

health and wellness christmas gifts

Health and Wellness Christmas Gifts: The Ultimate Guide to Gifting Well-Being This Holiday Season

Introduction:

Forget the socks and sweaters! This Christmas, ditch the predictable and dive into the world of thoughtful, health-and-wellness-focused gifts. Finding the perfect present for loved ones can be stressful, but this guide takes the guesswork out of it. We'll explore a diverse range of options, catering to different budgets and preferences, ensuring you find the ideal gift to promote well-being and show you truly care. From soothing aromatherapy sets to high-tech fitness trackers, we've got you covered with unique and inspiring health and wellness Christmas gifts. Let's make this holiday season the healthiest and happiest yet!

1. Mindfulness and Relaxation Gifts: Unwind and Recharge

This year, give the gift of peace. Stress is a modern epidemic, and helping loved ones unwind is an incredibly valuable gift. Consider these options:

Aromatherapy Diffuser and Essential Oils: The calming scents of lavender, chamomile, or eucalyptus can create a relaxing atmosphere, promoting better sleep and stress reduction. Look for diffusers with varying settings for personalized ambiance.

Weighted Blanket: The gentle pressure of a weighted blanket can significantly reduce anxiety and improve sleep quality. They're surprisingly comforting and a luxurious treat.

Meditation App Subscription: Apps like Calm or Headspace offer guided meditations, sleep stories, and mindfulness exercises, making it easy to incorporate mindfulness into daily life. A year's subscription is a thoughtful and ongoing gift.

Yoga Mat and Accessories: For the yoga enthusiast or someone looking to start their practice, a high-quality yoga mat, blocks, and straps can elevate their experience. Choose eco-friendly materials for an extra touch.

Journal and Pen Set: Encouraging journaling can be incredibly therapeutic. A beautiful journal and a quality pen can inspire reflection and self-discovery.

1. Fitness and Activity Gifts: Inspire Movement and Energy

Help your loved ones reach their fitness goals with these motivating gifts:

Fitness Tracker or Smartwatch: These devices track steps, heart rate, sleep patterns, and more, providing valuable data to encourage a healthier lifestyle. Choose a model with features that align with the recipient's fitness level and interests.

Workout Clothes and Accessories: Comfortable and stylish workout gear can make exercising more enjoyable. Consider high-quality leggings, sports bras, moisture-wicking shirts, or a stylish water bottle.

Home Gym Equipment: From resistance bands and yoga balls to dumbbells and kettlebells, home gym equipment allows for convenient workouts anytime. Choose items based on the recipient's fitness level and preferred exercises.

Class Pass or Gym Membership: Gift the experience of trying out various fitness classes or a gym membership for access to diverse workout options.

Personalized Fitness Plan: Consider gifting a session or two with a personal trainer who can create a customized workout plan tailored to the individual's needs and goals.

1. Nutrition and Healthy Eating Gifts: Fueling the Body Right

Supporting healthy eating habits is a gift that keeps on giving. Here are some ideas:

High-Quality Blender or Juicer: These appliances make it easier to prepare healthy smoothies, juices, and soups, promoting a balanced diet. Choose a model with durable components and easy cleaning features.

Cookbook Focused on Healthy Recipes: A cookbook featuring delicious and nutritious recipes can inspire culinary creativity and healthy eating habits. Look for cookbooks specializing in specific diets or cuisines.

Subscription Box for Healthy Snacks: Many subscription boxes deliver curated selections of healthy snacks, making it easier to avoid unhealthy temptations.

Reusable Water Bottle: Encourage hydration with a stylish and durable reusable water bottle. Look for options with temperature control or fun designs.

Herb Garden Kit: Growing fresh herbs at home encourages the use of fresh, flavorful ingredients in cooking.

1. Spa and Self-Care Gifts: Indulge and Rejuvenate

Pampering is a crucial component of well-being. Consider these luxurious gifts:

Gift Certificate to a Spa or Massage Therapist: A relaxing massage or spa treatment can alleviate stress and promote relaxation. Consider a couples' massage for an extra special touch.

Bath Bombs and Soaks: Creating a luxurious at-home spa experience is easy with bath bombs, Epsom salts, and essential oils.

Face Masks and Skincare Products: High-quality skincare products can nourish and rejuvenate the skin, promoting a sense of self-care and well-being. Choose products suited to the recipient's skin type.

Silk Pillowcase: A silk pillowcase can be surprisingly beneficial for hair and skin health, promoting a more restful sleep.

Luxury Candles and Diffusers: Creating a calming and inviting atmosphere with scented candles and diffusers can promote relaxation and reduce stress.

Conclusion:

Choosing health and wellness Christmas gifts is about showing you care for someone's overall well-being. By selecting a thoughtful gift that supports their physical, mental, or emotional health, you're offering a present that goes beyond the material and promotes lasting positive change. Remember to consider the recipient's individual needs and preferences when selecting your gift to ensure it resonates with them personally. This holiday season, let's make a commitment to gifting wellness and spreading joy in the most meaningful way possible!

Frequently Asked Questions (FAQs):

1. What's the best budget-friendly health and wellness gift? A high-quality reusable water bottle or a relaxing aromatherapy candle can be both affordable and thoughtful.
1. What are some unique health and wellness gifts for men? A subscription to a fitness app, a high-quality water filter, or a set of resistance bands are excellent choices.
1. What if the person I'm buying for isn't into fitness? Focus on relaxation and mindfulness gifts, such as a weighted blanket, a meditation app subscription, or a luxurious bath set.

1. Where can I find unique health and wellness gifts? Explore online retailers specializing in wellness products, local health food stores, and artisan shops.

1. How can I make my health and wellness gift extra special? Include a personalized card expressing your care and consideration, or pair the gift with a related experience, such as a yoga class or spa day.

health and wellness christmas gifts: Words to Live By, 2020-05-05 Words to Live By is a gorgeous book of 50 illustrated quotes by 50 inspiring women. Discover intelligent and powerful quotes such as: Optimism is the faith that leads to achievement by Helen Keller, Turn your wounds into wisdom by Oprah Winfrey, Every great dream begins with a dreamer by Harriet Tubman, and more. This visually stunning book is filled with Jade Purple Brown's custom illustrated typography, alongside her bold, colorful illustrations of women, nature, and more. • A smart, positive, empowering collection of quotes by female role models • The ultimate book for women • Jade Purple Brown's modern and cool illustration style illuminates these uplifting and positive quotes by remarkable women. Keep this lovely ebook close at hand for a dose of strength and inspiration, whenever you need it. A great book for Mother's Day, Women's History Month, birthdays, and graduations Perfect for those who loved Great Quotes from Great Women: Words from the Women Who Shaped the World by Peggy Anderson, Beautifully Said by Quotabelle, and Badass Affirmations: The Wit and Wisdom of Wild Women by Becca Anderson

health and wellness christmas gifts: Fitness Dice Chronicle Books, 2020-08-18 For fitness lovers of all levels, this handy kit includes 7 wooden dice and an instructional booklet with 36 different exercises--offering a fun and effective way to get a full-body workout at home or on the go. Each die represents a different area of focus: lower body, upper body, chest and back, core, cardio, full body, and number of reps/time. Simply roll the dice to generate a workout sequence or to add variety to an existing routine. With thousands of possible combinations and options for making exercises easier or more challenging, Fitness Dice is guaranteed to keep workouts fresh and exciting. No props or equipment needed! INCLUDES: 7 wooden dice, an instructional booklet with explanations for 36 different exercises-at a lower price point than many other fitness products. GET A FULL-BODY WORKOUT AT HOME, NO EQUIPMENT NECESSARY: Roll the dice for a unique fitness routine every time. You don't need any weights, props, or machines--just your own body! THOUSANDS OF POSSIBLE COMBINATIONS: The dice cover various body parts and types of exercises (cardio, back, arms, legs, etc.), and determine the number of reps and duration. With more than 45,000 workout possibilities, you'll never have to do the same one twice! TAKES THE INTIMIDATION OUT OF WORKING OUT: No matter your fitness level, these dice will create a great workout. And the included booklet will guide you through each exercise as well as offer tips on stretching, warming up, and cooling down. GREAT FOR BUSY FOLKS ON THE GO: No need to worry about getting to the gym or a workout class; fit in an efficient workout whenever and wherever! FUN, UNIQUE GIFT OR SELF-PURCHASE FOR FITNESS FANS: Great for men and women, health-conscious folks, fans of other quick routines like the 7-Minute Workout, and beginners as well as more advanced athletes.

health and wellness christmas gifts: The EatFit Cookbook Molly Kimball, 2019-10

health and wellness christmas gifts: The More or Less Definitive Guide to Self-Care Anna Borges, 2019-11-01 Some days you need a pick-me-up, some days you need a life preserver.

"For most of us," writes Anna Borges, "self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with." You may already practice some form of self-care, whether it's taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend's birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

health and wellness christmas gifts: The Dude Diet Dinnertime Serena Wolf, 2019-10-29
The author of *The Dude Diet* is back with 125 crowd-pleasing recipes to hack the daily dinner dilemma. In her cult-classic *The Dude Diet*, chef and recipe developer Serena Wolf dared go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and pizza, Serena offered clean(ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula. Now, *The Dude Diet Dinnertime* gives those same hungry dudes—and their families—dozens of drool-worthy main course dishes. In *The Dude Diet Dinnertime*, Serena gives you 125 foolproof recipes to satisfy every craving and please every member of the family. With soon-to-be classics like Super Sloppy Josés, Turkey Reuben Patty Melts, Chicago Dog Baked Potatoes and Chicken Parm Quinoa Bake, Serena shows comfort food fanatics and picky eaters alike how to get a delicious, nutritious, and filling dinner on the table without a fuss—and sometimes in 30 minutes flat. With easy-to-follow, step-by-step instructions, gorgeous food photography, and Serena's one-of-a-kind voice and humor, *The Dude Diet Dinnertime* offers a fun and utterly satisfying answer to the eternal question: What's for dinner?

health and wellness christmas gifts: Root & Nourish Abbey Rodriguez, Jennifer Kurdyla, 2021-04-06
Embrace the ancient healing power of plants with more than 100 whole-food, plant-based, gluten-free herbal recipes, designed around the most common health concerns of modern women.

health and wellness christmas gifts: Mindfulness Cards Rohan Gunatillake, 2018

health and wellness christmas gifts: Activating Happiness Rachel Hershenberg, 2017-12-01
It's not just big choices that can radically change our lives—sometimes it's the small ones. *Activating Happiness* offers powerful, evidence-based strategies to help you conquer low motivation, nix negative moods, and defeat depression by actively making positive choices in small, everyday moments. If you have depression or just suffer from low mood and lack of motivation, you know that your life isn't going to change with one grand, sweeping gesture. But you can make important decisions every day—whether it's getting off the couch and going for a walk, signing up for a course in pottery or screenwriting, or just setting aside some time to meet and chat with a good friend over coffee. These little things won't change your life all at once. But over time, they will shape the way you live and see the world and keep you on a path to wellness. In *Activating Happiness*, you'll find solid strategies based in behavioral activation and acceptance and commitment therapy (ACT) to help you break the cycle of avoidance, guilt, shame, and hopelessness that can take hold when you're feeling your lowest. Using this guide, you'll find little, doable ways to "show up" to your life, get the ball rolling, and start really feeling better, instead of just reassuring others. You'll learn to set healthy goals for your body like eating and sleeping well, as well as healthy goals for your mind. Most importantly, you'll discover how to view your life through the lens of your own deepest values, which will spark a commitment to real, lasting change. The best thing about change is that you can start anywhere. By building a life—moment by moment—of rewarding behaviors that correspond to your values, you have the recipe for getting and staying well at your fingertips. This book will guide your way.

health and wellness christmas gifts: Modern Comfort Food Ina Garten, 2020-10-06 #1
NEW YORK TIMES BESTSELLER • A collection of all-new soul-satisfying dishes from America's

favorite home cook! ONE OF THE BEST COOKBOOKS OF THE YEAR: The New York Times Book Review, Food Network, The Washington Post, The Atlanta Journal-Constitution, Town & Country In Modern Comfort Food, Ina Garten shares 85 new recipes that will feed your deepest cravings. Many of these dishes are inspired by childhood favorites—but with the volume turned way up, such as Cheddar and Chutney Grilled Cheese sandwiches (the perfect match for Ina's Creamy Tomato Bisque), Smashed Hamburgers with Caramelized Onions, and the crispiest hash browns that are actually made in a waffle iron! There are few things more comforting than gathering for a meal with the ones you love, especially when dishes like Cheesy Chicken Enchiladas are at the center of the table. Old-fashioned crowd pleasers like Roasted Sausages, Peppers, and Onions are even more delicious and streamlined for quick cleanup. For dessert? You'll find the best Boston Cream Pie, Banana Rum Trifle, and Black and White Cookies you'll ever make. Home cooks can always count on Ina's dependable, easy-to-follow instructions, with lots of side notes for cooking and entertaining—it's like having Ina right there beside you, helping you all the way. From cocktails to dessert, from special weekend breakfasts to quick weeknight dinners, you'll find yourself making these cozy and delicious recipes over and over again.

health and wellness christmas gifts: *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 christmas gifts: *For Better* Tara Parker-Pope, 2010-05-06 "The most credible and interesting marital self-help book of all time."—Newsweek Editor of The Washington Post's Wellness Department and former New York Times columnist Tara Parker-Pope is one of the most popular and e-mailed journalists in the nation. In this eye-opening—and ultimately optimistic—look at marriage today, Parker-Pope reveals the heart behind the statistics to bust the myths and share the true secrets to marital happiness. Among her surprising findings: • most marriages today are succeeding • newlywed couples who don't fight are at a higher risk for divorce than those who do • how couples divide household chores influences how often they have sex Whatever their stage of life or marital status, readers will be fascinated and buoyed by this classic in the making.

health and wellness christmas gifts: *Digest This* Bethany Ugarte, 2020-10-13 The unique and powerful Gut Reset diet plan for sufferers of IBS and digestive disorders that works to restore healthy gut function in 21 days. After years of severe struggles with IBS and gut dysfunction and finding no relief from the conventional methods of treating IBS (following a low-FODMAP diet, taking medications, managing stress), Bethany Ugarte took matters into her own hands. She

changed her diet with the help of a holistic doctor, eliminating all gut irritants and eating nutrient-dense, easily digested foods like Greek yogurt, bone broth, collagen, and pureed protein for maximum nutrient absorption. Her painful, debilitating symptoms disappeared. Now she's synthesized her hard-won wisdom into a 21-day Gut Reset protocol and maintenance plan that works to heal and seal your gut, restoring digestive health. Her Gut Reset program includes powerful techniques that help to ensure maximum absorption from foods, cutting out little-known irritants and integrating foods that your gut needs to heal. She offers meal plans, stress reduction techniques, and creative recipes that deliver maximum flavor and nutrients with minimal ingredients. Recipes include Cookie Dough Milkshake, Blueberry Protein Scones, Carrot Bacon and Eggs, Chili-Stuffed Spaghetti Squash Pasta, Paleo Spinach Dip, Pecan Pie Bread, and Sea Salt Butternut Fudge. No matter how severe your symptoms may be, Digest This will help you eat without stress or fear in just 21 days.

health and wellness christmas gifts: Ottolenghi Test Kitchen: Shelf Love Yotam Ottolenghi, Noor Murad, Ottolenghi Test Kitchen, 2021-09-30 Relaxed, flexible home cooking from Yotam Ottolenghi and his superteam. Whether they're conjuring up new recipes or cooking for themselves at home, the Ottolenghi Test Kitchen team do what we all do: they raid their kitchens. But then, they turn whatever they find into approachable creations with an 'Ottolenghi' twist. This instinct is in perfect sync with recent times, when we've all been standing in front of our kitchen shelves, our cupboards and our fridges, wondering what to cook with what we've got; how to put a can of chickpeas or a bag of frozen peas to good use, instead of taking an extra trip to the shops. For the first time, the team welcome us into their creative space. These dishes pack all the punch and edge we expect from Ottolenghi, but offer more flexibility to make them our own, using what we've got to hand. There's the ultimate guide to creamy dreamy hummus, a one-pan route to confit tandoori chickpeas and a tomato salad that rules them all. This book is all about feeding ourselves and our families with less stress and less fuss, but with all the 'wow' of an Ottolenghi meal. It's a notebook to scribble on and add to, to take its ethos and absolutely make it your own. This is how to cook, the OTK way.

health and wellness christmas gifts: Alchemy of Herbs Rosalee de la Forêt, 2017-04-04 Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . Alchemy of Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature's pharmacy to feed, heal, and nurture your whole family!

health and wellness christmas gifts: More Than A Mom Ashley Carbonatto, 2020-08-09 The daunting and not-for-faint-of-heart journey of motherhood is best survived with the humor and wit of Ashley Carbonatto's story telling and no-nonsense guide to the world's hardest job. From heart-felt to hilarious, Ashley's own path of motherhood has been a faith-journey through unexpected ups and downs of learning to re-discover her identity that motherhood tried to strip away. With tales of daily loneliness, anxiety and postpartum along with lessons of growth, self-discovery, and friendship, this book is the guide from a sister in the trenches that will meet the everyday mom right where she's at. Whether you're a first-time mom trying to find up from down and make sense of your newly-acquired

job title, or the experienced veteran crawling to the finish line of bedtime with wheels missing and your wagon on fire, *More Than A Mom* will be your encouragement, source of humor, and honest companion. With a lack of short cuts and five-star resorts on this path, this is the guide for the everyday mom to find freedom in the woman she was created to be as she looks to find purpose in the mundane & monotonous tasks that come along with motherhood. Ashley Carbonatto is a domestically underachieving mom-of-three who juggles all the things. She's a gatherer of people, a welcomer to the outsider, a storyteller to the tired, and an entertainer to the downcast. After leaving a successful career, she re-discovered her voice and renewed purpose in motherhood, but in her own unconventional way. You need homemade frosting? She's not the one you call. But you need a good story and honest reflection? Ashley's your woman. She lives in Issaquah, Washington with her husband & three minions, and always has a drink in the fridge for anyone who stops by.

health and wellness christmas gifts: *The Rested Child* W. Chris Winter, M.D., 2022-08-16 A comprehensive guide to the varied sleep disorders that affect children from infancy to adolescence, many of which are commonly misdiagnosed, offering new wisdom to parents about how to ease their child's troubles. Sleep disorders in children are on the rise. Experts have pronounced sleeplessness a hidden health crisis for young people, with 10 percent of children presenting with diagnosable sleep disorders--but well over half are misdiagnosed. Every year, tens of thousands of children are treated for diseases such as diabetes, learning disorders, or chronic pain, when the real root cause of their ailment may actually be a sleep disorder for which they're not being treated. In this groundbreaking guide, neurologist and sleep expert Dr. Chris Winter identifies the signs and symptoms of the most common sleep disorders affecting children today, and he empowers parents and caregivers to understand the steps necessary to address and treat their children's sleep problems. From common issues such as too much screen time and night terrors, to narcolepsy, sleep apnea, and more, *The Rested Child* leaves no stone unturned. This book pulls back the curtain on the relationship between poor sleep quality and pediatric epidemics related to psychiatric health, rising obesity, ADD/ADHD, pain disorders, and other undiagnosed disorders of sleepiness and fatigue. Finally parents have a resource to help them uncover the root of their children's problems, and, more important, to provide the answers on how to help.

health and wellness christmas gifts: *The Conscious Cleanse* Jo Schaalman, Julie Pelaez, 2012-12-04 A simple, sensible 14-day plan for losing weight and healing your body If you're looking for relief from an ailment such as depression, chronic pain, or allergies or are looking to lose weight, but want a natural, flexible way of doing so, then *The Conscious Cleanse* is the perfect programme for you. In this easy-to-follow 14-day programme, you get a day-by-day plan to filter out harmful foods and guidance on what foods to avoid with optional yoga-based stretches and exercises to incorporate into your programme. Plus, tips to lose weight easily so there's no need to starve yourself as well as meal plans with shopping lists and over 100 delicious recipes. You'll also find techniques and inspiration for continuing a sustainable and vibrant conscious lifestyle after the cleanse is complete. Whether you're looking to shed excess weight or relieve any number of ailments, *The Conscious Cleanse* will provide a solution that will change your life for good.

health and wellness christmas gifts: *Food Is Figureoutable* Kristine Devillier, 2021-09-30 *Food Is Figureoutable* is a must-have for anyone wanting to know how the food they eat plays a critical role in their health. Drawing on more than 20 years of experience as a natural health practitioner, Dr. Devillier empowers readers with small changes that can add up to a big difference in their health. Good nutrition doesn't have to be confusing or complicated, says Dr. Devillier. I hope this book will help people make permanent changes to the way they think about food and how they use it for better health.

health and wellness christmas gifts: *Pursuing Health in an Anxious Age* Bob Cutillo, MD, 2016-09-14 A Redeemed and Renewed Vision of Health Despite all the care available to us, our society is more concerned about health than ever. Increased technology and access to health care give us the illusion of control but can never deliver us from the limitations of our bodies. But what if our health is a gift to nurture, rather than a possession to protect? Drawing from decades of medical

experience in many different contexts, Dr. Bob Cutillo helps us cultivate a biblical understanding of the relationship between faith and health in the modern age, reorienting us to a wiser pursuit of health for the good of all. Weaving in his own story of serving the most vulnerable, he leads us to a bigger view of health care and a hope that is more secure than our physical wellness—hope with the power to transform our communities.

health and wellness christmas gifts: 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 christmas gifts: Destination Wellness Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. Destination Wellness is the perfect book for: • Anyone who has embraced hygge and is looking for new lifestyle inspiration • Armchair travelers and staycationers • Happiness and inspiration seekers • Wellness and travel enthusiasts • History lovers

health and wellness christmas gifts: The Rumi Prescription Melody Moezzi, 2020-03-03 A powerful personal journey to find meaning and life lessons in the words of a wildly popular 13th century poet. Rumi's inspiring and deceptively simple poems have been called ecstatic, mystical, and devotional. To writer and activist Melody Moezzi, they became a lifeline. In The Rumi Prescription, we follow her path of discovery as she translates Rumi's works for herself - to gain wisdom and insight in the face of a creative and spiritual roadblock. With the help of her father, who is a lifelong fan of Rumi's poetry, she immerses herself in this rich body of work, and discovers a 13th-century prescription for modern life. Addressing isolation, distraction, depression, fear, and other everyday challenges we face, the book offers a roadmap for living with intention and ease, and embracing love

at every turn--despite our deeply divided and chaotic times. Most of all, it presents a vivid reminder that we already have the answers we seek, if we can just slow down to honor them. You went out in search of gold far and wide, but all along you were gold on the inside. Become the sky and the clouds that create the rain, not the gutter that carries it to the drain. You already own all the sustenance you seek. If only you'd wake up and take a peek. Quit being a drop. Make yourself an ocean.

health and wellness christmas gifts: *Cat Daddy* Jackson Galaxy, 2013-05-02 Cat behaviorist and star of Animal Planet's hit television show *My Cat from Hell*, Galaxy, a.k.a. Cat Daddy, isn't what readers might expect for a cat expert. Yet his ability to connect with even the most troubled felines--not to mention their owners--is awe-inspiring.

health and wellness christmas gifts: *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 Cavauiolo, 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 christmas gifts: *The Blue Zones Kitchen* Dan Buettner, 2019-12-03 Best-selling author Dan Buettner debuts his first cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest. Building on decades of research, longevity expert Dan Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish--for example, Sardinian Herbed Lentil Minestrone; Costa Rican Hearts of Palm Ceviche; Cornmeal Waffles from Loma Linda, California; and Okinawan Sweet Potatoes--uses ingredients and cooking methods proven to increase longevity, wellness, and mental health. Complemented by mouthwatering photography, the recipes also include lifestyle tips (including the best times to eat dinner and proper portion sizes), all gleaned from countries as far away as Japan and as near as Blue Zones project cities in Texas. Innovative, easy to follow, and delicious, these healthy living recipes make the Blue Zones lifestyle even more attainable, thereby improving your health, extending your life, and filling your kitchen with happiness.

health and wellness christmas gifts: *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 christmas gifts: *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 christmas gifts: *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 christmas gifts: *The Strains of War* R. Gage Amsler, 2015-08-28 Could Cannabis Be the Cure to Combat PTSD? *The Strains of War* Is the Provoking New TRUE STORY Release by a Veteran Struggling to Cultivate a Cure and Recover from Post-Traumatic Stress Disorder. A soldier going to war knows to expect the unexpected, and R.'Doc' Gage Amsler encountered a lot of expected and unexpected trauma during his time in Kuwait, Iraq and Afghanistan working in/in support of the United States military forces. But he also stumbled upon a legendary cure hidden in the mountains along the border between Pakistan and Afghanistan - the Hindu Kush. He'd heard plenty about this mystical strain of cannabis working as a long time medic... but how much of it was true? Could this particular strain really be the salvation to PTSD? Could he cultivate it? Could he even get it home safely? Doc Gage had no doubt of the need for an effective treatment for PTSD for Vets. It's no secret that too many of those who have served their country suffer for it for the rest of their lives with flashbacks, nightmares, anxiety, a sense of detachment from loved ones, and difficulty functioning in day to day life. He knows how devastating PTSD can be because his own experiences in the military serving in combat areas have left him with PTSD. Across the US, military veterans with PTSD just aren't getting the help they need. Left to fend for themselves thorough the struggle to re-join civilian society after experiencing the horrors of war, too many find themselves marginalized, isolated and unable to hold down a job due to their PTSD symptoms. Could Gage Amsler have the cure? Could the strain of cannabis he brought back from the Hindu Kush help his fellow vets recover and return to full and rewarding lives? Powerful Plant and

Personal Pain The Strains of War is about much more than a plant that can help those suffering from PTSD. This is one man's remarkable story before and after his amazing find in the mountainous border territory between Pakistan and Afghanistan. R. Gage Amsler had a troubled life before he became a medic. In fact, he joined the military to change his life because his other option seemed to be dying on the street. His roller coaster like career path also includes stints in the fire department, as a defense contractor and in the automotive-industry. His personal life has been even more chaotic. Along the way, he gained and lost many friends and divorced twice. He missed seven years of his daughter's life to the chaos. But through it all, he has been on a quest for inner peace. Follow his adventures and misadventures on the quest to develop this cannabis cure in The Strains of war.

health and wellness christmas gifts: The Complete Book of Bone Health D. L. D.

Schneider, 2011-09-27 This book compiles the latest information about bolstering bones, from prevention to treatment, into a single, easy-to-understand resource. The author, a leading expert on osteoporosis, covers everything you should know about your bones. Using evidence-based research, first-hand stories, and her own experience, she provides practical recommendations to optimize your bone health. Get the facts on: bone health basics; risk factors for bone loss and fractures; bone density DXA scans; exercise and nutrition; vitamin D; prescription medicines; controversial hot topics; complementary and alternative approaches; and common health problems and medicines affecting your bones. Designed to be practical and user-friendly, each chapter ends with a bottom-line summary, The Bare Bones, allowing you to easily reference issues of interest. This book is a clear, accurate, and up-to-date guide to improving bone health and contributing to a healthier life.

health and wellness christmas gifts: The Moon Cycle Cookbook Devon Loftus, Jenna

Radomski, 2021-10-12 The Moon Cycle Bakery, founded in 2017, creates sweet treats that replenish certain micronutrients women lose during the different stages of their menstrual cycle. In The Moon Cycle Cookbook, bakery founder Devon Loftus and nutritionist Jenna Radomski empower women to nourish themselves with recipes for sweets, savory meals, and snacks, organized around each of the four phases of the menstrual cycle, that can be customized to suit their bodies' fluctuating needs. Every recipe is formulated with the knowledge of what is happening hormonally in a woman's body during each cycle phase, using ingredients that replenish and support essential nutrients. Suffering from cramps? Try adding more cacao to your diet. Mood swings? A sweet-potato brownie can help with that. A happy mix of creativity, self-empowerment, and downright deliciousness, this wellness guide demystifies menstrual health, educating readers about their unique needs and helping them to deepen their self-care regimen. Sidebars feature suggested self-care practices and rituals to enhance a woman's connection to her body and understanding of how to nurture a healthy cycle. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

health and wellness christmas gifts: Take Control of Your Endometriosis Henrietta Norton,

2012-08-16 As a sufferer of endometriosis and a qualified nutritional therapist, Henrietta Norton provides both a personal and professional look at how women can take control of their endometriosis and relieve their symptoms naturally.

health and wellness christmas gifts: Health & Wellness Mark Finley, Peter N. Landless,

2014 Health and Wellness: Secrets That Will Change Your Life shows you spectacularly simple ways to avoid such chronic killers as cancer, diabetes, heart disease, and obesity You'll learn how good nutrition heals the body and boosts the mind; how purpose increases resilience; how love and forgiveness mend the heart! Health and Wellness caught the attention of award-winning documentary filmmaker Martin Doblmeier. While there are countless self-help books on the market today, Health and Wellness: Secrets That Will Change Your Life stands apart because it speaks from proven success. Contained in these insightful chapters is an emphasis on making wise choices about the riches entrusted to each of us-a body that has the potential to heal itself, a mind capable of the extraordinary, and a spirit that longs to be reunited with the Creator. This book not only offers a road map for a healthier, more productive life-it provides the greatest gift of all: the reason for the journey. Book jacket.

health and wellness christmas gifts: Healing Your Body Naturally After Childbirth Jolene Brighten, 2016-01-11 You've been preparing for this moment over the last 9 months. You've meticulously poured over decisions to make your baby's transition into this world just right. But how much thought and planning have gone into your transition into motherhood? In this comprehensive and warmhearted guide, Dr. Jolene Brighten, a Naturopathic Doctor and mother, shares her tips, natural techniques, and over 30 herbal and nutritional recipes to support healing and the transition into motherhood. Healing Your Body Naturally After Childbirth provides answers and solutions to common postpartum conditions, including: - Breastfeeding support and natural solutions to enhance milk supply - Herbal preparations to heal vaginal tissues, cracked nipples and more - Natural approaches to elevating mood and easing anxiety - Autoimmune thyroid, urinary incontinence, pelvic pain, digestive support and many other conditions that can arise from childbirth

health and wellness christmas gifts: The Beauty Chef Gut Guide Carla Oates, 2019-05-28 The Beauty Chef Gut Guide is the practical companion to Carla Oates' acclaimed book, The Beauty Chef. It is a compelling resource for people who want to better understand the science underpinning the link between gut and skin health. The 8-week program includes information on the importance of gut functionality, weekly meal plans for repairing and reprogramming your gut, and more than 90 recipes. In addition to recipes and information about repairing your gut, it covers broader advice for wellbeing, from the importance of cleaning products to mindfulness and yoga. It is photographed and designed in the distinct style established by the The Beauty Chef cookbook. Recipes - across breakfast, lunch and dinner - include: Coconut Crêpes; Chicken, Flaked Almond & Sage Buckwheat Risotto; Lemongrass & Kaffir Lime Salmon Cakes; Panfried Cauliflower Gnocchi; Swedish Meatballs; Tamarind Fish Curry; and Vanilla & Cardamom Chia Puddings.

health and wellness christmas gifts: 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 christmas gifts: Affirmators! , 2015

health and wellness christmas gifts: Velochef Henrik Orre, Nigel Mitchell, 2016-06-01 The perfect book for cyclists everywhere, Velochef is a beautiful package of nourishing, delicious recipes for those who love to get out on the open road and cycle - from the man who cooks for professional cyclists around the world. Velochef is a recipe book developed with cyclists in mind by Henrik Orre, chef for the Norwegian National Roadcycling Team and Team Sky Pro cycling. The book includes 80 recipes through 200 pages that are ideal fuel for before the race, recovering afterwards, and even during your adventure.

health and wellness christmas gifts: The Mold Medic Michael Rubino, 2020-12-08 Get rid of mold in the house with tips from a mold expert. Over 50 percent of the population suffers from mold sensitivity. In extreme cases, mold can leave people bedridden and incapacitated. For seven years, Michael Rubino has helped up to one hundred families per year locate and remove mold from their homes. Rubino specializes in working with people who are immunocompromised or have acute and sustained reactions to mold exposure. In The Mold Medic, you'll learn how to assemble a team to locate the mold, what it takes to detoxify your house, and how to improve the air quality of your home. The Mold Medic is vital guidance to allow you to live a happy, healthy, mold-free life. Home sweet home is within reach. Get your copy today so you and your family can start to breathe easy.

health and wellness christmas gifts: Living Well by Design Melissa Penfold, 2021-10-26 From an international authority on design, how to create a home that engages your senses and reflects your personality Melissa Penfold, Australia's foremost authority on style and design, regularly attracts a worldwide audience of more than 1.8 million to her website, newsletter, and Instagram account. Now she has distilled her three decades of expertise into a single volume, identifying the basic decorating principles--including light and space, composition and balance, and

pattern and texture--and offering hundreds of invaluable tips on how to apply them to turn your house into a home that is comfortable, intimate, beautiful, and the most authentic expression of your personal aesthetic. Illustrated with images of her own home and inspirational homes around the world, *Living Well by Design* is an indispensable resource for everyone eager to create interiors in which decorating fundamentals are integrally interwoven with individual style.

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