

houston medical wellness clinic

Houston Medical Wellness Clinic: Your Guide to Holistic Health in the Heart of Texas

Are you searching for a Houston medical wellness clinic that prioritizes your overall well-being? Feeling overwhelmed by the sheer number of options available? This comprehensive guide is designed to help you navigate the landscape of Houston's wellness scene, outlining what to look for in a reputable clinic and providing insights into the benefits of a holistic approach to healthcare. We'll cover everything from finding the right provider to understanding the services offered, ensuring you're equipped to make informed decisions about your health journey.

Understanding the Holistic Approach of a Houston Medical Wellness Clinic

Traditional medicine often focuses on treating symptoms. A Houston medical wellness clinic, however, takes a different approach. It integrates conventional medical practices with complementary therapies to address the root causes of illness and promote overall wellness. This holistic approach considers your physical, mental, and emotional health as interconnected elements, working to create a balanced and thriving state of being. This means looking beyond just treating the immediate problem and focusing on preventative care and lifestyle modifications to enhance your long-term health.

Key Services Offered by Leading Houston Medical Wellness Clinics

Many Houston medical wellness clinics offer a diverse range of services catering to individual needs. These can include:

Preventative Care: Regular check-ups, screenings, and personalized health plans to identify and address potential health risks before they become major issues. This proactive approach is a cornerstone of holistic wellness.

Functional Medicine: This approach investigates the underlying causes of disease by looking at your unique genetic makeup, lifestyle factors, and environmental influences. It aims to restore balance and optimal function within your body.

Nutritional Counseling: Registered dietitians or certified nutritionists provide personalized dietary plans tailored to your specific health goals and needs, emphasizing whole foods and nutrient-dense options.

Stress Management Techniques: Techniques like mindfulness meditation, yoga,

and breathing exercises are often incorporated to help manage stress, a significant contributor to many health problems.

Physical Therapy and Rehabilitation: These services help address musculoskeletal issues, injuries, and improve overall physical function.

IV Therapy: Intravenous nutrient therapy delivers essential vitamins, minerals, and antioxidants directly into your bloodstream for rapid absorption and optimal cellular function.

Hormone Replacement Therapy (HRT): For those experiencing hormonal imbalances, HRT can help restore balance and alleviate associated symptoms. However, it's crucial to discuss this with a qualified medical professional to assess suitability and potential risks.

Choosing the Right Houston Medical Wellness Clinic for You

Finding the right Houston medical wellness clinic requires careful consideration of several factors:

Doctor Credentials and Experience: Ensure the clinic's physicians are licensed and board-certified, with experience in holistic or integrative medicine. Check online reviews and patient testimonials to gain insights into their expertise and patient satisfaction.

Services Offered: Consider your specific health needs and goals when choosing a clinic. Select one that provides the services relevant to your requirements.

Location and Accessibility: Choose a clinic that is conveniently located and easily accessible, making it easier to attend appointments consistently.

Insurance Coverage: Check with your insurance provider to determine which clinics are covered under your plan, avoiding unexpected financial burdens.

Patient Reviews and Testimonials: Reading online reviews and testimonials can provide valuable insights into the experiences of other patients. Look for consistent positive feedback regarding the clinic's professionalism, effectiveness, and overall patient care.

The Benefits of Choosing a Holistic Approach

Opting for a Houston medical wellness clinic that offers a holistic approach offers numerous advantages:

Proactive Health Management: Focus shifts from reactive treatment to preventative care, empowering you to take control of your health journey.

Personalized Treatment Plans: Tailored plans address your unique needs and circumstances, maximizing effectiveness and improving outcomes.

Improved Overall Well-being: Holistic care encompasses physical, mental, and emotional health, leading to a more balanced and fulfilling life.

Reduced Reliance on Medication: By addressing root causes, the need for long-term medication may be minimized.

Sustainable Lifestyle Changes: Holistic clinics often emphasize lifestyle modifications that support long-term health and well-being.

Finding and Contacting a Houston Medical Wellness Clinic

Start your search online by looking for "Houston medical wellness clinic" along with any specific services you require (e.g., "Houston medical wellness clinic IV therapy"). Check clinic websites for detailed information on services, physician profiles, and patient testimonials. Don't hesitate to contact clinics directly to ask questions, schedule consultations, and discuss your individual healthcare needs.

Conclusion

Choosing a Houston medical wellness clinic is a significant step towards prioritizing your overall health and well-being. By understanding the principles of holistic care and carefully considering the factors outlined above, you can confidently select a clinic that aligns with your needs and supports you on your journey towards a healthier, happier life. Remember, proactive health management is an investment in your future.

FAQs

1. What is the difference between a traditional medical clinic and a wellness clinic? Traditional clinics primarily focus on treating existing illnesses, while wellness clinics integrate conventional and complementary therapies to promote overall well-being and prevent future health problems.
1. Do all Houston medical wellness clinics accept insurance? Insurance coverage varies between clinics. It's crucial to confirm with your insurance provider and the clinic directly to understand your coverage options.
1. How do I find a clinic that specializes in a specific area of wellness, such as hormone balancing? When searching online, include specific keywords like "Houston medical wellness clinic hormone balancing" to refine your results and find clinics offering your desired services.
1. What should I expect during my first consultation at a Houston medical wellness clinic? Expect a thorough intake process, including a review of

your medical history, lifestyle habits, and current health concerns. The physician will discuss your goals and create a personalized treatment plan.

1. Are there any potential risks associated with treatments offered at a Houston medical wellness clinic? As with any medical treatment, there are potential risks. Thoroughly discuss potential risks and benefits with your physician before starting any treatment plan. Choose a reputable clinic with qualified practitioners to minimize risks.

houston medical wellness clinic: 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

houston medical wellness clinic: Biological Medicine - The Future of Natural Healing Thomas Rau, 2011

houston medical wellness clinic: Hormones, Health, and Happiness Steven F. Hotze, Kelly Griffin, 2013 Do you want to maintain your health and energy level as you age? If so, then it is essential that you replenish your declining hormones. In *Hormones, Health, and Happiness*, Dr. Steven Hotze reveals how restoring hormones to optimal levels using natural, bioidentical hormones enables women and men to regain their vitality. Dr. Hotze discusses the frequently overlooked problem of hypothyroidism, which commonly affects women in midlife. Too often, women with all the signs of low thyroid are told that their blood results are normal. Find out why women should believe what their bodies are telling them rather than the results of a blood test. The conventional medical approach treats symptoms with anti drugs, such as antidepressants, antihistamines, antispasmodics, anti-arthritis, and others, rather than discovering and correcting the underlying problems of these symptoms. In *Hormones, Health, and Happiness*, Dr. Hotze discusses symptoms of women and men in midlife, which include fatigue, weight gain, headaches, depression, insomnia, hot flashes, joint and muscle pain, brain fog, loss of interest in sex, allergies, and recurrent infections, to name a few, and addresses their solutions. His comprehensive eight-point wellness program will help you strengthen your immune system, balance your hormones, and increase your energy level. This program encompasses: - Treatment of low thyroid - Treatment of hormonal decline and imbalance - Treatment of adrenal fatigue - Treatment of yeast overgrowth - Treatment of airborne allergies - Treatment of food allergies - Vitamin and mineral supplementation - Nutritionally balanced eating program Dr. Hotze demonstrates how many health problems can be solved safely, effectively, and naturally without drugs. If you are sick and tired of being sick and tired, then it's time to take charge of your health and get your life back. By following Dr. Hotze's recommendations you can begin your

journey down a life-long path of health and happiness.

houston medical wellness clinic: Sexually Woke Susan Hardwick-Smith, 2020-09-29 What if it were possible to have the best sex of your life at 40, or even 70? With over twenty years of experience as a highly regarded physician and founder of the largest all-female-staffed OB/GYN practice in the nation, Dr. Susan Hartwick-Smith, also known as Dr. Susan, presents Sexually Woke, a surprisingly frank and thought-provoking look at midlife sexuality. This optimistic new perspective is based not only on wisdom gained from sharing intimate stories with thousands of patients, but also on her own very candid journey as a menopausal woman navigating life post-divorce. Through a unique and comprehensive research study and subsequent interviews, Dr. Susan outlines the misconception and conditioning around our attitudes to mature sex and shares the intimate secrets of a cohort of women who have discovered the path to a vibrant, deeply connected and intimated sex life after 40. These women are the mysterious Sexually Woke, and their surprising secrets are now available to all of us. Through her own story, as well as the raw and uncensored interviews with study participants that include the Sexually Woke, Dr. Susan re-frames the second half of life as an open field of possibility in which to play, explore, and finally be your true self. While openly discussing our tremendous struggles-with kids, aging parents, changing careers, divorce, death, abuse, sexual trauma, and personal illness-she teaches us that the wisdom of midlife allows us to look inward in order to recognize the importance of sex in making our lives whole. A reawakened sex life, an essential step towards living life to its fullest, is no longer the secret knowledge of a few outliers. The path to deep sexual connection and satisfaction in midlife and beyond is available to anyone who is ready to commit and willing to embark on the journey with Dr. Susan and Sexually Woke.

houston medical wellness clinic: The Yeast Syndrome John Parks Trowbridge, MD, Morton Walker, DPM, 2011-05-18 The most complete and up-to-date book on the epidemic affecting 80 million American men, women, and children. How to recognize the symptoms, why many doctors do not diagnose yeast infections, and how to bring it to your doctor's attention. Eleven questionnaires to determine your risk of a yeast-related disorder. The many causes of the yeast syndrome -- and how to avoid them. The most up-to-date laboratory diagnostic tests and anti-yeast therapies. The yeast-control diet -- recommended foods, and a complete seven-day menu. Plus, how anti-yeast treatments help patients with multiple sclerosis, arthritis, lupus, hypoglycemia, and other untreatable illnesses.

houston medical wellness clinic: The New Hormone Solution Dr. Erika Schwartz, MD, 2017-05-09 Hormones regulate our bodies and run our lives—when they're in balance we feel great, look beautiful, are fertile and sexual, and enjoy every moment of our existence. When they're out of balance, whether during adolescence, pregnancy, menopause, or from medication or surgically induced, it can lead to devastating conditions like infertility, postpartum depression, insomnia, weight gain, loss of libido, memory loss, and unnecessary tests and surgeries. Erika Schwartz, MD, is the leading authority on hormone supplementation in wellness and disease prevention. In The New Hormone Solution Dr. Erika shares her successful, proven program to help women (and men) of all ages prevent and eliminate the symptoms of hormone imbalance in an integrated and caring approach. Learn what hundreds of thousands of healthy men and women have learned from following Dr. Erika's unique and caring programs. In The New Hormone Solution, you'll discover: How to identify the symptoms of hormone imbalance at different stages in your life from teens, twenties, thirties, forties, and beyond. What the safe and easy options are for treatment of hormone imbalance. How to integrate conventional medicine with mind and body care and prevent disease at all ages. How to choose the right options for your hormones and supplements. How to take ownership of your health and avoid becoming a victim of uncaring and money-hungry systems. How the cutting edge scientific data, statistics and clinical cases from the practice of Dr. Erika can be applied to your needs.

houston medical wellness clinic: Promoting Health and Wellness in the Geriatric Patient, An Issue of Physical Medicine and Rehabilitation Clinics of North America David A. Soto-Quijano,

2017-10-25 This issue of Physical Medicine and Rehabilitation Clinics, edited by Dr. David A. Soto-Quijano, will cover the Promotion of Health and Wellness in the Geriatric Patient. Topics discussed in the volume include, but are not limited to: Benefits of Exercise in the Older Population; Alternative Exercise Modalities and Its Effect in Older Populations; Neurocognitive Decline of the Elder Patient; Effects of Spirituality in the Quality of Life of the Elderly; Clinical Pharmacology and the Risks of Polypharmacy in the Geriatric Patient; The Competitive Senior Athlete; Rehabilitation Needs of the Elderly patient with Cancer; and Aging with Spinal Cord Injury, among others.

houston medical wellness clinic: *Mayo Clinic Family Health Book* Mayo Clinic, 2009-10-06

houston medical wellness clinic: **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.

houston medical wellness clinic: **Food** Dr. Mark Hyman, 2018-02-27 #1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided common sense, food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

houston medical wellness clinic: **Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health** Abraham Morgentaler, 2008-11-02 Dr. Morgentaler, an

internationally recognized expert in sexual medicine and male hormones, shares his secrets for a healthy life. --Irwin Goldstein, M.D., Director of Sexual Medicine, Alvarado Hospital, San Diego, and Editor-in-Chief, Journal of Sexual Medicine A highly valuable resource. Finally debunks many of the myths about testosterone's safety, which has been an impediment to its appropriate usage for far too long. --David E. Greenberg, M.D., President, Canadian Society for the Study of the Aging Male From a Harvard doctor and a leading expert on testosterone--the groundbreaking book that shows you how to raise your testosterone levels--and live your life to the fullest Better sex. Increased vitality. More muscle. Improved health. Greater mental agility. These are just a few of the life-enhancing benefits that men with low levels of testosterone can experience when they increase their testosterone level. If you've noticed a decrease in your sex drive; experienced erectile dysfunction; or felt tired, depressed, and unmotivated, this authoritative, up-to-date guide from an expert at Harvard Medical School will help you determine if you have low testosterone--a surprisingly common but frequently undiagnosed condition among middle-aged men. Learn how to: Recognize the symptoms of low testosterone Diagnose the problem with simple tests Find the treatment that's right for you Explore options your doctor might not know about Reduce your risk of cardiovascular disease and obesity

houston medical wellness clinic: Ethics and Professionalism Barry Cassidy, J Dennis Blessing, 2007-08-23 The "first of its kind"—a case-based ethics text designed specifically for PAs!

houston medical wellness clinic: Bridging the Gap Shiu Y. Tsao, 2021 Recognising rare diseases' impracticability of having extensive clinical trials necessary for regulatory approval, the US Orphan Drug Act appropriately facilitates the commercialization of orphan drugs. However, even common cancers also have rather specific but uncommon clinical situations for which extensive clinical trials are hardly practicable. Moreover, although such very costly and extensive trials often depend on industry support, uncommon situations are unattractive. Eventually, many specific treatments for designated clinical oncology situations often lack regulatory approvals merely because of suboptimal trial data. Now, this EBM (evidence-based medicine) book by expert authors with first-hand clinical experience is about off-label but acceptable treatment options. The attempt is to patch up the low response rates and considerable adverse events of novel immunotherapy. Currently, without any such off-label treatments, some cancer patients may well be left out in the cold. Although off-label treatments lack regulatory approval, they are backed by EBM and have good safety profiles. It's inappropriate to announce nothing else can be done merely because all approved options have already been exhausted. In expert hands, despite the on compassionate grounds proviso, the safety profiles of such off-label prescriptions may even compare favourably with orthodox chemotherapy given at top doses.

houston medical wellness clinic: Hospital and Healthcare Facility Design Richard Lyle Miller, Earl S. Swensson, 2002 A state-of-the-art blueprint for architects, planners, and hospital administrators, Hospital and Healthcare Facility Design provides innovative ideas and concrete guidelines for planning and designing facilities for the rapidly changing healthcare system.

houston medical wellness clinic: Your Doctor Is Not God Aanchal Bhatia, 2016-09-29 Your Doctor Is Not God is a self-help book to empower and bring balance into the patient-doctor relationship. It accomplishes this by providing awareness, knowledge and support around healthcare decision making, making each party more open, honest, and communicative. Based on personal experiences, case studies and research, Your Doctor is Not God urges people to live superconscious lives and to become the CEO of their own health. Better yet, each reader will find practical tips and techniques for getting the best care for themselves, family members and friends.

houston medical wellness clinic: Health Professions Education Institute of Medicine, Board on Health Care Services, Committee on the Health Professions Education Summit, 2003-07-01 The Institute of Medicine study Crossing the Quality Chasm (2001) recommended that an interdisciplinary summit be held to further reform of health professions education in order to enhance quality and patient safety. Health Professions Education: A Bridge to Quality is the follow up to that summit, held in June 2002, where 150 participants across disciplines and occupations

developed ideas about how to integrate a core set of competencies into health professions education. These core competencies include patient-centered care, interdisciplinary teams, evidence-based practice, quality improvement, and informatics. This book recommends a mix of approaches to health education improvement, including those related to oversight processes, the training environment, research, public reporting, and leadership. Educators, administrators, and health professionals can use this book to help achieve an approach to education that better prepares clinicians to meet both the needs of patients and the requirements of a changing health care system.

houston medical wellness clinic: Health, Wellness & Longevity Steve Dimon, 2016-09-19

houston medical wellness clinic: The American Psychiatric Publishing Textbook of Psychiatry, Sixth Edition Robert E. Hales, M.D., M.B.A, Stuart C. Yudofsky, M.D., Laura Weiss Roberts, M.D., M.A., 2014-03-18 The new sixth edition -- the only comprehensive psychiatry textbook to integrate all the new DSM-5(R) criteria -- provides the most up-to-date, authoritative, insightful foundational text in the field. Its contributors include authors of the definitive texts in their areas of specialization.

houston medical wellness clinic: The Art of Skin Health Restoration and Rejuvenation, Second Edition Zein E. Obagi, 2014-12-18 The Art of Skin Health Restoration and Rejuvenation, Second Edition presents a comprehensive review of Dr. Zein Obagi's renowned skin care regimens and his techniques for revitalizing skin. Fully demonstrated and explained are Dr. Obagi's skin peels and his approach to correcting sun damage, control of the pigmentary system, the stimulation of skin collagen, and how to restore skin elasticity. With more than 200 illustrations, a presentation of Dr. Obagi's skin classification system, and a special section on combining laser skin resurfacing with other techniques, this volume is a valuable resource for the plastic surgeon, dermatologist, and cosmetic facial surgeon.

houston medical wellness clinic: Mammography Centers Directory Henry A. Rose, 2005 This guide to over 9,000 mammography facilities includes names, addresses, telephone and fax numbers, and geographical and alphabetical sections. From the publishers of the Hospital Telephone Directory.

houston medical wellness clinic: Taking Action Against Clinician Burnout National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02 Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, To Err Is Human: Building a Safer Health System and Crossing the Quality Chasm: A New Health System for the 21st Century, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

houston medical wellness clinic: CranioSacral Therapy: Touchstone for Natural Healing John E. Upledger, 2001-05-31 In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

houston medical wellness clinic: Live Younger Longer Stephen Kopecky, 2022-02-16 Most of us want to live a long, healthy life, but how do we do that? Drawing upon lessons from his own life, Mayo Clinic cardiologist Stephen Kopecky offers a holistic, evidence-based approach to

preventing common diseases and chronic illnesses and living a longer life of pleasure and purpose. In the past century, the leading causes of death around the world have shifted from infectious diseases to long-term chronic illnesses. What's killing us today isn't so much flu or tuberculosis, but heart disease and cancer. In fact, more than 1.2 million Americans die from these two diseases each year. Paradoxically, these chronic diseases are a consequence of living longer than ever. But even if we're living longer, are we living better? The overwhelming number of people now living under the burden of chronic illness indicates otherwise. After surviving two bouts of cancer, Dr. Stephen Kopecky, M.D set out to discover the behaviors people can adopt to live longer lives free of chronic illnesses and diseases. What he discovered was that the answer lies in just six habits that require small changes to your daily life, but reap big results long-term. From adopting better diet and exercise habits to managing stress and sleep, these behaviors will not only preserve your health, they can improve your quality of living and extend your life. The secret, however, lies not just in the steps themselves but in how you accomplish them. This book offers in-depth insights on: The best foods to eat and why Increasing physical activity and improving fitness Why your sleep habits matter The dangers of stress and what to do about them The true impact of alcohol and tobacco on our bodies How to make changes that will last a lifetime After 30 years of research in the field of cardiovascular disease prevention, Dr. Kopecky is sharing what he's learned from his practice and own personal experience about staying healthy, preventing chronic illnesses, and living younger longer.

houston medical wellness clinic: *SomatoEmotional Release* John E. Upledger, 2002-09-25 Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

houston medical wellness clinic: *Health Skills for Wellness* Prentice-Hall, Inc, 2005-04 What is health? How can I tell if I am healthy? Can I control my own health? How can I influence my future health? You may have just begun to ask yourself questions like these. At one time you might have said that a healthy person is anyone who does not have a cold or some other illness. Now that you are older, you may realize that this definition does not include all the things that cause you to feel well or to be healthy. - p. 2.

houston medical wellness clinic: *Current Management of Male Infertility, An Issue of Urologic* Craig S Niederberger, 2014-02-28 The fastest evolving field in urology is certainly male reproductive medicine and surgery. Getting sperm and egg together is beyond what science fiction could have imagined only a few decades ago. Such remarkable progress created a whole host of issues including epidemiologic, surgical, medical, and societal. The authors contributing to this issue were asked to consider their topics today and a couple of decades into the future. As the foundations of reproductive genetics and the male endocrine system undergird all, they are explored in depth. Common conditions such as infection and inflammation, the ever problematic varicocele, and ejaculatory dysfunction are thoughtfully reviewed. The key to the modern management of male infertility, the evaluation and treatment of azoospermia whether it is due to obstruction or spermatogenic dysfunction, is discussed in detail. For the practicing urologist, the nuts and bolts of the infertility office visit, semen analysis and processing, and contraception are reviewed. With increasing public interest, nutraceuticals, lifestyle, and the environment's impact on male reproductive health are examined. And to put male reproductive dysfunction and its treatment in the broadest context, male reproductive epidemiology and reproductive health care delivery are explored. All of these topics are covered by leaders in male reproductive medical thought and practice.

houston medical wellness clinic: *Directory of Medical Rehabilitation Programs* , 1990

houston medical wellness clinic: *Natural Hormone Replacement for Men and Women*

Neal Rouzier, Cherie Constance, 2001

houston medical wellness clinic: God Made You Great Kemba B. Black M.D., 2017-07-18 No matter who you are or what people think, you are great! Whenever you are feeling down or even if you just don't hear it enough you are great, and you're wonderfully made to accomplish wonderful things! God Made You Great is a touching and encouraging narrative poem that reminds children that they are important parts of the human race and of God's plan too. Sharing the ways in which children can excel, overcome, and rise against the odds, it helps parents teach their children that they are a constant inspiration, that they are important, and that they can do wonderful things with their lives. It matters not your size or what people think, you just need to keep one important thing straight: God made you with care, and God makes no mistakes!

houston medical wellness clinic: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986, 1987

houston medical wellness clinic: Publication, 1994

houston medical wellness clinic: Testosterone: A Man's Guide Nelson Vergel, There are several testosterone books available. However, what makes this one so different is that it is written by Nelson Vergel (Founder of ExcelMale.com and DiscountedLabs.com), a chemical engineer and 37+ year HIV and cancer survivor that discovered in 1993 that testosterone could save him from wasting syndrome and death. Since then, he has been his own lab rat as he worked with research groups, doctors, compounding pharmacies and pharmaceutical companies to evaluate all available testosterone replacement therapy (TRT) options (gels, injections, pellets, orals, etc.) as well as products to reverse and minimize side effects of testosterone (HCG, anastrozole, and others). Nelson fully explains myths and misconceptions surrounding testosterone. After reading this book you will know: -If you have low testosterone blood levels -What your best TRT option is more suitable for you, if you need one -How to avoid the main mistakes that men make when using TRT -How to identify and treat potential side effects before they become a problem -How to talk to your doctor about getting TRT, or how to find a doctor who prescribes testosterone -What foods and medicines can lower your testosterone -The truth about non-prescription testosterone boosters -How to apply for financial assistance from testosterone manufacturers -What compounding pharmacies are and how they can customize TRT options for you. To stay updated on the subject, register on the author's site ExcelMale.com and check his affordable lab test company DiscountedLabs.com and his many videos on the ExcelMale youtube channel.

houston medical wellness clinic: Ancient Herbs, Modern Medicine Henry Han, O.M.D., Glenn Miller, M.D., Nancy Deville, 2008-12-18 The best of Eastern and Western medicine in an integrative healing system for the mind, body, and spirit. Now, for the first time, a Western physician and a doctor of Oriental medicine combine the unparalleled technological advances of the West with the unmatched wisdom and healing touch Chinese herbal medicine provides for many diseases and conditions that elude modern medicine. Ancient Herbs, Modern Medicine demonstrates the many important, highly effective ways Chinese medicine and Western medicine can complement each other in treating everything from allergies and insomnia to mental illness and cancer. This accessible, comprehensive guide offers many informative and enlightening case studies and up-to-the-minute information on: • How integrative medicine combines the best of Western pharmacology and Eastern herbology • How integrative medicine helps fight the diseases and illnesses of our time, including allergies, asthma, and chronic fatigue syndrome, and eases and even reverses symptoms of arthritis, diabetes, depression, osteoporosis, AIDS, heart disease, and cancer--often without side effects • How Chinese medicine can help you recognize signs before an illness becomes a crisis • The importance of Western techniques in diagnosing serious diseases • Why Chinese medicine offers the most effective treatment for many chronic/recurrent illnesses • Restoring essential balance to the Five Energetic Systems--the Heart, Lung, Spleen, Liver, and Kidney Energies • The Eight Strategies of Herbal Therapy--how herbs work in your body Plus illuminating discussions of the basic principles of Chinese medicine, as well as food remedy recipes, diagrams, glossaries of medical terms and herbs, resource listings, and much more to help you tailor

an integrative health regimen that is right for you.

houston medical wellness clinic: Healthcare Spaces Roger Yee, 2004 This book presents examples in design innovation for healthcare, as displayed in some 200 projects by 50 leading architecture and design firms. These projects offer numerous ideas for creating health care environments that can help improve patient outcomes, contain health care costs, and incorporate advances in medical science and technology.

houston medical wellness clinic: Lifestyle Medicine, Third Edition James M. Rippe, 2019-04-17 The field of lifestyle medicine, which is the study of how daily habits and actions impact on both short- and long-term health and quality of life, continues to expand globally. The scientific and medical literature that supports the success of these lifestyle habits and actions is now overwhelming. Thousands of studies provide evidence that regular physical activity, maintenance of a health body weight, following sound nutritional practices, stress reduction, and other good practices all profoundly impact both health and quality of life. Following its predecessors, *Lifestyle Medicine, Third Edition*, is edited by lifestyle medicine pioneer, cardiologist Dr. James Rippe. This edition has been thoroughly updated and represents the expert opinions of 20 section editors as well as more than 150 expert chapter authors whose knowledge span all aspects of this emerging discipline. Topics cover lifestyle medicine practices including regular physical activity, proper nutrition, and weight management. These principles are applied to the prevention and or treatment of a wide variety of chronic conditions ranging from heart disease and diabetes to cancer, mental health, addiction, and injury prevention. This book serves as evidence base for individuals who wish to practice lifestyle medicine or incorporate some of its principles into either general medicine or subspecialty practice. It provides valuable information to healthcare workers in the fields of nutrition, exercise physiology, psychology, behavioral medicine, health promotion, and public policy where lifestyle medicine principles play an ever-increasing role.

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