

MIND BODY WELLNESS BROOKLYN

MIND BODY WELLNESS BROOKLYN: YOUR GUIDE TO FINDING INNER PEACE IN THE CITY THAT NEVER SLEEPS

ARE YOU FEELING OVERWHELMED BY THE HUSTLE AND BUSTLE OF BROOKLYN LIFE? DO YOU CRAVE A DEEPER CONNECTION TO YOUR PHYSICAL AND MENTAL WELL-BEING AMIDST THE CITY'S VIBRANT ENERGY? YOU'RE NOT ALONE. MANY BROOKLYNITES ARE SEEKING WAYS TO PRIORITIZE THEIR MIND-BODY WELLNESS, AND THIS COMPREHENSIVE GUIDE WILL HELP YOU NAVIGATE THE DIVERSE LANDSCAPE OF WELLNESS OPTIONS AVAILABLE RIGHT HERE IN OUR BOROUGH. WE'LL EXPLORE VARIOUS PRACTICES, UNCOVER HIDDEN GEMS, AND PROVIDE ACTIONABLE TIPS TO HELP YOU BUILD A PERSONALIZED MIND-BODY WELLNESS ROUTINE THAT THRIVES EVEN IN THE HEART OF BROOKLYN. GET READY TO DISCOVER YOUR PATH TO INNER PEACE AND OPTIMAL HEALTH.

UNDERSTANDING MIND-BODY WELLNESS: MORE THAN JUST A TREND

BEFORE WE DIVE INTO BROOKLYN'S SPECIFIC OFFERINGS, LET'S DEFINE WHAT MIND-BODY WELLNESS TRULY MEANS. IT'S NOT JUST ABOUT HITTING THE GYM OR MEDITATING OCCASIONALLY; IT'S ABOUT A HOLISTIC APPROACH TO HEALTH THAT RECOGNIZES THE INTERCONNECTEDNESS OF YOUR MIND, BODY, AND SPIRIT. IT ACKNOWLEDGES THAT PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING ARE INSEPARABLE, AND NEGLECTING ONE IMPACTS THE OTHERS. THIS INTERCONNECTEDNESS IS THE KEY TO UNDERSTANDING WHY PRACTICES LIKE YOGA, MINDFULNESS, AND EVEN CERTAIN TYPES OF THERAPY ARE SO EFFECTIVE. THEY ADDRESS THE WHOLE PERSON, NOT JUST ISOLATED SYMPTOMS.

FINDING YOUR MIND-BODY WELLNESS SANCTUARY IN BROOKLYN: A DIVERSE LANDSCAPE

BROOKLYN'S VIBRANT AND DIVERSE COMMUNITY MEANS A RICH TAPESTRY OF WELLNESS OPTIONS. FROM TRENDY STUDIOS OFFERING CUTTING-EDGE FITNESS CLASSES TO QUIET, TRADITIONAL SPACES FOR MEDITATION AND HEALING, THE BOROUGH HAS SOMETHING FOR EVERYONE. LET'S EXPLORE SOME OF THE KEY AVENUES FOR FINDING YOUR PERFECT MIND-BODY WELLNESS PRACTICE:

1. YOGA STUDIOS IN BROOKLYN: FINDING YOUR FLOW

BROOKLYN BOASTS A MULTITUDE OF YOGA STUDIOS, CATERING TO ALL LEVELS AND STYLES. WHETHER YOU'RE A SEASONED YOGI SEEKING AN ADVANCED VINYASA FLOW OR A BEGINNER LOOKING FOR A GENTLE RESTORATIVE CLASS, YOU'LL FIND STUDIOS ACROSS THE BOROUGH OFFERING VARIOUS STYLES INCLUDING HATHA, VINYASA, YIN, BIKRAM, AND RESTORATIVE YOGA. MANY STUDIOS ALSO OFFER WORKSHOPS ON SPECIFIC AREAS LIKE MEDITATION, BREATHWORK (PRANAYAMA), AND EVEN YOGA PHILOSOPHY. RESEARCH STUDIOS IN YOUR NEIGHBORHOOD TO FIND ONE THAT RESONATES WITH YOUR PREFERENCES AND EXPERIENCE LEVEL. LOOK FOR STUDIOS THAT EMPHASIZE COMMUNITY AND A WELCOMING ATMOSPHERE.

2. MEDITATION AND MINDFULNESS CENTERS: CULTIVATING INNER PEACE

FINDING MOMENTS OF STILLNESS AND MINDFULNESS IN THE BUSTLING CITY CAN BE CHALLENGING. FORTUNATELY, BROOKLYN IS HOME TO SEVERAL MEDITATION CENTERS AND MINDFULNESS STUDIOS OFFERING GUIDED MEDITATIONS, MINDFULNESS WORKSHOPS, AND EVEN LONGER RETREATS. THESE SPACES PROVIDE A SANCTUARY FOR RELAXATION AND INNER REFLECTION, HELPING YOU MANAGE STRESS, IMPROVE FOCUS, AND CULTIVATE A SENSE OF CALM AMIDST THE CITY'S ENERGY. SOME CENTERS OFFER SECULAR MEDITATION PRACTICES, WHILE OTHERS INCORPORATE SPIRITUAL OR RELIGIOUS ELEMENTS.

3. PILATES AND BODYWEIGHT TRAINING STUDIOS: STRENGTHENING BODY AND MIND

PILATES AND BODYWEIGHT TRAINING ARE FANTASTIC WAYS TO IMPROVE PHYSICAL STRENGTH, FLEXIBILITY, AND POSTURE

WHILE ALSO PROMOTING MENTAL CLARITY AND FOCUS. THESE PRACTICES EMPHASIZE MINDFUL MOVEMENT AND BODY AWARENESS, CONNECTING THE MIND AND BODY IN A POWERFUL WAY. MANY STUDIOS IN BROOKLYN INTEGRATE ELEMENTS OF MINDFULNESS AND BREATHWORK INTO THEIR CLASSES, ENHANCING THE MIND-BODY CONNECTION EVEN FURTHER. LOOK FOR STUDIOS THAT EMPHASIZE PROPER FORM AND ALIGNMENT TO PREVENT INJURIES AND MAXIMIZE BENEFITS.

4. MASSAGE THERAPY AND BODYWORK: RELEASING TENSION AND PROMOTING RELAXATION

MASSAGE THERAPY IS A POWERFUL TOOL FOR RELEASING PHYSICAL TENSION AND PROMOTING RELAXATION. BROOKLYN OFFERS A WIDE RANGE OF MASSAGE STYLES, INCLUDING SWEDISH, DEEP TISSUE, SPORTS MASSAGE, AND MORE SPECIALIZED MODALITIES LIKE AROMATHERAPY MASSAGE AND HOT STONE MASSAGE. FINDING A QUALIFIED AND EXPERIENCED MASSAGE THERAPIST IS CRUCIAL, SO BE SURE TO RESEARCH PRACTITIONERS AND READ REVIEWS BEFORE BOOKING AN APPOINTMENT. MASSAGE THERAPY CAN BE INCREDIBLY BENEFICIAL FOR STRESS REDUCTION, IMPROVED SLEEP, AND PAIN MANAGEMENT.

5. HOLISTIC WELLNESS CENTERS: A MULTIFACETED APPROACH

SOME BROOKLYN CENTERS TAKE A MORE HOLISTIC APPROACH TO WELLNESS, OFFERING A COMBINATION OF SERVICES SUCH AS ACUPUNCTURE, HERBAL MEDICINE, NUTRITIONAL COUNSELING, AND ENERGY HEALING. THESE CENTERS OFTEN EMPHASIZE A PERSONALIZED APPROACH, TAKING INTO ACCOUNT YOUR INDIVIDUAL NEEDS AND GOALS TO CREATE A CUSTOMIZED WELLNESS PLAN. THIS MULTIFACETED APPROACH CAN BE PARTICULARLY EFFECTIVE FOR ADDRESSING COMPLEX HEALTH CONCERNS AND PROMOTING OVERALL WELL-BEING.

BUILDING YOUR PERSONALIZED MIND-BODY WELLNESS ROUTINE IN BROOKLYN

FINDING THE RIGHT PRACTICES IS JUST THE FIRST STEP. TO TRULY EXPERIENCE THE BENEFITS OF MIND-BODY WELLNESS, YOU NEED TO CREATE A SUSTAINABLE ROUTINE THAT FITS INTO YOUR BUSY BROOKLYN LIFESTYLE. HERE ARE SOME TIPS TO HELP YOU GET STARTED:

START SMALL: DON'T TRY TO DO EVERYTHING AT ONCE. BEGIN WITH ONE OR TWO PRACTICES THAT RESONATE WITH YOU AND GRADUALLY ADD MORE AS YOU FEEL COMFORTABLE.

MAKE IT A HABIT: SCHEDULE REGULAR TIME FOR YOUR WELLNESS PRACTICES, JUST LIKE YOU WOULD ANY OTHER IMPORTANT APPOINTMENT. CONSISTENCY IS KEY TO SEEING RESULTS.

BE PATIENT: IT TAKES TIME TO DEVELOP A STRONG MIND-BODY CONNECTION. BE PATIENT WITH YOURSELF AND TRUST THE PROCESS.

LISTEN TO YOUR BODY: PAY ATTENTION TO YOUR BODY'S SIGNALS AND ADJUST YOUR ROUTINE AS NEEDED.

FIND A COMMUNITY: CONNECTING WITH OTHERS WHO SHARE YOUR INTEREST IN WELLNESS CAN PROVIDE SUPPORT AND MOTIVATION.

CONCLUSION

EMBRACING MIND-BODY WELLNESS IN BROOKLYN IS NOT JUST A TREND; IT'S A NECESSITY FOR NAVIGATING THE DEMANDS OF CITY LIFE WHILE NURTURING YOUR PHYSICAL AND MENTAL WELL-BEING. BY EXPLORING THE DIVERSE OPTIONS AVAILABLE AND CREATING A PERSONALIZED ROUTINE, YOU CAN CULTIVATE INNER PEACE, RESILIENCE, AND A DEEPER CONNECTION TO YOURSELF. SO, TAKE THE TIME TO EXPLORE THE OFFERINGS IN YOUR NEIGHBORHOOD, FIND WHAT RESONATES WITH YOU, AND START YOUR JOURNEY TOWARDS A HEALTHIER, HAPPIER YOU, RIGHT HERE IN THE HEART OF BROOKLYN.

FAQs

1. How can I find affordable mind-body wellness options in Brooklyn? Many studios offer introductory rates or package deals. Check Groupon or other deal sites for discounts. Look for smaller, independent studios that may have lower prices than larger chains. Community centers sometimes offer affordable classes as well.

1. WHAT IF I HAVE A BUSY SCHEDULE? HOW CAN I FIT MIND-BODY WELLNESS INTO MY LIFE? EVEN SHORT BURSTS OF MINDFULNESS OR A QUICK STRETCHING SESSION CAN BE BENEFICIAL. TRY INCORPORATING SHORT MEDITATIONS DURING YOUR COMMUTE OR DOING SOME LIGHT YOGA BEFORE BED.

1. ARE THERE MIND-BODY WELLNESS OPTIONS SPECIFICALLY FOR PEOPLE WITH DISABILITIES OR CHRONIC ILLNESSES? MANY STUDIOS AND PRACTITIONERS ARE ADAPTABLE AND WILL WORK WITH YOU TO MODIFY PRACTICES TO SUIT YOUR INDIVIDUAL NEEDS. CONTACT STUDIOS DIRECTLY TO DISCUSS YOUR SPECIFIC SITUATION.

1. HOW DO I KNOW WHICH TYPE OF YOGA OR MEDITATION IS RIGHT FOR ME? START WITH INTRODUCTORY CLASSES IN DIFFERENT STYLES TO SEE WHAT FEELS GOOD FOR YOUR BODY AND MIND. MANY STUDIOS OFFER FREE INTRODUCTORY CLASSES.

1. IS IT NECESSARY TO JOIN A STUDIO TO EXPERIENCE THE BENEFITS OF MIND-BODY WELLNESS? NOT AT ALL! YOU CAN PRACTICE MINDFULNESS, MEDITATION, AND LIGHT EXERCISE AT HOME WITH THE HELP OF ONLINE RESOURCES AND VIDEOS. HOWEVER, THE SOCIAL ASPECT OF A STUDIO CAN PROVIDE ADDITIONAL MOTIVATION AND SUPPORT.

📖 **mind body wellness brooklyn:** Wellth Jason Wachob, 2016 Mindbodygreen founder Jason Wachob ... redefines successful living and offers readers instead a new life currency to build on, one that is steeped in physical and emotional health and well-being--

mind body wellness brooklyn: Alternative Medicine , 1995

mind body wellness brooklyn: Alternative Medicine DIANE Publishing Company, 1995-07

mind body wellness brooklyn: Kintsugi Wellness Candice Kumai, 2018-04-17 The classically trained chef and wellness author shares favorite Japanese rituals & recipes in a common-sense guide to finding balance, joy & good health. Where we come from is who we are. And Candice Kumai's Japanese heritage has informed her journey back to health at every turn. Now, in Kintsugi Wellness, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. Interwoven with dozens of recipes for healthy, Japanese-inspired cuisine, Kintsugi Wellness provides the tools we all need to reclaim the art of living well. "Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, Kintsugi Wellness truly stands out." —Sophia Amoruso, Founder and CEO, Girlboss "All aspects of our well-being are connected. And with Kintsugi Wellness, Candice Kumai uses her own journey to show how Japanese traditions can enhance not just our bodies, but our minds, our hearts and our spirits. Candice Kumai is a true new role model, showing how ancient practices can help us thrive in the modern world." —Arianna Huffington, Founder of Thrive Global and CEO and Co-founder, Huffington Post

mind body wellness brooklyn: Insight Yoga Sarah Powers, 2020-09-15 Acclaimed yoga and meditation teacher Sarah Powers is known and loved for her unique approach—Insight Yoga—which combines traditional yoga with the meridians of Chinese medicine, as well as Buddhist meditation. Using Yin (passive) and Yang (dynamic) poses, she demonstrates a series of different yoga sequences that bring benefit to organs, muscles, joints, and tendons—as well as the mind. She also provides a foundational explanation of traditional Chinese medicine theory and mindfulness meditation

instruction. Sarah Powers brings us on an inspiring journey inward, and shows the path for cultivating a lasting relationship with yoga that cultivates and strengthens our physical well-being and our mental and emotional clarity.

mind body wellness brooklyn: *Mantras in Motion* Erin Stutland, 2019-01-08 Mind-body wellness and fitness expert combines mantra, self-reflection, and movement into an accessible 14-day routine for manifesting your best self. Holistic wellness and fitness expert Erin Stutland harnesses all the body's mental, physical, and spiritual energy in her tri-fold approach to creating change. When you move your body while repeating mantras--speaking your desires aloud--manifesting is no longer a purely intellectual exercise or an occasional craft project. Instead, you are expressing your passion through your voice and your body, putting every ounce of your energy in service of what you want. Each chapter breaks down one mantra to use to focus on a key step to achieving your best self, including unearthing your desires, releasing resistance, and taking inspired action. Alongside each mantra, Stutland provides stories from her own life and those of her clients, a meditation or visualization, a journaling exercise, and an easy movement to accompany the mantra to help enhance its resonant power. And to put it all together, you are provided with a 14-day plan so you can design the life you want, infusing the power of movement, mantra, and self-reflection.

mind body wellness brooklyn: *The Wisdom of the Body* Erik Shonstrom, 2020-02-19 Combining cutting edge science and educational philosophy, *The Wisdom of the Body* offers practical, effective advice for anyone interested in how humans learn and think. With compelling arguments in favor of an embodied approach to school, Shonstrom illuminates the power of learning through physical, sensory experiences, and challenges traditional approaches in education by offering dynamic, ground-breaking examples of how an embodied pedagogy could revolutionize learning.

mind body wellness brooklyn: *The Gut Wellness Guide* Allison Post, Stephen Cavaliere, 2018-08-07 A holistic, step-by-step gut health guide—for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple ways to relieve the stress related to some of today's most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. The book also teaches you: • new information about the gut microbiome • how to hold onto health goals while navigating mainstream medicine/alternative health programs • why the gut is critical in hormonal and immune function • how to treat a variety of digestive ailments like Irritable Bowel Syndrome (IBS), constipation, diarrhea, heartburn, and food sensitivities • self-help techniques for increasing metabolism and cellular energy and revitalizing the natural healing powers of the body Previously published as *Unwinding the Belly*, *The Gut Wellness Guide* expands on the original book and re-introduces the method of Unwinding—a clear, accessible way to connect the “gut brain to the “main brain” and to relax, tune in to your body, and create a customized action plan to heal.

mind body wellness brooklyn: *Yoga Journal* , 1997-07 For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

mind body wellness brooklyn: *Mindf.u.c.c.* Lady Charmaine Day and Mike Troy aka Brooklyn Mike, 2012-03-16 The mind is the last battle ground. Be a part of the first Christian confession from a spiritual leader, Lady Charmaine Day, who is willing to admit that she has flaws and issues just like all the people of the Bible and from the perspective of a comedian, Brooklyn Mike aka Mike Troy, who has traveled the world and seen people from all walks a life. They will help you see that the people in the bible are no different than you and them. The book begins by asking “if you could imagine the fact that your church leaders have to go to the bathroom to do a #2? Do you think this is

wrong? But reality check, he or she is human, they have to go to the bathroom. If they don't go to the bathroom, they can die from being backed up or rather stuck up!" The authors talk about the faith leaders of old from a perspective that is consider a Taboo way of discussing the bible. Starting From Adam and Eve, to Noah To Abraham and Sarah the authors share these historical bible stories from this unique perspective and ask questions that will make you go "hmm." This is a book that will keep you laughing and thinking, but most importantly make you feel good about being you.

mind body wellness brooklyn: *It's a Sistah Thing* Monique R. Brown, 2002 The first book about fibroids written especially for African-American women includes both conventional and alternative approaches.

mind body wellness brooklyn: **Achieving the Mind-body-spirit Connection** Brian Luke Seaward, 2005 Optimal health requires the integration, balance, and harmony of mind, body, spirit, and emotions. From comic relief and hatha yoga to guided mental imagery and music therapy, this workbook contains more than 70 exercises that serve to integrate mind, body, and spirit as one dynamic force that can withstand the pressures of stress.

mind body wellness brooklyn: **Bright Line Eating** Susan Peirce Thompson, PHD, 2021-01-05 A NEW YORK TIMES BESTSELLER Foreword by John Robbins, author of the international bestseller *Diet for A New America* In this book, Susan Peirce Thompson, Ph.D. shares the groundbreaking weight-loss solution based on her highly acclaimed Bright Line Eating Boot Camps. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains why people who are desperate to lose weight fail again and again: it's because the brain blocks weight loss. Bright Line Eating (BLE) is a simple approach designed to reverse that process. By working with four Bright Lines—clear, unambiguous, boundaries—Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals. Best of all, it is a program that understands that willpower cannot be relied on, and sets us up to be successful anyway. Through the lens of Susan's own moving story, and those of her Bright Lifers, you'll discover firsthand why traditional diet and exercise plans have failed in the past. You'll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more. Susan guides you through the phases of Bright Line Eating—from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anyone, whether you're vegan, gluten-free, paleo, or none of the above. Bright Line Eating frees us from the obesity cycle and introduces a radical plan for sustainable weight loss. It's a game changer in a game that desperately needs changing.

mind body wellness brooklyn: **Community Mental Health** Samuel J. Rosenberg, Jessica Rosenberg, 2017-07-06 The newest edition of *Community Mental Health* continues to be at the leading edge of the field, providing the most up-to-date research and treatment models that encompass practice in community settings. Experts from a wide range of fields explore the major trends, best practices, and policy issues shaping community mental health services today. New sections address the role of spirituality, veterans and the military, family treatment, and emerging new movements. An expanded view of recovery ensures that a thorough conversation about intersectionality and identity runs throughout the book.

mind body wellness brooklyn: **Acupuncture Physical Medicine** Mark Seem, 2000

mind body wellness brooklyn: *The Holistic Home* Laura Benko, 2016-01-19 Rule the world and take control of your emotional and mental health from where you sit, stand, and sleep. *The Holistic Home* is based on an original lifestyle concept focused on creating a dynamic, healthy, and thoughtful space within yourself and your home by combining three planes of action—mind, body, and spirit—that result in profound change. The condition of the mind affects the psychology of how you dwell: subconscious influences, decorating with intention, and allowing your emotional issues and challenges to manifest in your space. The physical aspects of your design space, such as furniture positioning, design elements, sustainability, wellness, and organization, are representative of your relationship with your body. And finally, the spirit refers to all the invisible energies within you and your home—feng shui, atmosphere, and the soul of your home. Years ago, author and

holistic feng shui expert Laura Benko was diagnosed with a rare cancer. Around that time, a book serendipitously fell on her head. She took this as a much-needed sign to devote the next decade of her life to research and hundreds of transformative holistic design consultations. Her clients' real-life, inspiring stories, along with specific actions and tips, have become the foundation for The Holistic Home. Chapter by chapter, you'll learn how to holistically tackle it all—relationships, clutter, health, communities, inner balance, and more—by looking within your immediate environment to make direct connections in your life.

mind body wellness brooklyn: Primal Body, Primal Mind Nora Gedgaudas, 2011-05-27

Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness • Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function • Shows how our modern diet leads to weight gain and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD • Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness. Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake--critical to our brain and nervous system but sorely lacking in most people's diets--she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

mind body wellness brooklyn: The Mindbody Workbook David Schechter (M.D.), 1999

mind body wellness brooklyn: Wellness East & West Kathleen F. Phalen, 2012-10-23 In *Wellness East & West: Achieving Optimum Health through Integrative Medicine*, Kathleen F. Phalen explores the blending of the most effective aspects of medical practices from both sides of the globe. And it is not in curing but rather in healing discovered through integrating these polar medical practices that leads those suffering to a more peaceful place, a place where the heart is healed. Phalen gives us case studies on survivors of AIDS and ovarian cancer. Yoga, guided imagery, and meditation are combined with a daily dose of medication or a weekly session of chemotherapy to provide healing beyond what western medicine alone can offer. Kathleen masterfully joins the hemispheres by revealing the herbs and diet to ease everything from the common cold to cancer. Practical as well as informative, Phalen urges us to be active participants in our own health care. Here you can learn how to take your superficial and deep pulse to discover the efficiency of your organs. To gain further insight into your condition, read the color of your tongue. Most importantly, return to the basics of looking, listening and feeling to lead you and your physician to diagnosis and treatment.

mind body wellness brooklyn: Good and Cheap Leanne Brown, 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really

well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

mind body wellness brooklyn: The Brain Power Classroom Dave Beal, 2016-12-01 Create a Focused, Positive, and Engaged Classroom! Through expert guidance and inspiring stories from the field, Dave Beal helps you create a Brain Power Classroom full of engaged, focused and collaborative students. Part 1 provides scientific background, principles and insightful advice for creating an optimal classroom atmosphere. Part 2 features 30 classroom activities you can easily integrate into your current curriculum. They are divided into the “Brain Power 10 Essentials” and incorporate various modalities, such as movement, mindfulness, and focusing strategies to engage students’ multiple intelligences. Using the tools in this book, you will be able to motivate your students to use their full brain potential as they develop into harmonious leaders with strong character and high levels of academic achievement.

mind body wellness brooklyn: The Healing Power of the Breath Richard Brown, Patricia L. Gerbarg, MD, 2012-06-12 A drug-free, side effect-free solution to common stress and mood problems—developed by two physicians The audio exercises included with this book can be accessed online at www.shambhala.com/healingpowerofthebreath. Access instructions are also provided within the book. Millions of Americans suffer from mood problems and stress-related issues like anxiety, depression, insomnia, and PTSD. Far too many of them are taking medications that have troublesome side effects, withdrawal symptoms, and disappointing success rates. In *The Healing Power of the Breath*, Dr. Richard P. Brown and Dr. Patricia L. Gerbarg provide a different way to treat stress: breathing. Drawn from yoga, Buddhist meditation, the Chinese practice of qigong, and other sources, their science-backed methods activate communication pathways between the mind and body to positively impact the brain and calm the stress response. Their anecdotes and easy-to-follow exercises will show you how to apply breathing techniques to help relieve:

- Anxiety and depression
- Trauma-related emotions and behaviors
- Post-traumatic stress disorder
- Insomnia
- Addiction-related behaviors

Complete with an audio download, this book gives you the coping tools you need to lead a calmer, more stress-free life.

mind body wellness brooklyn: Fertility, Pregnancy, and Wellness Diana Vaamonde, Anthony C. Hackney, Juan Manuel Garcia-Manso, 2022-02-09 Fertility, Pregnancy, and Wellness is designed to bridge science and a more holistic approach to health and wellness, in particular, dealing with female-male fertility and the gestational process. Couples seeking to solve fertility issues for different reasons, whether failed assisted reproductive techniques or the emotional impact they entail, economic or moral reasons, are demanding more natural ways of improving fertility. This book explores the shift in paradigm from just using medications which, in the reproductive field, can be very expensive and not accessible to the entire population, to using lifestyle modifications and emotional support as adjunctive medicine therapies. This must-have reference brings together the current knowledge - highlighting the gaps - and delivers an important resource for various specialists and practitioners. - Offers insights from scientific and holistic methods, providing the available scientific evidence for (or against) different holistic approaches, aimed at improving fertility, health and wellness - Bridges the more 'peripheral', yet critical and multidisciplinary,

considerations in fertility, infertility, pregnancy and wellness - Includes clear, concise and meaningful summary conclusion sections within each chapter

mind body wellness brooklyn: Clean Mind, Clean Body Tara Stiles, 2020-12-29 An easy reset for feeling and living better. — DEEPAK CHOPRA Tara makes purposeful self-care easy and enjoyable! — DAPHNE OZ A life-changing detox for body and mind that will transform your daily routine and your habits, from wellness expert and Strala Yoga founder Tara Stiles. Most of us are constantly plugged in and stressed out—tethered to our phones and e-mail, overworked and inactive at our desk jobs, and out of touch with what our bodies and our brains really need. Clean Mind, Clean Body is the ultimate reset button, an immersive experience in mental and physical self-care that will transform your daily routine and your habits. In Clean Mind, Clean Body, Tara leads readers on a 4-week detox for body, mind, and spirit that can be done easily at home, and that covers: WEEK 1 - MENTAL CLEANSE - Eliminate toxic relationships, create a home sanctuary, and unplug from devices. WEEK 2 - SPIRITUAL CLEANSE - Establish a meditation practice, slow down, and live with intention. WEEK 3 - CHANGE THE WAY YOU EAT - Embrace an East Meets West diet, eat clean, and love your body. WEEK 4 - CHANGE THE WAY YOU MOVE - Redefine exercise, get outside, and embrace the power of rest. Packed with ancient healing practices adapted for modern living and clean living rules for life, Clean Mind, Clean Body is your personal blueprint for physical and spiritual realignment.

mind body wellness brooklyn: New York , 2010-03

mind body wellness brooklyn: Plants First Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In Plants First, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

mind body wellness brooklyn: Voices of the Women's Health Movement, Volume 1 Barbara Seaman, Laura Eldridge, 2012-02-14 An unprecedented and definitive collection of rabble-rousing writings on women's health, Voices of the Women's Health Movement explores a range of provocative topics from reproductive rights to sexuality to motherhood. Trail-blazing advocate Barbara Seaman and health activist Laura Eldridge bring the revolutionary ideas of several generations together in this powerful new book celebrating women's bodies, and women's voices. The more than two hundred contributors include Jennifer Baumgardner, Susan Brownmiller, Phyllis Chesler, Angela Y. Davis, Barbara Ehrenreich, Germaine Greer, Shulamith Firestone, Charlotte Perkins Gilman, Erica Jong, Molly Haskell, Shere Hite, Susie Orbach, Judith Rossner, Alix Kates Shulman, Gloria Steinem, Sojourner Truth, Rebecca Walker, Naomi Wolf, and many others. With Voices of the Women's Health Movement, for the first time, every woman and girl can experience in one place the powerful history of stirring words and strong female perspectives that have inspired countless women to take control of their health and their lives. Volume One highlights include influential writings on birth control; menstruation; pregnancy and birthing; motherhood;

menopause; abortion; and lesbian, bisexual, and transgender health.

mind body wellness brooklyn: Financial Therapy Bradley T. Klontz, Sonya L. Britt, Kristy L. Archuleta, 2014-09-10 Money-related stress dates as far back as concepts of money itself. Formerly it may have waxed and waned in tune with the economy, but today more individuals are experiencing financial mental anguish and self-destructive behavior regardless of bull or bear markets, recessions or boom periods. From a fringe area of psychology, financial therapy has emerged to meet increasingly salient concerns. Financial Therapy is the first full-length guide to the field, bridging theory, practical methods, and a growing cross-disciplinary evidence base to create a framework for improving this crucial aspect of clients' lives. Its contributors identify money-based disorders such as compulsive buying, financial hoarding, and workaholism, and analyze typical early experiences and the resulting mental constructs (money scripts) that drive toxic relationships with money. Clearly relating financial stability to larger therapeutic goals, therapists from varied perspectives offer practical tools for assessment and intervention, advise on cultural and ethical considerations, and provide instructive case studies. A diverse palette of research-based and practice-based models meets monetary mental health issues with well-known treatment approaches, among them: Cognitive-behavioral and solution-focused therapies. Collaborative relationship models. Experiential approaches. Psychodynamic financial therapy. Feminist and humanistic approaches. Stages of change and motivational interviewing in financial therapy. A text that serves to introduce and define the field as well as plan for its future, Financial Therapy is an important investment for professionals in psychotherapy and counseling, family therapy, financial planning, and social policy.

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serendipitously fell on her head. She took this as a much-needed sign to devote the next decade of her life to research and hundreds of transformative holistic design consultations. Her clients' real-life, inspiring stories, along with specific actions and tips, have become the foundation for The Holistic Home. Chapter by chapter, you'll learn how to holistically tackle it all—relationships, clutter, health, communities, inner balance, and more—by looking within your immediate environment to make direct connections in your life.

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first book to define and explore Black fatigue, the intergenerational impact of systemic racism on the physical and psychological health of Black people—and explain why and how society needs to collectively do more to combat its pernicious effects. Black people, young and old, are fatigued, says award-winning diversity and inclusion leader Mary-Frances Winters. It is physically, mentally, and emotionally draining to continue to experience inequities and even atrocities, day after day, when justice is a God-given and legislated right. And it is exhausting to have to constantly explain this to white people, even—and especially—well-meaning white people, who fall prey to white fragility and too often are unwittingly complicit in upholding the very systems they say they want dismantled. This book, designed to illuminate the myriad dire consequences of “living while Black,” came at the urging of Winters's Black friends and colleagues. Winters describes how in every aspect of life—from economics to education, work, criminal justice, and, very importantly, health outcomes—for the most part, the trajectory for Black people is not improving. It is paradoxical that, with all the attention focused over the last fifty years on social justice and diversity and inclusion, little progress has been made in actualizing the vision of an equitable society. Black people are quite literally sick and tired of being sick and tired. Winters writes that “my hope for this book is that it will provide a comprehensive summary of the consequences of Black fatigue, and awaken activism in those who care about equity and justice—those who care that intergenerational fatigue is tearing at the very core of a whole race of people who are simply asking for what they deserve.”

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