

health and wellness portal

Navigating the Digital World of Wellness: Your Guide to the Best Health and Wellness Portals

Are you overwhelmed by the sheer volume of health and wellness information available online? Feeling lost in a sea of conflicting advice and unreliable sources? You're not alone. Finding trustworthy, comprehensive, and user-friendly health and wellness resources can feel like searching for a needle in a haystack. This post serves as your ultimate guide to navigating the digital landscape, helping you identify and utilize the best health and wellness portals to achieve your wellness goals. We'll explore what makes a great portal, how to find the right one for you, and what to look for to ensure you're getting accurate and reliable information.

What is a Health and Wellness Portal?

A health and wellness portal is a central online hub offering a wide array of resources related to physical, mental, and emotional well-being. These portals typically go beyond simple informational websites, providing interactive tools, community features, personalized plans, and often access to professionals. They act as a one-stop shop for individuals seeking to improve their health and wellness journey. Think of it as your personal digital health coach, always available to provide guidance and support.

Key Features of a Top-Tier Health and Wellness Portal

Choosing the right health and wellness portal requires careful consideration. Here are some key features to look for:

Credibility and Accuracy: The most important factor! Look for portals that cite reputable sources, such as peer-reviewed studies, government health organizations (like the CDC or WHO), and licensed healthcare professionals. Avoid sites that promote unproven treatments or make exaggerated claims. Check for a clear "About Us" section detailing the portal's credentials and editorial process.

Comprehensive Content: A good portal offers a diverse range of information covering various aspects of wellness, including nutrition, fitness, mental health, stress management, sleep hygiene, and disease prevention. It should cater to diverse needs and interests, offering content suitable for different age groups and fitness levels.

User-Friendly Design and Navigation: A cluttered or confusing website is a major turn-off. Look for a portal with intuitive navigation, clear search functionality, and easy-to-read content. High-quality visuals, videos, and interactive elements enhance the user experience.

Personalized Experiences: The best portals allow for personalization. This might include creating profiles to track progress, receiving tailored recommendations based on individual needs and goals, and accessing personalized workout or nutrition plans.

Community Features: A strong sense of community can significantly boost motivation and accountability. Look for portals that offer forums, support groups, or social features allowing users to connect with others on similar wellness journeys.

Integration with Wearable Technology: Many portals integrate with fitness trackers and other wearable devices, allowing users to seamlessly track their activity levels, sleep patterns, and other health metrics. This integration offers valuable insights and personalized feedback.

Finding the Right Health and Wellness Portal for You

With so many options available, finding the right portal can feel overwhelming. Here's a step-by-step approach:

1. **Identify Your Needs:** What are your specific health and wellness goals? Are you looking to lose weight, improve your sleep, manage stress, or something else? Clearly defining your needs helps you narrow down your choices.
1. **Research and Compare:** Use search engines like Google, focusing on your specific needs (e.g., "best yoga app for beginners," "diabetes management portal"). Read reviews and compare features.
1. **Check for Accreditation and Certifications:** Look for portals accredited by reputable organizations or those that employ licensed healthcare professionals.
1. **Trial and Error:** Many portals offer free trials or limited access. Take advantage of these opportunities to test the platform before committing to a subscription.

1. **Read User Reviews:** Pay attention to user reviews on app stores or independent review sites. These can provide valuable insights into a portal's strengths and weaknesses.

Beyond the Basics: Advanced Features to Look For

While the features mentioned above are essential, some advanced features can elevate your experience:

Expert Consultations: Some portals offer virtual consultations with doctors, nutritionists, or other health professionals.

Progress Tracking Tools: Detailed progress tracking features allow you to monitor your achievements and identify areas needing improvement.

Educational Resources: Look for portals that offer educational materials, such as articles, videos, and webinars, to expand your knowledge about health and wellness.

Recipe and Meal Planning Tools: For those focusing on nutrition, built-in recipe and meal planning features can be invaluable.

Choosing a Health and Wellness Portal: The Bottom Line

Selecting the perfect health and wellness portal is a personal journey. There's no one-size-fits-all solution. By carefully considering your needs, researching available options, and focusing on credibility and user experience, you can find the ideal platform to support your health and wellness goals. Remember, the key is to find a portal that motivates you, provides accurate information, and empowers you to take control of your well-being.

Conclusion:

Embarking on a health and wellness journey requires commitment and the right tools. A well-chosen health and wellness portal can be your invaluable companion, providing the resources, support, and motivation you need to succeed. By carefully considering the factors discussed above, you can find the perfect digital partner to help you achieve your wellness aspirations.

FAQs:

1. Are all health and wellness portals created equal? No, the quality and reliability of health and wellness portals vary significantly. It's crucial to carefully vet any portal before relying on its information.
1. Is it safe to share personal health information on a health and wellness portal? Choose portals that prioritize data security and privacy. Look for those that clearly outline their privacy policies and utilize robust security measures.
1. How can I determine if a health and wellness portal is credible? Look for portals that cite reputable sources, have a clear "About Us" section, and avoid making exaggerated or unsubstantiated claims. Check for independent verification and certifications.
1. What if I don't like the health and wellness portal I choose? Many portals offer free trials or money-back guarantees. If you're unhappy, you can usually cancel your subscription or switch to another platform.
1. Can a health and wellness portal replace professional medical advice? No. A health and wellness portal should be considered a supplementary resource, not a replacement for professional medical advice from a doctor or other qualified healthcare provider. Always consult with a healthcare professional before making significant changes to your diet, exercise routine, or healthcare plan.

health and wellness portal: Don't Tell Me What to Do, Just Send Money Helen E. Johnson, Christine Schelhas-Miller, 2011-07-05 This completely revised and updated edition of Don't Tell Me What To Do, Just Send Money prepares parents for the issues that they will encounter during their children's college years. Since our original publication over ten years ago, there has been a dramatic increase in the use of cell phone and internet technology. The birth of the term 'helicopter parent' is, in part, due to the instant and frequent connectivity that parents have with their children today. Parents are struggling with the appropriate use of communicative technology and aren't aware of its impact on their child's development, both personally and academically. With straightforward practicality and using humorous and helpful case examples and dialogues, Don't Tell Me What To Do, Just Send Money helps parents lay the groundwork for a new kind of relationship so that they can help their child more effectively handle everything they'll encounter during their college years.

health and wellness portal: You're On Your Own (But I'm Here If You Need Me) Marjorie

Savage, 2009-05-05 Realistic and practical advice for parents of college-age kids. Parents whose kids are away at college have a tough tightrope to walk: they naturally want to stay connected to their children, yet they also need to let go. What's more, kids often send mixed messages: they crave space, but they rely on their parents' advice and assistance. Not surprisingly, it's hard to know when it's appropriate to get involved in your child's life and when it's better to back off. You're On Your Own (But I'm Here If You Need Me) helps parents identify the boundaries between necessary involvement and respect for their child's independence.

health and wellness portal: General Gynecology Andrew I. Sokol, Eric R. Sokol, 2007-01-01 The Requisites in Obstetrics and Gynecology is a series of volumes that offers a concise overview of the field of obstetrics and gynecology in the following areas: High Risk Obstetrics, General Gynecology, Gynecologic Oncology, and Reproductive Endocrinology and Infertility. Each volume contains the core material that is fundamental to each area and includes a presentation that allows the user to absorb the information quickly and thoroughly. This volume is devoted to General Gynecology, which covers care of the female patient outside of pregnancy or during the initial weeks of pregnancy. Topics include gynecologic imaging, family planning, congenital and developmental abnormalities, abnormal uterine bleeding, and pelvic floor disorders.

health and wellness portal: **The Stop & Go Fast Food Nutrition Guide** Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

health and wellness portal: *The Food Prescription for Better Health : a Cardiologist's Proven Method to Reverse Heart Disease, Diabetes, Obesity, and Other Chronic Illnesses, Naturally!* Baxter D. Montgomery, 2011 Are you or a loved one suffering from high blood pressure, diabetes, heart disease or some other chronic condition? If so, this book may just change your life. Did you know that many ailments considered incurable can be effectively treated through nutrition? Dr. Baxter Montgomery, an experienced cardiologist and expert in nutrition, has the proof in The Food Prescription for Better Health. Filled with sound scientific facts and easy to follow guidelines, this book will help you revolutionize your health. Book Features: Outlines the poor health condition of Americans Provides a detailed description of how the body works Tells the real story of what healthy food is, dispelling many myths Describes how proper nutrition is important for optimal health Provides a step-by-step approach to reverse your health problems using nutrition Shows scientific evidence for the efficacy of the program

health and wellness portal: **Health and Wellness for Life** Human Kinetics, 2018-07-16 Health on Demand and Health and Wellness for Life provide professors teaching general-ed health courses the option to customize their student textbooks to match their syllabi. With a custom Health on Demand text, your students pay for only the material you'll actually cover in class, plus you can match the text's content to the unique needs of your setting. The standard text, Health and Wellness for Life, offers a ready-made option for those looking for a textbook that covers all the essential personal health topics for the general student population. Both options feature content developed by 15 veteran health educators and organized into a cohesive course text by Human Kinetics, a publisher with more than 30 years of experience in providing top-quality information resources to the fields of health and physical education and to the various kinesiology subdisciplines. The standard text includes 16 chapters of the topics most often covered in a general-education health course. Or you can choose from a total of 23 chapters to ensure your text includes the material that is most important for your students. For those electing to customize a text, new chapters will be offered as they are developed to expand your options even further. Student-friendly textbook

features make reading and learning more enjoyable Both the standard text *Health and Wellness for Life* and the customizable *Health on Demand* text include the following student-friendly features: - A conversational tone used throughout the book makes it accessible and relevant for any student. - Discussion and assessment questions, quizzes, surveys, hypothetical scenarios, and learning objectives add interest to the textbook and help students retain what they've learned. - A look at the effect of gender and ethnicity on health issues makes learning more personal for each individual. - Special focus on timely and controversial issues encourages students to think critically about media and advertising. - Special elements on steps for behavioral change and the mind-body connection show students how to take action to address health issues to improve mental and physical health. - A glossary of terms defines concepts presented in each chapter. - Several application activities for each chapter engage students' critical-thinking skills. - The online student resource provides additional information, links, and tools that expand on topics from the text. Complete coverage of important concepts The standard textbook covers these important topics: -Fitness, nutrition, and weight management -Mental health and stress management -Relationships, reproductive choices, and pregnancy and childbirth -Health promotion, chronic diseases, and prevention of infectious diseases -Consumer health and alternative medicine, environmental health, and substance abuse and dependency -Healthy aging and wellness throughout life The customizable text from the *Health on Demand* series allows you to select the chapters you'll actually use, with options on how sensitive topics such as abortion are treated. Alternative chapters cover topics such as these: -Body Composition -Musculoskeletal Health -Cardiovascular Health -Injury Prevention and First Aid -Death and Dying -Spirituality -Reproductive Choices (without abortion) Professors may select any combination of chapters from the standard book and optional chapters and have them placed in any order in the final textbook. Professors can also write their own foreword or add a chapter (subject to Human Kinetics' review and approval), and information on campus-specific health resources (such as the campus health center, phone numbers, and other resources). The cover can be customized with a photo of the professor's choosing (such as a campus landmark or school mascot), or a school name or logo can appear on the cover. Professors can even create their own title for the textbook. Complete ancillaries help instructors implement the course Whether you choose the standard textbook *Health and Wellness for Life* or choose to customize your own *Health on Demand* book for course instruction, you will receive access to a complete set of ancillaries tailored to match the book you've selected. The ancillaries include the following features: - Presentation package with more than 500 PowerPoint lecture slides covering all available chapters - Test package with more than over 500 multiple-choice, fill-in-the-blank, and short-answer questions covering the content from all chapters - Online student resource includes extended discussions of topics related to the content of each chapter, answers to review questions from the textbook, and definitions of terms used in each chapter Human Kinetics makes custom publishing for health education a reality with reliable information in a style students will love and the ability to tailor content to meet specific needs. With *Health and Wellness for Life* and *Health on Demand*, you can help your students create their paths to lifelong well-being.

health and wellness portal: *Delivering Superior Health and Wellness Management with IoT and Analytics* Nilmini Wickramasinghe, Freimut Bodendorf, 2019-11-27 This in-depth book addresses a key void in the literature surrounding the Internet of Things (IoT) and health. By systematically evaluating the benefits of mobile, wireless, and sensor-based IoT technologies when used in health and wellness contexts, the book sheds light on the next frontier for healthcare delivery. These technologies generate data with significant potential to enable superior care delivery, self-empowerment, and wellness management. Collecting valuable insights and recommendations in one accessible volume, chapter authors identify key areas in health and wellness where IoT can be used, highlighting the benefits, barriers, and facilitators of these technologies as well as suggesting areas for improvement in current policy and regulations. Four overarching themes provide a suitable setting to examine the critical insights presented in the 31 chapters: Mobile- and sensor-based solutions Opportunities to incorporate critical aspects of

analytics to provide superior insights and thus support better decision-making Critical issues around aspects of IoT in healthcare contexts Applications of portals in healthcare contexts A comprehensive overview that introduces the critical issues regarding the role of IoT technologies for health, Delivering Superior Health and Wellness Management with IoT and Analytics paves the way for scholars, practitioners, students, and other stakeholders to understand how to substantially improve health and wellness management on a global scale.

health and wellness portal: *Let the Journey Begin* Jacqueline Kiernan MacKay, Wanda Johnson Ingram, 2002 This brief text includes innovative features and activities to help parents deal with the issues they and their children face during the first year of college. *Let the Journey Begin* highlights the ongoing process of adjustment and is structured in eight sections to reflect the school year cycle. Features of the text include student and parent reflection, guided journal entries, checklists, problems and solutions, and explanations of college terms.

health and wellness portal: *I'm Still Here* Austin Channing Brown, 2018-05-15 NEW YORK TIMES BESTSELLER • REESE'S BOOK CLUB PICK • From a leading voice on racial justice, an eye-opening account of growing up Black, Christian, and female that exposes how white America's love affair with "diversity" so often falls short of its ideals. "Austin Channing Brown introduces herself as a master memoirist. This book will break open hearts and minds."—Glennon Doyle, #1 New York Times bestselling author of *Untamed* Austin Channing Brown's first encounter with a racialized America came at age seven, when she discovered her parents named her Austin to deceive future employers into thinking she was a white man. Growing up in majority-white schools and churches, Austin writes, "I had to learn what it means to love blackness," a journey that led to a lifetime spent navigating America's racial divide as a writer, speaker, and expert helping organizations practice genuine inclusion. In a time when nearly every institution (schools, churches, universities, businesses) claims to value diversity in its mission statement, Austin writes in breathtaking detail about her journey to self-worth and the pitfalls that kill our attempts at racial justice. Her stories bear witness to the complexity of America's social fabric—from Black Cleveland neighborhoods to private schools in the middle-class suburbs, from prison walls to the boardrooms at majority-white organizations. For readers who have engaged with America's legacy on race through the writing of Ta-Nehisi Coates and Michael Eric Dyson, *I'm Still Here* is an illuminating look at how white, middle-class, Evangelicalism has participated in an era of rising racial hostility, inviting the reader to confront apathy, recognize God's ongoing work in the world, and discover how blackness—if we let it—can save us all.

health and wellness portal: Plants First Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In *Plants First*, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

health and wellness portal: National Health Education Standards Joint Committee on

National Health Education Standards, 2007 Concluding a two-year review and revision process supported by the American Cancer Society and conducted by an expert panel of health education professionals, this second edition of the National Health Education Standards is the foremost reference in establishing, promoting, and supporting health-enhancing behaviors for students in all grade levels. These guidelines and standards provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress; provide students, families, and communities with concrete expectations for health education; and advocate for quality health education in schools, including primary cancer prevention for children and youth.

health and wellness portal: Major Labels Kelefa Sanneh, 2021-10-05 One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year "One of the best books of its kind in decades." —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In *Major Labels*, Sanneh distills a career's worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn't transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, *Major Labels* pays in full.

health and wellness portal: *Tapestry of Health* Daniel A Monti, Anthony J Bazzan, 2020-09-09 *Tapestry of Health* artfully synthesizes the complex world of healthy living into a set of clear principles in guiding you to feel your best and thrive at your highest potential through evidence-based integrative medicine treatment of body, mind and spirit. Living a healthy lifestyle is not always easy. The conflicting health advice can feel overwhelming. *Tapestry of Health* takes the complex world of healthy living and gives you a set of clear, uncomplicated health principles that will show you how to feel your best and thrive, no matter your starting point. The book shares practical and easy-to-implement health plans that will help you: ? transform your health and weight ? improve your nutrition ? optimize your sleep ? manage your stress Doctor Monti and Doctor Bazzan are clinical and academic pioneers in the emerging medical specialty of integrative medicine. They having started the first-ever department of integrative medicine at a US medical school. In their book they share the principles and health plans they have used with their own patients over the last two decades to create transformative results. Their approach to health integrates all aspects of well-being, including the physical, emotional, intellectual, spiritual, social, and nutritional. They present here evidence-based restorative approaches and emerging cutting-edge strategies. They also offer a new perspective on how we view wellness in a way that reflects the shift from seeking medical care only when we are sick to one when we mindfully take responsibility for maintaining a healthy lifestyle. All this makes *Tapestry of Health* your partner on your path to optimal wellness.

health and wellness portal: *Secret to a Younger You* Bridghid McMonagle, Kaley Bourgeois, 2018-03-06 Frustrated by your frown lines? You deserve a natural, non-toxic option to help you regain your youth and your confidence. Don't wait to pursue: Improved texture and better skin tone

Firmer skin on your face, neck, chest, and hands Drastically minimized fine lines and wrinkles
Softer, less visible scars Dr. Bridghid McMonagle and Dr. Kaley Bourgeois designed their protocol to help you look your best without botox, synthetic fillers, or surgery. With Activated Platelets and Ozone, you can look better, and *Secrets to a Younger You* tells you how. Prioritize the health of your skin today!

health and wellness portal: *Dirty Girl* Wendie Trubow, Ed Levitan, 2021-10-12 Joint pain, chronic fatigue, hair loss, eczema, and plain old smelly gas. At first, you blamed it on getting older, even if you are in your twenties. Now? There are just too many issues to ignore. More importantly, you're tired of waiting to feel better-you won't ignore these symptoms anymore. No matter your age, gender, or background, if this sounds like you, it's time for a change. It's time to ditch the toxins and finally come clean. In *Dirty Girl*, physicians and functional medicine experts Wendie Trubow and Ed Levitan let you in on the answers you've been looking for to feel your best, age gracefully, and finally understand what your body has been trying to tell you. Along with stories from Wendie's own detoxification journey, you'll learn what other patients have done to identify the toxins causing chaos and illness and eliminate them from their lives. This how-to book shows you what to focus on, why a personal evaluation is a must, and how to take the first step-and the next-toward the healthiest, happiest you.

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

health and wellness portal: *Reward Management* Stephen J Perkins, Sarah Jones, 2020-01-03 *Reward Management* is a comprehensive guide to all elements of reward in the workplace. From the theoretical frameworks and legal context of reward through to practical application in the workplace, this book provides all the essential information for both students of reward management and practitioners involved in reward management in organizations. Covering all the key areas of reward management including pay structures and pay setting, job evaluation and employee benefits, *Reward Management* is a key book for anyone studying the Level 7 CIPD reward management module or a postgraduate qualification in HR. This book also includes guidance on non-financial reward and new coverage of the gender pay gap, executive reward and pay ratio reporting. There is also extensive discussion of international reward including the impact of different cultures on reward, benefits for multi-local talent, rewarding expatriates and why one size of reward doesn't fit all. Accompanying online resources include lecturer manual and lecture slides.

health and wellness portal: *Conquering Infertility* Alice D. Domar, Alice Lesch Kelly, 2004-02-24 Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar—whom *Vogue* calls the “Fertility Goddess”—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life.

health and wellness portal: *The Cancer Revolution* Leigh Erin Connealy, 2018-07-17 Integrative health pioneer offers her groundbreaking approach to treating (and preventing) cancer, based on 6 Revolutionary Findings, with a practical program and strategies. When it comes to cancer, conventional doctors are trained to treat their patients exclusively with surgery, radiation, and chemotherapy. These methods are grueling on the whole body--and they don't treat beyond the tumor or the cancer itself. The focus is on the disease, not the whole person--and because of this, the outcomes in conventional medicine can be bleak. But it doesn't have to be this way. Dr. Leigh Erin Connealy has developed a whole-person approach to treating cancer--and these treatments have

helped thousands of patients through her Cancer Center for Healing. In *The Cancer Revolution*, Dr. Connealy shows you how to get to the root causes of cancer and the practical steps you can take to get back on the path to healing--from balancing your body's chemistry with nutritional supplements, following a healthy food plan, detoxifying your body and home, exercising regularly, getting deep restful sleep every night, practicing stress reduction techniques, and putting together a supportive healing team. Chemotherapy and radiation have their place in treatment, but in many cases, they are simply not enough, because cancer isn't caused by one thing, but by many different factors. All of these causes must be addressed, not just the tumor. *The Cancer Revolution* will equip you to make impactful, achievable lifestyle choices that fight the root of the disease, and that offer hope for recovery and a cancer-free life.

health and wellness portal: [Wellness Wheel Training Guide](#) Kristy Jenkins, 2022-04-10
Uncover Efficient Wellness Strategies To Maintain Your Lifestyle, Improve Your Health, And Build Your Foundation All In One, In This Mind Blown ..WELLNESS WHEEL Training Guide Learn All About Wellness Wheel: How To Ensure A High- Quality Life Reasons Why Wellness Wheel Is So Important Find Out Why Is It Important For People To Pursue Wellness Wheel Explore All About The Wellness Wheel Find Out Everything About Common Wellness Problems Discover The Best Wellness Programs: Do They Need Them (And Which Ones) Learn More About The Dimensions of Wellness Wheel Wellness Is The Most Essential Step Towards A Good Healthy Life! The wellness wheel illustrates a wellness model with eight dimensions: social, physical, emotional, occupational, spiritual, intellectual, environmental, and financial. All dimensions are interconnected and important to a well-rounded and balanced lifestyle. It has been perfectly said by Golda Poretsky- "Health isn't about being "perfect" with food or exercise or herbs. Health is about balancing those things with your desires. It's about nourishing your spirit as well as your body." It reminds us we need to work in different aspects of our lives to increase our sense of well-being. Focusing on just one area is not enough. The COVID-19 Outbreak Has Made The Importance Of Wellness Wheel More Prominent! When you lose balance within or between dimensions of the wheel, your sense of well-being decreases, and you can experience distress. The current situation with COVID-19 has the potential to take you out of balance. Luckily, bringing greater attention to one or more areas can also help us restore balance in others. It can be easier to feel emotionally balanced when our sense of social connection or physical wellness is maintained, for instance. You may have a standard set of strategies to keep your balance during the school year that helps you meet your external and internal demands. The current situation with COVID-19 may impact some of those strategies. In the present situation, only 56% of the respondents have a good thought about their health. It is very likely that those who do not have this opinion are more than willing to invest and spend more on improving their wellness. The rising prevalence among the global population is the key driver of the global health and wellness market. The sedentary and hectic schedules of the consumers had resulted in the prevalence of stress, depression, anxiety, cancer, diabetes, and various other health-related issues. intake of essential nutrients and minerals required for the healthy and active functioning of the human body. According to the World Health Organization, around 20% of men and 16.7% of women are diagnosed with cancer at least once in their lifetime, globally. Further, cardiovascular diseases result in around 18 million deaths across the globe annually. Balancing Wellness Wheel Is Absolutely Crucial To Live A High Quality Life! Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It is an ongoing circle. We invite you to reflect on what it may mean now to let your wellness flow with creativity, self-compassion, and collective understanding of each other. So Wellness Wheel better explains about: How a person contributes to their environment and community How to build better living spaces and social networks The enrichment of life through work, and its interconnectedness to living and playing Self-esteem, self-control, and determination as a sense of direction Creative and stimulating mental activities, and sharing your gifts with others

health and wellness portal: [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.

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narrative of personal stories that impart lessons and illuminate strategies for better, and even life-saving, medical decision-making. With clarity and as a call to action, Michelson presents the most effective approach to getting the best from a broken system: sourcing excellent doctors, choosing the right treatment protocols in the no mistake zone, researching with precision, and structuring the ideal support team. Leslie D. Michelson has devoted his life's work to helping people access the best quality medical care--serving as an expert navigator for hundreds of clients. As the former head of the Prostate Cancer Foundation and the CEO of Private Health Management he has dedicated his life's work to helping individuals find the courage and confidence to get what they need in a challenging health system.

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licensed by the U.S. Food and Drug Administration. Examples include lenalidomide as first-line therapy, panobinostat in combination with bortezomib plus dexamethasone for relapsed/refractory myeloma, ibrutinib for Waldenström's macroglobulinemia, and new therapeutic regimens for systemic amyloidosis and POEMS syndrome. Information is also provided on drug combinations that have shown encouraging results and are very near to approval. Other important aspects covered in the book are the role of different imaging modalities in workup and the significance of newly acquired data relating to prognosis and minimal residual disease. Readers will find *Multiple Myeloma and Other Plasma Cell Neoplasms* to be a rich source of knowledge that will be invaluable in improving patient management.

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of m-Health and presents future directions to potentially shape and transform healthcare services in the coming decades. In addition, this book: Discusses the rapid evolution of m-Health in parallel with the maturing process of its enabling technologies, from bio-wearable sensors to the wireless and mobile communication technologies from IOT to 5G systems and beyond Includes clinical examples and current studies, particularly in acute and chronic disease management, to illustrate some of the relevant medical aspects and clinical applications of m-Health Describes current m-Health ecosystems and business models Covers successful applications and deployment examples of m-Health in various global health settings, particularly in developing countries

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