

lake norman integrative wellness

Lake Norman Integrative Wellness: Finding Your Holistic Harmony

Are you feeling overwhelmed, stressed, or just plain out of balance? Do you crave a deeper connection to your well-being, but haven't found the right path? If you live near Lake Norman, you're in luck! This vibrant area boasts a blossoming community dedicated to Lake Norman integrative wellness, offering a unique blend of traditional and alternative therapies to help you achieve holistic health. This comprehensive guide will explore the diverse wellness options available around Lake Norman, helping you find the perfect path to a healthier, happier you. We'll delve into the benefits of integrative wellness, the types of services offered, and how to choose the right practitioner for your specific needs.

Understanding the Power of Integrative Wellness

Before we dive into the specifics of Lake Norman's offerings, let's define what integrative wellness truly means. It's not just about treating symptoms; it's about addressing the root cause of imbalances in your mind, body, and spirit. Integrative wellness takes a holistic approach, considering your entire lifestyle - diet, exercise, stress levels, relationships, and emotional well-being - to create a personalized wellness plan. This approach differs from traditional medicine, which often focuses on treating individual symptoms with medication or surgery.

Integrative wellness embraces a wider spectrum of therapies, often combining conventional medical practices with complementary therapies such as:

Acupuncture: This ancient Chinese practice uses thin needles inserted into specific points on the body to stimulate energy flow and promote healing.
Massage Therapy: From Swedish massage to deep tissue techniques, massage can relieve muscle tension, improve circulation, and reduce stress.
Yoga and Pilates: These mind-body practices improve flexibility, strength, balance, and mindfulness.
Chiropractic Care: This focuses on the diagnosis, treatment, and prevention of musculoskeletal disorders.
Nutrition Counseling: A registered dietitian can help you create a personalized dietary plan to support your overall health and wellness goals.
Mindfulness and Meditation: These practices cultivate inner peace, reduce stress, and improve mental clarity.

Finding Integrative Wellness Practitioners Around Lake Norman

The beauty of integrative wellness is the personalized approach. Finding the right practitioner for your needs is crucial. Lake Norman offers a variety of practitioners specializing in different modalities. When searching for a practitioner, consider:

Their experience and qualifications: Check credentials, certifications, and

years of experience.

Their approach to treatment: Do they align with your philosophy on health and wellness?

Client testimonials and reviews: Read online reviews to get a sense of other clients' experiences.

Insurance coverage: Check if your insurance covers the specific services you're interested in.

Location and convenience: Choose a practitioner that's easily accessible and fits into your schedule.

Specific Integrative Wellness Services Available Near Lake Norman

Lake Norman and its surrounding areas offer a wide range of integrative wellness services, catering to various needs and preferences. You can find:

Wellness Centers: Many centers offer a comprehensive suite of services under one roof, providing convenient access to multiple therapies.

Individual Practitioners: You can find specialists in acupuncture, massage therapy, chiropractic care, and other modalities operating independently.

Yoga Studios: Numerous studios offer various yoga styles, from gentle Hatha to invigorating Vinyasa.

Pilates Studios: These studios provide classes focused on core strength, flexibility, and body awareness.

Nutritionists and Dietitians: These professionals can provide personalized dietary guidance and support.

Mental Health Professionals: Integrating mental health support is crucial for holistic well-being. Many therapists in the area incorporate integrative approaches into their practices.

Creating Your Personalized Lake Norman Integrative Wellness Journey

The key to successful integrative wellness is creating a personalized plan that aligns with your specific needs and goals. This might involve a combination of therapies or a focus on a single modality. Don't be afraid to experiment and find what works best for you. Consider starting with a consultation with a practitioner who offers a range of services to help you develop a comprehensive plan. Remember that consistency and self-care are essential for achieving lasting results. Integrative wellness is a journey, not a destination, and requires ongoing commitment and self-reflection.

Conclusion

Lake Norman's vibrant community offers a wealth of opportunities to embrace Lake Norman integrative wellness. By exploring the various options and finding practitioners that resonate with your needs, you can embark on a path towards greater physical, mental, and emotional well-being. Remember, taking care of yourself is an act of self-love and a crucial step towards living a fulfilling and balanced life.

FAQs

1. How much does integrative wellness treatment cost near Lake Norman? Costs vary greatly depending on the type of service, the practitioner's experience, and the duration of treatment. It's best to contact individual practitioners for pricing information.
1. Is integrative wellness covered by insurance? Coverage varies depending on your insurance plan and the specific services you're receiving. Check with your insurance provider to determine your coverage.
1. How long does it take to see results from integrative wellness? Results vary depending on the individual, the specific therapies used, and the underlying health concerns. Some people experience immediate relief, while others may see gradual improvements over time.
1. Is integrative wellness right for me? Integrative wellness can benefit almost anyone seeking to improve their overall health and well-being. However, it's essential to consult with your primary care physician before starting any new treatment plan, especially if you have pre-existing health conditions.
1. Where can I find a list of integrative wellness practitioners in Lake Norman? You can search online directories, such as Healthgrades, Vitals, or Zocdoc, or ask for recommendations from your primary care physician or friends and family. Many practitioners also have websites with contact information and service details.

lake norman integrative wellness: *Earthing* Clinton Ober, Stephen T. Sinatra, Martin Zucker, 2010 The solution for chronic inflammation, regarded as the cause of the most common modern diseases, has been identified! Earthing introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This never-before-told story, filled with fascinating research and real-life testimonials, chronicles a discovery with the potential to create a global health revolution.

lake norman integrative wellness: *2016 Catalog of Federal Domestic Assistance* United States. Congress. Senate. Office of Management and Budget. Executive Office of the President, 2016 Identifies and describes specific government assistance opportunities such as loans, grants, counseling, and procurement contracts available under many agencies and programs.

lake norman integrative wellness: *Yoga as Medicine* Yoga Journal, Timothy McCall, 2007-07-31 The definitive book of yoga therapy, this groundbreaking work comes to you from the medical editor of the country's premier yoga magazine, who is both a practicing yogi and a Western-trained physician. Beginning with an overview of the history and science of yoga, Dr. McCall describes the many different techniques in the yoga tool kit; explains what yoga does and who can benefit from it (virtually everyone!); and provides lavishly illustrated and minutely detailed

instructions on starting a yoga practice geared to your fitness level and your health status. Yoga as Medicine offers a wealth of practical information, including how to:

- Utilize yogic tools, including postures, breathing techniques, and meditation, for both prevention and healing of illness
- Master the art of becoming more in tune with your body
- Communicate more effectively with your doctor
- Adopt therapeutic yoga practices as either an alternative or a complement to surgery and to expensive, sometimes dangerous medications
- Practice safely

Find an instructor and a style of yoga that are right for you. With twenty chapters devoted to the work of individual master teachers, including such well-known figures as Patricia Walden, John Friend, and Rodney Yee, Yoga as Medicine shows how these experts have applied the wisdom of this ancient holistic practice to twenty different conditions, ranging from arthritis to chronic fatigue, depression, heart disease, HIV/AIDS, infertility, insomnia, multiple sclerosis, and obesity. Defining yoga as “a systematic technology to improve the body, understand the mind, and free the spirit,” Dr. McCall shows the way to a path that can truly alter your life. An indispensable guide for the millions who now practice yoga or would like to begin, as well as for yoga teachers, body workers, doctors, nurses, and other health professionals.

lake norman integrative wellness: The Healing Paradox Steven Goldsmith, M.D., 2013-06-18 Why does Western medicine fail to cure chronic physical and mental illness? Why do so many treatments and drugs work only for a limited time before eventually losing effectiveness or producing harmful side effects? Dr. Steven Goldsmith's answer is at once counterintuitive and commonsensical: the root of the problem is our combative approach. Instead of resisting and fighting our ailments, we should cooperate with and even embrace them. We should look for and apply treatments that are integrated with the causes of illness, not regard illness as an enemy to conquer. This hair of the dog principle is already widely evident in practice. Take, for example, vaccines and inoculations, which are small doses of the microbes that cause the diseases being prevented; the use of the stimulant Ritalin to calm and ground people with Attention Deficit Hyperactivity Disorder; and radiation, which is both a well-known cause of cancer and a well-known method of treating it. These are just a few of Goldsmith's many examples, which he relays in clear, evocative, and thought-provoking language. Perhaps most compelling of all, he explores reasons why this clearly effective principle is ignored by Western medicine. Drawing on fascinating case studies and personal experiences from his forty-year career as a medical doctor and psychiatrist—as well as abundant clinical, experimental, and public health data that support his seemingly paradoxical assertion—Dr. Goldsmith presents an exciting, revolutionary approach that will change the way you think about medicine and psychotherapy.¶

lake norman integrative wellness: How Healing Works Wayne Jonas, M.D., 2018-01-09 Drawing on 40 years of research and patient care, Dr. Wayne Jonas explains how 80 percent of healing occurs organically and how to activate the healing process. In *How Healing Works*, Dr. Wayne Jonas lays out a revolutionary new way to approach injury, illness, and wellness. Dr. Jonas explains the biology of healing and the science behind the discovery that 80 percent of healing can be attributed to the mind-body connection and other naturally occurring processes. Jonas details how the healing process works and what we can do to facilitate our own innate ability to heal. Dr. Jonas's advice will change how we consume health care, enabling us to be more in control of our recovery and lasting wellness. Simple line illustrations communicate statistics and take-aways in a memorable way. Stories from Dr. Jonas's practice and studies further illustrate his method for helping people get well and stay well after minor and major medical events.

lake norman integrative wellness: Tourette Syndrome Davide Martino, James Leckman, 2022 Tourette syndrome (TS) has become increasingly recognised within society and has gained scientific interest worldwide. Knowledge of its clinical presentation, mechanisms of disease, and available treatment approaches has increased remarkably over the last two decades. Likewise, the way clinicians, teachers, social care workers, and families face the problems manifested by patients with TS is rapidly evolving. *Tourette Syndrome*, edited by Davide Martino and James F. Leckman, offers a unique opportunity to capture this knowledge advance through a comprehensive and up-to-date

overview. Tourette Syndrome covers all the main aspects related to TS, analyzing its complex clinical presentation, the novel viewpoints of causes and mechanisms, state-of-the-art assessment techniques, and the diversity of treatment options. Multidisciplinarity is the main asset of this volume, which represents a source of consultation for a wide audience of professionals, integrated with video tutorials related to particularly complex areas of patient management. Medical and PhD students, as well as post-doctoral scientists, will be able to use the volume as a valuable learning source.

lake norman integrative wellness: Coyote Wisdom Lewis Mehl-Madrona, 2005-03 Lewis Mehl-Madrona explores the use of stories for healing and personal transformation. By introducing new characters and plots in the stories we tell, we can perceive ourselves in new ways. The author draws upon indigenous cultures of North America, Maori, East Africa, Mongolia, Australia, and Lapland to illustrate the healing use of stories throughout the world.

lake norman integrative wellness: *Sweet Deception* Joseph Mercola, 2006-11-05 Most people believe that sucralose (Splenda) is a perfectly safe artificial sweetener. Big business and the FDA have fostered that dangerous misconception. The truth is Splenda is by no means safe; and the same is true for many of the other artificial sweeteners being marketed today. Dr. Joseph Mercola---supported by extensive studies and research---exposes the fact that Splenda actually contributes to a host of serious diseases. *Sweet Deception* will lay out how the FDA really works for big food companies and should not be trusted when it comes to your health.

lake norman integrative 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.

lake norman integrative wellness: The Autoimmune Answer John Bartemus, 2020-06-19 *The Autoimmune Answer* is your roadmap for healing from autoimmune disease naturally. No high powered immune suppressing medications necessary. Each chapter of this book presents a real case from Dr. Bartemus' office and uses it to help you understand the specific autoimmune disease being discussed in that chapter. From symptoms, to key findings in their past medical records that were overlooked, to relevant testing, to creating an individualized and specific care plan, each chapter walks you through the journey of a real person from suffering to healing. The autoimmune diseases covered in this book include: Parkinson's Disease Psoriasis Crohn's Disease PANDAS and PANSTraumatic Brain Injury induced autoimmunity Celiac Disease Gluten Sensitivity Thyroid autoimmunity - Grave's Disease and Hashimoto's Disease Other topics include: Gut-Brain Axis Microbiome Health Depression and Anxiety The book also covers the spectrum of food reactions from food allergy to food sensitivity to food intolerance and helps you understand and determine which one(s) you are suffering with and how to correct them. Which diet is the right diet for you? Find out how to determine which diet is the correct diet for you in your current situation. Is it a ketogenic diet? Is it a Paleo diet? Is it a Gluten Free or Low FODMAPS diet? Lastly, you will learn why you cannot Dr. Google yourself to health if you have an autoimmune disease. And you will be empowered with the information you need to find and create the healing you desire.

lake norman integrative wellness: Laboratory Evaluations for Integrative and Functional Medicine Richard S. Lord, 2008

lake norman integrative wellness: 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 psychoneuroimmunology, 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.

lake norman integrative wellness: *Bye-Bye Self-Sabotage!* Tracy Latz M.D., Marion Ross Ph.D., 2016-10-19 Bye Bye SelfSabotage by Tracy Latz & Marion Ross Dr.s Latz and Ross lead you on a wild journey toward your own personal transformation by mindfully applying concepts in neuroscience, quantum physics, and a combination of proven techniques and practices to blast through the obstacles blocking your path. The authors define the shrinks greatest hits (a.k.a. the 12 Keys) - the core issues that create chaos, stress and lack of joy in your relationships, health, career and life. In the opening of the book, Dr. Bernie Siegel, author of Love, Medicine and Miracles, says The lessons to be learned from this book are age-old but re-framed in ways that are easy to incorporate and appropriate to our lifestyle today. They ring true for me. This book gives profound, easy-to-use practices that allow the readers to rapidly transform their lives! Dr.s Latz and Ross are called The Shift Doctors because in this book you will find: The Neuroscience behind Self-Sabotage and why it has been so difficult for you to create lasting change Bulleted, targeted recommendations at the end of each chapter to show the most rapid way to overcome issues that affect your health, emotions, relationships, finances, and career along with real-life examples of how others have shifted their lives using the tools in this book. An intensive personal healing journey allowing you to shift your perception and situation for a jump start in life A reference guide to be consulted one chapter at a time whenever a specific issue or challenge arises and stalls forward momentum in your life. For anyone truly serious about changing any long-established dysfunctional emotional patterns, thoughts or behaviors that have them stuck, Bye Bye Self- Sabotage is the answer!

lake norman integrative wellness: The Cambridge History of Medicine Roy Porter, 2006-06-05 Against the backdrop of unprecedented concern for the future of health care, 'The Cambridge History of Medicine' surveys the rise of medicine in the West from classical times to the present. Covering both the social and scientific history of medicine, this volume traces the

chronology of key developments and events.

lake norman integrative wellness: *All I Left Unsaid: A Latina's Journey Toward Truth* Rosy Crumpton, 2018-01-13 Olivia Batista lives an idyllic childhood in Panama on her grandmother's property. When her mother finds new love the three begin a new life in New York. Growing up in the US proves anything but seamless for Olivia. Just as she begins to adjust, an incident at home leaves her traumatized and torn between family loyalty and personal dignity.

lake norman integrative wellness: *A Clinical Guide to the Treatment of the Human Stress Response* George S. Jr. Everly, Jeffrey M. Lating, 2006-02-20 This updated edition covers a range of new topics, including stress and the immune system, post-traumatic stress and crisis intervention, Eye Movement Desensitization and Reprocessing (EMDR), Critical Incident Stress Debriefing (CISD), Crisis Management Briefings in response to mass disasters and terrorism, Critical Incident Stress Management (CISM), spirituality and religion as stress management tools, dietary factors and stress, and updated information on psychopharmacologic intervention in the human stress response. It is a comprehensive and accessible guide for students, practitioners, and researchers in the fields of psychology, psychiatry, medicine, nursing, social work, and public health.

lake norman integrative wellness: *Living Mindfully Across the Lifespan* J. Kim Penberthy, J. Morgan Penberthy, 2020-11-22 Living Mindfully Across the Lifespan: An Intergenerational Guide provides user-friendly, empirically supported information about and answers to some of the most frequently encountered questions and dilemmas of human living, interactions, and emotions. With a mix of empirical data, humor, and personal insight, each chapter introduces the reader to a significant topic or question, including self-worth, anxiety, depression, relationships, personal development, loss, and death. Along with exercises that clients and therapists can use in daily practice, chapters feature personal stories and case studies, interwoven throughout with the authors' unique intergenerational perspectives. Compassionate, engaging writing is balanced with a straightforward presentation of research data and practical strategies to help address issues via psychological, behavioral, contemplative, and movement-oriented exercises. Readers will learn how to look deeply at themselves and society, and to apply what has been learned over decades of research and clinical experience to enrich their lives and the lives of others.

lake norman integrative wellness: *The Integration of the Humanities and Arts with Sciences, Engineering, and Medicine in Higher Education* National Academies of Sciences, Engineering, and Medicine, Policy and Global Affairs, Board on Higher Education and Workforce, Committee on Integrating Higher Education in the Arts, Humanities, Sciences, Engineering, and Medicine, 2018-06-21 In the United States, broad study in an array of different disciplines—arts, humanities, science, mathematics, engineering—as well as an in-depth study within a special area of interest, have been defining characteristics of a higher education. But over time, in-depth study in a major discipline has come to dominate the curricula at many institutions. This evolution of the curriculum has been driven, in part, by increasing specialization in the academic disciplines. There is little doubt that disciplinary specialization has helped produce many of the achievements of the past century. Researchers in all academic disciplines have been able to delve more deeply into their areas of expertise, grappling with ever more specialized and fundamental problems. Yet today, many leaders, scholars, parents, and students are asking whether higher education has moved too far from its integrative tradition towards an approach heavily rooted in disciplinary silos. These silos represent what many see as an artificial separation of academic disciplines. This study reflects a growing concern that the approach to higher education that favors disciplinary specialization is poorly calibrated to the challenges and opportunities of our time. The Integration of the Humanities and Arts with Sciences, Engineering, and Medicine in Higher Education examines the evidence behind the assertion that educational programs that mutually integrate learning experiences in the humanities and arts with science, technology, engineering, mathematics, and medicine (STEMM) lead to improved educational and career outcomes for undergraduate and graduate students. It explores evidence regarding the value of integrating more STEMM curricula and labs into the academic programs of students majoring in the humanities and arts and evidence regarding the

value of integrating curricula and experiences in the arts and humanities into college and university STEMM education programs.

lake norman integrative wellness: *Wellbeing, Recovery and Mental Health* Mike Slade, Lindsay Oades, Aaron Jarden, 2017-02-01 This book brings together two bodies of knowledge - wellbeing and recovery. Wellbeing and 'positive' approaches are increasingly influencing many areas of society. Recovery in mental illness has a growing empirical evidence base. For the first time, overlaps and cross-fertilisation opportunities between the two bodies of knowledge are identified. International experts present innovations taking place within the mental health system, which include wellbeing-informed new therapies, e-health approaches and peer-led recovery communities. State-of-the-art applications of wellbeing to the wider community are also described, across education, employment, parenting and city planning. This book will be of interest to anyone connected with the mental health system, especially people using and working in services, and clinical and administrators leaders, and those interested in using research from the mental health system in the wider community.

lake norman integrative wellness: *Healing Arthritis* Susan Blum, 2017-10-24 The author of the bestselling *The Immune System Recovery Plan* shares her science-based, drug-free treatment plan for the almost fifty million people who suffer from arthritis: an amazing 3-step guide to eliminate the disease naturally. Arthritis is the most common cause of disability in the world—greater than both back pain and heart disease. One example, Rheumatoid Arthritis (RA), is the most common autoimmune disease, affecting 1% of the US population, and almost 68 million people worldwide. Conventional medicine tends to treat arthritis with strong, gut-damaging, immune-suppressing pain medications, temporarily relieving the symptoms of the disease without addressing its root causes. Now, in her groundbreaking new book, Dr. Susan Blum, a leading expert in functional medicine, offers a better approach to healing arthritis permanently. Dr. Blum's groundbreaking three-step protocol is designed to address the underlying causes of the condition and heal the body permanently by: -Treating Rheumatoid Arthritis, Osteoarthritis, and more -Healing your gut to heal your joints -Reducing inflammation without medication Dr. Blum's innovative two-week plan to quickly reduce pain through anti-inflammatory foods and supplements; followed by an intensive gut repair to rid the body of bad bacteria and strengthen the gastrointestinal system for a dramatic improvement in arthritis symptoms and inflammation; and then addresses the emotional issues that contribute to inflammation, and eating a simple, Mediterranean inspired diet to maintain a healthy gut. Featuring detailed case studies, including Dr. Blum's own inspiring personal story, *Healing Arthritis* offers a revolutionary way to heal your gut, repair your immune system, control inflammation, and live a happier, healthier life...arthritis-free.

lake norman integrative wellness: *Soul Medicine* Dawson Church, 2012-07-01 The cutting edge of medicine today is not to be found in invasive therapies like drugs and surgeries. It is in the disciplines that used to be regarded as soft medicine: prayer, intention, energy healing, acupuncture, and similar therapies. Overwhelming evidence from hundreds of scientific studies are showing that these safe, non-invasive approaches are often more effective, sometimes many times more effective, than conventional medicine. Two of the pioneers in the field, Dr. Norman Shealy, founder of the American Holistic Medical Association and world-famous neurosurgeon, and Dr. Dawson Church, one of the foremost writers and researchers in vibrational healing, and the editor or author of many books on the subject, explain the fundamentals of energy medicine, its many applications to common ailments, and the latest scientific research.

lake norman integrative wellness: *The Encyclopedia of Complementary and Alternative Medicine* Tova Navarra, 2004 More than four hundred alphabetically arranged entries provide information on various types of alternative, complementary, and integrative healing methods.

lake norman integrative wellness: *The Coding Manual for Qualitative Researchers* Johnny Saldana, 2009-02-19 *The Coding Manual for Qualitative Researchers* is unique in providing, in one volume, an in-depth guide to each of the multiple approaches available for coding qualitative data. In total, 29 different approaches to coding are covered, ranging in complexity from beginner to

advanced level and covering the full range of types of qualitative data from interview transcripts to field notes. For each approach profiled, Johnny Saldaña discusses the method's origins in the professional literature, a description of the method, recommendations for practical applications, and a clearly illustrated example.

lake norman integrative wellness: *Rhythms of Recovery* Leslie E. Korn, 2021-09-28 The classic edition of *Rhythms of Recovery* sheds light on rhythm, one of the most important components of our survival and well-being. It governs the patterns of our sleep and respiration and is profoundly tied to our relationships with friends and family. But what happens when these rhythms are disrupted by traumatic events? Can balance be restored, and if so, how? What insights do eastern, natural, and modern western healing traditions have to offer, and how can practitioners put these lessons to use? Is it possible to do this in a way that's culturally sensitive, multidisciplinary, and grounded in research? *Rhythms of Recovery* examines and answers these questions and provides clinicians with effective, time-tested tools for alleviating the destabilizing effects of traumatic events. It also explores integrative medicine, East/West medicine, herbal medicine, psychedelic medicine, complex trauma, yoga, and somatic and feminist therapies. For practitioners and students interested in integrating the insights of complementary/alternative medicine and 21st-century science, this deeply appealing book is an ideal guide.

lake norman integrative wellness: *Chinese Medical Psychiatry* Bob Flaws, James Lake, 2001 This book discusses the disease causes and mechanisms, pattern discrimination, treatment principles, and Chinese medical treatment of more than 20 traditional Chinese psychiatric diseases as well as the same information on 12 modern Western psychiatric disorders. Each chapter dealing with either a traditional or modern disease category also includes extensive information on the Western medical nosology, etiology, differential diagnosis, pathophysiology, epidemiology, treatment, side effects, and criteria for referral written by a Western psychiatrist. There are also abstracts of recent Chinese and Western research as well as multiple case histories.

lake norman integrative wellness: *Integrative Men's Health* MD, MPH Myles D. Spar, MD George E. Munoz, 2014-02-05 As a field, men's health is far behind women's health in terms of the availability of reliable, scientifically based information that men, their partners, and health care providers can rely on when seeking information and treatment. Moreover, integrative approaches are becoming more popular with men whose healthcare providers understand that most of the leading causes of morbidity and mortality in men, including cardiovascular disease, cancer, urologic disease, and sexual dysfunction, can be ameliorated using an integrative approach, with more emphasis on the patient-provider relationship, lifestyle change, and the use of proven complementary modalities. *Integrative Men's Health* provides an evidence-based perspective on the health problems that affect men and the ways in which such problems may be prevented or treated utilizing a broad armamentarium of approaches - from conventional tools to complementary modalities. All chapters take into consideration of all the factors that influence men's health including body, mind, and spirit in a way that neither rejects alternative approaches nor accepts any of them uncritically.

lake norman integrative wellness: *Enhancing Cognitive Fitness in Adults* PAULA HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease

or another form of dementia. The direct costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

lake norman integrative wellness: Potentiating Health and the Crisis of the Immune System A. Mizrahi, S. Fulder, Nimrod Sheinman, 1997-06-30 With all the enormous resources that are invested in medicine, it is sometimes a mystery why there is so much sickness still in evidence. Our life span, though higher than at any time in history, has now leveled off and has not significantly increased in the last two generations. There is a one-third increase in long-term illness in the last 20 years and a 44% increase in cancer incidence, which are not related to demographic issues. In some modern countries, the level of morbidity (defined as days off work because of sickness) has increased by two thirds in this time. Despite \$1 trillion spent on cancer research in 20 years, the War On Cancer has recently been pronounced a complete failure by the u. s. President's Cancer Panel. Evidently we still have a long way to go. The goal of Health for All by the Year 2000 as the World Health Organization has put it, is another forgotten dream. As ever, the answer will be found in breaking out of the old philosophical patterns and discovering the new, as yet unacceptable concepts. The problems of medicine today require a Kuhnian breakthrough into new paradigms, and new ways of thinking. And these new ways will not be mere variations of the old, but radical departures. This book, and the conference upon which it was based, is part of a search for these new pathways.

lake norman integrative wellness: To Act as a Unit John D. Clough, 2005-04 Tracing the history of the Cleveland Clinic from its start as a small not-for-profit group practice to being the world's second largest private academic medical center, this medical history tells one of the most dramatic stories in modern medicine. Starting on the battlefield hospitals of World War I, this details how the clinic achieved medical firsts, such as the discovery of coronary angiography and the world's first successful larynx transplant, improved hospital safety, and met the challenges of the 21st century to be ranked among the top five hospitals in America. This text not only recounts the history of the clinic but presents a model for other not-for-profit organizations on how to endure and thrive.

lake norman integrative wellness: Nurse as Educator Susan Bacorn Bastable, 2008 Designed to teach nurses about the development, motivational, and sociocultural differences that affect teaching and learning, this text combines theoretical and pragmatic content in a balanced, complete style. --from publisher description.

lake norman integrative wellness: Handbook of Health Social Work Sarah Gehlert, Teri Browne, 2006-03-20 The Handbook of Health Social Work provides a comprehensive and evidence-based overview of contemporary social work practice in health care. Written from a wellness perspective, the chapters cover the spectrum of health social work settings with contributions from a wide range of experts. The resulting resource offers both a foundation for social work practice in health care and a guide for strategy, policy, and program development in proactive and actionable terms. Three sections present the material: The Foundations of Social Work in Health Care provides information that is basic and central to the operations of social workers in health care, including conceptual underpinnings; the development of the profession; the wide array of roles performed by social workers in health care settings; ethical issues and decision - making in a variety of arenas; public health and social work; health policy and social work; and the understanding of community factors in health social work. Health Social Work Practice: A Spectrum of Critical Considerations delves into critical practice issues such as theories of health behavior; assessment; effective communication with both clients and other members of health care teams; intersections between health and mental health; the effects of religion and spirituality on health care; family and

health; sexuality in health care; and substance abuse. *Health Social Work: Selected Areas of Practice* presents a range of examples of social work practice, including settings that involve older adults; nephrology; oncology; chronic diseases such as diabetes, heart disease, and HIV/AIDS; genetics; end of life care; pain management and palliative care; and alternative treatments and traditional healers. The first book of its kind to unite the entire body of health social work knowledge, the *Handbook of Health Social Work* is a must-read for social work educators, administrators, students, and practitioners.

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fathers, siblings, and grandparents. Contains beautiful poetry.

lake norman integrative wellness: *The Cancer Revolution* Leigh Erin Connealy, 2018-07-17 Integrative health pioneer offers her groundbreaking approach to treating (and preventing) cancer, based on 6 Revolutionary Findings, with a practical program and strategies. When it comes to cancer, conventional doctors are trained to treat their patients exclusively with surgery, radiation, and chemotherapy. These methods are grueling on the whole body--and they don't treat beyond the tumor or the cancer itself. The focus is on the disease, not the whole person--and because of this, the outcomes in conventional medicine can be bleak. But it doesn't have to be this way. Dr. Leigh Erin Connealy has developed a whole-person approach to treating cancer--and these treatments have helped thousands of patients through her Cancer Center for Healing. In *The Cancer Revolution*, Dr. Connealy shows you how to get to the root causes of cancer and the practical steps you can take to get back on the path to healing--from balancing your body's chemistry with nutritional supplements, following a healthy food plan, detoxifying your body and home, exercising regularly, getting deep restful sleep every night, practicing stress reduction techniques, and putting together a supportive healing team. Chemotherapy and radiation have their place in treatment, but in many cases, they are simply not enough, because cancer isn't caused by one thing, but by many different factors. All of these causes must be addressed, not just the tumor. *The Cancer Revolution* will equip you to make impactful, achievable lifestyle choices that fight the root of the disease, and that offer hope for recovery and a cancer-free life.

lake norman integrative wellness: Complementary and Alternative Veterinary Medicine Considered David W. Ramey, Bernard E. Rollin, 2008-01-09 *Complementary and Alternative Veterinary Medicine Considered* is a book that belongs in your veterinary library. If you are a veterinarian wondering if you should incorporate complementary and alternative veterinary medicine (CAVM) into your practice, if you have recently hired an associate eager to try such things as acupuncture or homeopathy, or if you have clients asking you about chiropractic, herbal, or magnetic field therapy for their pets, you'll want to understand the history, science and ethics behind such therapies. In its 2001 Guidelines for Complementary and Alternative Medicine, the American Veterinary Medical Association (AVMA) recognizes the growing interest in CAVM, and encourages the critical examination of these therapies using the scientific method. Following the AVMA's lead on this subject, *Complementary and Alternative Veterinary Medicine Considered* thoroughly examines a variety of CAVM therapies and asks important questions regarding alternative treatments. For example, is acupuncture effective in pain relief? What is homeopathy? What is the history behind chiropractic? What does the research say (and not say) about various CAVM modalities? And, just as importantly, what are the ethical and regulatory considerations concerning such therapies? This book has the answers to those questions and more. *Complementary and Alternative Veterinary Medicine Considered* will help practicing veterinarians to make informed decisions about specific CAVM therapies. This text evaluates various prevalent therapies, and will give veterinarians the ethical and scientific bases they need to make sound decisions regarding CAVM therapies Coverage includes but is not limited to: Acupuncture and acupressure; Energy medicine; Manual therapy (chiropractic); Manual therapy (massage); Magnetic and electromagnetic therapy; Laser and light therapy; Homeopathy; and Herbal therapy.

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Robert W. Lent, 2012-06-29 This is a must-have for any researcher in vocational psychology or career counseling, or anyone who wishes to understand the empirical underpinnings of the practice of career counseling. -Mark Pope, EdD College of Education, University of Missouri - St. Louis past president of the American Counseling Association Today's career development professional must choose from a wide array of theories and practices in order to provide services for a diverse range of clients. *Career Development and Counseling: Putting Theory and Research to Work* focuses on scientifically based career theories and practices, including those derived from research in other disciplines. Driven by the latest empirical and practical evidence, this text offers the most in-depth, far-reaching, and comprehensive career development and counseling resource available. *Career Development and Counseling* includes coverage of: Major theories of career development, choice, and adjustment Informative research on occupational aspirations, job search success, job satisfaction, work performance, career development with people of color, and women's career development Assessment of interests, needs and values, ability, and other important constructs Occupational classification and sources of occupational information Counseling for school-aged youth, diverse populations, choice-making, choice implementation, work adjustment, and retirement Special needs and applications including those for at-risk, intellectually talented, and work-bound youth; people with disabilities; and individuals dealing with job loss, reentry, and career transitions Edited by two of the leading figures in career development, and featuring contributions by many of the most well-regarded specialists in the field, *Career Development and Counseling: Putting Theory and Research to Work* is the one book that every career counselor, vocational psychologist, and serious student of career development must have.

lake norman integrative wellness: *Ecosystems and Human Well-being* Joseph Alcamo, Millennium Ecosystem Assessment (Program), 2003 *Ecosystems and Human Well-Being* is the first product of the Millennium Ecosystem Assessment, a four-year international work program designed to meet the needs of decisionmakers for scientific information on the links between ecosystem change and human well-being. The book offers an overview of the project, describing the conceptual framework that is being used, defining its scope, and providing a baseline of understanding that all participants need to move forward. The Millennium Assessment focuses on how humans have altered ecosystems, and how changes in ecosystem services have affected human well-being, how ecosystem changes may affect people in future decades, and what types of responses can be adopted at local, national, or global scales to improve ecosystem management and thereby contribute to human well-being and poverty alleviation. The program was launched by United National Secretary-General Kofi Annan in June 2001, and the primary assessment reports will be released by Island Press in 2005. Leading scientists from more than 100 nations are conducting the assessment, which can aid countries, regions, or companies by: providing a clear, scientific picture of the current sta

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