

hudson river healing and wellness

Hudson River Healing and Wellness: Finding Serenity by the Water

Are you feeling overwhelmed, stressed, or simply disconnected from yourself? Imagine a place where the gentle rhythm of the Hudson River washes away your worries, where the breathtaking scenery inspires tranquility, and where holistic wellness practices reconnect you with your inner peace. This is the promise of Hudson River healing and wellness – a journey of self-discovery and rejuvenation nestled alongside one of nature's most stunning landscapes. This comprehensive guide explores the unique opportunities for healing and wellness found along the Hudson, from invigorating outdoor activities to soothing spa treatments and mindful practices. Prepare to discover how the Hudson River can become your personal sanctuary for restoring balance and well-being.

Embracing the Therapeutic Power of Nature: Outdoor Activities for Wellness

The Hudson River Valley boasts unparalleled natural beauty, offering a wealth of opportunities for healing through outdoor activities. Simply being near water has been proven to reduce stress and improve mood. Imagine:

Hiking and Trail Walking: The numerous trails along the Hudson River offer breathtaking views and a chance to connect with nature. The invigorating exercise combined with the serene atmosphere provides a potent antidote to stress. Explore the varied terrains, from gentle riverside paths perfect for leisurely strolls to challenging climbs offering panoramic vistas. Consider the Breakneck Ridge trail for a more strenuous but rewarding hike, or opt for the gentler paths in the Walkway Over the Hudson State Historic Park for a more relaxed experience.

Kayaking and Canoeing: Glide across the calm waters of the Hudson, feeling the sun on your face and the gentle breeze in your hair. Paddling is a meditative exercise, allowing you to focus on the present moment and disconnect from the daily grind. Numerous outfitters offer rentals and guided tours, making it easy to experience the river from a unique perspective. Observe the wildlife, appreciate the stunning scenery, and let the rhythmic motion of the paddle soothe your mind.

Cycling: The Hudson Valley boasts scenic bike paths perfect for leisurely rides or more challenging cycling adventures. Pedaling through picturesque landscapes provides a great cardiovascular workout while allowing you to fully immerse yourself in the beauty of the region. Explore the many trails and paths, choosing one that suits your fitness level and desired intensity.

Finding Inner Peace: Mindful Practices by the Hudson

Beyond physical activity, the Hudson River offers a unique setting for cultivating inner peace and mindfulness.

Yoga and Meditation by the River: Imagine practicing yoga or meditation with the calming sounds of the river as your backdrop. Numerous studios and retreats offer classes and workshops in scenic locations along the Hudson, allowing you to connect your practice with the restorative power of nature. The fresh air, the stunning views, and the gentle sounds of the water create an ideal atmosphere for deep relaxation and inner peace.

Mindful Walking and Nature Observation: A simple walk along the riverbank can be a powerful tool for mindfulness. Pay attention to the details around you – the feel of the ground beneath your feet, the sounds of the water, the sight of the trees and wildlife. Slow down, breathe deeply, and allow yourself to be present in the moment. Nature observation can further enhance this experience, encouraging you to appreciate the intricate beauty of the natural world.

Rejuvenating the Body and Soul: Spa Treatments and Wellness Retreats

The Hudson Valley is also home to numerous spas and wellness retreats that offer a range of treatments designed to rejuvenate the body and soul.

Spa Treatments: Indulge in therapeutic massages, facials, and body treatments designed to relieve stress, promote relaxation, and enhance well-being. Many spas incorporate natural ingredients and techniques inspired by the region's natural beauty. Look for spas that offer treatments specifically designed to reduce stress and promote relaxation, such as aromatherapy massages or hydrotherapy sessions.

Wellness Retreats: Immerse yourself in a holistic wellness experience at one of the many retreats located along the Hudson River. These retreats often offer a combination of activities, such as yoga, meditation, healthy eating workshops, and nature walks, designed to promote physical, mental, and emotional well-being. Choose a retreat that aligns with your specific needs and preferences, whether you're looking for a quiet escape or a more active experience.

Connecting with Community: Hudson River Wellness Events and Resources

The Hudson River region boasts a vibrant community of wellness practitioners and enthusiasts. Look for:

Workshops and Classes: Numerous workshops and classes focusing on various aspects of wellness are often held throughout the year. These events provide opportunities to learn new skills, connect with others, and deepen your understanding of holistic well-being.

Local Wellness Centers and Practitioners: Connect with local practitioners offering a range of services, including massage therapy, acupuncture, and holistic counseling. These professionals can provide personalized support and guidance on your wellness journey.

Conclusion

The Hudson River offers a unique and powerful setting for healing and wellness. By combining the

therapeutic power of nature with mindful practices and rejuvenating treatments, you can embark on a transformative journey toward greater balance and well-being. Whether you choose to hike the scenic trails, paddle across the calm waters, or indulge in a soothing spa treatment, the Hudson River offers a sanctuary for restoring your mind, body, and spirit. Embrace the serenity, reconnect with yourself, and discover the healing power of the Hudson.

FAQs

1. Are there accessible options for individuals with mobility limitations along the Hudson River?
Yes, many parks and trails offer accessible paths and facilities. It's always best to check individual park websites for details before your visit to ensure accessibility meets your specific needs.
1. What is the best time of year to visit the Hudson River for wellness activities? The best time depends on your preferences. Spring and fall offer pleasant temperatures and stunning foliage, while summer offers ideal conditions for water activities. Winter offers a unique, quieter experience.
1. How can I find reputable wellness practitioners and retreats in the Hudson Valley? Online searches, recommendations from friends, and reviews on platforms like Yelp and Google can help you find reputable practitioners and retreats. Check certifications and credentials to ensure they meet your standards.
1. Are there affordable options for experiencing Hudson River healing and wellness? Yes, many options exist, from free activities like hiking and mindful walking to more affordable spa treatments and wellness workshops. Research and plan ahead to find options that fit your budget.
1. How can I incorporate the benefits of Hudson River healing and wellness into my daily life? Even if you can't visit regularly, you can incorporate elements like mindful breathing exercises, nature walks in your local area, and stress-reducing techniques learned from wellness workshops into your daily routine.

hudson river healing and wellness: Raindrop Technique D. Gary Young, 2003-04
hudson river healing and wellness: Timeless Healing Herbert Benson, 2009-07-07 Learn how

the mind shapes the body, and take charge of your health and wellness with the science and power of belief. In this life-changing book, Dr. Herbert Benson draws on his twenty-five years as a physician and researcher to reveal how affirming beliefs, particularly belief in a higher power, make an important contribution to our physical health. We are not simply nourished by meditation and prayer, but are, in essence, wired for God. Combining the wisdom of modern medicine and of age-old faith, Dr. Benson shows how anyone can, with the aid of a caring physician or healer, use their beliefs and other self-care methods to heal over 60 percent of medical problems. As practical as it is spiritual, *Timeless Healing* is a blueprint for healing and transforming your life.

hudson river healing and wellness: Earth Acupuncture Gail Reichstein Rex, 2016-02-18
Applying the principles of Chinese medicine and Native American shamanism to answer the call of the Earth and heal its polluted landscapes • Explains how to build a healing relationship with the natural world by making offerings of thanks and listening to the Earth's responses • Details methods of diagnosis and several types of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles • Shares the author's journey of healing a river with these methods After experiencing a powerful vision of the nuclear power plant near her home and its toxic effects on the Hudson River, acupuncturist Gail Rex was inspired to help heal the river and surrounding lands but was unsure how to begin. Soon after, at a workshop with Cherokee-wisdom teacher Venerable Dhyani Ywahoo, she discovered the answer: she could treat the landscape just as she treated her patients--by taking its pulses and treating the points of stagnant energy and pollution with acupuncture. Tracing her journey from initial vision and pulse taking to building a stone circle to open a major energy meridian of the Hudson, the author reveals how our rivers, valleys, and forests are capable of illness and healing just like a living being. She explains simple practices for attuning with the living landscape and responding appropriately to the messages and images received from the Earth's intelligence. By making offerings of thanks and asking the land's permission before every interaction, Gail Rex demonstrates the power of right relationship in action. Drawing upon the principles of Chinese medicine and her work with Native American shamanic traditions, Rex shows how the landscape itself reveals both its imbalances and the opportunities for treatment. Using a broad range of diagnostic tools--including direct observation, principles of feng shui, listening to pulses, and working with maps--she demonstrates ways of identifying the master points of the surrounding landscape. She then explores different methods of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles to treat these specific points and restore energy balance. Offering not only a proactive method for healing the environment, Rex also reveals how to communicate with the rivers, mountains, trees, and rocks that surround us, allowing each of us to develop an authentic spiritual relationship with the living body of the Earth.

hudson river healing and wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

hudson river healing and wellness: Rendezvous Eighteenth Jake Lamar, 2005-04 *Rendezvous Eighteenth* marks the emergence of an exciting voice in crime fiction. Ricky Jenks gave up life in the U.S. years ago and is content, if not happy, with his life as a piano player in a small café in the Montmartre neighborhood of Paris. He has many friends among the other African-Americans living in Paris and is happily, if casually, involved with a French Muslim woman. But then everything changes. His American life comes crashing down on him when his estranged cousin wants help

finding his runaway wife, whom he thinks might have come to Paris, even though he's vague about why. That same night Ricky finds a prostitute dead in his apartment building in Paris's Eighteenth Arrondissement, one of the most multicultural sections of Paris. That these two events could be connected is something he never imagines. This intricate, absorbing thriller is ultimately much more than a suspense novel. Lamar's detailed and vibrant portrait of life in Paris is as much the story of a black man's alienation and redemption-indeed, the story of an entire community searching for a home-as it is a taut thriller about revenge, obsession, and murder.

hudson river healing and wellness: *Moon Hudson Valley & the Catskills* Nikki Goth Itoi, 2015-07-07 The Hudson Valley is a breath of fresh air: explore historic estates, hike wild mountain terrain, and bask in small-town charm with Moon Hudson Valley & the Catskills Strategic, flexible itineraries, from day trips from New York City to week-long road trips, designed for outdoor adventurers, history buffs, art-lovers, foodies, and more Must-see highlights and unique experiences: Cycle along rolling hills and quiet country roads, hike to rushing waterfalls, hit the slopes in the winter, or discover the best spots to see the striking fall foliage. Take a tour of Washington Irving's romantic home, admire the historic Rockefeller Estate, go antiquing in Cold Spring Village, or stroll through Sleepy Hollow. Take a cooking class at the Culinary Institute of America, browse for produce at a local farmers market, sip your way along a Hudson Valley wine trail, or savor innovative cuisine at a farm-to-table restaurant The best hikes in the Hudson Valley and the Catskills, with detailed maps, mileage and difficulty ratings Honest advice from Catskills native Nikki Goth Itoi on when to go, where to eat, and where to stay, from full-service resorts and historic inns to secluded cabins and campsites Full-color photos and detailed maps throughout Thorough background on the culture, weather, wildlife, and history, plus tips on getting there and getting around by car and public transportation With Moon Hudson Valley & the Catskills' practical tips, myriad activities, and local know-how, you can plan your trip your way. Exploring more of the Northeast? Check out Moon New England. Headed to the Big Apple? Try Moon New York City or Moon New York Walks.

hudson river healing and wellness: *Spa* , 2002

hudson river healing and wellness: *Bloom* Bronnie Ware, 2017-03-28 As a free-spirited, independent woman, Bronnie Ware was used to donning a variety of hats: singer, songwriter, author, speaker, traveler, and adventurer. And as her soul would have it in her mid-forties, she felt the urge to add one more, mother. Ware, author of *The Top Five Regrets of the Dying*, had learned many lessons as a palliative-care giver, and she began to absorb even more from the opposite end of the spectrum as a giver of life. Only a few moments into motherhood, however, Ware's body had a different idea, when chronic crippling pain from an auto-immune disease took hold. In this inspiring memoir, Ware reminds us that whether life's lessons arrive through illness, trauma, or any other unexpected upheaval, life really does love us. By finding the courage to confront her upper limits, surrender to life's blessings, and have gratitude every step of the way, Ware discovered how to bloom in a field of formidable challenges.

hudson river healing and wellness: *Pancake Hollow Primer* Laurence Carr, 2011-05-01 Winner of the 2012 Next Generation Indie Book Award in the First Novel Category (under 8,000 words) *Pancake Hollow Primer* is the story of Gulf War vet and drifter Frank Closky who finds himself on a physical and spiritual journey after he inherits an 1820s farmhouse in New York's Hudson Valley. At first indifferent to his ownership of seven acres with a house, outbuildings, and all the contents within, Frank discovers a land where nature speaks its ancient history, where ghosts and seers hold the past, and where he comes to find his place in a rock-laden piece of property and a house with no square corners. Inspired by writers like Sarah Orne Jewett, naturalist John Burroughs, and poets Gary Snyder and Mary Oliver, author Laurence Carr weaves together fiction, essay, and prose poem to create an insightful and often humorous tale of rural life and how an old house and its land can bring a broken person back to wellness.

hudson river healing and wellness: *Parapsychology, New Age, and the Occult* , 1993

hudson river healing and wellness: *Easy Weekend Getaways in the Hudson Valley &*

Catskills: Short Breaks from New York City (Easy Weekend Getaways) Carly Fisher, 2020-04-14 Monday can wait! Take a break from the chaos with a perfectly planned upstate getaway The Hudson Valley and Catskills are destinations New Yorkers can't get enough of. Unlike typical travel guides, Easy Weekend Getaways in the Hudson Valley & Catskills ditches the well-worn antiquing, golfing, and family-friendly activities for a focus on what's really drawing creative and trend-forward travelers up north—experimental art, incredible agriculture, action-packed outdoor adventures, artisanal producers and makers, bizarre and fascinating historical attractions, rustic-chic bed and breakfasts, holistic retreats, and more, all hidden within a stunning landscape that delights year-round. While these regions continue to gain popularity with city-dwellers, trying to make a break for it has always been a complicated DIY process. This guide takes the work out of piecing together an itinerary so that overworked travel-obsessives can get the most out of their precious time off with these curated upstate getaways.

hudson river healing and wellness: Vocational & Technical Schools - East Peterson's, 2009-12-10 More than 2,200 vocational schools east of the Mississippi River--Cover.

hudson river healing and wellness: The New Southern Style Alyssa Rosenheck, 2020-09-22 A vibrantly illustrated exploration of the creative, inclusive, and inspiring movement happening in today's Southern interior design The American South is a place steeped in history and tradition. We think of sweet tea, thick drawls, and even thicker summer air. It is also a place with a fraught history, complicated social norms, and dated perspectives. Yet among the makers and artists of the South, there is a powerful movement afoot. Alyssa Rosenheck shines a much-needed spotlight on a burgeoning community of people who are taking what's beloved, inherent, and honored in the South and making it their own. The New Southern Style tours more than 30 homes and includes interviews with the designers, artists, and creative entrepreneurs who are reinventing Southern design and culture. This beautifully illustrated book is sure to inspire the home and soul.

hudson river healing and wellness: Writing the Black Revolutionary Diva Kimberly Nichele Brown, 2010-09-09 Kimberly Nichele Brown examines how African American women since the 1970s have found ways to move beyond the double consciousness of the colonized text to develop a healthy subjectivity that attempts to disassociate black subjectivity from its connection to white culture. Brown traces the emergence of this new consciousness from its roots in the Black Aesthetic Movement through important milestones such as the anthology *The Black Woman and Essence* magazine to the writings of Angela Davis, Toni Cade Bambara, and Jayne Cortez.

hudson river healing and wellness: Healing Earth John Todd, 2019-01-29 A true pioneer and respected elder in ecological recovery and sustainability shares effective solutions he has designed and implemented. A stand-out from the sea of despairing messages about climate change, well-known sustainability elder John Todd, who has taught, mentored, and inspired such well-known names in the field as Janine Benyus, Bill McKibben, and Paul Hawken, chronicles the different ecological interventions he has created over the course of his career. Each chapter offers a workable engineering solution to an existing environmental problem: healing the aftermath of mountain-top removal and valley-fill coal mining in Appalachia, using windmills and injections of bacteria to restore the health of a polluted New England pond, working with community members in a South African village to protect an important river. A mix of both success stories and concrete suggestions for solutions to tackle as yet unresolved issues, Todd's narrative provides an important addition to the conversation about specific ways we can address the planetary crisis. Eighty-five color photos and images illustrate Todd's concepts. This is a refreshingly hopeful, proactive book and also a personal story that covers a known practitioner's groundbreaking career.

hudson river healing and wellness: Healing Beyond Medicine Hans Holzer, 1994

hudson river healing and wellness: Body in Medical Culture, The Elizabeth Klaver, 2009-04-16 2010 CHOICE Outstanding Academic Title How do concepts and constructions of the body shape people's experiences of agency and objectification within medical culture? As an object of scrutiny, the medicalized body occupies center stage in the work of doctors, nurses, medical examiners, and other medical professionals who mediate broader cultural understandings of

pathology, illness, and the various physical transformations associated with life and death. The Body in Medical Culture explores how the body functions within medical culture and examines the metaphors and models of the body used to understand medical phenomena, including disease, diagnostic practices, wellness, anatomy, surgery, and medical research. Scholars from a wide range of disciplines engage representations of bodies, including polio and masculinity, sex reassignment surgery, drug marketing, endography, designer vaginas, and hospital humor in order to challenge the normalcy of the passively objectified medicalized body.

hudson river healing and wellness: Radical Remission Kelly A. Turner, PhD, 2014-03-18 In her New York Times bestseller, *Radical Remission: Surviving Cancer Against All Odds*, Dr. Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer—even after conventional medicine has failed. While getting her Ph.D. at the University of California, Berkley, Dr. Turner, a researcher, lecturer, and counselor in integrative oncology, was shocked to discover that no one was studying episodes of radical (or unexpected) remission—when people recover against all odds without the help of conventional medicine, or after conventional medicine has failed. She was so fascinated by this kind of remission that she embarked on a ten month trip around the world, traveling to ten different countries to interview fifty holistic healers and twenty radical remission cancer survivors about their healing practices and techniques. Her research continued by interviewing over 100 Radical Remission survivors and studying over 1000 of these cases. Her evidence presents nine common themes that she believes may help even terminal patients turn their lives around.

hudson river healing and wellness: *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

hudson river healing and wellness: *Powwow Day* Traci Sorell, 2022-02-08 River is recovering from illness and can't dance at the powwow this year. Will she ever dance again? A heartwarming and hopeful contemporary Native American picture book for ages 4-8-year-olds about traditions, community, music, and healing, written and illustrated by Indigenous creators. It's powwow day, and River wants so badly to dance as she does every year. But she can't dance this year as she deals with a serious illness. In this modern and inspiring Native picture book that's perfect for beginning readers, follow River's journey from feeling isolated after an illness to learning the healing power of community. Additional information explains the history and functions of powwows, which are commonplace across the United States and Canada and are open to both Native Americans and non-Native visitors. Best-selling and award-winning author Traci Sorell is a member of the Cherokee Nation, and illustrator Madelyn Goodnight is a member of the Chickasaw Nation.

hudson river healing and wellness: *Running Silver* John Waldman, 2013-10-15 That one could “walk drishod on the backs” of schools of salmon, shad, and other fishes moving up Atlantic coast rivers was a not uncommon kind of description of their migratory runs during early Colonial times. Accounts tell of awe-inspiring numbers of spawners pushing their way upriver, the waters “running silver,” to complete life cycles that once replenished critical marine fisheries along the Eastern Seaboard. This is a hugely important, fascinating, and unique look at the fish of North America whose history and life-cycles and conservation challenges are poorly understood. Despite these primordial abundances, over the centuries these stocks were so stressed that virtually all are now severely depressed, with many biologically or commercially extinct and some simply forgotten. *Running Silver* will tell the story of the past, present and future of these sea-river fish. This important book will elevate public consciousness of the contrasts between the historical and the present to show the enormous legacy that has already been lost and to help inspire efforts to save what remains. Drawing on the author's thirty-year career as a scientist and educator with a passion for the native river fish of the North East, *Running Silver* tells the story of these endangered fish with a mix of research, historical accounts, anecdotes, personal experience, interviews, and images.

hudson river healing and wellness: *Why Can't I Get Better?* Richard I. Horowitz, Richard

Horowitz, 2013-11-12 When Dr. Richard Horowitz moved to the Hudson Valley over a decade ago to start his own medical practice, he didn't know that he would be jumping into the center of one of the fiercest, most heated medical disputes being waged today. The ongoing debate over Lyme disease as a chronic illness has made it difficult for sufferers to find care, as doctors are in many cases unable or unwilling to diagnose it. This is how once-treatable infections can become chronic, causing disabling conditions that may never be cured. In a field where the number of cases is growing each year and answers remain elusive, Horowitz has made extraordinary progress. His plan represents a paradigm shift, without which, he argues, the suffering will continue. In this book, Horowitz breaks new ground with a 16 Point Differential Diagnostic Map, the basis for his Lyme treatment plan, and an overarching approach to treating all chronic illness. He introduces MSIDS, or Multi-Systemic Infectious Disease Syndrome, a new lens on chronic illness that may prove to be an important missing link. And he covers in detail Lyme's leading symptoms and co-infections, including immune dysfunction, sleep disorders, chronic pain and neurodegenerative disorders. This book is an all-in-one source for patients of Lyme and other chronic illnesses to identify their own symptoms and work with their doctors for the best possible treatment outcome--

hudson river healing and wellness: *Humor, Seriously* Jennifer Aaker, Naomi Bagdonas, 2021-02-02 WALL STREET JOURNAL, LOS ANGELES TIMES, AND USA TODAY BESTSELLER • Anyone—even you!—can learn how to harness the power of humor in business (and life), based on the popular class at Stanford's Graduate School of Business. Don't miss the authors' TED Talk, "Why great leaders take humor seriously," online now. "The ultimate guide to using the magical power of funny as a tool for leadership and a force for good."—Daniel H. Pink, #1 New York Times bestselling author of *When and Drive* We are living through a period of unprecedented uncertainty and upheaval in both our personal and professional lives. So it should come as a surprise to exactly no one that trust, human connection, and mental well-being are all on the decline. This may seem like no laughing matter. Yet, the research shows that humor and laughter are among the most valuable tools we have at our disposal for strengthening bonds and relationships, diffusing stress and tension, boosting resilience, and performing when the stakes are high. That's why Jennifer Aaker and Naomi Bagdonas teach the popular course *Humor: Serious Business* at the Stanford Graduate School of Business, where they help some of the world's most hard-driving, blazer-wearing business minds infuse more humor and levity into their work and lives. In *Humor, Seriously*, they draw on findings by behavioral scientists, world-class comedians, and inspiring business leaders to reveal how humor works and—more important—how you can use more of it, better. Aaker and Bagdonas unpack the theory and application of humor: what makes something funny, how to mine your life for material, and simple ways to identify and leverage your unique humor style. They show how to use humor to rebuild vital connections; appear more confident, competent, and authentic at work; and foster cultures where levity and creativity can thrive. President Dwight David Eisenhower once said, "A sense of humor is part of the art of leadership, of getting along with people, of getting things done." If Dwight David Eisenhower, the second least naturally funny president (after Franklin Pierce), thought humor was necessary to win wars, build highways, and warn against the military-industrial complex, then you might consider learning it too.

hudson river healing and wellness: *Health Revelations from Heaven and Earth* Tommy Rosa, Stephen Sinatra, 2015-10-27 Fifteen years ago, Bronx-born plumber Tommy Rosa died in a hit-and-run incident. Lying by the road, he felt a tug whisking him off into a tunnel of light to meet his Divine Teacher in Heaven. After several weeks in a coma, Tommy returned to Earth, to walk again with a heightened sense of connection to one and all. Around the same time, Dr. Stephen Sinatra, an integrative cardiologist, was dismantling the prevailing ideas of preventive pharmacology with his holistic approach to treatment. In their first encounter, Tommy got the intuitive message that Dr. Sinatra had an infection in his hip. Tommy's insight confirmed Dr. Sinatra's own similar thoughts of infection. When Tommy shared with Dr. Sinatra the divine revelations of healing that he had learned, Dr. Sinatra was shocked--the keys to solving the imbalance of energy that he had identified as the cause of most chronic illness were the same as those Tommy was relating. From

this intersection of the divine and the scientific, Tommy Rosa and Dr. Sinatra began writing a prescriptive guide for healthy living. In *Health Revelations from Heaven and Earth*, Tommy Rosa reveals the 8 Revelations, gleaned from God, that will lead you toward revitalized health, a newfound sense of purpose, and spiritual balance--fully corroborated by Dr. Sinatra's four decades of medical expertise--bringing Heaven and Earth a little bit closer.

hudson river healing and wellness: Body & Soul , 2006-07

hudson river healing and wellness: The Seven Graces of Ageless Aging Jason Elias, 2020-12-03 The Seven Graces of Ageless Aging synthesizes and simplifies the components of conscious aging into a primer for individuals who are concerned about their own aging process and for those caring for the elderly who seek an enlightened understanding of how all of us may approach aging more consciously and, gracefully. In short, these Seven Graces can serve as stepping-stones toward attaining emotional or spiritual wholeness as we age.

hudson river healing and wellness: Esoteric Acupuncture: Gateway to expanded healing Mikio Sankey, 2002

hudson river healing and wellness: Moon Bath Sierra Brashear, Dakota Hills, 2020-09-15 Moon Bath a luxurious guide that invites readers to immerse themselves in the healing powers of nature. This transformative book features 16 bath and shower rituals aligned with the lunar cycles and the natural rhythms of the cosmos. Organized by moon cycle—New Moon, Waxing Moon, Waning Moon, and Full Moon—each ritual includes a bath recipe featuring healing natural ingredients. • Includes affirmations and meditations • Journaling prompts promote reflection and self-discovery. • Filled with lush, nature-inspired photography Brimming with Ayurvedic wisdom and plant-based medicine, Moon Bath is a lovely companion for modern mystics, wellness enthusiasts, and anyone who wants to wash away the stresses of daily life. Bath recipes include ginger and baking soda for detoxification, cacao and rose to cultivate love, eucalyptus and bentonite clay to release negativity, and chamomile and lavender to connect to deep wisdom. • This beautiful guide to bathing rituals and bath recipes makes it easy to incorporate calming and enriching self-care practices into everyday life. • Perfect for women who love self-care, meditation, yoga, crystals, and those interested in Ayurveda • You'll love this book if you love books like *Crystal Muse: Everyday Rituals to Tune In to the Real You* by Heather Askinosie and Timmi Jandro; *The Spirit Almanac: A Modern Guide to Ancient Self-Care* by Emma Loewe and Lindsay Kellner; and *Lunar Abundance: Cultivating Joy, Peace, and Purpose Using the Phases of the Moon* by Ezzie Spencer.

hudson river healing and wellness: The Hidden Messages in Water Masaru Emoto, 2011-07-05 In this New York Times bestseller, internationally renowned Japanese scientist Masaru Emoto shows how the influence of our thoughts, words and feelings on molecules of water can positively impact the earth and our personal health. This book has the potential to profoundly transform your world view. Using high-speed photography, Dr. Masaru Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors. The implications of this research create a new awareness of how we can positively impact the earth and our personal health.

hudson river healing and wellness: Decolonizing Pathways towards Integrative Healing in Social Work Kris Clarke, Michael Yellow Bird, 2020-10-01 Taking a new and innovative angle on social work, this book seeks to remedy the lack of holistic perspectives currently used in Western social work practice by exploring Indigenous and other culturally diverse understandings and experiences of healing. This book examines six core areas of healing through a holistic lens that is grounded in a decolonizing perspective. Situating integrative healing within social work education and theory, the book takes an interdisciplinary approach, drawing from social memory and historical trauma, contemplative traditions, storytelling, healing literatures, integrative health, and the traditional environmental knowledge of Indigenous Peoples. In exploring issues of water, creative

expression, movement, contemplation, animals, and the natural world in relation to social work practice, the book will appeal to all scholars, practitioners, and community members interested in decolonization and Indigenous studies.

hudson river healing and wellness: Health Promotion in Health Care - Vital Theories and Research Gørill Haugan, Monica Eriksson, 2021-03-11 This open access textbook represents a vital contribution to global health education, offering insights into health promotion as part of patient care for bachelor's and master's students in health care (nurses, occupational therapists, physiotherapists, radiotherapists, social care workers etc.) as well as health care professionals, and providing an overview of the field of health science and health promotion for PhD students and researchers. Written by leading experts from seven countries in Europe, America, Africa and Asia, it first discusses the theory of health promotion and vital concepts. It then presents updated evidence-based health promotion approaches in different populations (people with chronic diseases, cancer, heart failure, dementia, mental disorders, long-term ICU patients, elderly individuals, families with newborn babies, palliative care patients) and examines different health promotion approaches integrated into primary care services. This edited scientific anthology provides much-needed knowledge, translating research into guidelines for practice. Today's medical approaches are highly developed; however, patients are human beings with a wholeness of body-mind-spirit. As such, providing high-quality and effective health care requires a holistic physical-psychological-social-spiritual model of health care is required. A great number of patients, both in hospitals and in primary health care, suffer from the lack of a holistic oriented health approach: Their condition is treated, but they feel scared, helpless and lonely. Health promotion focuses on improving people's health in spite of illnesses. Accordingly, health care that supports/promotes patients' health by identifying their health resources will result in better patient outcomes: shorter hospital stays, less re-hospitalization, being better able to cope at home and improved well-being, which in turn lead to lower health-care costs. This scientific anthology is the first of its kind, in that it connects health promotion with the salutogenic theory of health throughout the chapters. The authors here expand the understanding of health promotion beyond health protection and disease prevention. The book focuses on describing and explaining salutogenesis as an umbrella concept, not only as the key concept of sense of coherence.

hudson river healing and wellness: Loud in the House of Myself: Memoir of a Strange Girl Stacy Pershall, 2011-12-20 After her 2001 suicide attempt, broadcast live on a Webcam, Pershall realized the need to heal her mind and body. She found a revolutionary cure, met a tattoo artist, and discovered the healing power of body modification.

hudson river healing and wellness: Up Ghost River Edmund Metatawabin, Alexandra Shimo, 2015-05-26 A powerful, raw and eloquent memoir about the abuse former First Nations chief Edmund Metatawabin endured in residential school in the 1960s, the resulting trauma, and the spirit he rediscovered within himself and his community through traditional spirituality and knowledge. After being separated from his family at age 7, Metatawabin was assigned a number and stripped of his Indigenous identity. At his residential school--one of the worst in Canada--he was physically and emotionally abused, and was sexually abused by one of the staff. Leaving high school, he turned to alcohol to forget the trauma. He later left behind his wife and family, and fled to Edmonton, where he joined a First Nations support group that helped him come to terms with his addiction and face his PTSD. By listening to elders' wisdom, he learned how to live an authentic First Nations life within a modern context, thereby restoring what had been taken from him years earlier. Metatawabin has worked tirelessly to bring traditional knowledge to the next generation of Indigenous youth and leaders, as a counsellor at the University of Alberta, Chief in his Fort Albany community, and today as a youth worker, First Nations spiritual leader and activist. His work championing Indigenous knowledge, sovereignty and rights spans several decades and has won him awards and national recognition. His story gives a personal face to the problems that beset First Nations communities and fresh solutions, and untangles the complex dynamics that sparked the Idle No More movement. Haunting and brave, Up Ghost River is a necessary step toward our collective healing.

hudson river healing and wellness: Sanatorium Abi Palmer, 2020 A young woman spends a month taking the waters at a thermal water-based rehabilitation facility in Budapest. On her return to London, she attempts to continue her recovery using an £80 inflatable blue bathtub. The tub becomes a metaphor for the intrusion of disability; a trip hazard in the middle of an unsuitable room, slowly deflating and in constant danger of falling apart. *Sanatorium* moves through contrasting spaces — bathtub to thermal pool, land to water, day to night — interlacing memoir, poetry and meditations on the body to create a mesmerising, mercurial debut.

hudson river healing and wellness: Primary Care and Public Health Institute of Medicine, Board on Population Health and Public Health Practice, Committee on Integrating Primary Care and Public Health, 2012-07-19 Ensuring that members of society are healthy and reaching their full potential requires the prevention of disease and injury; the promotion of health and well-being; the assurance of conditions in which people can be healthy; and the provision of timely, effective, and coordinated health care. Achieving substantial and lasting improvements in population health will require a concerted effort from all these entities, aligned with a common goal. The Health Resources and Services Administration (HRSA) and the Centers for Disease Control and Prevention (CDC) requested that the Institute of Medicine (IOM) examine the integration of primary care and public health. Primary Care and Public Health identifies the best examples of effective public health and primary care integration and the factors that promote and sustain these efforts, examines ways by which HRSA and CDC can use provisions of the Patient Protection and Affordable Care Act to promote the integration of primary care and public health, and discusses how HRSA-supported primary care systems and state and local public health departments can effectively integrate and coordinate to improve efforts directed at disease prevention. This report is essential for all health care centers and providers, state and local policy makers, educators, government agencies, and the public for learning how to integrate and improve population health.

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hudson river healing and wellness: The Kindness Cure Tara Cousineau, 2018-02-02 It's time for a kindness revolution. In *The Kindness Cure*, psychologist Tara Cousineau draws on cutting-edge research in psychology and neuroscience to show how simple practices of kindness—for ourselves, for others, and for our world—can dissolve our feelings of fear and indifference, and open us up to a life of profound happiness. Compassion for ourselves and others is our birthright as humans—hardwired into our DNA and essential to our happiness. But in our fast-paced, technical savvy and hyper competitive world, it may come as no surprise that rates of narcissism have risen, while empathy levels have declined. We now find ourselves in a “cool to be cruel” culture where it's easy to feel disillusioned and dejected in our hearts, homes, and communities. So, how can we reverse this malady of meanness and make kindness and compassion an imperative? *The Kindness Cure* draws on the latest social and scientific research to reveal how the seemingly “soft skills” of kindness, cooperation, and generosity are fundamental to our survival as a species. In fact, it's our prosocial abilities that put us at the head of the line. Blended with moving case studies and clinical anecdotes, Cousineau offers practical ways to rekindle kindness from the inside out. We are wired to care. The very existence of our human species evolved because of an intricate physiology built for empathy, compassion, and cooperation. Yet we have an epidemic of loneliness, indifference, and cruelty, and we see these destructive trends on a daily basis in our families, schools, neighborhoods, and workplaces. This important book teaches effective skills in compassion, mindfulness, and social and emotional learning, and reveals successful social policy initiatives in empathy taking place that

inform everything from family life to education to the workplace. Kindness has the exponential power to renew relationships and transform how we think, feel, and behave in the world. Will you be a part of the revolution?

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