

first choice wellness care

First Choice Wellness Care: Your Guide to Prioritizing Your Well-being

Are you tired of feeling overwhelmed, stressed, and constantly chasing after fleeting moments of feeling good? Do you crave a more proactive approach to your health, one that focuses on prevention and overall well-being rather than just reacting to illness? Then you've come to the right place. This comprehensive guide dives deep into the world of "First Choice Wellness Care," exploring what it means, how to implement it in your life, and why prioritizing your well-being should be your top priority. We'll cover everything from simple lifestyle changes to more advanced strategies, helping you create a personalized plan for a happier, healthier you.

Understanding First Choice Wellness Care: More Than Just Absence of Disease

First Choice Wellness Care isn't just about avoiding doctor's visits; it's a holistic approach that prioritizes proactive health management. It's about making conscious choices daily that contribute to your physical, mental, and emotional well-being. It's about choosing wellness as your first choice, placing it at the forefront of your decision-making process. This means consciously selecting healthy foods over processed snacks, choosing exercise over inactivity, and prioritizing mental health practices over constant stress.

This philosophy shifts the focus from reactive healthcare (treating illness after it occurs) to proactive healthcare (preventing illness before it starts). By actively managing your well-being, you're significantly reducing your risk of developing chronic diseases, improving your energy levels, boosting your mood, and enhancing your overall quality of life.

Pillars of First Choice Wellness Care: Building Your Foundation

Several key pillars support a successful First Choice Wellness Care approach. Let's explore these crucial elements:

1. Nutrition: Fueling Your Body for Optimal Performance

What you eat directly impacts your energy levels, mood, and overall health. First Choice Wellness Care emphasizes a balanced diet rich in whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains. Minimizing processed foods, sugary drinks, and excessive saturated fats is crucial. Consider consulting a registered dietitian to create a personalized nutrition plan tailored to your specific needs and goals.

2. Physical Activity: Movement is Medicine

Regular physical activity is non-negotiable for optimal well-being. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, along with muscle-strengthening activities twice a week. Find activities you enjoy – whether it's dancing, hiking, swimming, or simply taking a brisk walk – to make exercise a sustainable part of your routine.

3. Stress Management: Cultivating Inner Peace

Chronic stress takes a significant toll on both physical and mental health. First Choice Wellness Care prioritizes effective stress management techniques. Explore options like meditation, yoga, deep breathing exercises, spending time in nature, or engaging in hobbies you enjoy. Learning to manage stress effectively is a critical component of long-term well-being.

4. Sleep Hygiene: Rest and Recharge

Adequate sleep is essential for physical and cognitive restoration. Aim for 7–9 hours of quality sleep each night. Establish a regular sleep schedule, create a relaxing bedtime routine, and optimize your sleep environment for darkness, quiet, and a comfortable temperature.

5. Mental and Emotional Well-being: Nurturing Your Mind

Prioritizing mental and emotional health is crucial. Engage in activities that bring you joy and fulfillment, cultivate positive relationships, and don't hesitate to seek professional help if you're struggling with anxiety, depression, or other mental health challenges. Therapy, counseling, and support groups can be invaluable resources.

Implementing First Choice Wellness Care: A Practical Guide

Transitioning to a First Choice Wellness Care approach is a journey, not a destination. Start small, focusing on making gradual, sustainable changes. Here's a practical guide to get you started:

Set realistic goals: Don't try to overhaul your entire lifestyle overnight. Start with one or two areas you'd like to improve and gradually add more as you progress.

Track your progress: Keep a journal or use a fitness tracker to monitor your progress and identify areas where you might need adjustments.

Seek support: Connect with friends, family, or a support group to stay motivated and accountable.

Celebrate your successes: Acknowledge and reward yourself for your achievements, no matter how small.

Be patient and kind to yourself: Making lasting changes takes time and effort. Don't get discouraged if you slip up occasionally. Simply get back on track and continue moving forward.

Conclusion: Invest in Your Well-being Today

First Choice Wellness Care is an investment in your future. By proactively prioritizing your physical, mental, and emotional well-being, you're setting yourself up for a happier, healthier, and more fulfilling life. Embrace this philosophy, make conscious choices daily, and watch as your overall well-being blossoms. Remember, it's about making wellness your first choice, consistently and deliberately.

FAQs:

1. Is First Choice Wellness Care expensive? Not necessarily. Many aspects of First Choice Wellness Care, such as increased physical activity and mindful eating, are free or low-cost. However, investing in things like therapy or a nutrition consultation can be worthwhile depending on individual needs.
1. How long does it take to see results from First Choice Wellness Care? Results vary depending on individual factors and the consistency of your efforts. You may start noticing positive changes within weeks, but significant improvements often take months or even years.
1. What if I experience setbacks? Setbacks are a normal part of the process. Don't let them discourage you. Simply acknowledge them, learn from them, and get back on track.
1. Can First Choice Wellness Care help with chronic conditions? While it won't cure all conditions, First Choice Wellness Care can significantly improve the management of chronic conditions by reducing symptoms and improving overall health. It's essential to work with your healthcare provider to develop a comprehensive plan.
1. How do I find a healthcare provider who supports First Choice Wellness Care? Look for healthcare providers who emphasize a holistic approach, preventative care, and patient-centered care. Many functional medicine practitioners and integrative healthcare providers align with this philosophy.

first choice wellness care: *Why Wellness Sells* Colleen Derkatch, 2022-12-13 The author argues that wellness has become so pervasive in the United States and Canada because it is an ever-moving goal. It embodies an idea of both restoring the body to some natural, and therefore healthy, state

and of enhancing the body toward an ideal state of health, one that is better than well. Overall, the book, a rhetorical and cultural study, offers a nuanced account of how language, belief, behavior, experience, and persuasion collide to produce and promote wellness, which is among the most compelling--and possibly harmful--concepts that govern contemporary Western life--

first choice wellness care: *Wellness around the World [2 volumes]* Brenda S. Walter, 2022-11-07 Through a rich selection of reference entries, country profiles, and interviews, this two-volume set introduces students and general interest readers to the fascinating and multifaceted fields of global and cross-cultural health studies. The health challenges facing people around the world today are diverse, yet we all share common needs for physical, psychological, and social well-being. It is these factors that drive the study and mission of global health. *Wellness around the World: An International Encyclopedia of Health Indicators, Practices, and Issues* serves as a broad introduction to the field of global health. Volume 1 includes a collection of accessibly written entries covering a wide variety of integral topics in this multidisciplinary subject. Readers will discover how various factors interact with one another to form a complex and multilayered picture of health around the world. Volume 2 features profiles of every country on Earth, detailing each nation's unique health landscape and pressing health concerns. These profiles, which follow a standardized format, allow readers to compare and contrast multiple countries and regions. This set also includes a collection of 10 in-depth interviews with researchers and activists working to improve health around the globe, offering readers a look at how abstract concepts and principles are applied to foster real-world change.

first choice wellness care: *THE "BOOMERS" ARE COMING* Jerry Rhoads, 2012-12-10 The foundation of democracy is the pursuit of the Greater Good. As a country, we pursue what is good for most of the people, most of the time. But that is not our approach for the care of our elderly. Of the 330 million people in America 77 million are baby boomers. In the next 10 years a staggering majority of them turned 60. Even though it would be for the Greater Good of America, there are no provisions for taking care of these aging lives. There are only time bombs:

- Currently, there are 2.3 million falls per year among the elderly in nursing homes. There will be 80 million per year when the baby boomers come of nursing home age
- On the average, baby boomers will have 4 to 5 chronic illnesses by the time they are 65...that equates to 350 million chronic conditions
- 77 million families will be impacted by the disabilities and chronic conditions imposed on them by aging baby boomers
- 77 million households are not equipped and never will be to handle chronic illnesses and dependent lives
- \$77 trillion dollars will be imposed annually on the budgets of State and Federal Governments to care for the aging boomers
- The 46 million uninsured will become 100 million as the baby boomers become retirement age and unemployed
- There are currently 1.7 million nursing home patients in 18,000 nursing homes and 4 million assisted living residents in 23,000 assisted living facilities. We will need 12 times as many nursing homes and 15 times as many assisted living facilities to handle the 77 million baby boomers in a supportive setting
- 2 million physicians, 2 million nurses, 7,500 hospitals and 750,000 other health professionals cannot handle the needs of 77 million aging baby boomers. But they do want their share of the health care dollars. Making the radical change from health maintenance to prevention and health preservation would serve the greater good and make more Medicare money available. On top of these time bombs we have 77 million high expectations. If we are expecting these 77 million baby boomers to just accept nursing homes and assisted living as they are...think again. They tend to be dependent on others for their approach to health care and generally are not staying healthy; nor are they schooled on preserving their health and do not pay more for poor health. Compounding this, their health care providers are not schooled in detecting cause or in pursuing measurable outcomes. But they are paid regardless of results

first choice wellness care: *Self Care for Nurses: Small Doses for Wellness* Natalie B. May, Tim Cunningham, Dorrie K. Fontaine, 2023-03-29 The term resilience often gets a bad rap, but the ability to take care of yourself during stressors remains key to creating a work environment where you can thrive. Grounded in research and rich in expertise gleaned from fellow nurses and other

practitioners across the healthcare spectrum, *Self Care for Nurses* offers proven self-care strategies in small doses that can positively transform your relationship with work. The authors filled this book with practical exercises that will fit easily into your lifestyle and might just keep you from the brink of burnout. Authentic self-care practice is best for you, for your patients, and for your colleagues. Integrating these purposefully simple and easy-to-adopt strategies into your life can help you flourish in good times and grow in difficult ones.

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

first choice wellness care: To Heal a Nation Jeffrey Trigo, D.C., 2020-09-29 Have you ever wondered why our great nation is full of sickness and disease? Within the contents of this book you will find the answers that will bring about a much needed transformation to our broken health care system while obtaining true wellness within your own household. You will be inspired and challenged. One of the greatest goal setting tools I've ever seen is within the contents of this book for you personal growth. This goal setting tool will help you to learn what bring you the most satisfaction and joy while helping you identify your purpose in life. Learn about proper nutrition, exercise and other fundamentals that are absolutely paramount for wellness success and learn what toxic substances may be sabotaging your health. God doesn't make junk and we should be moving toward the 120-year lifespan that was promised in the Bible for the post flood man. Read, learn, apply, and enjoy the wellness journey that is described for you in the contents of this book. www.TrigoChiropractic.Com Follow me on Instagram: [drjefftrigodc](#) Facebook: Trigo Chiropractic- Dr Jeff Trigo D.C.

first choice wellness care: America in the Red Zone Jerry Rhoads, 2014-01-31 Science and socialized health care continue to wage a diabolical struggle thats hurting the overall health of the nation. Meanwhile, were receiving conflicting signals about our collective health, with some studies predicting well live longer and other studies showing that obesity and disease will cut our lives short. Among the American population, 66 percent of people exercise fewer than ten minutes per week, 45 percent do not read food labels, and 25 percent use some form of mind-altering chemicals. Most Americans dont even have long-term care insurance or a financial plan for nursing home care. In this self-health guide, Jerry Rhoads, the President and CEO of All-American Carea long-term care firm specializing in restorative carecuts through the confusion and provides solutions that boost personal wellness. You can learn how to make time to exercise, determine whether Obama Care is a solution or an added burden, take advantage of tax incentives that promote a healthy lifestyle, and improve your relationships with loved ones. Get the facts you need in order to understand the problem, and take steps to ensure that you can enjoy a healthy life even when we see America in the Red Zone.

first choice wellness care: Health and Wellness Saddleback Educational Publishing, 2021-08-30 Theme: Hi-Lo, life skills, career, achieve independence, skills, health and safety, Eating a balanced diet and getting regular exercise are important parts of maintaining good health. However, there are many other aspects that often go overlooked when it comes to overall wellness. From having regular medical checkups to caring for your mental health, understaning how to better care for your mind, body, and spirit can help you live a happier, healthier life. Combining practical content with visual appeal, the Life Skills Handbooks read more like magazines than books. These 120-page handbooks are designed to teach life skills to today's teens in an approachable and non-threatening way. Realistic scenarios help teens grasp the relevance of the information in these books, and tables, graphs, and charts add to students' understanding. Essential vocabulary is featured to help students build real-world literacy.

first choice wellness care: Intuitive Wellness Laura Alden Kamm, 2012-12-11 In 1982, at the age of 26, 'ordinary wife and mother' Laura Kamm recovered from a painful and terrifying

near-death experience with an amazing new ability - she could tell just from looking at someone if they were suffering from a medical or spiritual malaise. The arrival of this incredible gift changed her life, and she went on to study with shamans and healers from around the world. In her amazing book, she clearly explains the philosophies that guide her work, and reveals how identifying the emotional 'messages' trapped in our bodies can liberate us from conditions such as depression and overweight. She offers practical exercises that help readers learn about their own unique energy systems, develop confidence in their intuition, and resolve their emotional and physical pain. Filled with inspiring stories and written with the down-to-earth warmth of a trusted friend, Kamm's profound insight teaches us how we can heal ourselves of ailments both physical and emotional through working with our innate 'forgotten' power.

first choice wellness care: The Body Shape Solution to Weight Loss and Wellness Marie Savard, 2013-02-19 When it comes to your health, body shape really does matter! No matter what your current weight or how well you take care of yourself, whether you're a teenager or postmenopausal, this book will change the way you relate to your body forever. That's the power of body shape -- and it's as easy as knowing the difference between apples and pears! If you tend to gain weight in your belly and back, you're an apple. If your thighs and derriere are where you bear extra baggage, you're a pear. But do you know that your fruit IQ is the single most powerful predictor of future health? Body type directly affects your likelihood for obesity, heart disease, osteoporosis, diabetes, stroke, varicose veins, and certain cancers. But, as medical pioneer and ABC's women's health expert Marie Savard, M.D., explains in this ground-breaking book, there are things you can do to prevent or even reverse the risks of body shape. The Body Shape Solution to Weight Loss and Wellness can help you: • understand what body shape means, and how it relates to your health • learn how to distinguish between subcutaneous and visceral fat -- butt or gut! -- and discover why all fat is not created equal • discover the Elite foods that help protect against disease and improve your odds of shedding fat • acquire the tools you need to make conscious, informed, healthy choices about food • throw away your scale and get out of the cycle of diet failure -- for good! Work with your body -- not against it -- to achieve maximum health and look your best!

first choice wellness care: The Autoimmune Wellness Handbook Mickey Trescott, Angie Alt, 2016-11-01 The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

first choice wellness care: The Lived Experience of Caring Ashwin Kumar, 2005

first choice wellness care: Natural Health after Birth Aviva Jill Romm, 2002-01-01 Provides essential advice for adjusting to the many challenges facing women during the first year after giving birth. • Offers practical tips for finding balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self. • Provides helpful herbal tips and recipes and includes gentle yoga exercises. • Addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. • By the author of The Natural Pregnancy Book and Vaccinations: A Thoughtful Parent's Guide. New mothers need care and support to adjust to the myriad challenges facing them after birth: changing body image, lifestyle, work arrangements, and relationships. Midwife, herbalist, and mother of four, Aviva Jill Romm shares her insights into how to make this crucial time a happy one. She provides essential advice for preparing for the postpartum

period, coping during the first few days after the birth, establishing a successful breast-feeding relationship, getting enough rest, eating well even with a hectic schedule, and finding time to regain strength and tone with gentle yoga exercises. Woven throughout are helpful herbal tips and recipes to make the first year of motherhood a naturally healthy one. *Natural Health after Birth* also addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who plan to be home full or part time during the first year and those who must return to their jobs soon after the birth. With humor and compassion, Romm offers mothers practical wisdom for attaining the delicate balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self.

first choice wellness care: The Chiropractic Theories Robert A. Leach, 2004 Designed to be a primary reference for chiropractic students, this is a concise, scientific survey of chiropractic theories based on current research. Completely restructured for the Fourth Edition, this book focuses on the most current biomedical research on the three phase model of vertebral subluxation complex (V.S.C.). This is a useful reference for students studying for the National Board of Chiropractors Examination Parts II, III, and IV, as well as a post-graduate reference providing information on the chiropractic perspective on health and wellness, nutrition, exercise, psychosocial issues, and case management principles for wellness care. This new text focuses on developing critical thinking among chiropractic students, and includes new contributors and new chapters on principles of statistics and a minimum process for validation of chiropractic theory.

first choice wellness care: The Wellness Zone Dominique Livkamal, 2021-08-12 The Wellness Zone is your guide to optimal wellness. Do you understand your body and what to do when you are exposed to illness? The Wellness Zone is here to help you become empowered with your lifestyle so that you feel strong and capable of looking after yourself and your family with natural home-based solutions. This book guides you through simple practices that can often prevent, cure and help you recover from many health problems which can seem complex, when in fact they are not so difficult to navigate from your kitchen. In The Wellness Zone, Dominique Livkamal simply and effectively translates quite technical health issues into everyday language so that you can see and act on health problems with diet, herbs, nutritional medicines, rest, practices and some old fashioned remedies that are right at hand in your home!

first choice wellness care: Preventive Cardiovascular Nursing Sandra B. Dunbar,

first choice wellness care: Introduction to Public Health for Chiropractors Michael Haneline, William C. Meeker, 2010-10-25 Public health is of concern to practicing chiropractors, as well as chiropractic students. The vast majority of chiropractors utilize public health concepts every day as an integral part of patient care. For instance, they give advice on risk factors that should be avoided and protective factors to be added by their patients to enhance healing and prevent illness. Public health is also part of the curriculum at all chiropractic colleges and is tested by the National Board. No public health textbooks are available that are specifically designed for the chiropractor. Consequently, college instructors are forced to make-do with class notes and generic texts that do not address the specific issues relevant to chiropractic. This book will not only be of interest to chiropractic students, but also practicing chiropractors because it will provide information they can utilize to provide better care by positively intervening with their patients and their communities regarding public health matters.

first choice wellness care: Healthwise Handbook Donald W. Kemper, Katy E. Magee, Steven L. Schneider, 2006

first choice wellness care: Prevention's Ultimate Guide to Women's Health and Wellness Elizabeth Crow, 2002-10-18 A guide to women's health draws on the latest medical research to answer questions concerning a wide variety of health issues, with sections on how to cope with the problems of aging and a six-step plan for healthy exercise.

first choice wellness care: Telenurse R. A. Mortensen, 1997 This book is dedicated to the promotion of the International Classification Nursing practice (ICNP) in Europe and to demonstrate how comparative tele-matic based nursing data can be used in nursing modules of the electronic

patient records. Using ICNP as structured data entry will counter the lack of uniform comparative descriptive data on nursing care and enhance the clinical nursing research potential of electronic patient records. It is the aim of TELENURSE not only to advance nursing documentation from the stage of paper and pen to the stage of modern telematic but also to advance electronic nursing documentation from isolated systems to integrated nursing modules of the electronic patient records. Integrations spanning from data integration to integration of nursing modules with an overall architecture of electronic patient records require on the one hand different competencies and skills. On the other hand integration can only be accomplished between equal partners. The marriage of nursing knowledge to telematic knowledge within TELENURSE is believed to result in new generations of comprehensive and integrated telematic applications which will be of benefit to the whole health care sector. This book will update you on the insights with respect to the electronic applicability of the ICNP (in a European Health Environment).

first choice wellness care: *The Eye Care Revolution:* Robert Abel, 2014-04-29 An ophthalmologist's guide to everything from lutein to Lasik: "Valuable tips, unique insights. . .Dr. Abel is a healer for the 21st century."—from the Foreword by Mehmet Oz, M.D. Is it true that Alzheimer's can be predicted through the eye? Sleep apnea can cause blindness? Computers and texting are creating an epidemic of nearsightedness? Retina chips and stem cell therapy offer promise for macular degeneration patients? Your prescription drugs can give you cataracts. . .or glaucoma? Alternative therapies have created new vistas for hope in eye care. In this breakthrough guide—newly revised and updated—ophthalmologist Dr. Robert Abel brings you amazing nutritional, herbal, homeopathic, and Asian therapies, along with conventional methods, to prevent and even reverse most vision disorders. Discover: New devices that allow the blind to see through their tongues What you need to know about your children's eyes How to administer eye drops with your eyes closed Antioxidant must-haves for your eyes A safe, herbal treatment for glaucoma Surprising ways vitamins can protect and heal your eyes Easy steps to end eyestrain New developments in LASIK surgery Why lutein may be even more important for vision than beta-carotene How to improve lazy eyes through acupuncture and vision therapy Covering everything from high-tech laser treatments to centuries-old Asian remedies, Dr. Abel's authoritative, reliable information will help you and your doctor become full partners in saving your eyes and your overall good health. If you have an eye condition, ask your ophthalmologist how he will treat you. Then pick up Dr. Abel's book and note how many more answers he gives. I can vouch for the fact that the options he offers, being natural and nutritional, are far better.—Robert C. Atkins, M.D.

first choice wellness care: Workplace Wellness: From Resiliency to Suicide Prevention and Grief Management Judy E. Davidson, Marcus Richardson, 2023-05-05 This book uniquely provides actionable strategies along the wellness continuum in multiple dimensions: personal, institutional and professional; while applicable across disciplines: nursing and allied health, advanced practice providers and physicians. Further, the content is presented in a manner that can be taught to those entering the workforce, or serve as a primer for Wellness Officers. Most mental health texts focus on the needs of patients and ignore the mental health needs of clinicians. This book fills that gap embracing wellness initiatives as a matter of mental health. Wellness strategies for Inclusion Diversity and Equity are presented. The often ignored subject of suicide is approached head-on with evidence-based strategies for prevention. At the far end of the continuum of wellness, grief management after losing a colleague to death and/or suicide will be addressed. Each chapter includes learning objectives, a brief presentation of the science, application of principles into wellness practice, opportunities for future research and discussion questions. Artwork created by healthcare workers are included to augment transfer of knowledge through art as a way of knowing. Videos are offered to demonstrate through simulation lessons taught through the book.

first choice wellness care: Essentials for Health and Wellness Gordon Edlin, Eric Golanty, Kelli McCormack Brown, 2000 Health & Wellness

first choice wellness care: Saunders Comprehensive Review for the NCLEX-PN® Examination - E-Book Linda Anne Silvestri, Angela Silvestri, 2024-01-04 Get the best review for

the NCLEX-PN® exam from the leading NCLEX® experts! Written by Linda Anne Silvestri and Angela E. Silvestri, Saunders Comprehensive Review for the NCLEX-PN® Examination, 9th Edition, provides everything you need to prepare for success on the NCLEX-PN. The book includes a review of all nursing content areas, more than 4,600 questions for the NCLEX, detailed rationales, test-taking tips and strategies, and questions for the Next-Generation NCLEX (NGN). The Evolve companion website simulates the exam-taking experience with customizable practice questions along with realistic practice tests. Based on Silvestri's proven Pyramid to Success, this complete review is a perennial favorite of students preparing for the NCLEX. - More than 4,600 practice questions in the text and on the Evolve companion website offer ample testing practice. - Detailed test-taking strategy is included for each question, offering clues for analyzing and uncovering the correct answer option, with rationales provided for both correct and incorrect answers. - Pyramid Points icons indicate important information, identifying content that is likely to appear on the NCLEX-PN examination. - Pyramid Alerts appear in red text, highlighting important nursing concepts and identifying content that typically appears on the NCLEX-PN examination. - Priority Concepts — two in each chapter — discuss important content and nursing interventions and reflect the latest edition of Giddens' Concepts for Nursing Practice text. - Priority Nursing Action boxes provide information about the steps nurses will take in clinical situations requiring clinical judgment and prioritization. - New graduate's perspective is offered on how to prepare for the NCLEX-PN, in addition to nonacademic preparation, the CAT format, and test-taking strategies. - Mnemonics are included to help you remember important information. - Alternate item format questions cover multiple-response, prioritizing (ordered response), fill-in-the-blank, figure/illustration (hot spot), chart/exhibit, and audio questions. - Practice questions on the Evolve companion website are organized by content area, cognitive level, client needs area, integrated process, health problem, clinical judgment, and priority concepts, allowing completely customizable exams or study sessions. - Audio review summaries on the Evolve companion website cover pharmacology, acid-base balance, and fluids and electrolytes.

first choice wellness care: The Self-Care Cookbook Frank Ardito, 2017-11-20 “A gem! In an insightful and meaningful way, Dr. Ardito perfectly combines cooking healthy, easy-to-prepare recipes with eating and wellness. Love it!” —Dr. Kim Rostello, exercise physiologist, Chicago Blackhawks The Self-Care Cookbook, written by health and wellness expert Dr. Frank Ardito, explores the intersection of cooking, eating, health, and wellness by offering 130 recipes designed to help you improve every aspect of your life. Ardito doesn't believe in bad food, restrictions, or denial. True wellness—complete wellness—addresses both ends of the spectrum: fresh, light dishes that strengthen our bodies and wonderful indulgences that feed our souls. The first of its kind, The Self-Care Cookbook is divided into ten chapters, each of which focuses on one dimension of personal wellness: physical, spiritual, emotional, environmental, intellectual, nutritional, protectoral, social, occupational, and financial. Each chapter includes thirteen recipes—from starters to mains to desserts—that support well-being through carefully selected ingredients and cooking methods. For example, the intellectual wellness chapter includes foods that improve cognition and kitchen techniques that challenge the brain. This book encourages you to prepare these recipes by yourself, for yourself, as a way to create a true sense of wholeness and satisfaction. A balanced life includes both celebratory and health-supportive foods, and this book helps you decide which you most want or need at any given moment. “Dr. Ardito's book reminds us that cooking and nutrition is a fun and important part of total health, and it provides an easy to follow road map to help us feed and maintain all aspects wellness.” —Mike Gattone, MS, CSCS, senior international coach, USA Weightlifting

first choice wellness care: THINKING Outside the Pill Box Ty Vincent, MD, 2012-08-17 Mainstream medicine in America focuses on symptoms rather than causes of chronic illness and poor health. Medical education is influenced to a great extent by pharmaceutical companies and focuses our attention dangerously onto drug therapies. Conventional medicine practice has been failing miserably to control or treat the chronic disease entities afflicting our population in the

modern era. Integrative medicine concepts and practice offer people much safer and often more effective options for achieving and maintaining health, as well as combating most forms of chronic disease. The keys include understanding what it really takes to promote human health in a broad sense and what the underlying causes of chronic disease truly are. *Thinking Outside the Pill Box* contains an explanation of how our medical system came to be so defective and ineffectual, a thorough look at the important factors influencing human health, and an in-depth discussion of many common underlying causes of chronic illness in the modern world. It is designed as a self-help book for both the reader and their future generations.

first choice wellness care: Saunders Canadian Comprehensive Review for the NCLEX-RN Linda Anne Silvestri, 2016-09 Now there's a Canadian edition of the book that is often called the 'the best NCLEX(R) exam review book ever! Saunders Canadian Comprehensive Review for the NCLEX-RN(R) Examination provides everything your students need to prepare for the NCLEX exam -- complete content review and over 5,100 NCLEX examination-style questions in the book and online. This is the first edition to put the NCLEX-RN(R) exam in a Canadian context. An Evolve companion website includes instructor resources that make it easy to integrate this book into any course, along with detailed feedback and assessment for your students' work. Don't make the mistake of assuming the quality of the questions is the same in all NCLEX exam review books, because only this book includes the kind of questions that consistently test the critical thinking skills necessary to pass today's NCLEX exam. Even better, all answers include detailed rationales to help students learn from their answer choices, as well as test-taking strategies with tips on how to best approach each question. Written by the most trusted name in NCLEX review, Linda Anne Silvestri, and featuring special resources to help Canadian students succeed, this is THE book of choice for NCLEX preparation. Read any customer review or ask your colleagues to see why there's nothing else like it!

first choice wellness care: *Anchor India 2024* Infokerala Communications Pvt Ltd, 2024-03-01 India, bounded by the majestic Himalayan ranges in the North and edged by an endless stretch of golden beaches, is the land of hoary tradition and cultural diverse. Vivid kaleidoscope of landscapes, glorious historical sites and royal cities, misty mountain hideaways, colourful people, rich civilizations and festivities craft India Incredible. The delightful South India where Indian heritage is more intact has much to offer to this ancient tradition. Humankind's medical odysseys in search of destinations of heavenly healing have a long history. In the modern age, man wanted to move around as he wanted to see places which had been alien to him hitherto. India is one of the prime places to fulfill the natural instinct of man to move from one place to another and get unperturbed. Now, he is exploring places not only for satiating his thirst for seeing newer lands alone but people travel across the globe in search of health destinations as well. With the most sought after professionals and excellent network of hospitals India is becoming the very hot medical tourism destination in the world. As in the magnificent past, nowadays India is extremely renowned for its coir, coconut, marine resources, tea and coffee. The financial institutions are playing an important role in the growth of the country. This great historical soil turns out to be an abode of investment. The prime place is specified to real estate. Real estate is akin to a gold mine. In times of misery, it will yield gold. And, we are equipped for you with some illuminations which enhance her significance in the world map. *Anchor India* depicts the most vibrant Indian scenario of medical tourism, banks, coir, coconut, coffee, tea, marine resources, space making and space makers along with the amazing tourism maturity of the country.

first choice wellness care: *Ebersole & Hess' Toward Healthy Aging E-Book* Theris A. Touhy, Kathleen F Jett, 2019-08-24 Ensure you thoroughly understand the intricate details of providing effective care for adults as they age. Ebersole & Hess' *Toward Healthy Aging*, 10th Edition is the only comprehensive gerontological nursing text that effectively communicates how to provide holistic care, promote healthy lives, and address end-of-life issues and concerns. Grounded in the core competencies recommended by the AACN in collaboration with the Hartford Institute for Geriatric Nursing, the tenth edition has been extensively revised and updated with shorter, more

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