

health and wellness podcast

Tune In to Wellness: Your Guide to the Best Health and Wellness Podcasts

Are you feeling overwhelmed by the constant barrage of health and wellness information online? Sifting through countless articles, videos, and social media posts can be exhausting, leaving you feeling more confused than enlightened. Wouldn't it be easier to simply listen your way to a healthier, happier you? This comprehensive guide dives deep into the world of health and wellness podcasts, exploring what makes them so effective, how to find the perfect fit for your needs, and even highlighting some of the top contenders currently dominating the airwaves. Get ready to ditch the endless scrolling and embrace the power of audio learning!

Why Choose a Health and Wellness Podcast?

In today's fast-paced world, finding time for self-care and learning can feel impossible. Health and wellness podcasts offer a convenient and engaging solution. Here's why they're a fantastic way to boost your well-being:

Convenience: Listen while you commute, exercise, cook, or clean – multitasking at its finest!

Accessibility: Podcasts are readily available on numerous platforms, making them accessible to anyone with a smartphone or computer.

Expert Insights: Many podcasts feature interviews with leading experts, doctors, and practitioners, offering credible information from diverse perspectives.

Engaging Format: The audio format can be incredibly engaging, making even complex topics feel easily digestible.

Community Building: Many podcasts foster a sense of community through listener interactions, creating a supportive environment for personal growth.

Finding Your Perfect Health and Wellness Podcast Match

With thousands of podcasts available, finding the right one can feel daunting. Consider these factors when making your selection:

Your Specific Interests: Are you focused on nutrition, fitness, mindfulness, mental health, or a combination? Choose a podcast that directly addresses your priorities.

Podcast Format: Do you prefer solo hosts, expert interviews, or panel discussions? Some podcasts offer a mix, while others focus on a single format.

Host Personality: Find a host whose style and voice resonate with you. A relatable and engaging host can make all the difference in keeping you tuned in.

Content Depth: Some podcasts offer quick tips and motivational snippets, while others delve into detailed scientific explanations. Choose a podcast that aligns with your desired level of detail.

Consistency: Look for podcasts with a consistent release schedule to ensure a steady stream of new content.

Top Categories of Health and Wellness Podcasts

The world of health and wellness podcasts is incredibly diverse. Here are some popular categories to explore:

Nutrition and Diet: Podcasts in this category cover various diets, healthy eating habits, and debunking common nutrition myths.

Fitness and Exercise: From yoga and Pilates to high-intensity interval training (HIIT), these podcasts offer workout guidance, motivation, and fitness tips.

Mental Wellness: These podcasts address anxiety, depression, stress management, and other mental health topics, often providing coping strategies and expert advice.

Mindfulness and Meditation: Podcasts in this category guide you through meditations, offer mindfulness exercises, and explore the benefits of mindful living.

Holistic Wellness: These podcasts explore a broader perspective on well-being, incorporating elements of nutrition, fitness, mindfulness, and other holistic practices.

How to Maximize Your Podcast Listening Experience

To truly benefit from health and wellness podcasts, consider these tips:

Active Listening: Don't just passively listen; take notes, reflect on the information, and apply what you learn to your life.

Integrate into Your Routine: Make listening a regular part of your day, even if it's just for 15-20 minutes.

Join the Community: Engage with the podcast community through social media or online forums to connect with like-minded individuals.

Be Critical: Not all information presented in podcasts is accurate or reliable. Always consult with a healthcare professional before making significant changes to your diet or exercise routine.

Be Patient and Consistent: Building healthy habits takes time and consistency. Don't expect overnight transformations; focus on making gradual progress.

Beyond the Buzz: Finding Lesser-Known Gems

While popular podcasts offer excellent content, exploring lesser-known gems can uncover hidden treasures. Utilize podcast directories like Apple Podcasts, Spotify, and Google Podcasts to search for niche topics or podcasts with smaller but highly engaged communities. Reading reviews and checking episode descriptions can help you filter through options and find podcasts perfectly tailored to your interests.

Conclusion

Embarking on a journey towards better health and wellness doesn't have to be a solitary endeavor. Health and wellness podcasts offer a supportive and informative companion, guiding you toward a more balanced and fulfilling life. By carefully selecting podcasts that align with your needs and actively engaging with the content, you can unlock a world of knowledge and inspiration, transforming your listening experience into a powerful tool for self-improvement. Remember to be discerning, stay consistent, and most importantly, enjoy the process!

FAQs

1. Are health and wellness podcasts a replacement for professional medical advice?

No, podcasts should supplement, not replace, professional medical advice. Always consult with a doctor or other qualified healthcare professional before making significant changes to your diet, exercise routine, or treatment plan.

1. How much time should I dedicate to listening to health and wellness podcasts each week?

The ideal amount of time depends on your schedule and preferences. Even 15-20 minutes a day can make a difference. Listen consistently, rather than trying to cram in long listening sessions infrequently.

1. What if I find a podcast that promotes misinformation?

Be critical of the information presented. If something sounds too good to be true, or contradicts established scientific consensus, do further research from reputable sources before acting on it.

1. Can I listen to health and wellness podcasts while working out?

Yes, many people find that listening to podcasts motivates them during workouts. However, be mindful of safety and ensure you can still hear your surroundings, especially if you're exercising outdoors.

1. Are all health and wellness podcasts free?

Most health and wellness podcasts are free, but some may offer premium content or exclusive episodes for a subscription fee. Check the podcast description for details on pricing and subscription options.

health and wellness podcast: Table Manners: The Cookbook Jessie Ware, Lennie Ware, 2020-03-05 'Beautifully put-together with wonderfully crafted, full-on flavour recipes for everyone. A proper family feast of a cookbook!' Tom Kerridge 'This is a gorgeous book.' Nigella Lawson 'Lennie and Jessie are as madly entertaining to read as they are to be around. They are also brilliant

storytellers so every recipe is as personal as it could be: a classic Jewish chopped liver served on Friday night dinners, aromatic Beef Stifado eaten on Greek holidays or an orange and pistachio cake created by son and brother. I adore this family.' Yotam Ottolenghi 'This book encapsulates humour, kindness, bucket loads of love and, most importantly, good food. I'm so happy to have the Ware family in my life and in my kitchen.' Sam Smith 'damned good food' The Telegraph 'Mum. Guess what?' 'What Jessie?' 'We've written a cookbook'. 'I know darling! Do you think anyone will want to buy it?' 'Well, it's the recipes we've made our guests - the really good ones. Like the Sausage and Bean Casserole we made Ed Sheeran, the Drunken Crouton and Kale Salad we made Yotam Ottolenghi and the two Blackberry and Custard Tarts we served Nigella.' 'You ate a whole one before she arrived, darling.' 'It's a bloody good recipe mum.' Cooking through Table Manners is like having Jessie and Lennie at the table with you: brash, funny and full of opinions. In true Ware style, their cookbook is divided into Effortless, A Bit More Effort, Summertime, Desserts and Baking (thanks to Jessie's brother Alex), Chrismukkah (Christmas, Hanukkah and celebrations) and, of course, Jewish-ish Food. These delicious, easy dishes are designed for real people with busy and sometimes chaotic lives with the ultimate goal of everyone eating together so unfiltered chat can flourish.

health and wellness podcast: How to Fail: Everything I've Ever Learned from Things Going Wrong Elizabeth Day, 2020-07-17 Inspired by her hugely popular podcast, How To Fail is Elizabeth Day's brilliantly funny, painfully honest and insightful celebration of things going wrong. This is a book for anyone who has ever failed. Which means it's a book for everyone. If I have learned one thing from this shockingly beautiful venture called life, it is this: failure has taught me lessons I would never otherwise have understood. I have evolved more as a result of things going wrong than when everything seemed to be going right. Out of crisis has come clarity, and sometimes even catharsis. Part memoir, part manifesto, and including chapters on dating, work, sport, babies, families, anger and friendship, it is based on the simple premise that understanding why we fail ultimately makes us stronger. It's a book about learning from our mistakes and about not being afraid. Uplifting, inspiring and rich in stories from Elizabeth's own life, How to Fail reveals that failure is not what defines us; rather it is how we respond to it that shapes us as individuals. Because learning how to fail is actually learning how to succeed better. And everyone needs a bit of that.

health and wellness podcast: 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.

health and wellness podcast: Deliciously Ella Ella Woodward, 2015-03-03 From the founder of the wildly popular food blog Deliciously Ella, 120 plant-based, dairy-free, and gluten-free recipes with gorgeous, full-color photographs that capture the amazing things we can do with natural ingredients. In 2011, nineteen-year-old Ella Woodward was diagnosed with a rare illness that left her bed-ridden, in chronic pain, and plagued by heart palpitations and headaches. When conventional medicine failed her, Ella decided to change her diet. She gave up meat, gluten, dairy, sugar, and anything processed—and the effects were immediate: her symptoms disappeared, her energy returned, and she was able to go off all her medication. A self-confessed sweet tooth, Ella taught herself how to make delicious, plant-based meals that delight the palette and improve overall

well-being. Deliciously Ella is an essential, how-to guide to clean, plant-based eating, taking you through the best ingredients and methods for preparing easy, exciting meals. This is not a diet—it's about creating a new mindset that embraces fantastic food. From sweet potato brownies to silky chocolate mousse and roasted butternut squash risotto and homemade fries and ketchup, Ella shares 100 brand-new recipes and twenty classics in her signature, elegant style. Packed with vivid photos and simple, foolproof instructions, Deliciously Ella provides a foundation for a pure, unprocessed, unrefined diet, so you can look and feel better while enjoying great food.

health and wellness podcast: Anti-Diet Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In Anti-Diet, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, Anti-Diet provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

health and wellness podcast: The Courage Habit Kate Swoboda, 2018-05-01 What kind of life would you live if you didn't allow your fears to hold you back? The Courage Habit offers a powerful program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community. Are your fears preventing you from living the life you truly want? Do you ever wish that you had a better job, lived in a different city, or had more authentic and nurturing relationships? Many people believe that they would do more, accomplish more, and feel more fulfilled if only they could rid themselves of that fearful inner voice that constantly whispers, "you can't do it." In The Courage Habit, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you can make courage a daily habit. Using a practical four-part program, you'll learn to understand the emotions that arise when fears are triggered, and to pause and evaluate your emotional state before you act. You'll discover how to listen without attachment to the self-defeating messages of your inner critic, understand the critic's function, and implement respectful boundaries so that your inner voice no longer controls your behavior. You'll reframe self-limiting life narratives that can—without conscious awareness—dictate your day-to-day decisions. And finally, you'll nurture more authentic connections with family, friends, and community in order to find support and reinforce the life changes you're making. If you feel like something is holding you back from landing your dream job, moving to a new city, having a satisfying love relationship, or simply taking advantage of all life has to offer—and if you have a sneaking suspicion that that something is you—then this one-of-a-kind guide will show you how to finally break free from self-doubt and start living your best life.

health and wellness podcast: I Heart My Life Emily Williams, 2019-06-04 Written by entrepreneurial phenomenon Emily Williams, I Heart My Life is a guidebook for women to change their money mindset, get clarity on what they want and start living the life of their dreams. I Heart

My Life is a guide for living life in a different way to everyone else--going for your desires and no longer letting doubt, shame, insecurity or other people's judgment stop you from moving forward with that something big you know you're meant for. It brings together mindset, money beliefs, success principles, vulnerability, and real-life stories of women who have made their career and life dreams come true. Emily Williams once couldn't even get a job at Starbucks. Yet she went on to move to a new country, clear \$30k in credit card debt and build a seven-figure coaching business from scratch. Having worked for years with thousands of women around the world to release what holds them back from the success they want, Emily is now sharing all her most powerful tools to help women radically transform their lives. In this book, you'll discover how to: cultivate a success mindset and trust the intelligence within your heart become clear about what you really want--then, go after it embrace gratitude as a driver for your ambition and success get big results and handle things when they don't go as planned be consistent, persistent and confident on the path towards your dreams Whether you're dreaming of starting your own business, getting ahead in your career, or just experience more joy, adventure and fulfilment in your life, I Heart My Life will catapult you toward your greatest desires.

health and wellness podcast: *Nutrition Diva's Secrets for a Healthy Diet* Monica Reinagel, 2011-03-01 Tired of trying to figure out what you should be eating for breakfast, or whether it's ever OK to eat before going to bed? Want to know which type of milk, or cereals, or meats are best so that food shopping is easier? Millions of people already eat, look, and feel better thanks to popular podcast host and board-certified nutritionist Monica Reinagel. In her highly-anticipated guidebook she sorts through all the conflicting nutrition information out there and busts outdated food myths, so you'll know exactly what to eat (and what to avoid) once and for all. Don't worry if pasta makes you happy, if chocolate keeps you sane, or if you just can't stand broccoli; no food is off limits and none is required. Instead, Monica walks you through every aisle of the grocery store and through each meal and snack of the day, helping you make healthier choices and answering your burning questions, including: - How often should you eat? - Which organic foods are worth the extra cost? - Does cooking vegetables destroy the vitamins? - Should foods be combined in certain ways for better digestion? Complete with grocery shopping lists, simple, delicious recipes, and sample meal plans, *Nutrition Diva's Secrets for a Healthy Diet* will have you feeling healthier, looking better than ever before, and no longer worrying about what to eat for dinner.

health and wellness podcast: *Intuitive Eating, 2nd Edition* Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there--angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of *Intuitive Eating*, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the *Intuitive Eating* philosophy can be a safe and effective model on the path to recovery from an eating disorder.

health and wellness podcast: *10% Happier* Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain

scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

health and wellness podcast: *Healthier Together* Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • "Healthier Together focuses on real whole foods and bringing community together."—Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love* Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for *Healthier Together* "This cookbook is one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio

health and wellness podcast: *The Genius Life* Max Lugavere, 2020-03-17 The author of the New York Times bestselling *Genius Foods* offers a lifestyle program for resetting your brain and body to their "factory settings"—to help fight fatigue, anxiety, and depression and to optimize cognitive health for a longer and healthier life. The human body was honed under conditions that no longer exist. The modern world has changed dramatically since our days as hunter gatherers, and it has caused widespread anxiety, stress, and disease, leaving our brains in despair. But science proves that the body and brain can be healed with the intervention of lifestyle protocols that help us to regain our cognitive birthright. In *The Genius Life*, Lugavere expands the *Genius Foods* plan, which focused on nutrition and how it affects brain health, and expands it to encompass a full lifestyle protocol. We know now that the health of our brains—including our cognitive function and emotional wellness—depend on the health of our gut, endocrine, cardiac and nervous systems as there is a constant feedback loop between all systems. Drawing on globe-spanning research into circadian biology, psychology, dementia prevention, cognitive optimization, and exercise physiology, *The Genius Life* shows how to integrate healthy choices in all aspects of our daily routines: eating, exercising, sleeping, detoxing, and more to create a healthy foundation for optimal cognitive health and performance. Among Max's groundbreaking findings, you will discover: • A trick that gives you

the equivalent of a “marathon” workout, in 10 minutes · How to get the benefits of an extra 1-2 servings of veggies daily without eating them · The hidden chemicals in your home that could be making you fat and sick · How to boost melatonin levels by up to 58% for deeper sleep without supplements The book features an achievable prescriptive 21-day plan for Genius Living that includes daily workouts, meal plans, and meal prep tips, and accompanied with helpful suggestions for healthy swaps and snacks

health and wellness podcast: Fitness Confidential Vinnie Tortorich, Dean Lorey, 2013 For decades, Vinnie Tortorich has been Hollywood's go-to guy for celebrities and athletes looking to get fit fast. Now, in this hilarious, R-rated memoir, Hollywood's most outrageous personal trainer exposes the fitness world while getting you into shape. --P. [4] of cover.

health and wellness podcast: The SuperFoodsRx Diet Wendy Bazilian, Steven Pratt, Kathy Matthews, 2008-12-23 Blockbuster bestseller SuperFoodsRx identified a variety of SuperFoods that prevent disease and significantly improve health. In this follow-up diet plan, The Superfoods Rx Diet—fully tested in two intensive 30-day trials involving more than 100 volunteers—authors Wendy Bazilian, DrPH, MA, RD, Steve Pratt, MD, and Kathy Matthews show how a diet rich in these powerhouse nutrients also helps one to lose weight. The Los Angeles Times listed the hardcover edition in its list of notable weight-loss books. And all across the nation the verdict from satisfied, successful dieters is coming in fast—this is a weight-loss program that health-conscious dieters want to make their lifetime eating plan.

health and wellness podcast: *The 17 Day Diet* Dr Mike Moreno, 2011-05-12 Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

health and wellness podcast: HypnoBirthing, Fourth Edition Marie Mongan, 2015-12-08 HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles,

reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

health and wellness podcast: Practice You Elena Brower, 2017-09-19 When the way forward seems uncertain, where can we turn for guidance we can trust? For yoga luminary, meditation teacher, and artist Elena Brower, the answer has always been close at hand. Whenever I've needed direction, strength, or centering, I've so often turned to my own journals. Why? Because many of the answers we seek are found within ourselves. Now, for those compelled to the pen and page, Elena invites us to gather our own wisdom through writing, self-inquiry, and reflection. Practice You is a portable sacred sanctuary to record our flashes of insight, find our ground, create and clarify our goals, and bear witness to our own evolution. With more than 150 beautiful pages of questions, teachings, inspiring imagery, and plenty of space to write, draw, and reflect, this journaling adventure guides us into nine compelling portals to our highest ways of living.

health and wellness podcast: The Food Medic Hazel Wallace, 2017-05-04 Junior Doctor, personal trainer and Instagram hit Dr Hazel Wallace's first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths. 'I'm a girl who juggles two jobs, who loves to lift, who adores real food - and can't resist chocolate. As a junior doctor and a personal trainer, I know that we all feel our best when we are free of illness, full of energy and at a healthy weight - and I know it can be done, even if you lead the busiest of lives! I want to debunk the myths that are out there surrounding dieting and instead offer solid, evidence-based advice. I want to bridge the gap between mainstream medicine and nutrition and help you take full control of your fitness and wellbeing, so you will never have to diet again. I want to show you that eating the most natural, unrefined and unprocessed wholefood ingredients can be enjoyable, uncomplicated and easy to incorporate into a busy lifestyle. I want this book to change your life.' Hazel x

health and wellness podcast: Coconuts & Kettlebells Noelle Tarr, Stefani Rupert, 2018-08-07 Achieve lasting health—without cutting calories or following dieting “rules”! Instead of obsessing about the quantity of food you eat, shift your focus to the quality, say Noelle Tarr and Stefani Rupert. The popular hosts of the Well-Fed Women podcast want you to make sure you're getting enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know firsthand about the ups and downs of dieting. Like many people, they have struggled with confusing and frustrating health issues such as anxiety, infertility, and hormonal imbalance—but when they discovered that the secret to improving wellness was actually more food, they ditched the calorie counters and gave their bodies the nourishment they needed to heal. In the Coconuts and Kettlebells program, you'll eat at least 2,000 calories a day—setting a minimum intake of fat, protein, and carbohydrates to ensure that your diet is full of nutrients. Noelle and Stefani identify the Big Four foods that cause the most health problems—grains, dairy, vegetable oils, and refined sugar. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step system to test these foods and determine which you need to cut back on to feel better—and which you can eat without restrictions. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for Butter Lovers, people who tend to feel more satisfied eating higher ratios of fats, and one for Bread Lovers, people who tend to feel more satisfied eating higher ratios of carbs. Each meal plan comes with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you get more than 75 simple and delicious real food recipes, including: • Kale and Bacon Breakfast Skillet • Raspberry-Coconut Smoothie Bowl • Thai Coconut Curry Shrimp • Apple-Chicken Skillet • Moroccan Lamb Meatballs • Grilled Balsamic Flank Steak • Chocolate-Cherry Energy Bites • Lemon-Raspberry Mini Cheesecakes To go along with the meal plans, you'll find three 4-week fitness plans tailored to beginner, intermediate, and advanced experience levels. Best of all, the workouts can be done anywhere—at your home or on the road—and take no more than 30 minutes each. A comprehensive whole-body program, Coconuts and Kettlebells provides the knowledge and tools you need to be healthy inside and out.

health and wellness podcast: Radical Belonging Lindo Bacon, 2020-11-10 Belonging has

been a formative struggle for me. Like most people with marginalized identities, my experience has taught me that it's hard to be yourself and feel like you belong in a culture that is hostile to your existence. That's why my body of work as a scientist, author, professor, speaker, and advocate for body liberation always comes back to the impact of belonging or not belonging. *Radical Belonging* is my manifesto, helping us heal from the individual and collective trauma of injustice and support our transition from a culture of othering to one of belonging. —Lindo Bacon Too many of us feel alienated from our bodies. This isn't your personal failing; it means that our culture is failing you. We are in the midst of a cultural moment. #MeToo. #BlackLivesMatter. #TransIsBeautiful. #AbleismExists. #EffYourBeautyStandards. Those of us who don't fit into the mythical norm (white, male, cisgender, able-bodied, slender, Christian, etc.)—which is to say, most of us—are demanding our basic right: To know that who we are matters. To belong. Being othered and the body shame it spurs is not just a feeling. Being erased and devalued impacts our ability to regulate our emotions, our relationships with others, our health and longevity, our finances, our ability to realize dreams, and whether we will be accepted, loved, or even safe. *Radical Belonging* is not a simple self-love treatise. Focusing only on self-love ignores the important fact that we have negative experiences because our culture has targeted certain bodies and people for abuse or alienation. For marginalized people, a focus on self-love can be a spoonful of sugar that makes the oppression go down. This groundbreaking book goes further, helping us to manage the challenges that stem from oppression and moving beyond self-love and into belonging. With Lindo Bacon's signature blend of science and storytelling, *Radical Belonging* addresses the political, sociological, psychological and biological underpinnings of your experiences, helping you understand that the alienation and pain you are experiencing is not personal, but human. The problem is in injustice, not you as an individual. So many of us feel wounded by a culture that has alienated us from our bodies and divided us from each other. *Radical Belonging* provides strategies to reckon with the trauma of injustice; reclaim yourself, body and soul; and rewire your nervous system to better cope within an unjust world. It also provides strategies to help us all provide refuge for one another and create a culture of equity and empathy, one that respects, includes, and benefits from all its diverse peoples. Whether you are transgender, queer, Black, Indigenous or a Person of Color, disabled, old, or fat—or your more closely resemble the mythical norm—*Radical Belonging* is your guidebook for creating a world where all bodies are valued and all of us belong—and for coping with this one, until we make that new world a reality.

health and wellness podcast: [The Natural Wellness Journal](#) Philly J Lay, 2020-12-21 JOURNAL YOUR WAY through Self Care and Gratitude to find Peace, Love and Joy. From grounding to gut health, sleep to chakras, you are gently guided along your own self healing journey! QUICK AND EASY meditation and breathwork practices to boost your mood, increase your energy and embrace mindfulness! Utterly divine! -Tomfoolery

health and wellness podcast: [Forking Wellness](#) Sophie Bertrand, Bari Stricoff, 2021-01-01 With the abundance of health and nutrition information out there, it's hard to keep up and know what's fact and what's harmful. Registered nutrition professionals and co-hosts of the podcast, *Forking Wellness*, Sophie Bertrand and Bari Stricoff take an all food is fit approach to eating, and in this book, they use their expertise to help you navigate nutrition. How does one eat for longevity while also trying to eat for a healthy gut, reduce the risk of cardiovascular disease, all while trying to enjoy food without obsessing? These nutrition professionals are on a mission to simplify the information and make wellness a realistic and relatable topic that no longer seems so all or nothing. In addition to breaking down the nutrition basics, Sophie and Bari will guide you through what balance really means when eating, how to overcome black-and-white thinking about food, and how to implement mindful eating and intuitive eating. They will also provide simple tools for eating sustainably and on a budget. As the icing on top, Sophie and Bari have provided more than 45 delicious recipes you will want to make again and again. With this book, you are guaranteed to forking understand wellness!

health and wellness podcast: [ROAR](#) Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 “Dr. Sims

realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

health and wellness podcast: *Where Your Mind Goes, You Go: A Mental Journey Toward a Healthy Body And a Successful Life* Clark Bartram, 2015-10-25 After one short month of Training your brain with fitness guru Clark Bartram, you'll be ready to conquer the world with more energy, less stress, richer relationships and a better body. Clark guides you day by day, every step of the way, with humor and persistence. He draws from more than two decades of experience helping people reach their full potential in every aspect of their lives. If you want to fully experience what it's like to be the best you possible and get the most out of life - then start on this fun and rewarding 30 day success program today.

health and wellness podcast: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

health and wellness podcast: Think Like a Monk Jay Shetty, 2020-09-08 Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his

parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

health and wellness podcast: Sweet Sorrow Sherry Cormier, 2018-09-08 Few of us know how to navigate the territory of traumatic loss successfully. Sweet Sorrow shows how we can respond and grow stronger from loss and suffering. Written by a psychologist and certified bereavement trauma specialist in the decade following the loss of her husband, father, mother, and only sibling, this carefully considered work provides perspective on grief and healing over time. This longer-term approach allows readers to have a more complete and accurate picture of the oscillations of grief over time. The book describes not only the immediate agony of the author's losses, but also the process of starting over and making a successful new life as a single person full of hope and joy. Sweet Sorrow combines the author's psychological expertise and clinical experience with the compelling art of memoir to illuminate the surprising ways in which loss survivors can grow and even thrive to achieve wholeness after heartbreaking, traumatic losses. Using findings from post-traumatic growth, as well as evidence-based psychological approaches, Sweet Sorrow illustrates through story and example, ways for grief survivors to start over, to manage chaos and stress, to let go, and to heal with new strategies and re-storying. Sweet Sorrow also provides resources and recommendations for self-care, as well as tips and suggestions for all of us trying to respond creatively and helpfully to those around us suffering loss. Ultimately, Sweet Sorrow is a book of inspiration intended to accompany readers through the processes of loss and grief much like a helpful Sherpa might guide a lost traveler.

health and wellness podcast: *Move Your DNA* Katy Bowman, 2015-02-27

health and wellness podcast: Cleaning Up Your Mental Mess Dr. Caroline Leaf, 2021-03-02 Toxic thoughts, depression, anxiety--our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us--and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.

health and wellness podcast: Beyond Labels Sina McCullough, Joel Salatin, 2020-06-12 If you are overwhelmed by conflicting diet advice, or you don't know where to start or who to trust, Beyond Labels will help you figure out what to put on your plate. Joel Salatin, a farmer who is blazing the trail for regenerative farm practices, and Sina McCullough, a Ph. D. in Nutrition who actually understands unpronounceable carbon chains, bring you on a journey from generally unhealthy food and farming to an ultimately healing place. Through compelling discussions and humor, they share practical and easily doable tips including: what to eat, how to find it and prepare it, how to save money and time in the kitchen, and how to stay true to your principles in our modern culture. Whether you are just starting your health journey or you grow all of your own food, this

book is designed to meet you where you are and motivate you to take the next step in your healing journey - ultimately bringing you closer to health, happiness, and freedom.--Back cover

health and wellness podcast: You Can Drop It! Ilana Muhlstein, 2020-05-12 Most Registered Dietitians Nutritionists Couldn't Claim This— "I Lost 100 Pounds and Now I'm Sharing How I Did It with You!" MORE THAN 240,000 CLIENTS CAN'T BE WRONG! My name is Ilana Muhlstein and I wrote You Can Drop It! to help you learn my personal and proven system to drop weight and keep it off—without sacrifice—and it's so simple that you'll love it! This unique approach has become famous thanks to my renowned 2B Mindset program. The 2B Mindset is designed with the built-in ability for customization so that it is optimally effective and can work for everyone. It has already helped thousands of people lose weight—some more than 100 pounds—while never asking them to go hungry or cut out the foods that they love. You Can Drop It! doesn't just give you the key knowledge you need to lose weight. It adds motivational principles and real-life examples and it's the perfect complement to my successful program. No counting calories! No portion control! No feeling hungry! No off-limits foods! No exercise required! Finally—weight loss with FREEDOM! Here's Exactly Why YOU CAN DROP IT! Will Work: You're going to feel full and satisfied. (You can still eat comforting foods, in big portions, and enjoy 50+ delicious recipes inside.) You'll eat the foods you love. (Nothing is off-limits, not even dessert or a glass of wine.) You'll be in control. (Say goodbye to emotional and mindless eating.) You can finally keep off the weight! (These powerful weight-loss tools will be yours for life.) The 2B Mindset method changed my life. I struggled with yo-yo dieting the whole first half of my life. I was always the big one in the group. By the time I turned 13, I weighed over 200 pounds, and I felt terrible about myself. That's when I realized I had to break the cycle. Through trial and error, and lots of research, I discovered a simple and effective way to lose weight, while still eating large portions and the foods I loved. Over time, I lost 100 pounds, and kept the weight off. . . even after having two beautiful children. My secret? It's called the 2B Mindset. It has helped thousands of my clients lose weight too—and now it will help you.

health and wellness podcast: Holistic Nutrition Kate Callaghan, 2016-09-01 Finally, a food, fitness and lifestyle approach that makes sense for women from the dietary advisor to Sarah Wilson's 'I Quit Sugar' program! Find out why too much exercise, under-eating and low-carb diets do not work for women ... and what to do instead. For many years we have been led to believe that the best way to lose weight is just to 'eat less and exercise more'. However, for many women, this just does not work and, in fact, can actually restrict weight loss and facilitate weight gain. Worse than this is the damage it can do to women's hormonal health in the long term; creating thyroid issues, metabolic syndrome, pre-diabetes, heart conditions and menstrual disruption. Not to mention that it can affect mood and be a precursor for depression! Registered dietician and trainer Kate Callaghan understands this all too well. For years she exercised for two hours a day and ate less than 1200 calories. She looked like a bundle of muscle with 13% body fat and a sixpack, but she lost her period, developed osteoporotic bones and discovered she was infertile. As a fitness professional, she was horrified by what she had done to herself. So she set about reconstructing her health, a process she explains in The Holistic Nutritionist for the benefit of other women. Kate writes: 'Are you a WO-MAN? Yes? Then you need this book! Holistic Nutrition is written for women like me who find themselves up the hormonal creek without a paddle after years of over-exercising and under-eating, and being an absolute stress-head. 'I wrote this book for the women who might have been following a Paleo-style diet, which is working great for Joe-next-door, but it seemed to make them fatter and more tired. I wrote it for the women who have been told that they will be unable to fall pregnant naturally, will need fertility treatment and have been offered no alternatives. I wrote it for the women who need to lose weight and are advised, 'Just eat less and exercise more', even though they have been doing that to no avail for the past umpteen years. I wrote it for the women who are sick and tired of being told that their hormones-gone-bad symptoms are 'just-a-fact-of-being-a-lady-and-acceptit- or-take-a-pill'. In a very down-to-earth and conversational manner, Kate completely demystifies the science behind female hormones and how they are affected by diet, exercise and stress. She explains why low-carb diets do not help women achieve optimum

health and can in fact cause serious health issues. Using her years of industry experience and training in dietetics, as well as the latest in scientific research, Kate outlines the ways in which women can help nourish their bodies to not only look good, but feel confident and beautiful in their own skin. Kate covers vital points for women of all ages and lifestyles, from the athletes to the new mums, from the hard-charging cross-fitters to those just wanting to sleep better and have more energy.

health and wellness podcast: *Thrive* Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as *Thrive* shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

health and wellness podcast: *The Fatburn Fix* Catherine Shanahan, M.D., 2020-03-24 A proven plan to optimize your health by reclaiming your natural ability to burn body fat for fuel The ability to use body fat for energy is essential to health—but over decades of practice, renowned family physician Catherine Shanahan, M.D., observed that many of her patients could not burn their body fat between meals, trapping them in a downward spiral of hunger, fatigue, and weight gain. In *The Fatburn Fix*, Dr. Shanahan shows us how industrially produced vegetable oils accumulate in our body fat and disrupt our body's energy-producing systems, driving food addictions that hijack our moods and habits while making it nearly impossible to control our weight. To reclaim our health, we need to detoxify our body fat and help repair our “fatburn” capabilities. Dr. Shanahan shares five important rules to fix your fatburn: 1) Eat natural fats, not vegetable oils. 2) Eat slow-digesting carbs, not starchy carbs or sweets. 3) Seek salt. 4) Drink plenty of water. 5) Supplement with vitamins and minerals. She then provides a revolutionary, step-by-step plan to help reboot your fatburn potential in as little as two weeks. This customizable two-phase plan is widely accessible, easy to follow, and will appeal to the full spectrum of diet ideologies, from plant-based to carnivore to keto and beyond. By making a few changes to what you eat and when, you will lose unwanted

weight and restore your body's ability to store and release energy. With *The Fatburn Fix*, Dr. Shanahan shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life, paving the way to abundant energy and long-term health and happiness.

health and wellness podcast: *Yoga Girl* Rachel Brathen, 2015-03-24 A New York Times bestseller from the yoga instructor who inspires more than one million followers on Instagram every day. Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel Brathen—Instagram's @Yoga_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she's built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—*Yoga Girl* is like an armchair vacation to a Caribbean spa.

health and wellness podcast: *Ultimate Pulmonary Wellness* Noah Greenspan, 2017-09-21 *Ultimate Pulmonary Wellness* is a resource for all people living with respiratory disease including patients, their families and caretakers; and clinicians. This well-rounded guidebook is the fusion of twenty-five years of clinical practice, education and research by Dr. Noah Greenspan, board-certified clinical specialist in cardiovascular and pulmonary physical therapy; and Program Director of the Pulmonary Wellness & Rehabilitation Center in New York City. It is one of the most comprehensive works of its kind. This brand new first edition draws together a complex variety of threads, clearly defining the key components of living well with a pulmonary disease; including the anatomy, physiology and pathophysiology of the respiratory system; the multifactorial and multi-systemic nature of breathing; the role of medicine (physician, diagnosis and treatment) in the management and prevention of respiratory disease; and the importance of lifestyle factors, such as exercise, nutrition and managing your emotions, as well as the prevention of infection; in ultimate pulmonary wellness; and living your absolute best life with respiratory disease.

health and wellness podcast: *How to be Well* Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

health and wellness podcast: *The Future of Nursing 2020-2030* National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30 The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. *The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity* explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the

foundation set out by The Future of Nursing: Leading Change, Advancing Health (2011) report.

health and wellness podcast: Cancer Hacks Elissa Goodman, 2016-06-19 In Cancer hacks, Goodman has put together a comprehensive plan designed to offer some common-sense, natural and holistic advice to deal with the fear and uncertainty so many people face when confronted by this terrible disease.

health and wellness podcast: The Rain Barrel Effect Stephen Cabral, 2018-03-24 Discover the 6,000 year old secret to finally getting well, losing weight and feeling alive again! Every year we spend more and more on healthcare, research and pharmaceuticals, yet every year the rate of auto-immune, Alzheimer's, digestive disorders, diabetes and diseases of all types continue to rise. Soon 1 out of 2 people will get cancer in their life time and 2 out 3 people will be overweight. Clearly what we're doing is not working and there must be something that's being overlooked... It turns out the answer is simpler than we think and it lies in the oldest form of medicine in the world. The Rain Barrel Effect explains exactly how we get sick, put on weight, and begin to breakdown over time, as well as how to reverse that process and take back control of your life!

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