

internal medicine and wellness

Internal Medicine and Wellness: A Holistic Approach to Thriving

Are you tired of the reactive approach to healthcare? Feeling like your doctor only sees you when you're sick, instead of helping you stay well? This isn't just a feeling; it's a common experience. But what if there was a better way? This comprehensive guide dives deep into the world of internal medicine and wellness, exploring how a holistic approach can empower you to take control of your health and achieve a vibrant, fulfilling life. We'll unpack the key differences between traditional internal medicine and a wellness-focused approach, explore preventative strategies, and guide you towards building a stronger, healthier you.

Understanding the Intersection of Internal Medicine and Wellness

Internal medicine traditionally focuses on the diagnosis and treatment of adult diseases. Internists are medical specialists who deal with a wide range of conditions, from common illnesses like the flu to complex chronic diseases like diabetes and heart disease. However, a growing movement within internal medicine emphasizes a proactive approach – prioritizing wellness and prevention alongside treatment. This shift recognizes that true health isn't just the absence of disease; it's a state of complete physical, mental, and social well-being.

This blended approach isn't about abandoning traditional internal medicine; it's about enhancing it. By integrating wellness strategies into routine care, internal medicine practitioners can help patients not just manage illness but actively prevent it. This collaborative approach fosters a stronger doctor-patient relationship built on shared responsibility for health outcomes.

Preventative Measures: The Cornerstone of Internal Medicine and Wellness

A key element distinguishing a wellness-focused internal medicine approach is the emphasis on prevention. This involves:

Regular Check-ups: Scheduling annual physical exams isn't just about detecting existing problems; it's about identifying potential risks early. Your internist can assess your lifestyle, family history, and current health status to pinpoint areas needing attention.

Lifestyle Modifications: Your doctor might advise changes in diet, exercise, and sleep patterns, offering personalized recommendations based on your individual needs. This could include strategies to manage stress, improve nutrition, and increase physical activity.

Screenings and Vaccinations: Regular screenings for conditions like high blood pressure, high cholesterol, and certain cancers can detect problems before they become serious. Staying up-to-date

on vaccinations protects against preventable diseases.

Personalized Risk Assessments: Advanced technology allows for personalized risk assessments, predicting potential health problems based on genetic predispositions and lifestyle choices. This allows for targeted preventative measures.

Mental Health Integration: Recognizing the strong link between physical and mental health, a holistic approach includes addressing mental well-being. This may involve discussing stress management techniques, recommending therapy, or screening for mental health conditions.

Building a Strong Doctor-Patient Partnership for Optimal Wellness

The relationship between a patient and their internist is crucial in achieving optimal wellness. Open communication, shared decision-making, and mutual trust are essential. Your doctor should be a partner in your health journey, not just a provider of treatment. This requires:

Active Patient Participation: Take an active role in your health. Ask questions, share concerns, and be honest about your lifestyle choices.

Shared Decision Making: Your doctor should explain treatment options and involve you in the decision-making process. This empowers you to feel in control of your health.

Clear Communication: Ensure you understand your diagnosis, treatment plan, and any potential risks. Don't hesitate to ask for clarification if needed.

Goal Setting: Work with your doctor to set realistic and achievable health goals. This could involve weight loss, improved blood sugar control, or increased physical activity.

The Role of Technology in Enhancing Internal Medicine and Wellness

Technology is revolutionizing healthcare, offering new tools and resources to enhance both traditional internal medicine and wellness initiatives. This includes:

Telemedicine: Remote consultations provide convenient access to care, particularly for patients in remote areas or with limited mobility.

Wearable Technology: Fitbits and smartwatches can track vital signs, activity levels, and sleep patterns, providing valuable data for personalized health management.

Remote Patient Monitoring: Devices that track vital signs remotely can alert doctors to potential problems, allowing for early intervention.

AI-powered Diagnostics: Artificial intelligence is being used to improve diagnostic accuracy and speed up the identification of diseases.

Beyond the Clinic: Maintaining Wellness in Daily Life

While regular visits to your internist are crucial, true wellness extends beyond the clinic walls. It requires a holistic lifestyle approach encompassing:

Mindfulness and Stress Reduction: Practices like meditation, yoga, and deep breathing can significantly reduce stress and improve overall well-being.

Nutrition and Diet: A balanced diet rich in fruits, vegetables, whole grains, and lean protein is essential for optimal health.

Regular Exercise: Physical activity is crucial for maintaining a healthy weight, boosting energy levels, and reducing the risk of chronic diseases.

Quality Sleep: Aim for 7-9 hours of quality sleep each night to allow your body to repair and rejuvenate.

Social Connection: Strong social connections are vital for mental and emotional well-being.

Conclusion

Internal medicine and wellness are not mutually exclusive; they are complementary approaches to achieving optimal health. By adopting a proactive, holistic perspective, partnering with your internist, and making conscious lifestyle choices, you can significantly improve your health and well-being. Remember, your health is an investment – one that pays dividends in the form of a longer, healthier, and more fulfilling life.

FAQs

1. How often should I see my internist for a wellness check-up? The frequency depends on your individual health needs and risk factors, but annual check-ups are generally recommended for adults. Your doctor may recommend more frequent visits if you have pre-existing conditions or specific concerns.
1. What if I don't have insurance? Can I still access wellness services? Many community health centers offer affordable or sliding-scale fees for those without insurance. There are also various government programs that can assist with healthcare costs.
1. Can my internist help me with mental health concerns? Yes, many internists are equipped to address basic mental health concerns and can refer you to specialists if needed. They can often provide guidance on stress management techniques and screen for mental health conditions.

1. How can I find an internist who emphasizes wellness? You can ask your primary care physician for recommendations or search online for internists who specifically mention a wellness focus in their profiles. Many healthcare systems now offer programs focused on integrative or holistic medicine.

1. What's the difference between a wellness check-up and a regular doctor's visit? A wellness check-up focuses on preventative care and identifying potential risks before they become problems, while a regular doctor's visit addresses existing symptoms or health concerns. A wellness check-up is designed to help you stay well, while a regular visit is about getting better.

internal medicine and wellness: A Doctor's Dozen Catherine Florio Pipas, MD, MPH, 2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

internal medicine and wellness: Mayo Clinic: The Integrative Guide to Good Health Brent A. Bauer, Cindy A. Kermott, Martha P. Millman, 2017-08-08 IMPROVE TOTAL HEALTH WITHOUT PRESCRIPTIONS Looking for natural, noninvasive ways to strengthen and heal your body? Here, Mayo Clinic experts explain how to achieve personal wellness through nontraditional medicine and home remedies. Their revolutionary approach to health addresses the whole person — body, mind and spirit— by combining conventional care with innovative practices such as mind body techniques, acupuncture and massage therapy. With this book, you'll get advice for avoiding medical appointments while also learning when an appointment is needed. Practical, trustworthy and smart, this book will safely and naturally transform your well-being one page at a time. FIND INSIDE: • Details on applying dozens of therapies, such as progressive muscle relaxation, Pilates, guided imagery and spirituality to enrich your life • Home solutions to help manage common issues such as high blood pressure, osteoporosis, wrinkles, motion sickness, hives and stress • Steps for administering first aid in emergencies such as bleeding, choking and heart attack

internal medicine and wellness: Mayo Clinic Guide to Integrative Medicine Brent A. Bauer, 2022-02-01 Today, certain health conditions are not always best served by conventional medicine. Learn the ins and outs of integrative medicine with this comprehensive guide from the internal medicine experts at the Mayo Clinic. Once believed to be an alternative approach to patient care, recent studies have shown that integrative medicine is a valid option for reducing chronic pain, fatigue, depression, anxiety, as well as overall wellness. In fact, 1 in 3 American adults uses integrative medicine to boost their physical health. Whether utilized on its own or in combination with a conventional treatment plan, integrative medicine can be a natural, noninvasive way for

patients to take charge of their health and wellbeing. In Mayo Clinic Guide to Integrative Medicine, experts from the Mayo Clinic break down dozens of the most common integrative therapies used today. From meditation and various spiritual practices, to spa treatments and medicinal herbs, readers can learn the ins and outs of popular integrative therapies, and ultimately decide if integrative medicine is right for them. Additionally, each type of integrative therapy is assigned a green light, yellow light, or red light illustration, to show which therapies come highly recommended from medical professionals, which therapies should be used with caution and guidance from a primary care physician, and which therapies should be avoided. Written with the everyday consumer in mind, Mayo Clinic Guide to Integrative Medicine is a digestible, easy-to-use guide for understanding and implementing holistic health practices in your daily routine.

internal medicine and wellness: *Fourteen Days to Amazing Health* Dona Cooper-Dockery MD, 2017-03-27 *Fourteen Days to Amazing Health* is written to educate, inspire, and empower readers to take charge of their health and prevent and reverse chronic diseases using lifestyle modifications. As a physician practicing internal medicine for more than twenty-five years, Dr. Cooper-Dockery has been saddened by the fact that despite good-quality health care and the advancements in modern medical science, people are still developing chronic diseases and dying at an alarming rate. This has propelled her to offer a better alternative, one that will attack the root causes of diseases, build stronger immune systems, and promote good health and longevity. The *Fourteen Days to Amazing Health* introduces a step-by-step approach to self-care using a plant-based diet, exercise, meditation, and inspirational readings. The book includes fourteen days of educational health topics; a fourteen-day meal plan; a three-level fitness program; and more than one hundred delicious, healthy recipes. Dr. Cooper-Dockery has used this program at the Cooper Wellness Center for years to help patients lose weight and reverse diseases such as diabetes, heart disease, and obesity. Many patients are doing well, even reducing or eliminating medications. Access to this book is like having a personal physician, health coach, and motivational speaker at your side twenty-four hours a day. Welcome to the journey!

internal medicine and wellness: Internal Medicine Terrence Holt, 2015-10-20 Named one of the Best Books of the Year by Kirkus Reviews and BookPage "Illuminates human fragility in tales both lyrical and soul-wrenching." —Danielle Ofri, New York Times Book Review In this "artful, unfailingly human, and understandable" (Boston Globe) account inspired by his own experiences becoming a doctor, Terrence Holt puts readers on the front lines of the harrowing crucible of a medical residency. A medical classic in the making, hailed by critics as capturing "the feelings of a young doctor's three-year hospital residency . . . better than anything else I have ever read" (Susan Okie, Washington Post), Holt brings a writer's touch and a doctor's eye to nine unforgettable stories where the intricacies of modern medicine confront the mysteries of the human spirit. *Internal Medicine* captures the "stark moments of success and failure, pride and shame, courage and cowardice, self-reflection and obtuse blindness that mark the years of clinical training" (Jerome Groopman, New York Review of Books), portraying not only a doctor's struggle with sickness and suffering but also the fears and frailties each of us—doctor and patient—bring to the bedside.

internal medicine and wellness: *The Cleveland Clinic Way: Lessons in Excellence from One of the World's Leading Health Care Organizations* VIDEO ENHANCED EBOOK Toby Cosgrove, 2014-01-24 This is the future. Join the revolution. Transform your organization the Cleveland Clinic way. One of the best healthcare systems in the world. President Barack Obama American healthcare is in crisis. It doesn't have to be. There's a revolution going on right now. On the frontiers of medicine, some doctors have developed an approach for treating people that is more effective, more humane, and more affordable. It's an approach to healthcare that has captured the attention of the media and business elite--and the President of the United States. It's all happening at Cleveland Clinic, one of the most innovative, forward-looking medical institutions in the nation. In this groundbreaking book, the man who leads this global organization, Toby Cosgrove, MD, reveals how the Clinic works so well and argues persuasively for why it should be the model for the nation. He details how Cleveland Clinic focuses on the eight key trends that are shaping the future of medicine.

Readers will learn: Why group practices provide not only better--but cheaper--care Why collaborative medicine is more effective How big data can be harnessed to improve the quality of care and lower costs How cooperative practices can be the wellspring of innovation Why empathy is crucial to better patient outcomes Why wellness of both mind and body depends on healthcare, not sickcare How care is best provided in different settings for greater comfort and value How tailor-made care treats a person instead of a disease This enhanced eBook includes 8 videos that include interviews with the doctors and executives who helped shape the Cleveland Clinic's successful strategy. It also includes visuals of patients/doctor interactions and the hospital's facilities. At its core is Cleveland Clinic's emphasis on patient care and patient experience. A refreshingly positive and practical vision of healthcare, *The Cleveland Clinic Way* is essential reading for healthcare and business executives, medical professionals, industry analysts, and policymakers. It gives leaders lessons they can apply to their own organizations to achieve results and empowers average Americans to make more informed healthcare decisions. **PRAISE FOR THE CLEVELAND CLINIC WAY** A brilliant doctor and leader lays out practical and thought-provoking prescriptions for America's healthcare future. A must-read. -- Jack Welch, former Chairman and CEO of General Electric Company *The Cleveland Clinic Way* is what the healthcare system in this country needs: honesty about the challenges, optimism about our ability to address them, and a focus on solutions. A must-read for healthcare leaders, it's written in clear, inclusive language that makes it just as valuable for the rest of us. -- John Chambers, Chairman and CEO of Cisco A pioneer in American healthcare, Toby Cosgrove shows just how the diligence and innovative thinking behind Cleveland Clinic has helped solve fundamental problems most other places barely touch. There are lessons here for everyone--patient, physician, and policymaker alike. -- Atul Gawande, MD, professor at Harvard Medical School and bestselling author of *The Checklist Manifesto* Toby Cosgrove frames the eight important trends that will transform the U.S. healthcare system. *The Cleveland Clinic Way* is a good road map for those who want to make the U.S. healthcare system better. -- Jeffrey Immelt, Chairman and CEO of General Electric Company

internal medicine and wellness: *Mothers in Medicine* Katherine Chretien, 2017-12-19 Women are entering medical school in equal numbers as men, yet still face unique challenges in a profession where, overall, male physicians outnumber female physicians 3 to 1. Women in medicine also face decisions such as when to have a child during training and often struggle with work-life balance. This book features real stories and advice from mothers in medicine at all stages of training from medical student to practicing physician and addresses the topics that shape the lives, joys, and challenges of women in medicine today. The book is based on the best posts and wisdom shared on the Mothers in Medicine blog, which was established in 2008 by the editor and has published over 1500 posts and has over 4.8 million page views to date. The book is organized by themes that are unique to the physician-mother: career decisions, having children during training, navigating life challenges, practice issues, and work-life balance. Each chapter features an excerpt from the blog followed by an honest discussion of the key considerations, guidelines, and tips as related to each topic in the conversational, personal tone of the blog. The book concludes with a chapter that features the most popular questions posted on the Mothers in Medicine blog and a summary of the responses received from the community of readers. *Mothers in Medicine: Career, Practice, and Life Lessons Learned* is a valuable and contemporary resource for pre-medical students, medical students, residents, and physicians.

internal medicine and wellness: *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.

internal medicine and wellness: *Happy Gut* Vincent Pedre, 2015-12-29 Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

internal medicine and wellness: *Cracking the Metabolic Code* B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live—in effect, the sum total of your life experience up to this day—determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

internal medicine and wellness: *Incredibly Delicious Vegan Recipes and Meal Plans* Dona Cooper-dockery, 2017-05-04 It's quite interesting that food, a basic necessity of life, could either promote chronic diseases or assist in the prevention and reversal of diseases. In the early centuries, Hippocrates, an ancient Greek Physician regarded as the father of medicine wrote, let food be thy medicine and medicine be thy food. Thomas Edison, the American inventor, echoed the same sentiment when he wrote, The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease. Over the past several years, Dr. Dona Cooper-Dockery has integrated a holistic approach to health in

the care of her patients, including a strong focus on plant-based nutrition. Many patients are enjoying better health on fewer medications while some patients have even reversed chronic diseases and are off medications entirely. There's a wealth of scientific research information confirming the health benefits of plant-based nutrition. However, many people are still not sure how to combine these great foods in order to obtain maximum health benefits. It is for this reason Dr. Cooper-Dockery has created this 28-Day Meal Plan Guide. It's filled with simple yet delicious plant-based recipes, weekly shopping lists, and more. She has incorporated whole grain, unprocessed foods, fruits, vegetables, nuts and seeds with minimal oils. If you have any food allergies, please feel free to make any necessary substitutions. It is important to consume most of your daily calories during breakfast and lunch as you will have more time to use those calories during your daily activities. Supper or dinner should be light since there are obviously fewer daytime hours to work off those calories. This cookbook also includes a list of different foods which are believed to be beneficial in the prevention of various chronic diseases. You're encouraged to consume more of these healthier food choices and to avoid refined and processed foods as well as sugar, oils, and salt. As you consider adopting a healthier lifestyle, your body might be deficient in certain important vitamins and nutrients. For this reason, the doctor included a list of supplements that you may consider adding to your diet. Even though this is a meal plan guide, there's a dash of inspirational quotations for mental and emotional nutrition. In order for you to have good physical health, a healthy mind is also important. The wise King Solomon wrote, a merry heart is good like medicine. So as you prepare to nourish your body with good plant-based recipes do not forget to meditate on positive thoughts. If you would like more recipes or to join The Get Healthy with Dr. Cooper community, please visit www.gethealthywithdrcooper.com or www.cooperwellnesscenter.com.

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

internal medicine and wellness: Washington Manual® General Internal Medicine Consult Thomas Ciesielski, 2016-12-15 Concise, portable, and user-friendly, *The Washington Manual® General Internal Medicine Consult*, Third Edition, provides quick access to the essential information needed when performing an inpatient consult. Chapters are organized around presenting symptom (e.g., approach to nausea, approach to low back pain), allowing quick look-up of differential diagnosis and management. Ideal for medical students, residents, and practitioners, the manual is also useful as a quick-reference guide for practicing hospitalists.

internal medicine and wellness: *The Ultimate Guide To Choosing a Medical Specialty* Brian Freeman, 2004-01-09 The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand

knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

internal medicine and wellness: A Design Thinking, Systems Approach to Well-Being Within Education and Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

internal medicine and wellness: Embrace Aging Jeannette Guerrasio, 2022-04-04 Everybody ages, so why not embrace it? Filled with practical advice for happy, healthy, and independent aging to understand and overcome the changes ahead. Currently, there are over 95 million Americans who are 50 years old or older, more than at any time in our history. This demographic shift is expected to continue. While recent advances in the diagnosis and treatment of several disorders have contributed to our increased longevity, we are at greater risk of age-related health conditions. But these age-related health conditions are modifiable. We have a say in how we age! In Embrace Aging: Conquer Your Fears and Enjoy Added Years, Dr. Jeannette Guerrasio empowers people over 50 by guiding them with practical advice for happy, healthy, and independent aging. Combining her clinical experience with thousands of elderly patients, as well as her knowledge of cutting-edge research, Dr. Guerrasio focuses on the everyday aspects of aging to help readers understand how their bodies change with age and how best to overcome and adapt to these changes. Encompassing an astonishingly wide range of topics, Embrace Aging covers subjects commonly associated with aging from osteoporosis to cognitive impairment as well as concerns that other books ignore, such as constipation, medication dosing, sexual dysfunction, and home safety. Embracing traditional as well as alternative medicine, Dr. Guerrasio focuses on proven methods and treatments; there are no false promises. Moreover, she generously shares both her own and her patients' experiences. Filled with tips and optimism, the author's warmth and compassion shine through on every page. This valuable guide ensures that getting old is a joyful experience.

internal medicine and wellness: Exploring the Pressures of Medical Education From a Mental Health and Wellness Perspective Smith, Christina Ramirez, 2017-10-31 Discussions surrounding mental health are becoming more prominent and these conditions are becoming less stigmatized. Studying the effects that mental wellness has on students within the medical field can provide an insider perspective on this critical topic. Exploring the Pressures of Medical Education From a Mental Health and Wellness Perspective is a critical reference source that examines the mental and emotional problems that arise with students practicing in the medical field. Featuring relevant topics such as student burnout, cognitive learning, graduate education, and curriculum development, this scholarly publication is ideal for medical practitioners, academicians, students, and researchers that are interested in staying apprised of the latest trends and developments relating to mental wellness.

internal medicine and wellness: Soul Doctoring Gayle Madeleine Randall, 2022-05-31 Soul Doctoring is the most important book on integrated personal healing to be written in the 21st century. It is a compelling, enlightening, and entertaining read, and a benchmark for yet another way to bring information into one's body for the purpose of healing and self-doctoring—through provocative storytelling that touches the soul. Written by medical futurist and renowned integrative medicine pioneer Dr. Gayle Madeleine Randall, offers a blueprint and roadmap for our return to ideal personal health—and by restoring our own health, turning our attention to helping our lives, communities and planet fully regenerate in what Nestlé CEO Aude Gandon famously termed

Generation Regeneration. Dr. Randall's writings, podcasts, lectures, workshops and seminars on Mind-Body Medicine around the world have transformed the lives of thousands of patients, clients and attendees by enlightening them to their own healing potential. With the publication of *Soul Doctoring*, she makes it possible for the reader to access the entirety of her experience and intrinsic knowledge of the human body, heart, and soul. Join her as she breaks new ground in holistic medicine, self-healing and the highest limits of human potential.

internal medicine and wellness: *Changing Directions* Christopher Keroack, 2016 Foundational and practical approaches to health that will turn your path to health around. Learn how to: understand the balance of key factors related to foundational health; navigate the world of nutrition and supplements; plan meals that improve health; improve eating habits and digestion; reduce stress and improve sleep.

internal medicine and wellness: *Braided* Beth Ricanati, 2018-09-18 What if you could bake bread once a week, every week? What if the smell of fresh bread could turn your house into a home? And what if the act of making the bread—mixing and kneading, watching and waiting—could heal your heartache and your emptiness, your sense of being overwhelmed? It can. This is the surprise that physician-mother Beth Ricanati learned when she started baking challah: that simply stopping and baking bread was the best medicine she could prescribe in a fast-paced world. 2018 National Jewish Book Award Finalist 2018 Foreword INDIES Winner 2019 Readers' Favorite Awards Finalist 2019 Wilbur Award, Nonfiction Winner 2020 Eric Hoffer Award, First Horizon Award Finalist 2020 Eric Hoffer Award, 1st runner up in Nonfiction 2020 Eric Hoffer Award, Grand Prize Shortlist Finalist 2020 Next Generation Indie Book Awards Finalist 2020 Next Generation Indie Book Awards Winner

internal medicine and wellness: *Super Gut* William Davis, 2022-02-01 The bestselling author of the *Wheat Belly* books brings his next big, game-changing idea—how the human microbiome is evolving, and potentially wrecking, our health, and how we can fix it. Because of our highly processed diet, pesticides, and overuse of antibiotics, our guts are now missing so many of the good bacteria that we require to be healthy. As a result, many of us have lost control over our health, weight, mood, and even behavior. The ancient bacteria that keep our digestion moving have been dying, replaced by harmful microbes that don't keep us physically and mentally fit. With cutting-edge research, Dr. Davis connects the dots between gut health and modern ailments. There are entire species of microbes that have disappeared, which creates health issues that were uncommon one hundred, or even fifty, years ago. The result is SIBO (small intestinal bacterial overgrowth), a silent and profound epidemic, which affects one out of three people and is responsible for an astounding range of human health conditions. *Super Gut* shows us how to eliminate bad bacteria and bring back the "good" bacteria with a four-week plan to reprogram your microbiome. This not only gets to the root of many diseases, but also improves levels of oxytocin (the bonding/happy hormone), brain health, anti-aging, weight loss, mental clarity, and restful sleep. Also included are more than forty recipes, a diet plan, and resources so you can pinpoint your gut issues, correct them, and maintain your long-term health and well-being.

internal medicine and wellness: *McMaster Textbook of Internal Medicine 2019/20* Roman Jaeschke, Piotr Gajewski, Paul M. O'Byrne, 2019-10-30 A convenient compact textbook that fits snugly into your scrubs pocket. Developed at McMaster University, the birthplace of evidence-based medicine (EBM) and one of the world's top universities, in cooperation with over 300 highly renowned scientists from North America and Poland.

internal medicine and wellness: *The Voice of One Woman* Mettabel Okulaja, 2011-10 The *Voice of One Woman* is the first book by Adepero Mettabel Okulaja, MD, a practicing internal medicine physician in Bloomington, Minnesota. It is best described as an anthology of poems, prose, original quotes, anecdotes and messages, referencing relevant biblical scriptures. It primarily deals with self-image and how to embrace who you are, and all of who you are and believe that you are 'fearfully and wonderfully made.' This work was borne out of the experiences that shaped her life, particularly those that led her to accept herself as the woman God created her to be. Passionate

living and bold femininity are explored through poetry and prose in this text. Be prepared to change as you contemplate scripture and the musings of the author.--From Amazon.com.

internal medicine and wellness: Pocket Medicine Marc S. Sabatine, 2013-10-06 Prepared by residents and attending physicians at Massachusetts General Hospital, this pocket-sized looseleaf is one of the best-selling references for medical students, interns, and residents on the wards and candidates reviewing for internal medicine board exams. In bulleted lists, tables, and algorithms, Pocket Medicine provides key clinical information about common problems in internal medicine, cardiology, pulmonary medicine, gastroenterology, nephrology, hematology-oncology, infectious diseases, endocrinology, and rheumatology. This Fifth Edition is fully updated and includes a sixteen-page color insert with key and classic abnormal images. If you purchased a copy of Sabatine: Pocket Medicine 5e, ISBN 978-1-4511-8237-8, please make note of the following important correction on page 1-36: Oral anticoagulation (Chest 2012;141: e531S; EHJ 2012;33:2719; Circ 2013;127:1916)- All valvular AF as stroke risk very high- Nonvalv. AF: stroke risk 4.5%/y; anticoag (R) 68%⁻ stroke; use a risk score to guide Rx: CHADS2: CHF (1 point), HTN (1), Age ≥ 75 y (1), DM (1), prior Stroke/TIA (2)CHA2DS2-VASc: adds 65-74 y (1) ≥ 75 y (2), vasc dis. [MI, Ao plaque, or PAD (1)]; ? (1)score 32 (R) anticoag; score 1 (R) consider anticoag or ASA (? latter reasonable if risk factor age 65-74 y, vasc dis. or ?); antithrombotic Rx even if rhythm control [SCORE CORRECTED]- Rx options: factor Xa or direct thrombin inhib (non-valv only; no monitoring required) or warfarin (INR 2-3; w/ UFH bridge if high risk of stroke); if Pt refuses anticoag, considerASA + clopi or, even less effective, ASA alone (NEJM 2009;360:2066)Please make note of this correction in your copy of Sabatine: Pocket Medicine 5e immediately and contact LWW's Customer Service Department at 1.800.638.3030 or 1.301.223.2300 so that you may be issued a corrected page 1-36. You may also download a PDF of page 1-36 by clicking [HERE](#). All copies of Pocket Medicine, 5e with the ISBN: 978-1-4511-9378-7 include this correction.

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into primary and secondary prevention. *Promoting Health Literacy to Encourage Prevention and Wellness* serves as a factual account of the discussion that took place at the workshop. The report describes the inclusion of health literacy into public health prevention programs at the national, state, and local levels; reviews how insurance companies factor health literacy into their prevention programs; and discusses industry contributions to providing health literate primary and secondary prevention.

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