

juniper womens health wellness

Juniper Women's Health & Wellness: Your Holistic Guide to a Thriving Life

Are you ready to prioritize your well-being and embark on a journey towards a healthier, happier you? At Juniper Women's Health & Wellness, we believe that true wellness is a holistic pursuit, encompassing physical, mental, and emotional health. This comprehensive guide dives deep into the world of women's health, exploring various aspects of well-being and how Juniper can support you every step of the way. We'll unpack the importance of preventative care, discuss common women's health concerns, and highlight the personalized approach Juniper offers to empower you to live your best life.

Understanding the Juniper Women's Health & Wellness Philosophy

Juniper Women's Health & Wellness is built on the foundation of a patient-centered approach. We understand that every woman's journey is unique, and therefore, our services are tailored to meet individual needs and goals. We go beyond simply treating symptoms; we strive to understand the root cause of health concerns and empower women to take control of their health proactively. This means offering a wide range of services, from preventative screenings and comprehensive physical exams to personalized wellness plans and support groups. Our philosophy is rooted in education and empowerment, fostering a strong patient-provider relationship built on trust and mutual understanding.

Preventative Care: Investing in Your Future Health

Preventative care is the cornerstone of maintaining optimal health. Regular checkups, screenings, and healthy lifestyle choices can significantly reduce the risk of developing serious health conditions later in life. At Juniper, we emphasize the importance of these preventative measures, providing a range of services designed to keep you healthy and thriving. This includes:

Annual Wellness Exams: Comprehensive physicals that assess your overall health, identify potential risks, and establish a baseline for future monitoring.

Gynecological Exams: Regular screenings for cervical cancer, sexually transmitted infections, and other gynecological concerns.

Breast Cancer Screenings: Mammograms and clinical breast exams to detect early signs of breast cancer.

Bone Density Scans: Assessment of bone health to prevent osteoporosis.

Addressing Common Women's Health Concerns

Women face a unique set of health challenges throughout their lives. Juniper Women's Health & Wellness offers comprehensive care for a variety of common concerns, including:

Menstrual Irregularities: We can help diagnose and manage issues such as heavy bleeding, painful periods (dysmenorrhea), and irregular cycles.

Menopause Management: We provide support and guidance to help women navigate the physical and emotional changes associated with menopause.

Hormonal Imbalances: We address hormone-related problems like PCOS (polycystic ovary syndrome), thyroid issues, and other hormonal disruptions.

Infertility: We offer guidance and support for couples struggling with infertility.

Sexual Health: We provide comprehensive sexual health services, including STI testing and counseling.

Personalized Wellness Plans: Tailored to Your Needs

At Juniper, we believe in the power of personalized care. Our wellness plans are customized to address your specific health goals and concerns. We work collaboratively with you to develop a plan that integrates healthy lifestyle choices, preventative screenings, and appropriate medical interventions to optimize your overall well-being. This holistic approach might incorporate:

Nutritional Counseling: Guidance on healthy eating habits and dietary modifications to support your health goals.

Fitness Recommendations: Personalized exercise plans tailored to your fitness level and preferences.

Stress Management Techniques: Strategies to cope with stress and promote mental well-being.

Mindfulness and Meditation Practices: Techniques to enhance self-awareness and reduce stress.

Beyond Medical Care: Community and Support

Juniper understands that health is not just about physical well-being; it's also about emotional and social support. We foster a sense of community among our patients, offering support groups and workshops to facilitate connection and shared experiences. These opportunities provide a safe and supportive environment for women to connect with others, share their stories, and learn from one another. This sense of community is a vital component of our holistic approach to women's health.

Conclusion

Juniper Women's Health & Wellness is committed to providing comprehensive, personalized care that empowers women to take control of their health and live fulfilling lives. Our approach is rooted in preventative care, addressing common women's health concerns, and fostering a supportive community. By prioritizing your well-being and partnering with Juniper, you're investing in a healthier, happier, and more vibrant future. Contact us today to learn more about how we can support your journey towards optimal wellness.

Frequently Asked Questions (FAQs)

Q1: What insurance plans does Juniper Women's Health & Wellness accept?

A1: We accept a wide range of insurance plans. Please contact our office

directly to verify your insurance coverage.

Q2: Do you offer telehealth appointments?

A2: Yes, we offer telehealth appointments for certain services to increase convenience and accessibility.

Q3: What is the process for scheduling an appointment?

A3: You can schedule an appointment by calling our office directly or scheduling online through our website.

Q4: What are your hours of operation?

A4: Our hours of operation are [Insert Hours Here]. Please check our website for the most up-to-date information.

Q5: What types of specialists do you work with if needed?

A5: We collaborate with a network of specialists, including gynecologists, endocrinologists, and other healthcare professionals, to ensure you receive comprehensive care.

juniper womens health wellness: Women's Health Ellis Quinn Youngkin, Marcia Szmania Davis, 2004 Text provides comprehensive coverage of women's health information. Reflects the latest research and discusses pregnancy, hormone replacement therapy, and frequently encountered medical problems.

juniper womens health wellness: The Healthy Boomer Peggy Edwards, Miroslava Lhotsky, Judy Turner, 2012-11-13 In North America, some eighty-eight million boomers are facing the physical and personal challenges of midlife. But midlife can also be a time of tremendous vitality, confidence, and joy. In this comprehensive guide, three experts in midlife health draw on interviews, the latest research, and their own expertise to help men, women, and couples on the journey from midlife turbulence to midlife mastery. The Healthy Boomer provides easy-to-use decision-making tools, accurate information, and practical advice on such topics as: The male and female menopause; how to make a decision about hormone replacement therapy; alternative health care; preventing heart disease, cancer, and osteoporosis; prostate health and impotence; healthy relationships and great sex in midlife; anti-aging techniques; weight control, exercise, and healthy eating; the importance of spiritual well-being; handling midlife stress; what to do if you can't remember names any more. For the many North American boomers who are experiencing midlife challenges, The Healthy Boomer is required and reassuring reading.

juniper womens health wellness: Reclaiming Wellness Jovanka Ciales, 2022-04-19 If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. Reclaiming Wellness explores today's most effective wellness practices — and their multicultural sources — in a way that makes overall health accessible to all. The book provides:

- practical, affordable, delicious, and fun ways to incorporate plant-based whole foods into even the most time-crunched routine
- lazy-proof means of movement that feel more like self-love than dreaded exercise
- techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools
- ways to experience nature, music, and community to heal and connect

"If you've ever wondered about the origins of the world's best lifestyle choices for the healthiest body and mind, this book is for you. Or if you are looking for ways to incorporate plant-based foods, spices, and herbs into nutritious, delicious meals, this book is for you. You'll find easy ways to keep your body and mind feeling fresh and vibrant, and you'll learn about your ancestors, too!" — Jenné Claiborne, chef and creator of Sweet Potato Soul "In Reclaiming Wellness, Jovanka Ciales has

brilliantly interwoven the power of multicultural ancestral traditions and wellness practices into a holistic road map to achieve optimized health even with the noise and chaos of the modern world trying to overwhelm us into dis-ease.” — Jason Goldberg, author of Prison Break “Jovanka Ciales is a miracle worker, a trusted source for wellness transformation from the inside out. Her wisdom and knowledge have healed and helped so many; may this book support you in reclaiming your wellness journey.” — Kelly Lynn Adams, award-winning entrepreneur, business and life coach, and podcaster

juniper womens health wellness: Complete Wellness Neal's Yard Remedies, 2018-09-18

Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. Complete Wellness delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with Complete Wellness.

juniper womens health wellness: Health and Wellness in 19th-Century America John C.

Waller, 2014-08-11 This book provides a comprehensive description of what being sick and receiving medical care was like in 19th-century America, allowing modern readers to truly appreciate the scale of the improvements in healthcare theory and practice. Health and Wellness in 19th-Century America covers a period of dramatic change in the United States by examining our changing understanding of the nature of the disease burden, the increasing size of the nation, and our conceptions of sickness and health. With topics ranging from the unsanitary tenements of New York's Five Points, the field hospitals of the Civil War, and to the laboratories of Johns Hopkins Medical School, author John C. Waller reveals a complex picture of tradition, discovery, innovation, and occasional spectacular success. This book draws upon an extensive literature to document sickness and wellness in environments like rural homesteads, urban East-coast slums, and the hastily built cities of the West. It provides a fascinating historical examination of a century in which Americans made giant strides in understanding disease yet also clung to traditional methods and ideas, charting how U.S. medical science gradually transformed from being a backwater to a world leader in the field.

juniper womens health wellness: Master Recipes from the Herbal Apothecary JJ Pursell,

2019-03-05 JJ Pursell, the bestselling author of The Herbal Apothecary, is back with a complete, one-stop resource for herbal remedies that heal and nurture the whole family. Master Recipes from the Herbal Apothecary offers safe, trusted natural remedies written by a board certified naturopathic physician. It starts with master recipes for tinctures, salves, teas, capsules, oils washes, and more. Once you understand how to make these basic formulations, you can access the more than 375 specific recipes that address a range of health concerns from the common cold and headaches to insomnia and digestive issues. Comprehensive, thoroughly researched, and beautifully packaged, Master Recipes from the Herbal Apothecary you be your guide for a more natural path toward sustained health and wellness.

juniper womens health wellness: Botanical Medicine for Women's Health E-Book Aviva

Romm, 2009-05-22 A comprehensive resource of medical and herbal interventions related to women's health issues, Botanical Medicine for Women's Health provides a unique combination of traditional and modern scientific data on herbal medicine. Written by Aviva Romm, MD, an experienced herbalist, physician, and midwife, this guide blends a clinician-sensitive and patient-centered approach to women's health issues. Coverage of menstrual health, fertility, breast

conditions, and more makes this an essential resource for everyday practice. Winner of the 2010 American Botanical Council's James A. Duke Excellence in Botanical Literature Award! - Expert author Dr. Aviva Romm combines her experience as an herbalist, physician, and midwife for a fully integrated approach to medical and botanical interventions. - Convenient organization begins with herbal medicine and then covers health conditions organized chronologically by lifecycle help you understand the relationship between herbal medicine and women's health. - Plant profiles include principle uses, clinical indications, and safety information on the 10 most commonly used botanicals for women's health. - Detailed illustrations and professional plant photographs enable you to identify herbs visually as well as by substance make-up. - Specialized focus on women's health and botanical medicine provides the specific information you need for treating women at any stage of life. - Content on over 150 botanicals for over 35 different conditions make this a comprehensive resource for current, evidence-based information. - Appendices on common botanical names, quick dose reference charts, adverse interactions, and botanical medicine resources offer practical information at a glance. - Over 30 expert contributors with a combination of practical experience as clinicians and teachers provide a unique, clinically based perspective on botanical medicine. - Each chapter follows a consistent format, particularly when it comes to presenting a health condition, and is 2-7 pages in length. The chapter coverage includes a definition of the condition, a brief discussion of the incidence of the condition, the etiology, the pathophysiology, clinical manifestations, diagnosis including relevant tests, suggested medical management, prevention and botanical treatment strategies (including pertinent nutritional information typically prescribed by those using botanical medicines when applicable).

juniper womens health wellness: Wellbeing Klaus Bergdolt, 2008-05-27 Offering an overview on health and healthy living from classical Antiquity through to the mid-19th century, when scientific medicine began to gain ascendancy, this book shows that despite the diversity of notions of 'healthy' and 'ill', directions on healthy living remain surprisingly constant throughout the centuries.

juniper womens health wellness: *Natural Choices for Women's Health* Dr. Laurie Steelsmith, 2005-05-24 Are you unhappy relying on antibiotics for every illness, painkillers for menstrual cramps, and caffeine just to feel "normal"? Are you fed up with an endless cycle of colds, flus, headaches, digestive problems, and fatigue? Do you want to experience freedom from menopausal hormone fluctuations and hot flashes? *Natural Choices for Women's Health* explores these issues and many more, offering a groundbreaking resource for women who want to approach health naturally. In this completely accessible guide, Dr. Laurie Steelsmith shows for the first time how women can create a lifetime of optimal well-being by blending the extraordinary benefits of natural medicine from both the Western tradition and ancient Chinese teachings. Outlining a Naturally Healthy Lifestyle that enhances the body's own health-sustaining abilities, Steelsmith identifies ten crucial components of a woman's health—the immune system, kidneys, liver, digestive system, heart, hormones, bones, breasts, pelvis, and mental health—and provides dozens of tips to help maintain peak condition. In this resource you will discover: • How to balance your hormones with natural medicine • A list of "Best Breast Foods" and other tips to enhance your breast health • Ancient methods for increasing your libido with Chinese herbal medicine • How exercise can promote the balance of yin and yang in your body • Secrets of the Chinese Five Element system and how your personality type influences every aspect of your health Innovative, authoritative, and truly comprehensive, *Natural Choices for Women's Health* is sure to become the standard reference for women who want to attain wellness naturally.

juniper womens health wellness: *Women's Health* Marian C. Condon, 2004 A must have, this user-friendly resource provides all of the essentials of women's health: how to promote it, the societal factors that so greatly impact it, and how to choose wisely among the wide range of health care modalities available. Addressing the physical, mental, and spiritual aspects of health, it offers concrete guidelines for promoting wellness and recognizing illness. Included are discussions of societal factors that influence health and healthcare, as well as controversial issues such as the necessity of surgical interventions. A critique of both traditional and commonly used alternative

therapies and remedies provides a complete picture of the health care options available today.

juniper womens health wellness: Denise M. Alvarado's Anthology of Conjure Vol. 1

Denise Alvarado, 2019-06-11 There are mysteries in every culture, and I was born into one with true magick at its core. Tracking the Grunch on the levees, holding seances on the bayous, and catching snakes in the swamps: this is what my childhood looked like. With every adventure came more wonder, and with every experience, more mysteries were revealed. This, for me, was growing up Creole in New Orleans. Created for members of my Conjure Club, the Anthology of Conjure Volume 1 contains a collection of articles, eBooks, and downloads I have written over the years about the folk traditions of my culture of origin.--Publisher.

juniper womens health wellness: Spa , 2007

juniper womens health wellness: Music, Health, and Wellbeing Raymond MacDonald,

Gunter Kreutz, Laura Mitchell, 2013-05-02 Music has a universal and timeless potential to influence how we feel, yet, only recently, have researchers begun to explore and understand the positive effects that music can have on our wellbeing. This book brings together research from a number of disciplines to explore the relationship between music, health and wellbeing.

juniper womens health wellness: Women's Encyclopedia of Natural Medicine Tori Hudson,

1999 Many women are looking to combine complementary and conventional medicine into a discipline called integrated medicine, and this encyclopaedia provides in-depth coverage of the whole range of women's health concerns using therapies such as vitamin supplementation, herbs, diet, and exercise.

juniper womens health wellness: The Gerontology Nurse's Guide to the Community-Based Health Network Brenda L. Bonham Howe, MSN, RN, BSLS, 2014-10-29

This is a timely and vital resource for new and seasoned gerontology nurses responsible for coordinating care and advocacy for their patients as health care shifts from hospital-based to community-based care. Comprehensive and organized for quick access to information, this clinical guide encompasses the broad network of community health resources available and describes how to access them on behalf of geriatric patients and clients. It provides an overview of growing old in the United States and discusses cultural and socioeconomic considerations, common conditions and morbidities affecting older adults, and the wide variety of community resources available to address these concerns. The book provides the critical information gerontology nurses need to synthesize the health conditions affecting older adults with education about and access to vital community-based services. It discusses health delivery in regard to cultural diversity, the physical and psychological changes of aging and how to adapt to them, and different types of community-based health options including home health services, independent and assisted living, long-term care, and hospice and palliative care. Woven throughout are the themes of empowerment and advocacy for the nurse, patient, and family. Included in each chapter are abundant tools and resources that can be quickly referenced, and there is an emphasis on patient advocacy and teaching throughout. The book is also a supportive resource for nursing education programs and for nurses in mentorship roles in hospital or primary clinical practice settings. Key Features: Encompasses the broad network of community health resources available to older adults Provides easy access to informational websites, tools, and resources Addresses the physical and psychological changes of aging Focuses on advocacy and empowerment Serves as a comprehensive resource for new and seasoned gerontology nurses, educators, and mentors

juniper womens health wellness: Housing for Hope and Wellbeing Flora Samuel,

2022-12-20 Housing and neighbourhoods have an important contribution to make to our wellbeing and our sense of our place in the world. This book, written for a lay audience (with policy makers firmly in mind) offers a useful and intelligible overview of our housing system and why it is in 'crisis' while acting as an important reminder of how housing contributes to social value, defined as community, health, self development and identity. It argues for a holistic digital map-based planning system that allows for the sensitive balancing of the triple bottom line of sustainability: social, environmental and economic value. It sets out a vision of what our housing system could look like if

we really put the wellbeing of people and planet first, as well as a route map on how to get there. Written primarily from the point of view of an architect, the account weaves across industry, practice and academia cross cutting disciplines to provide an integrated view of the field. The book focusses on the UK housing scene but draws on and provides lessons for housing cultures across the globe. Illustrated throughout with case studies, this is the go-to book for anyone who wants to look at housing in a holistic way.

juniper womens health wellness: *Aromatherapy and Women's Mental Health* Pam Conrad, 2023-08-21 With an ever-growing interest in aromatherapy as a means to manage mental health as well as the subsequent safety concerns surrounding the use and methodology of essential oils, this timely, evidence-based book offers practical guidance on how to support women's mental health through aromatherapy. Comprehensive in its approach, this accessible text presents the history of mental health treatments, general aromatherapy, and specific practical tips and evidence-based aromatherapeutic treatments and management for conditions such as anxiety, depression, and panic disorders which is supplemented with paediatric emotional health support. It also features chapters on grief, pregnancy, postpartum, PMS, and menopause, making it a wide-ranging and holistic compendium of advice and guidance. This new book by Pam Conrad can be read alongside her previous guide *Health Aromatherapy: A Clinically Evidence-Based Guide for Nurses, Midwives, Doulas and Therapists* or as a stand-alone text and is an essential read for healthcare professionals looking to expand their holistic practice and cater to women's mental health.

juniper womens health wellness: *Wellness East and West* Kathleen F. Phalen, 1999 An investigation of integrative medicine, a blend of eastern and western medicine. It discusses the history, problems and promises inherent in both practices. Through interviews with western physicians, Oriental practitioners, and their patients, it explores the future of integrated healthcare.

juniper womens health wellness: *The Juice Lady's Juicing for High-level Wellness and Vibrant Good Looks* Cherie Calbom, 1999 The newest book by the Juice Lady, presents a comprehensive nutritional guide to the health benefits of juicing, with a special emphasis on common and chronic ailments. Copyright © Libri GmbH. All rights reserved.

juniper womens health wellness: *The Healing Power of Essential Oils* Eric Zielinski, DC, 2018-03-13 NATIONAL BESTSELLER • Discover the life-changing benefit of essential oils and aromatherapy in this soup-to-nuts guide from the host of the Essential Oil Revolution summits “A powerful new approach that can help you safely reverse the effects of modern scourges, including depression, chronic stress, and mood disorders.”—Alan Christianson, N.M.D., New York Times bestselling author of *The Adrenal Reset Diet* Aromatic plants and their extracted oils have been used medicinally and in religious traditions for thousands of years; they represent nature in its most concentrated form. Through modern distillation processes, essential oils offer natural treatments for a host of health conditions, from anxiety and depression to hormonal imbalance, digestive distress, candida, sleep disorders, and even autoimmune disease. *The Healing Power of Essential Oils* includes DIY recipes and formulations for all of these health needs and more—all backed by extensive scientific research and the trusted guidance of public health researcher and aromatherapist Eric Zielinski, D.C. Some of the unique recipes you will master: • Morning Prayer or Meditation Body Oil • Sweet Slumber Diffuser Blend • Citrus-Powered Pain Relief Roll-On • Deet-Free Bug Spray • Essential Oil-Powered Mouthwash • Anti-aging Body Butter • Lemon Fresh Laundry Detergent • Hot Spot Spray for Pets • Perineum Healing Soap • Menopause Relief Ointment From lavender, peppermint, and frankincense to tea tree and ylang ylang, essential oils are God's gift to those seeking to take control of their physical and mental health. Whether you're new to essential oils or you're ready for advanced techniques, Dr. Z's thorough, evidence-based approach equips you with the knowledge to build daily rituals that fit your unique needs—and lead to amazing results!

juniper womens health wellness: *Natural Prescriptions for Women* The Editors of Prevention Health Books, 2000-12-08 Presents a self-care collection of non-drug prescriptions for more than one hundred common health problems

juniper womens health wellness: Complete Massage Neal's Yard Remedies, 2019-09-03

Want to really understand the health and wellness benefits of massage? Interested in practicing massage at home or considering taking a course? Let this be your guide on everything from effleurage to epineuria. Annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardio and lymphatic health. Learn how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, find out why drinking water before and after is important and how focusing on breathing enhances muscle relaxation. All the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Familiarize yourself with the key disciplines, from Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Become an expert in the simple but profoundly effective power of touch and share its miraculous health benefits.

juniper womens health wellness: Mountain States Medicinal Plants Briana Wiles, 2018-03-07

"A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world." —Rosalee de la Forêt, author of *Alchemy of Herbs* In *Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region's most powerful wild plants. You'll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

juniper womens health wellness: Plant-Powered Beauty, Updated Edition Amy Galper,

Christina Daigneault, 2020-07-14 You know your diet should be rich in plants for optimal health. So shouldn't the products you apply to your skin, which are absorbed into your body, also be filled with plants? If you've ever looked at the back of your so-called natural facial moisturizer or body cream and seen a list of complicated additives you couldn't recognize or pronounce, then you know firsthand that mass-produced synthetic beauty products can be something of a mystery. With *Plant-Powered Beauty: The Essential Guide to Using Natural Ingredients for Health, Wellness, and Personal Skincare* (with 50-plus Recipes), harness the power of plant-based energy to maintain your natural beauty and let your skin glow like never before. Natural beauty experts Amy Galper and Christina Daigneault show readers how to deconstruct beauty labels, parse ingredients lists, make informed choices about the products they use—and, most important, better understand how their skin works. At the heart of *Plant-Powered Beauty*, you will find more than 50 easy-to-follow recipes to make your own plant-based skincare and beauty products, such as: • Almond Milk Facial Cleanser • Anti-aging Facial Scrub • Blemish Gel • Choc-o-Mint Lip Balm • Coconut Whip Makeup Remover • Vitamin-Rich Hair Health Serum • Quick and Fresh Cucumber-Thyme Body Scrub • Moisturizing Body Oil for Super-Dry Skin • Natural Mouthwash Plus, in this updated edition of *Plant-Powered Beauty*, meet the hottest wellness and beauty ingredient: cannabidiol, a very unique molecule within the *Cannabis sativa* plant. Research shows that CBD has a remarkable effect on the skin, including supporting tissue repair, evening skin tone, and promoting a youthful glow. New CBD recipes—for men and women!—include a salve to reduce pain, bath soak to address inflammation, facial serum for balancing, roll-on for stress relief, body butter, and more. *Plant-Powered Beauty* unlocks sought-after wisdom for all aspects of plant-based personal skincare and celebrates the shift in beauty trends, bringing us back to natural beauty and reconnecting us with plants and healthy choices.

juniper womens health wellness: Health & Wellness Confidential , 1986

juniper womens health wellness: *Wellness* David J. Ansbaugh, 2000-07

juniper womens health wellness: *Pacific Northwest Medicinal Plants* Scott Kloos, 2017-05-17
“An incredibly thorough guide for identifying, harvesting, and utilizing medicinal plants.” —Dr. Deborah Frances RN, ND Naturopathic physician, herbalist, author, and lecturer In *Pacific Northwest Medicinal Plants*, Scott Kloos is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Oregon, Washington, Alaska, and northern California.

juniper womens health 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.

juniper womens health wellness: What Has Nature Ever Done For Us? Tony Juniper, 2013-01-10 From Indian vultures to Chinese bees, Nature provides the 'natural services' that keep the economy going. From the recycling miracles in the soil; an army of predators ridding us of unwanted pests; an abundance of life creating a genetic codebook that underpins our food, pharmaceutical industries and much more, it has been estimated that these and other services are each year worth about double global GDP. Yet we take most of Nature's services for granted, imagining them free and limitless ... until they suddenly switch off. This is a book full of immediate, impactful stories, containing both warnings (such as in the tale of India's vultures, killed off by drugs given to cattle, leading to an epidemic of rabies) but also the positive (how birds protect fruit harvests, coral reefs protect coasts from storms and how the rainforests absorb billions of tonnes of carbon released from cars and power stations). Tony Juniper's book will change whole way you think about life, the planet and the economy

juniper womens health wellness: *Complementary, Alternative, and Integrative Health* Helda Pinzon-Perez, Miguel A. Pérez, 2016-07-12 *Complementary, Alternative, and Integrative Health: A Multicultural Perspective* provides a critical analysis of non-allopathic healing practices, including their uses, limitations, and scientific basis. The evidence-based discussion explores complementary, alternative, and integrative health (CAIH) across various cultural and ethnic groups both in the U.S. and internationally, to give you a greater understanding of the different modalities—including a literature-backed examination of proven methods and questionable practices within a cross-cultural framework. Each chapter highlights the scientific analysis of the practices relevant to each group, and guides you toward independent analysis of the risks and benefits of the practices discussed. Emphasizing the student as a future health professional, this book includes case studies, examples, questions, and discussion problems that underscore the role of health educators in educating consumers about CAIH practices.

juniper womens health wellness: *Juniper* Thomas French, Kelley French, 2016-09-13 A micro-preemie fights for survival in this extraordinary and gorgeously told memoir by her parents, both award-winning journalists. Juniper French was born four months early, at 23 weeks' gestation. She weighed 1 pound, 4 ounces, and her twiggy body was the length of a Barbie doll. Her head was smaller than a tennis ball, her skin was nearly translucent, and through her chest you could see her flickering heart. Babies like Juniper, born at the edge of viability, trigger the question: Which is the

greater act of love -- to save her, or to let her go? Kelley and Thomas French chose to fight for Juniper's life, and this is their incredible tale. In one exquisite memoir, the authors explore the border between what is possible and what is right. They marvel at the science that conceived and sustained their daughter and the love that made the difference. They probe the bond between a mother and a baby, between a husband and a wife. They trace the journey of their family from its fragile beginning to the miraculous survival of their now thriving daughter.

juniper womens health wellness: Willard and Spackman's Occupational Therapy Barbara A. Schell, Glen Gillen, Marjorie Scaffa, Ellen S. Cohn, 2013-03-08 Willard and Spackman's Occupational Therapy, Twelfth Edition, continues in the tradition of excellent coverage of critical concepts and practices that have long made this text the leading resource for Occupational Therapy students. Students using this text will learn how to apply client-centered, occupational, evidence based approach across the full spectrum of practice settings. Peppered with first-person narratives, which offer a unique perspective on the lives of those living with disease, this new edition has been fully updated with a visually enticing full color design, and even more photos and illustrations. Vital pedagogical features, including case studies, Practice Dilemmas, and Provocative questions, help position students in the real-world of occupational therapy practice to help prepare them to react appropriately.

juniper womens health wellness: The 40-Day Body Image Workbook Heather Creekmore, 2023-12-12 A 40-day journey to rethink everything you thought you knew about food, your appearance, and your body More than ever, you are bombarded with intense pressure to meet culture's elusive standards of beauty. And while you know theoretically that God loves and accepts you for what's on the inside, is that really enough to free a gal from the nonstop stress of body improvement? With humor, grace, and biblical truth, nationally known body image coach Heather Creekmore leads you on a 40-day journey to stop stressing about your body. Full of hands-on exercises, self-inventories, quizzes, guided questions, biblical truth, and healthy tips, this one-of-a-kind workbook will help you: · go deep to work through destructive beliefs and thought patterns · feed your mind with God's truth · release the pressures of image management · reevaluate your relationship with food It's time to stop comparing, start living, and find the rest that comes when you entrust your self-image to the Savior.

juniper womens health wellness: Index Medicus , 2004 Vols. for 1963- include as pt. 2 of the Jan. issue: Medical subject headings.

juniper womens health wellness: Earth Medicines Felicia Cocotzin Ruiz, 2021-11-23 Winner of the 2022 Eating the West Award! Winner of the League of United Latin American Citizens (LULAC) Book Award! An accessible guide to time-honored Indigenous wisdom, healing recipes, and wellness rituals for modern life from an experienced curandera. In Earth Medicines, Felicia Cocotzin Ruiz, a curandera (or traditional healer) who is a Xicana with Tewa ancestry, combines Indigenous wisdom from many traditions with the power of the four elements. This modern guide is designed to support readers on their path to wellness with lifestyle practices and recipes perfected by Ruiz in her twenty-five years of training and working as a curandera. Ruiz teaches readers to be their own healers by discovering their own ancestral practices and cultivating a personal connection to the elements. These healing recipes and rituals draw on the power of Water, Air, Earth, and Fire—a reminder that the natural elements are the origins of everything and can heal not only our bodies, but the mind and spirit as well. In chapters organized by each element, readers will first find recipes and advice for: Promoting inner harmony through Hydrotherapy for Headache Relief, Mayan Tea to Calm the Mind, or Ginger Fire Honey Chews Nurturing beauty inside and out with Tepezcohuite Honey Mask, Salt of the Earth Deodorant, or Sweetwater Herbal Mouth Rinse Taking care of the spirit by creating an ancestral altar, making loose incense, or performing a Mayan Bajo Steaming Ritual

juniper womens health wellness: Essential Oils Audra Avizienis, 2019-07-16 Discover the healing power of 115 essential oils in this modern aromatherapy guide with practical tips for wellness, beauty, and a healthy home. Essential Oils takes you on an aromatic journey that explores

the exquisite fragrances and healing powers of essential oils. Discover the many benefits of the ancient practice of aromatherapy, which harnesses the therapeutic properties from the essential oils of medicinal plants. Here, you'll find the perfect oil for all your aromatherapy needs, whether you're looking for a relaxing spa fragrance, a healing salve for aching muscles, or a spiritual scent for meditation. Essential Oils also shows you how to create your own essential oil blends and offers dozens of simple recipes for beauty treatments, home use, and everyday health.

juniper womens health wellness: Healthy Healing Linda Page, 2004-09 The Ultimate Resource For Improving Your Health Naturally! Over 1 million copies sold! In its first edition nearly 20 years ago, Dr. Linda Page's book, Healthy Healing, was the only one of its kind. Now updated and expanded, Healthy Healing is still the easiest to use bestselling natural health reference book on the market. Customize your own personal healing program using natural therapies for more than 300 ailments through diet, whole herb supplements and exercise. Live Longer, feel better and look better, naturally!

juniper womens health wellness: Coming into Being Victoria Bailey, Andrea O'Reilly, Fiona Joy Green, 2023-05-30 This collection explores how becoming and being a mother can be shaped by, and interconnected with, how mothers realize feminism and/or become feminists. Experiences of motherhood can involve unique discriminations and oppressions, as well as new challenges and possibilities. What may have been overlooked, tolerated, or perhaps even gone unnoticed before becoming a mother, can become overtly apparent or even unavoidable afterwards. Becoming a mother may also lead to a questioning of current feminist priorities and practices, and a recognition of the need for, or even demand for, a mother-centred mode of feminism. This anthology, separated into three sections &- &' Losing and Finding,' &' Challenging and Critiquing,' and, &' Connecting and Conversing' &- provides intersectionally sensitive and broad-ranging interdisciplinary insights into mothers' perceptions of, connection to, and realizations of, feminism. International contributors examine this complex topic through a wide variety of texts including personal and scholarly essays, creative non-fiction, letters and Q and A style discussion, poetry, art, and photography.

juniper womens health wellness: Juniper & Thorn Ava Reid, 2022-06-21 From highly acclaimed, bestselling author Ava Reid comes a gothic horror retelling of The Juniper Tree, set in another time and place within the world of The Wolf and the Woodsman, where a young witch seeks to discover her identity and escape the domination of her abusive wizard father, perfect for fans of Shirley Jackson and Catherynne M. Valente. A gruesome curse. A city in upheaval. A monster with unquenchable appetites. Marlinchen and her two sisters live with their wizard father in a city shifting from magic to industry. As Oblya's last true witches, she and her sisters are little more than a tourist trap as they treat their clients with archaic remedies and beguile them with nostalgic charm. Marlinchen spends her days divining secrets in exchange for rubles and trying to placate her tyrannical, xenophobic father, who keeps his daughters sequestered from the outside world. But at night, Marlinchen and her sisters sneak out to enjoy the city's amenities and revel in its thrills, particularly the recently established ballet theater, where Marlinchen meets a dancer who quickly captures her heart. As Marlinchen's late-night trysts grow more fervent and frequent, so does the threat of her father's rage and magic. And while Oblya flourishes with culture and bustles with enterprise, a monster lurks in its midst, borne of intolerance and resentment and suffused with old-world power. Caught between history and progress and blood and desire, Marlinchen must draw upon her own magic to keep her city safe and find her place within it.

juniper womens health wellness: Cumulated Index Medicus , 1999

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