

health and wellness basket ideas

Health and Wellness Basket Ideas: The Ultimate Guide to Gifting Well-Being

Are you looking for a thoughtful and unique gift that truly shows you care? Forget generic presents – a curated health and wellness basket is the perfect way to pamper someone special and encourage a healthier lifestyle. This guide dives deep into creative and inspiring health and wellness basket ideas, offering a plethora of options for every budget and recipient. Whether you're searching for a gift for a stressed-out friend, a wellness-obsessed family member, or a new parent, we've got you covered with ideas that are sure to impress. Let's explore the art of crafting the ultimate well-being gift basket!

Understanding Your Recipient: The Key to a Perfect Basket

Before diving into specific items, consider the recipient. A basket for a yoga enthusiast will look vastly different from one for someone recovering from an illness. Think about their personality, lifestyle, and any specific health goals they might have. Are they into aromatherapy, mindful practices, or simply need a boost of energy? Tailoring your basket to their individual needs will make it far more meaningful and appreciated.

Health and Wellness Basket Ideas: For the Pampered Soul

This category focuses on relaxation and self-care. Think luxurious bath products, soothing scents, and items promoting tranquility.

Luxury Bath Soak Basket: Include Epsom salts (lavender or chamomile are calming), a bath bomb with essential oils, a luxurious bath pouf, and a scented candle. Add a pair of cozy socks for extra comfort.

Aromatherapy Bliss Basket: Focus on essential oils and diffusers. Include a selection of oils like lavender, peppermint, or eucalyptus, a diffuser (either electric or reed), and a small notebook for journaling during aromatherapy sessions. Consider adding a beautiful crystal or calming music CD.

Stress-Relief Sanctuary Basket: Combine items that promote relaxation and mindfulness. Think a weighted blanket (smaller size for gifting), a guided meditation CD or app subscription card, a calming tea selection, and a beautiful journal.

Health and Wellness Basket Ideas: For the Fitness Fanatic

For the active individual, focus on items that support their fitness journey

and help them recover.

Hydration Hero Basket: Perfect for someone who needs to stay hydrated during workouts. Include a high-quality water bottle (insulated is best), electrolyte tablets or powders, and a reusable tote bag for gym essentials.

Post-Workout Recovery Basket: Focus on muscle recovery and relaxation. Include foam roller, muscle balm or cream, compression socks, and a protein powder sample pack.

On-the-Go Fitness Basket: Great for someone who is always on the move. Include a jump rope, resistance bands, a small yoga mat, and a portable Bluetooth speaker for workout motivation.

Health and Wellness Basket Ideas: For the Mindful Maven

This category focuses on promoting mental well-being and stress reduction.

Mindfulness & Meditation Basket: Include a meditation cushion, a guided meditation app subscription, a beautiful journal for mindful journaling, and a calming herbal tea selection. A small, pretty pen is a thoughtful touch.

Creative Expression Basket: Perfect for someone who likes creative outlets to manage stress. Include adult coloring books, high-quality colored pencils, a nice sketchbook, and a comfortable pen.

Digital Detox Basket: Encourage a break from screens. Include a beautiful book, a puzzle, a set of playing cards, or a cozy blanket for relaxing offline time.

Health and Wellness Basket Ideas: For the Health-Conscious Foodie

This category focuses on healthy eating and nutrition.

Superfood Snack Basket: Include a selection of healthy snacks like nuts, seeds, dried fruits, and dark chocolate. Add a cute reusable container for portion control.

Healthy Recipe Basket: Include a cookbook filled with healthy recipes, along with some key spices or ingredients needed for a few featured recipes.

Green Smoothie Starter Kit: Include a high-powered blender (smaller size for gifting), a recipe book focusing on green smoothies, and a selection of frozen fruits and vegetables.

Presentation Matters: Making Your Basket Shine

The presentation of your basket is as important as its contents. Choose a beautiful basket or container. Use tissue paper, ribbon, and other decorative elements to make it visually appealing. A handwritten card adding a personal touch enhances the overall experience.

Budget-Friendly Health and Wellness Basket Ideas

You don't need to break the bank to create a thoughtful gift. Consider smaller, curated baskets focusing on a single theme. For example, a "tea and tranquility" basket with a single type of tea, a candle, and a small affirmation card.

Conclusion

Crafting a health and wellness basket is a fantastic way to show someone you care about their well-being. By considering the recipient's individual needs and preferences, you can create a truly personalized and meaningful gift that promotes relaxation, self-care, and a healthier lifestyle. Remember, it's the thoughtfulness behind the gesture that counts the most. So get creative, personalize your basket, and spread some well-being joy!

FAQs

1. Where can I find high-quality ingredients for my health and wellness basket? Health food stores, specialty shops, and online retailers offer a wide variety of high-quality ingredients and wellness products.
1. What if my recipient has allergies? Always check for potential allergens before including any food items. Clearly label any ingredients to avoid any surprises.
1. How much should I spend on a health and wellness basket? The budget depends on your resources and the recipient's preferences. You can create beautiful and meaningful baskets at various price points.
1. Can I include homemade items in my health and wellness basket? Absolutely! Homemade bath salts, soaps, or baked goods (if allergies are considered) add a personal touch.
1. What if my recipient already has many of the items I was considering? Consider creating a "spa day at home" experience kit by including a gift certificate for a massage, manicure, or other spa treatment. Alternatively, focus on high-quality versions of things they already have.

health and wellness basket ideas: Mindfulness Cards Rohan Gunatillake, 2018

health and wellness basket ideas: Complete Wellness Neal's Yard Remedies, 2018-09-18

Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. Complete Wellness delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with Complete Wellness.

health and wellness basket ideas: Goop Clean Beauty The Editors of GOOP, 2016-12-27 The ultimate beauty guide from the experts at Goop--the trusted resource for healthy, mindful living, curated by Gwyneth Paltrow. Millions of women around the world turn to the clean-living team at GOOP for beauty advice. From nontoxic product recommendations, red carpet- (and everyday-) ready hair and makeup tutorials, to guidance on aging, acne, and antioxidants, GOOP has become the go-to resource for head-to-toe beauty. Finally, the editors of Goop have shared their top tips and recommendations, favorite detox recipes, workout plans, and hair and makeup looks in one must-have guide. Featuring more than 100 gorgeous photos and extensive Q&As from Goop's family of expert contributors, Goop Clean Beauty will shed a definitive light on the importance of diet, sleep, exercise, and clean beauty products, while offering tactical advice for healthy, glowing skin and hair that starts from the inside out. The first book from the top name in clean-living, Goop Clean Beauty is the one resource women need to feel, and look, their best every day.

health and wellness basket ideas: Stronger After Stroke Peter G Levine, 2008-10-01

Billions of dollars are spent on stroke-related rehabilitation research and treatment techniques but most are not well communicated to the patient or caregiver. As a result, many stroke survivors are treated with outdated or ineffective therapies. Stronger After Stroke puts the power of recovery in the reader's hands by providing simple to follow instructions for reaching the highest possible level of healing. Written for stroke survivors, their caregivers, and loved ones, Stronger After Stroke presents a new and more effective treatment philosophy that is startling in its simplicity: stroke survivors recover by using the same learning techniques that anyone uses to master anything. Basic concepts are covered, including: Repetition of task-specific movements Proper scheduling of practice Challenges at each stage of recovery Setting goals and recognizing when they have been achieved The book covers the basic techniques that can catapult stroke survivors toward maximum recovery. Stronger After Stroke bridges the gap between stroke survivors and what they desperately need: easily understandable and scientifically accurate information on how to achieve optimal rehabilitation.

health and wellness basket ideas: Your Body Beautiful Jennifer Ashton M.D., Ob-Gyn, Christine Rojo, 2012-01-05 The popular medical correspondent challenges women to reinvent their health and wellness routines, and make midlife their most vibrant years yet. Demi Moore, Cameron Diaz, Courteney Cox, and the list goes on. The world is realizing that a woman's thirties and forties can be the most beautiful, energetic, and passionate time of her life. Today's women can maximize this stage- and lay the foundation for optimal health and well-being. Dr. Jennifer Ashton embodies this philosophy and wants to help you enjoy these often overlooked years and feel and look your absolute best. Dr. Ashton's passion, warmth, and wit have made her America's fastest-rising women's health expert and medical correspondent. Here, she outlines a powerful approach to health care that can help you unleash new energy, strength, and sexiness. Integrating the latest scientific

research, she has created a five-part plan, including: A simple eating plan, tailored to keep energy high and your weight healthy for your changing metabolism A high-powered fitness program to help you work out harder in less time Stress-reduction techniques and simple strategies for relaxation An effective, step-by-step sleep plan Prevention advice for reducing your risk of heart disease, cancer, and other potentially fatal ailments Authoritative yet written in a friendly, girlfriend-to-girlfriend voice, *Your Body Beautiful* and its transformative strategies will help you look and feel younger, stronger, and more vibrant than ever.

health and wellness basket ideas: *The Everything Health Guide to OCD* Chelsea Lowe, 2007-11-01 OCD sufferers have difficulty concentrating, and often their compulsions--needless checking, excessive worrying, and even repetitive actions like rewashing--make it difficult for them to lead their everyday lives. Misdiagnosed or untreated OCD can become chronic and more severe. It is also hereditary, so parents who have OCD may pass symptoms on to their children. Written by an OCD sufferer with a technical review by a licensed psychologist, this practical guide covers: * Diagnosis and the identification of symptoms * The types of OCD * Current treatment options * Some coping strategies * Support groups * Useful resources like an OCD self-test With *The Everything® Health Guide to OCD*, people who suffer from the disorder can rest easy, knowing they have the knowledge and medical information to help them recognize and cope with the symptoms and decide upon treatment. AUTHOR: Chelsea Lowe (New England) is a professional writer who has been living with OCD for 7 years (she was diagnosed at the age of 37). She has written about the disorder for the Philadelphia Inquirer, the New York Daily News, and TV Guide. Her other publication credits include Newsweek, National Public Radio, Newsday, the Los Angeles Times, the Boston Globe, Technology Review, and the Boston Herald. Judith A. Lytel, Psy.D. (Amherst, MA), is a licensed psychologist who has been in private practice for more than 12 years, treating patients with anxiety disorders such as OCD. She was a Clinical Instructor and Preceptor in Obstetrics and Gynecology at Tufts University School of Medicine. A graduate of Penn State, Johns Hopkins, and the Massachusetts School of Professional Psychology, Dr. Lytel completed a postdoctoral fellowship in Behavioral Medicine at Harvard-affiliated Cambridge Hospital.

health and wellness basket ideas: *Let Go of Emotional Overeating and Love Your Food* Arlene B. Englander, 2018-08-24 *Let Go of Emotional Overeating and Love Your Food* is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, *Let Go of Emotional Overeating and Love Your Food* offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally – neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don't work for people who eat through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we're free to relax and really savor our food when we choose to eat. Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander's approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

health and wellness basket ideas: *Grown and Flown* Lisa Heffernan, Mary Dell Harrington, 2019-09-03 PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and

preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

health and wellness basket ideas: Did I Say That Out Loud? Kristin van Ogtrop, 2021-04-13 From the former editor-in-chief of Real Simple, enjoy this hilarious and deeply insightful take on the indignities of middle age and how to weather them with grace: A pure pleasure to read (Cathi Hanauer, author of *Gone*). Do you hate the term “middle age?” So does Kristin van Ogtrop, who is still trying to come up with a less annoying way to describe those years when you find yourself both satisfied and outraged, confident and confused, full of appreciation but occasional disdain for the world around you. Like an intimate chat with your best friend, this mostly funny, sometimes sad, always affirming volume from longtime magazine journalist van Ogtrop is a celebration of that period of life when mild humiliations are significantly outweighed by a self-actualized triumph of the spirit. Finally! Featuring stories from her own life, as well as anecdotes from her unwitting friends and family, van Ogtrop encourages you to laugh at the small irritations of midlife: neglectful children, stealth insomnia, forks that try to kill you, t.v. remotes that won't find Netflix, abdominal muscles that can't seem to get the job done. But also to acknowledge the things you may have lost: innocence, unbridled optimism, smooth skin. Dear friends. Parents. It's all here: the sublime and the ridiculous, living together in the pages of this book as they do in your heart, like a big messy family, in this no-better-term-for-it middle age.

health and wellness basket ideas: Self-Care for Caregivers Pat Samples, Diane Larsen, Marvin Larsen, 2011-03-04 For those serving as a caregiver for a loved one, the authors of this down-to-earth, encouraging book can help you make the most of the experience without losing yourself in the process. Are you one of the growing number of people who serves as a caregiver for an aging or chronically ill friend or family member? If so, you probably struggle to meet both their special needs and still find time and resources for yourself. But now there is reason to take heart. The authors of this down-to-earth, encouraging book can help you make the most of the experience without losing yourself in the process. Using the Twelve Steps as a guide, the authors conduct readers through the pitfalls of caregiving--the emotional snarls and strains, daily struggles, competing needs, and questions about confronting pain--providing hope and tangible suggestions on how to stay strong and sane while providing healthy support and love. *Self-Care for Caregivers* offers sensitive and sensible guidance for the family caregiver. This is a little book with a big message: how to take care of yourself so you can take care of others. - Connie Goldman, producer of the public radio special *Hardship into Hope, The Rewards of Caregiving*; co-author of *Tending the Earth, Mending the Spirit* and *Secrets of Becoming a Late Bloomer* This book is an uplifting treasury of hope. The authors gently direct the reader with comforting, practical text that offers empowering caregiving strategies and avenues for emotional and spiritual growth. - James and Merlene Sherman, author and editor of the *Caregiver Survival* series.

health and wellness basket ideas: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward

approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction—foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels—they are about enjoying delicious food that's also good for you.

health and wellness basket ideas: Hashimoto's Protocol Izabella Wentz, PharmD., 2017-03-28 Instant #1 New York Times Bestseller Dr. Izabella Wentz, the author of the phenomenal New York Times bestseller Hashimoto's Thyroiditis, returns with a long-awaited, groundbreaking prescription to reverse the symptoms of this serious autoimmune condition that is becoming one of the country's fastest growing diseases. More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and forgetfulness—patients are often prescribed synthetic hormones that have numerous life-altering side effects. But there is a better way. Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In Hashimoto's Protocol, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days. Drawing on her own personal experience as well as her work consulting with thousands of patients, Hashimoto's Protocol offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers, which they can identify using self-tests included in the book. Hashimoto's Protocol also features original recipes. Grounded in the latest science, Hashimoto's Protocol is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives.

health and wellness basket ideas: Happiness Through Hardship Caryn Sullivan, 2019-06-29 Does your diagnosis have you desperate as to what to do next? Shocked, scared and practically paralyzed with your next steps? Help is here in this brilliant, quick and simplified book backed with the best advice from a two-time cancer survivor who walked in similar shoes. Like a good friend holding your hand, Caryn Sullivan's Happiness through Hardship is written in support of cancer patients, their caregivers and/or friends who need direction during the first few weeks after diagnosis. This cancer-surviving guide book empowers readers to take immediate steps for being prepared, less-stressed and able to find a little joy within the journey. Happiness through Hardship directs those facing an initial cancer diagnosis with positivity and hope. Structured with thoughtful tips and anecdotes, this short book provides gentle guidance from the first few days to the thickness of treatments, and includes a journal and note-taking pages to be used as a reference during doctor appointments and meetings. After her own cancer diagnosis, Caryn understands the importance of a book that's easily digestible and not overwhelmingly long. Her insight provides a little light during the darker days. The first few weeks after diagnosis are often most challenging. Caryn was blessed to have three angels, Ellen Cavaiuolo, Mary Ann Wasil and Meghan Zucker guide her throughout the early days. This book is dedicated to them and half the proceeds will be donated to metastatic breast cancer research through The Cancer Couch Foundation.

health and wellness basket ideas: *Hashimoto's Food Pharmacology* Izabella Wentz, PharmD., 2019-03-26 "When I was in pharmacy school, I discovered that food has a profound impact on our healing and that what we put in our bodies will either heal us or make us sicker. In the same way that we use pharmaceuticals to impact our biology, we can use food as our medicine. I call this concept food pharmacology. Food is one of the most powerful tools in your healing journey." - Dr. Izabella Wentz More than 35 million Americans currently suffer from Hashimoto's—the country's fastest-growing autoimmune disease, which affects the thyroid gland and causes the body to attack its own cells. Many individuals with or without a formal diagnosis suffer daily symptoms, including chronic cough, acid reflux, irritable bowel syndrome, allergies, persistent pain, hair loss, brain fog, and forgetfulness. Hashimoto's Food Pharmacology combines Dr. Izabella Wentz's revolutionary and proven approach to reversing thyroid symptoms with delicious, easy-to-use recipes that delight the taste buds while they heal the body. Inside you will discover: • 125 delicious and nutritious recipes for salads, smoothies, bone broths and crockpot and bibimbap-style meals, with thyroid-supporting nutrient details on every page • Over 100 stunning food and lifestyle photographs • Tips for revamping your kitchen and pantry • An FAQ for easy reference and quick answers • Easy-to-use, personalized meal plans and food rotation schedules to accommodate any diet Successfully transforming the lives of thousands, Dr. Izabella Wentz makes it easier than ever before to live a life free from the suffering of autoimmune disease.

health and wellness basket ideas: *The Cancer-Fighting Kitchen* Rebecca Katz, Mat Edelson, 2010-10-06 A Culinary Pharmacy in Your Pantry The Cancer-Fighting Kitchen features 150 science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment. Whole foods, big-flavor ingredients, and attractive presentations round out the customized menu plans that have been specially formulated for specific treatment phases, cancer types, side effects, and flavor preferences. The Cancer-Fighting Kitchen brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal. The Cancer-Fighting Kitchen took home double honors at the prestigious IACP 2010 Awards, named a winner in both the Health and Special Diet category and the People's Choice Award. From the Hardcover edition.

health and wellness basket ideas: *Nutrition Promotion* Tony Worsley, 2020-07-25 Affluenza in developed societies is damaging our health, leading to increasing rates of obesity, diabetes and other metabolic disorders. Growth in individual food consumption is also threatening ecological sustainability. More than ever before, dietitians, nutritionists, and other health professionals need to promote healthy eating to the general public. Nutrition Promotion sets nutrition education firmly in a public health context, showing that nutrition promotion is most effective when targeted to particular population groups. Tony Worsley presents the history, theory and methods of nutrition promotion, and provides practical applications in a variety of settings and age groups. Drawing on international theory and research, and with international case studies and examples, Nutrition Promotion is an essential text for students and professionals in nutrition studies and dietetics, health promotion and public health programs. 'Finally we have a book on nutrition promotion from a public health perspective that integrates food systems, theoretical health behavior change models, evaluation methods, applications across settings and sectors, and provides practical examples from different countries.' - Professor Mary Story, School of Public Health, University of Minnesota 'A timely and considered book. It follows in that great tradition of public health nutrition by providing a basis for analysis, but takes it a step further by helping the reader make the transition to action.' -

Martin Caraher, Reader in Food and Health Policy, City University London

health and wellness basket ideas: *Cooking for Winter Health Wellness* Brittany Nickerson, 2022-11-08 Cooking for Winter Health Wellness provides a foundational understanding of seasonal energetics and how to care for the body using foods and herbs to build vitality and immunity, and support digestion. This user-friendly book includes recipes for herbal remedies ranging from teas and infused honey to foot baths, and offers techniques for making stock, broth, and soups. Readers will be introduced to the healing magic of their kitchens and the transformation of body and mind that is possible when intentional awareness is fused with the ancient rituals of food preparation and enjoyment.

health and wellness basket ideas: *Simple Farmhouse Life* Lisa Bass, 2020-02-01 Transform your home into a simple farmhouse--no matter where you live--with this beautiful guide to slow living. Country girl and popular blogger Lisa Bass shares her favorite hearty recipes, handmade projects, and tips for natural living that she uses in her own from-scratch life. Slow down and enjoy the simplicity of a country lifestyle with recipes and projects such as: Natural Kitchen: rosemary lemon foaming dish soap, stonewashed linen apron, market tote Handmade Décor: pillow covers from reclaimed materials, dipped beeswax candles, linen ruffle throw blanket Natural Body: chamomile body butter, lavender calendula salve, relaxing bath soak and body mist Natural Laundry: essential oil spot remover, wool dryer balls, lavender linen spray Natural Cleaning: orange dusting spray, glass cleaner Farmhouse Cooking: cast iron sourdough cinnamon roll, orange cream kefir smoothie, roasted red pepper and tomato soup Gardening: windowsill herb garden, cut flower garden, essential oil pest spray

health and wellness basket ideas: *Reaching and Working With the New Exerciser* IDEA Health & Fitness, 1996

health and wellness basket ideas: *Fit* Lon Kilgore, Michael Hartman, Justin Lascek, 2011 Fit is a book about how to get fit ... facts, practical information, and a logical approach to creating fitness from the first day of training through the day you reach your goal in fitness -- P. 4 of cover.

health and wellness basket ideas: *Hashimoto's Thyroiditis* Izabella Wentz, Marta Nowosadzka, 2013 Hashimoto's is more than just hypothyroidism. ... The body becomes stuck in a vicious cycle of immune system overload, adrenal insufficiency, gut dysbiosis, impaired digestion, inflammation, and thyroid hormone release abnormalities. ... The lifestyle interventions discussed in this book aim to dismantle the vicious cycle piece by piece, ...allowing the body to rebuild itself.--P. 4 of cover.

health and wellness basket ideas: *Occupational Therapy Toolkit* , 2018-04 Fully revised and expanded in 2018. The Occupational Therapy Toolkit 7th edition is a collection of 354 full-page illustrated patient handouts. The handouts are organized by 97 treatment guides and are based on current research and best practice. This 787 page practical resource is the BEST resource for every therapist working with physical disabilities, chronic conditions or geriatrics.

health and wellness basket ideas: *The Itchy Book! (Elephant & Piggy Like Reading!)* Mo Willems, LeUyen Pham, 2018-05-15 Triceratops has an itch. . . so does Pterodactyl. . . and Brontosaurus. . . and T-Rex! But DINOSAURS DO NOT SCRATCH. There is a rule written in stone. What is an itchy dinosaur to do?!

health and wellness basket ideas: *Habit Stacking* S. J. Scott, 2014-05-02 DISCOVER:: How to Add DOZENS of Positive Changes to Your Daily Routine Want to improve your life, but don't have enough time? Right now you could easily think of a dozen ways to instantly improve your life. Odds are, these ideas will only take a few minutes apiece to complete. The problem? You might feel like there's not enough time to do all of them. One solution can be found using the power of habit stacking. One Routine + Multiple Habits = Habit Stacking We all know it's not easy to add dozens of new habits to your day. But what you might not realize is it's fairly easy to build a single new routine. The essence of habit stacking is to take a series of small changes (like eating a piece of fruit or sending a loving text message to your significant other) and build a ritual that you follow on a daily basis. Habit stacking works because you eliminate the stress of trying to change too many

things at once. Your goal is to simply focus on a single routine that only takes about 15 to 30 minutes to complete. Within this routine is a series of actions (or small changes). All you have to do is to create a checklist and follow it every single day. That's the essence of habit stacking. LEARN: 97 Small Habits that Can Change Your Life In the book *Habit Stacking: 97 Small Life Changes That Take Five Minutes Or Less*, you will discover 97 quick habits that can instantly improve your life. Plus you'll discover how to create a simple routine (managed by a checklist) that you repeat on a daily basis. Even better, you'll discover a few tools that will keep you motivated and consistent. So even if you're completely stressed out, you'll still find the time and energy to complete these actions on a consistent basis. By completing dozens of small habits on a daily basis, you'll be able to make giant leaps forward in your business, strengthen your personal relationships, stay on top of your finances, get organized and improve your health. ORDER:: *Habit Stacking: 97 Small Life Changes That Take Five Minutes Or Less* Habit Stacking contains a catalog of ideas you can use to take action in your life. You will learn: ** How Habit Stacking Helps You Add MULTIPLE Small Changes ** 8 Elements of a Habit Stacking Routine ** Two Examples of a Habit Stacking Routine ** 8 Steps for Building a Habit Stacking Routine ** Productivity Small Changes (#1 to #17) ** Relationships Small Changes (#18 to #31) ** Finances Small Changes (#32 to #44) ** Organization Small Changes (#45 to #60) ** Spirituality & Mental Wellbeing Small Changes (#61 to #84) ** Health & Physical Fitness Small Changes (#76 to #85) ** Leisure (Small Changes #86 to #97) ** Habit Stacking Disruptions and Challenges: What to Do! It is to add multiple changes to your life all at once. All you need to do is to add habit stacking routines to your day. Would You Like To Know More? Order and start building powerful habits into your day. Scroll to the top of the page and select the buy button.

health and wellness basket ideas: *Examining Innovative Practices to Improve Child Nutrition* United States. Congress. House. Committee on Education and Labor. Subcommittee on Healthy Families and Communities, 2010

health and wellness basket ideas: Dinner, Uncomplicated Claire Tansey, 2020-09-29 Celebrated chef and food writer Claire Tansey brings you her second cookbook, featuring 125 easy, nourishing and uncomplicated recipes to help every kind of cook save money, eat healthier, live happier and get a tasty, home-cooked meal on the table every night of the week.--

health and wellness basket ideas: Facing Cancer As a Friend Heather M. Erickson, 2019-10-16 *Facing Cancer as a Friend*, by Heather Erickson, the award-winning author of *Facing Cancer as a Parent...* How do you respond when someone you know tells you they have cancer? You don't have to feel helpless. *Facing Cancer as a Friend* will show you what to say when most people would be at a loss for words. It will show you how to use your gifts and strengths to support cancer patients and their families when they need it most. This updated edition includes the same great information as the original edition with improved formatting.

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