new educational paradigm for youth mindfulness. "If you are a teacher, or an educator, or involved in school administration and curriculum development, the book you hold in your hands has the potential to transform your life, the lives of your students, and the life of the school itself, as well as education in America."—Jon Kabat-Zinn, PhD, from the Foreword With attention spans waning and stress on the rise, many teachers are looking for new ways to help students concentrate, learn, and thrive. The Way of Mindful Education is a practical guide for cultivating attention, compassion, and well-being not only in these students, but also in teachers themselves. Packed with lesson plans, exercises, and considerations for specific age groups and students with special needs, this working manual demonstrates the real world application of mindfulness practices in K-12 classrooms. Part I, Why Mindful Education Matters, explains what mindfulness is, the science behind its benefits for students and educators, and the inspiring work that is already underway in the Mindful Education movement. In Part II, Begin with Yourself, we are reminded that in order to teach mindfully, we need to be mindful. Here teachers will learn the when, where, and how of mindfulness so they can effectively embody its practices with their students. Mindfulness practices offer teachers self-care and attention skills that prepare them to teach with greater energy and mastery. Discover how simple exercises can help manage stress, focus attention, develop compassion, and savor positive experiences in everyday life. Part III, Cultivating a Mindful Classroom, explores the qualities of a mindful teacher, the ingredients of a mindful learning environment, and helpful skills for appropriate, supportive work with cultural diversity, student stress and trauma, and varying age groups and developmental stages. Finally, in Part IV, Mindful Education Curriculum, we learn eighteen ready-to-use mindfulness lessons for use in schools. These practical exercises, designed to foster skills like embodiment, attention, heartfulness, and interconnectedness, can be readily adapted for any age group and population, and the author draws from his extensive personal experience to offer a wealth of tips for introducing them to students in real-time. Decades of research indicate the impressive benefits of mindfulness in social, emotional, and cognitive development, and as an antidote to emotional dysregulation, attention deficits, and social difficulties. This book invites teachers, administrators, and anyone else involved in education to take advantage of this vital tool and become purveyors of a mindful, compassionate, ethical, and effective way of teaching.

essential health and wellness raleigh nc: A Woman's Guide to De-Stress for Success Tiffany Lowe-Payne, Natasha T. Brown, 2016-04-02 Do you feel fed up, overwhelmed, overworked or just completely stressed out? If you've answered yes, you are not alone. In today's world full of daily schedules, deadlines and demands, women are much more likely to experience major stress as they multi-task through life. The problem is that stress can make you sick! In fact, many of the illnesses that drive patients to the doctor's office have chronic stress as a major underlying factor, and after reading this book you'll understand why. In *A Woman's Guide To De-Stress For Success*, board certified family physician and stress expert Dr. Tiffany Lowe-Payne combines her medical knowledge with her personal experiences as a successful doctor, wife and mother of two, to help busy women find balance and transform their lives from the inside out. This is the most practical guide for today's modern woman, filled with important medical information, interactive exercises and spiritual guidance to inform you, inspire you and help you live at your best mind, body and spirit. Let Dr.

Tiffany transform you!

essential health and wellness raleigh nc: *Health Research Methodology* , 1992

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Chaugule, Santosh G. Honavar, Paul T. Finger, 2019-10-03 Designed as an easy-to-use, practical guide to tumors of the eye, lids, and orbit, this Open Access book comprehensively addresses surgical treatment and management of diseases related to ophthalmic oncology. Surgical Ophthalmic Oncology: A Collaborative Open Access Reference is an ideal reference for general

ophthalmologists, surgeons, fellows and trainees around the world who encounter these diseases in the care of their patients. Notably, this book includes considerations for those ophthalmologists offering subspecialty care in environments with limited access to advanced technology and instrumentation. Individual chapters address diagnostic indications, pre-operative and post-operative concerns, and provide detailed explanations of surgical techniques required to manage various eye cancer ailments with help of ample illustrations. High-quality videos included throughout the book provide readers with the opportunity to review surgical steps in real-time as a learning tool. Chapters thoroughly cover tumors of eyelid, cornea and conjunctiva, orbit as well as intraocular tumors, while later chapters discuss ophthalmic radiation therapy. The book concludes with a section on ophthalmic pathology which details essential guidelines on relevant aspects from specimen collection and transport, to interpretation of the pathology report. Surgical Ophthalmic Oncology: A Collaborative Open Access Reference is a unique and necessary valuable resource for ophthalmologists, trainees, and related medical professionals working in underserved areas in providing quality care for patients suffering from ocular cancers.

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