

integrative wellness grand rapids

Integrative Wellness Grand Rapids: Your Guide to Holistic Healing

Are you searching for a path to better health and well-being in Grand Rapids, Michigan? Tired of the fragmented approach to healthcare that treats symptoms instead of addressing the root cause? Then you're in the right place. This comprehensive guide dives deep into the world of integrative wellness in Grand Rapids, exploring what it offers, where to find it, and how it can transform your life. We'll uncover the best practitioners, highlight key services, and equip you with the knowledge to make informed choices on your wellness journey. Let's explore the vibrant integrative wellness scene flourishing in Grand Rapids!

Understanding Integrative Wellness: More Than Just a Trend

Integrative wellness isn't just a buzzword; it's a holistic approach to healthcare that combines conventional medical treatments with complementary therapies. Instead of viewing the body as a collection of separate parts, integrative wellness considers the interconnectedness of mind, body, and spirit. This approach recognizes that your physical health is significantly influenced by your emotional, mental, and spiritual well-being. In Grand Rapids, this philosophy is gaining significant traction, with numerous practitioners offering a wide array of services designed to support your overall health and vitality.

What Services Does Integrative Wellness Grand Rapids Offer?

The beauty of integrative wellness lies in its versatility. In Grand Rapids, you'll find a diverse range of services, including:

Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. Many Grand Rapids practitioners incorporate acupuncture into broader wellness plans.

Chiropractic Care: Focusing on the musculoskeletal system, chiropractic care addresses spinal alignment and its impact on overall health. Many chiropractors in Grand Rapids also integrate other wellness modalities into their practice.

Massage Therapy: From deep tissue massage to Swedish massage, various techniques are used to relieve muscle tension, improve circulation, and reduce stress. Look for therapists in Grand Rapids offering specialized massages tailored to your needs.

Nutritional Counseling: Registered dietitians and nutritionists in Grand Rapids can help you design personalized eating plans to support your health goals, whether it's weight management, improved energy levels, or managing specific health conditions.

Yoga and Mindfulness Practices: Numerous studios in Grand Rapids offer various yoga styles and

mindfulness techniques to promote stress reduction, flexibility, and overall well-being. These practices are often integrated into comprehensive wellness programs.

Herbal Medicine: Some practitioners in Grand Rapids utilize herbal remedies alongside conventional treatments to address specific health concerns. It's crucial to consult with a qualified professional before using herbal supplements.

Energy Healing: Techniques like Reiki and other energy healing modalities are gaining popularity in Grand Rapids, focusing on balancing energy flow within the body to promote healing and well-being.

Finding the Right Integrative Wellness Practitioner in Grand Rapids

Choosing the right practitioner is crucial for a successful integrative wellness journey. Consider these factors:

Credentials and Experience: Verify the practitioner's qualifications and experience in their chosen modality. Look for certifications and licenses relevant to their practice.

Approach and Philosophy: Find a practitioner whose approach aligns with your values and goals. Do they prioritize a holistic approach, considering your whole person?

Patient Reviews and Testimonials: Check online reviews and testimonials to gauge other patients' experiences with the practitioner.

Insurance Coverage: Inquire about insurance coverage before scheduling appointments, as coverage for complementary therapies can vary.

Personal Connection: Schedule a consultation to meet the practitioner and discuss your health concerns. A good rapport is essential for a successful therapeutic relationship.

Integrating Integrative Wellness into Your Daily Life

While seeking professional help is valuable, you can also integrate wellness practices into your daily routine:

Mindful Movement: Incorporate regular exercise, whether it's yoga, walking, or dancing, to boost your physical and mental health.

Stress Management Techniques: Practice mindfulness, meditation, or deep breathing exercises to manage stress levels.

Healthy Diet: Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean protein.

Sufficient Sleep: Aim for 7-9 hours of quality sleep each night to support physical and mental restoration.

Connection and Community: Nurture your social connections and engage in activities that bring you joy and fulfillment.

The Benefits of Choosing Integrative Wellness Grand Rapids

Embracing integrative wellness in Grand Rapids offers numerous benefits:

Holistic Approach: Addresses the root causes of illness, not just symptoms.

Personalized Care: Tailored treatment plans to meet individual needs and preferences.

Reduced Stress and Anxiety: Many modalities effectively manage stress and promote relaxation.

Improved Physical Health: Addresses various health concerns, improving overall physical well-being.

Enhanced Quality of Life: Promotes a more balanced and fulfilling life.

Conclusion

Grand Rapids boasts a thriving integrative wellness community offering diverse services to support your journey to optimal health. By combining conventional medicine with complementary therapies, you can achieve a more holistic and personalized approach to wellness. Take the time to research practitioners, understand their approaches, and find the best fit for your needs. Embrace the power of integrative wellness to transform your health and well-being.

FAQs

1. How much does integrative wellness treatment cost in Grand Rapids? The cost varies greatly depending on the service, practitioner, and length of treatment. It's best to contact practitioners directly for pricing information.
1. Does my insurance cover integrative wellness services? Coverage varies depending on your insurance provider and plan. Contact your insurance company to determine your coverage for specific services.
1. What if I'm skeptical of complementary therapies? It's perfectly acceptable to have reservations. Research thoroughly, find reputable practitioners, and start with a single modality to see if it resonates with you.
1. How do I find a qualified integrative wellness practitioner in Grand Rapids? Start by searching online directories, asking for recommendations from friends or healthcare providers, and checking professional organizations' websites.

1. Can integrative wellness help with chronic conditions? While not a replacement for conventional treatment, integrative wellness can often complement conventional medicine to manage chronic conditions and improve quality of life. Always consult with your doctor before incorporating new therapies into your treatment plan.

integrative wellness grand rapids: Integrative Wellness Rules Jim Nicolai, Dr., 2013-01-02
Tried and tested integrative health tips from the wellness master at Miraval, one of the world's finest wellbeing resorts Have you ever found that you needed to change things in your life, but for some reason life kept getting in the way? Integrative Wellness Rules will help you get around that obstacle. In the age of conflicting advice on health, this book provides quick and easy health tips for individuals who are on the run but still need strategies to better manage their fast-paced lives. Join Dr. Jim Nicolai - the medical director of the Andrew Weil, M.D., Integrative Wellness Program at Miraval Resort and Spa - as he shares with you the insights and strategies he has collected along the way to optimize health and create wellness. With a style that is clear, concise, and entertaining, Dr. Nicolai will provide you with the keys to healthier living in a way that is profoundly simple and yet simply profound. You will learn how to eat better, choose the vitamins and supplements that are best for you, manage stress more effectively, and get in touch with your spiritual side. Dr. Nicolai will call you to action with his pearls of wit, wisdom, and humor, and motivate you by providing real-world clarity on which health strategies to add within your already busy life.

integrative wellness grand rapids: Knockout Suzanne Somers, 2009-10-20 In Knockout, Suzanne Somers interviews doctors who are successfully using the most innovative cancer treatments—treatments that build up the body rather than tear it down. Somers herself has stared cancer in the face, and a decade later she has conquered her fear and has emerged confident with the path she's chosen. Now she shares her personal choices and outlines an array of options from doctors across the country: EFFECTIVE ALTERNATIVE TREATMENTS •without chemotherapy •without radiation •sometimes, even without surgery INTEGRATIVE PROTOCOLS •combining standard treatments with therapies that build up the immune system METHODS FOR MANAGING CANCER •outlining ways to truly live with the disease Since prevention is the best course, Somers' experts provide nutrition, lifestyle, and dietary supplementation options to help protect you from getting the disease in the first place. Whichever path you choose, Knockout is a must-have resource to navigate the life-and-death world of cancer and increase your odds of survival. After reading stunning testimonials from inspirational survivors using alternative treatments, you'll be left with a feeling of empowerment and something every person who is touched by this disease needs...HOPE.

integrative wellness grand rapids: Integrative Medicine: Principles for Practice Benjamin Kligler, Roberta Anne Lee, 2012-09-01 By integrating complementary and alternative medicine (CAM) with traditional medical treatment, this volume represents the next generation in the evolving field of integrative medicine. Features a unique approach and case studies immediately applicable to clinical practice. Far more than a review of CAM modalities, this is an evidence-based and clinically authoritative guide for family medicine and primary care providers.

integrative wellness grand rapids: Integrative Sleep Medicine Valerie Cacho, Esther Lum, 2021 Sleep has been found to affect nearly all aspects of health, both individual and societal. Despite this, it has long been neglected in the medical literature until relatively recent times. Different perspectives of sleep are discussed, including historical views of sleep and alternative sleep patterns. The development of sleep as a medical specialty is described as are limitations to the conventional medical approach to sleep. The foundations of a truly integrative approach to sleep are

enumerated--

integrative wellness grand rapids: The Complete Self-care Guide to Holistic Medicine Robert S. Ivker, Robert Arthur Anderson, Larry Trivieri, 1999 The Complete Self-Care Guide to Holistic Medicine is the most comprehensive mainstream guidebook available on holistic healing. Unlike any other health guide, it presents alternative and mainstream therapies side by side, providing full treatment programs for more than sixty-five illnesses and health problems --ranging from backaches to migraines, from arthritis to common colds. The book features an easy-to-follow wellness program and covers every possible range of illness that can be treated from home. Robert Ivker, D.O., is currently designing some of the first accredited courses in holistic medicine at our nation's medical schools. Ivker and his coauthors, Robert A. Anderson, M.D., one of the founding pioneers of board-certified holistic medicine in America, and medical writer Larry Trivieri, Jr., senior editor of Alternative Medicine, have crafted an essential guide that belongs in every home.

integrative wellness grand rapids: Pfenninger and Fowler's Procedures for Primary Care **E-Book** John L. Pfenninger, Grant C. Fowler, 2010-09-23 Pfenninger and Fowler's Procedures for Primary Care, 3rd Edition is a comprehensive, how-to resource offering step-by-step strategies for nearly every medical procedure that can be performed in an office, hospital, or emergency care facility by primary care clinicians. . Designed for everyday practice, the outline format allows speedy reference while the detailed text and clear illustrations guide you through each procedure. The new edition of this best-selling book features full-color illustrations and easy access to the complete contents and illustrations, patient forms, and more online at www.expertconsult.com. Understand how to proceed, step by step, thanks to detailed text and illustrations. Locate critical information at a glance with numerous boxes and tables. Use the book for years with minimal wear and tear thanks to its sturdy cover. Patient education handouts to educate, save time, and reduce liability Coding guidelines included This best selling text now includes full color photos and new sections on Aesthetic and Hospitalist Procedures in addition to an update of all the previous procedures discussed in prior editions! Access the complete contents and illustrations online, download patient education handouts and consent forms, view lists of device manufacturers, and more at www.expertconsult.com. Offer your patients a variety of cosmetic procedures using lasers and pulsed-light devices (including individual chapters on procedures for hair removal, photorejuvenation, , skin tightening and skin resurfacing, and tattoo removal), botulinum toxin, as well as new coverage of cosmeceutical skin care, tissue fillers, and photodynamic therapy. Master new procedures such as maggot treatment for chronic ulcers, endovenous vein closure, stress echo, insertion of the contraceptive capsule (Implanon) and tubal implant (Essure), musculoskeletal ultrasound, no-needle/no-scalpel vasectomy, procedures to treat acute headaches, and more. Don't worry! All the more basic office procedures are still included...with improved and updated discussions! Pfenninger and Fowler provide the latest and most comprehensive information on medical procedures that allow primary care physicians to more effectively treat their patients.

integrative wellness grand rapids: Pfenninger and Fowler's Procedures for Primary Care **E-Book** Grant C. Fowler, 2019-03-24 Primary care clinicians are performing more varied procedures than ever before, and physicians, residents, and students need a comprehensive, authoritative resource that provides trusted information in an easy-to-follow format. Through three outstanding editions, Pfenninger and Fowler's Procedures for Primary Care has been the go-to reference for step-by-step strategies for nearly every medical procedure that can be performed in an office, hospital, or emergency care facility by primary care providers. This 4th Edition continues that tradition with new section editors, updated illustrations, new chapters, and much more. No other primary care procedure book compares with Pfenninger and Fowler's breadth and depth of practical, step-by-step content! - Provides comprehensive, real-world coverage of more than 230 procedures that arise in the primary care setting, including many that were previously performed only in subspecialty settings, such as joint injections and cosmetic procedures. - Includes new chapters: Esophageal Foreign Body Removal, Manual Testicular Detorsion, Symphysiotomy, Zipper Injury Management, and Blood Products. - Presents the how-to expertise of six new section editors,

for a fresh, contemporary perspective throughout the book. - Additional focus on the evidence, with plentiful citations to key references, makes this the most evidence-based edition yet. - Features numerous updated illustrations, including many more in full color, and incorporates updated ICD-10-CM codes throughout. - Provides access to online resources including patient education handouts and consent forms, lists of device manufacturers, and more. - Utilizes a concise outline format, detailed text and illustrations, and abundant boxes and tables for quick access to the information you need. - Enhanced eBook version included with purchase, which allows you to access all of the text, figures, and references from the book on a variety of devices

integrative wellness grand rapids: Vibrational Acupuncture Mary Elizabeth Wakefield, MichelAngelo, 2020-02-21 Sound healing therapy is rapidly gaining recognition as an important complementary medicine modality; this ground-breaking book uniquely presents techniques, based upon Chinese medicine theory, for integrating the use of precision calibrated Ohm planetary tuning forks and acupuncture needles, to create a new modality, Vibrational Acupuncture™. The chapters include: An overview of Quantum Music Theory™ Guidelines for using tuning forks with or without needles Insights into our genetic imprint, the Eight Extraordinary meridians Anti-exhaustion treatments for readers caught in an excessively busy and dissonant world Treatments for saggy neck and temporomandibular joint dysfunction (TMJ) Treatments for balancing the twin hemispheres of the brain, and alchemically lacing the Three Jiaos An introduction to vibrational remedies and more An overview of the use of healing sound as a palliative to global technological addiction, and how it restores essential harmony to a world that is seriously out of balance

integrative wellness grand rapids: Breakthrough Suzanne Somers, 2008-09-09 Life-Altering Secrets from Today's Cutting-Edge Doctors and the #1 New York Times Bestselling Author of Ageless Today's most trusted advocate of antiaging medicine, Suzanne Somers, deepens her commitment to helping people lead healthier, happier lives by opening their eyes to cutting-edge, proven remedies and preventative care that most doctors just aren't talking about with patients: longevity medicine and the more progressive study of bioidentical hormones. As we age, certain hormones diminish, creating an imbalance that can set off everything from perimenopause to cancer, beginning as early as our thirties. This hormonal imbalance is causing many to feel depressed, anxious, fatigued, sexless, sleepless, and ultimately ill, sometimes even terminally. What's more, Somers and twenty doctors in the field of antiaging medicine argue that the processed chemicals in foods and pharmaceuticals we ply ourselves with are actually slowly eroding our bodies and minds. So we're getting slammed twice. From estrogen dominance to deceptive thyroid problems, people are suffering, and most don't have access to the treatment they truly need to get better and thrive . . . until now. Breakthrough explores cutting-edge science and delivers smart, proactive advice on the newest treatments for breakthrough health and longevity. In addition to being a pioneer in a rapidly growing health field, Somers is a passionate, caring individual whose own life was derailed by disease and brought back to unimaginable, feel good heights that she wants you, too, to experience.

integrative wellness grand rapids: Interconnectivity, Subversion, and Healing in World Christianity Afe Adogame, Aminta Arrington, 2023-07-13 The rise of Christianity around the world has been the impetus for much religious and social change. The interconnectivity of religious centers has resulted in theological dialogue and innovation. The subversion of long-held categories of culture, gender, race, spirituality, theology, and politics has naturally occurred along with the transgressing of borders and boundaries. Yet at the same time, there has been occasion for healing through intercultural experiences of forgiveness, peacemaking, and reconciliation. Stimulated by the work and mentorship of Joel Carpenter, who has done much to expand the study of world Christianity less through focusing on his own research and writing, and more through amplifying the voices of others, the international contributors to this volume from all six continents promote a deeper understanding of World Christianity through the exploration of such related themes. Whether discussing primal spirituality in northeast India, white supremacy in South Africa, evangelical women and civic engagement in Kenya, or Calvinism in Mexico, the contributors draw upon

ethnographic case studies to more deeply understand interconnectivity, subversion, and healing in World Christianity. Their essays provoke a reorientation of Christian thought within the study of World Christianity, enriching the current discourse and promoting vistas for further interdisciplinary studies.

integrative wellness grand rapids: Integrative Oncology Donald Abrams, Andrew Weil, 2009-03-09 People facing a new diagnosis of cancer are unsettled by their prognosis and treatment options, and they often seek to integrate complementary modalities into their conventional care plan, hoping to improve their chances of cure and decrease side effects. Many do so without informing their oncologist, for fear of alienating them or not convinced that their physician would be informed about complementary therapies. *Integrative Oncology*, the first volume in the Weil Integrative Medicine Library, provides a wealth of information for both practitioners and consumers on the emerging field of integrative oncology. Noted oncologist Donald Abrams and integrative medicine pioneer Andrew Weil and their international panel of experts present up-to-date and extensively referenced chapters on a wide spectrum of issues and challenges, bound in one comprehensive, reader-friendly text in a format featuring key points, sidebars, tables, and a two-color design for ease of use. It is destined to emerge as the definitive resource in this emerging field.

integrative wellness grand rapids: The Universe Next Door James W. Sire, 2009-08-20 For more than thirty years, *The Universe Next Door* has set the standard for an introduction to worldviews. In this fifth edition James Sire offers concise and clear introductions to theism, deism, naturalism, Marxism, nihilism, existentialism, Eastern monism, New Age philosophy and postmodernism. Features a new chapter on Islam.

integrative wellness grand rapids: Integrative Cardiology Stephen Devries, James E. Dalen, 2011-02-03 *Integrative Cardiology* is an exploration of a new and much-needed perspective in cardiac care: the intelligent synthesis of conventional medicine with alternative approaches not typically part of Western medical curriculum. More than a blending of two approaches, this new perspective in cardiology highlights specific gaps in conventional heart care, and examines how alternative approaches may be ideally suited to address these missed opportunities. Cardiology is an ideal specialty for an integrative approach. Heart disease is largely preventable. The influence of nutrition, physical activity, metabolic factors, and emotional state on heart health is unmistakable, and the wide-angle lens of integrative medicine is an ideal model to address these multi-faceted needs. Most importantly, the focus of this work is directed at prevention. The approaches described in this book emphasize collaboration of the patient and health care provider--both seeking to obtain the best possible outcome taking into account the intangible, but vital, nuances of the patient's culture, beliefs, and preferences. The first section in this book describes the core elements of integrative cardiology, beginning with nutrition. Foundational chapters that follow include exercise, botanicals, aspirin, metabolic cardiology, acupuncture, spirituality, mind/body approaches, and energy medicine. Contributing authors, all of whom have a background in academic medicine, share the approaches they have found most effective in their own practices, referencing their work with the best scientific evidence available.

integrative wellness grand rapids: Complementary and Integrative Treatments in Psychiatric Practice Patricia L. Gerbarg, Philip R. Muskin, Richard P. Brown, 2017-06-21 With its unrivaled scope, easy readability, and outstanding clinical relevance, *Complementary and Integrative Treatments in Psychiatric Practice* is an indispensable resource for psychiatric and other health care professionals. It is also well suited for individuals with mental disorders and their family members who are seeking updated, practical information on complementary, alternative, and integrative medicine (CAIM). An international group of experts, researchers, and clinicians examines an expansive range of treatments that have been chosen on the basis of their therapeutic potential, strength of evidence, safety, clinical experience, geographic and cultural diversity, and public interest. This guide offers advice on how to best tailor treatments to individual patient needs; combine and integrate treatments for optimal patient outcomes; identify high-quality products;

administer appropriate doses; and deal with concerns about liability, safety, and herb-drug interactions. Treatments discussed include: Nutrients and nutraceuticals Plant-based medicines Mind-body practices -- breathing techniques, yoga, qigong, tai chi, and meditation Art therapy and equine therapy for children and adolescents Neurotherapy, neurostimulation, and other technologies Psychiatrists and other physicians, residents, fellows, medical students, psychologists, nurses, and other clinicians will benefit from guidelines for decision making, prioritizing, and combining CAIM treatments, as well as safely integrating CAIM with standard approaches. That the treatments considered in this clinician's guide are applied to five of the major DSM-5 categories -- depressive disorders, anxiety disorders, trauma- and stressor-related disorders, bipolar and related disorders, and schizophrenia spectrum and other psychotic disorders -- ensures its applicability, timeliness and timelessness.

integrative wellness grand rapids: *Christian Paths to Health and Wellness* Peter Walters, John Byl, 2013 Christian Paths to Health and Wellness, Second Edition, helps readers embrace the concepts and lifestyle choices of health and well-being as part of the Christian life. This text contains the latest information about nutrition, physical fitness, and emotional wellness plus practical tools and inspiration to help readers make gradual and permanent change.

integrative wellness grand rapids: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2003

integrative wellness grand rapids: Fundamentals of Complementary and Alternative Medicine - E-Book Marc S. Micozzi, 2010-04-01 Focusing on emerging therapies and those best supported by clinical trials and scientific evidence, Fundamentals of Complementary and Alternative Medicine describes some of the most prevalent and the fastest-growing CAM therapies in use today. Prominent author Dr. Marc Micozzi provides a complete overview of CAM, creating a solid foundation and context for therapies in current practice. Coverage of systems and therapies includes mind, body, and spirit; traditional Western healing; and traditional ethnomedical systems from around the world. Discussions include homeopathy, massage and manual therapies, chiropractic, a revised chapter on osteopathy, herbal medicine, aromatherapy, naturopathic medicine, and nutrition and hydration. With its wide range of topics, this is the ideal CAM reference for both students and practitioners! An evidence-based approach focuses on treatments best supported by clinical trials and scientific evidence. Coverage of CAM therapies and systems includes those most commonly encountered or growing in popularity, so you carefully evaluate each treatment. Global coverage includes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas. Longevity in the market makes this a classic, trusted text. Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, Victor Sierpina, and Marc Micozzi himself. Suggested readings and references in each chapter list the best resources for further research and study. New, expanded organization covers the foundations of CAM, traditional Western healing, and traditional ethnomedical systems from Asia, Africa, and the Americas, putting CAM in perspective and making it easier to understand CAM origins and contexts. NEW content includes legal and operational issues in integrative medicine, creative and expressive arts therapies, ecological pharmacology, hydration, mind-body thought and practice in America, osteopathy, reflexology, South American healing, traditional medicines of India, and Unani medicine. Revised and updated chapters include aromatherapy, classical acupuncture, energy medicine, biophysical devices (electricity, light, and magnetism), massage and touch therapies, traditional osteopathy, reflexology, vitalism, and yoga. New research studies explain how and why CAM therapies work, and also demonstrate that they do work, in areas such as acupuncture, energy healing, and mind-body therapies. Expanded content on basic sciences includes biophysics, ecology, ethnomedicine, neurobiology, and pschoneuroimmunology, providing the scientific background needed to learn and practice CAM and integrative medicine. Expanded coverage of nutrition and hydration includes practical information on Vitamin D and healthy hydration with fluid and electrolytes.

integrative wellness grand rapids: *Nutrition in the Practice of Medicine: A Practical Approach, An Issue of Medical Clinics of North America, E-Book* David S. Seres, 2022-09-28 In this

issue, guest editors bring their considerable expertise to this important topic. Provides in-depth reviews on the latest updates in the field, providing actionable insights for clinical practice. Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create these timely topic-based reviews.

integrative wellness grand rapids: *The Infertility Cure* Randine Lewis, 2008-12-14 In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupuncture so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. *The Infertility Cure* addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques *The Infertility Cure* opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

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integrative wellness grand rapids: *The Paleo Cardiologist* Jack Wolfson, 2015-06-02 A drug-free program for cardiac fitness. Do you take drugs for cholesterol or high blood pressure? Are you looking to avoid a heart attack or stroke? *The Paleo Cardiologist* is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine. The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how. You can trust Dr. Wolfson. For sixteen years he worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractor wife, Dr. Wolfson now runs a very successful holistic cardiology office. Inside *The Paleo Cardiologist*, you will learn: 1) Paleo Nutrition is the food plan for health 2) The importance of cholesterol to every cell in the body 3) How to avoid pharmaceuticals and skip the dangerous procedures 4) Why stress is bad for your heart and how to relax 5) How to get rid of the chemicals and heavy metals 6) Sleep is critical for heart health and how to get more Z's 7) The Top 20 supplements for heart health 8) The Top 20 blood tests you need Get informed. Get empowered. Read *The Paleo Cardiologist*, the natural way to heart health.

integrative wellness grand rapids: *The Dog Cancer Survival Guide* Demian Dressler, Susan Ettinger, 2011 If your dog has cancer, you need this book. No matter what you've heard, there are always steps you can take to help your dog fight (and even beat) cancer. This scientifically researched guide is your complete reference for practical, evidence-based strategies that can optimize the life quality and longevity for your dog. No matter what diagnosis or stage of cancer your dog has, this book is packed with precious advice that can help now. Discover the Full Spectrum approach to dog cancer care: Everything you need to know about conventional western veterinary treatments (surgery, chemotherapy and radiation) including how to reduce their side effects. The most effective non-conventional options, including botanical nutraceuticals, supplements, nutrition, and mind-body medicine. How to analyze the options and develop a specific plan for your own dog based on your dog's type of cancer, your dog's age, your financial and time budget, your personality, and many other personal factors. Imagine looking back at this time in your life, five years from now, and having not a single regret. You can help your dog fight cancer and you can honor your dog's life by living each moment to the fullest, starting now. This book can help you as it has helped thousands of other dog lovers. The Authors Dr. Demian Dressler, DVM practices in Hawaii and is internationally recognized as the dog cancer vet and blogs at DogCancerBlog.com. Dr. Susan Ettinger, DVM is a veterinary oncologist and a diplomate of the American College of Internal Medicine who practices in New York. Praise from Veterinarians, Authors & Book Reviewers The future is upon us and this ground-breaking book is a vital cornerstone. In dealing with cancer, our worst illness, this Survival Guide is educational, logical, expansive, embracing, honest and so needed. Dr. Marty Goldstein, DVM Holistic veterinarian and Host, Ask Martha Stewart's Vet on

Sirius Radio The message of this book jumps off the written page and into the heart of every reader, and will become the at home bible for cancer care of dogs. The authors have given you a sensible and systematic approach that practicing veterinarians will cherish. I found the book inspiring and, clearly, it will become part of my daily approach to cancer therapy for my own patients. Dr. Robert B. Cohen, VMD Bay Street Animal Hospital, New York I wish that I had had *The Dog Cancer Survival Guide* when my dearly beloved Flat-coated Retriever, Odin, contracted cancer. It would have provided me alternative courses of action, as well as some well needed reality checks which were not available from conversations with my veterinarian. It should be on every dog owner's book shelf-just in case... Dr. Stanley Coren, PhD, FRSC author of many books, including *Born to Bark A* comprehensive guide that distills both alternative and allopathic cancer treatments in dogs...With the overwhelming amount of conflicting information about cancer prevention and treatment, this book provides a pet owner with an easy to follow approach to one of the most serious diseases in animals. Dr. Barbara Royal, DVM The Royal Treatment Veterinary Center, Oprah Winfrey's Chicago veterinarian Picking up *The Dog Cancer Survival Guide* is anything but a downer: it's an 'empowerer.' It will make you feel like the best medical advocate for your dog. It covers canine cancer topics to an unprecedented depth and breadth from emotional coping strategies to prevention-in plain English. Read this book, and you will understand cancer stages, treatment options, and types, and much more. If you have just had the dreaded news, pick up a copy and it will guide the decisions your dog trusts you to make. Laure-Anne Visel Dog behavior specialist and technical dog writer, CanisBonus.com

integrative wellness grand rapids: *Neuroplasticity, Performativity, and Clergy Wellness* William D. Roozeboom, 2016-12-24 This book invites readers, particularly clergy members, to rethink their understandings of the human person in light of recent developments in neuroscience. In addition to bringing together religion and neuroscience, it engages narrative theory, exercise physiology, and constructions of wellness to raise crucial questions about human identity and relationality and argue for a model of care that connects self-care and care for/with others. Furthermore, it claims that human beings are whole, intra/inter-relational, dynamic, plastic, and performative agents who have the capacity to story themselves neurophysiologically (in both "top-down" and "bottom-up" ways) through their regular practices of wellness.

integrative wellness grand rapids: *Introducing Moral Theology* William C. III Mattison, 2008-10-01 Whether in the cafeteria, classroom, or dorm lounge, questions abound on college campuses. Not only do students grapple with existential issues but they also struggle with ethical ones such as Why be moral? In *Introducing Moral Theology*, William Mattison addresses this question as well as grapples with the impact that religious belief has on day-to-day living. Structured in two parts, this unique text on Catholic moral theology covers cardinal virtues (temperance, prudence, fortitude, and justice) as well as theological virtues (faith, hope, and love). It is equipped with study questions, terms and their definitions, and illustrative case studies. Rooted in the Catholic tradition, this overview will also appeal to non-Catholics interested in virtue ethics.

integrative wellness grand rapids: *The Wellness Compass Travel Guide* Joda P. Derrickson, 2017-06-16 Do you want to maintain high levels of health, happiness, and accomplishment for a lifetime? In *The Wellness Compass Travel Guide*, Dr. Joda P. Derrickson provides a practical framework for assessing, improving, and maintaining diverse aspects of personal well-being. This flexible step-by-step handbook puts you in the drivers seat by providing: > The Wellness Compass, a navigational tool to maintain balanced well-being. > The Wellness Compass Guidebook, a compilation of resources and activities that facilitates self-defined strategies for resolving wellness challenges. > The Wellness Compass Journey, a three-step process for goal achievement with step-by-step guidance, tips to prevent backsliding, and strategies to maintain a lifelong wellness lifestyle. Whether you use this system to accomplish a single New Years Resolution or to maintain high levels of well-being across your lifetime, its flexible. Adapt it. Make it your own. Keep climbing your mountains and achieving your dreams! Additional copies of activities can be downloaded from www.wellnesscompasstravelguide.com

integrative wellness grand rapids: *Integrative Dermatology* Robert A. Norman, Philip D. Shenefelt, Reena N. Rupani, 2014-04 This title combines conventional treatment options with time tested alternative treatment options for skin disorders. By integrating the best of Western and Eastern medicine, it aims to broaden the armamentarium of clinicians treating skin diseases.

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