

# nydg integral health wellness

## NYDG Integral Health & Wellness: Your Holistic Path to Well-being

Are you feeling overwhelmed by the complexities of modern life? Do you crave a more balanced and fulfilling existence, but don't know where to start? At NYDG Integral Health & Wellness, we understand that true well-being isn't just about the absence of illness; it's about cultivating a vibrant, harmonious life encompassing your physical, mental, and emotional health. This comprehensive guide delves into the NYDG approach, exploring what makes it unique and how it can help you achieve your optimal health and wellness goals. We'll unravel the philosophy, explore the services offered, and answer frequently asked questions to help you determine if NYDG is the right fit for your journey.

### Understanding the NYDG Integral Health & Wellness Philosophy

NYDG Integral Health & Wellness isn't your typical clinic. We believe in a holistic approach, recognizing the interconnectedness of mind, body, and spirit. Instead of treating symptoms in isolation, we focus on identifying the root causes of imbalances and addressing them comprehensively. This integrative approach draws upon various therapeutic modalities to create a personalized plan tailored to your specific needs and goals. We don't just treat; we empower you to take control of your health and create lasting positive change.

Our philosophy centers around several key principles:

**Individualized Care:** We understand that everyone is unique. Your journey to wellness is personal, and our treatment plans reflect this. We take the time to understand your individual circumstances, health history, and goals to create a truly customized program.

**Holistic Perspective:** We go beyond addressing physical symptoms. We consider the impact of your lifestyle, environment, emotions, and relationships on your overall well-being. This holistic lens allows for a more comprehensive and effective approach to health.

**Prevention and Empowerment:** We believe in proactive health management. Our focus is not only on treating existing conditions but also on preventing future health problems through education, lifestyle modifications, and supportive therapies. Ultimately, we aim to empower you to become your own best health advocate.

**Collaboration and Support:** We work collaboratively with you, providing ongoing support and guidance throughout your wellness journey. Our team of experts is dedicated to helping you achieve your goals and maintain a healthy lifestyle long-term.

## Services Offered at NYDG Integral Health & Wellness

NYDG offers a diverse range of services designed to support your holistic well-being. These may include, but are not limited to:

**Functional Medicine:** This approach focuses on identifying the root causes of illness and restoring balance within the body's systems. We use advanced diagnostic testing to pinpoint underlying imbalances and develop personalized treatment plans.

**Nutritional Counseling:** Our registered dietitians work with you to create a nutrition plan that supports your health goals and addresses any dietary deficiencies or sensitivities.

**Mind-Body Therapies:** Techniques like meditation, yoga, and mindfulness practices are integrated to reduce stress, improve mental clarity, and enhance overall well-being.

**Stress Management Programs:** We offer various programs and techniques to help manage stress effectively, including stress reduction workshops, relaxation techniques, and biofeedback.

**Lifestyle Coaching:** Our coaches work with you to create sustainable lifestyle changes that support your health goals, addressing factors such as sleep, exercise, and stress management.

**Acupuncture:** This traditional Chinese medicine technique can help relieve pain, reduce inflammation, and improve overall health and well-being.

**Massage Therapy:** Therapeutic massage can relieve muscle tension, reduce stress, and improve circulation.

## Finding the Right Path with NYDG

The journey to optimal health is unique for everyone. At NYDG Integral Health & Wellness, we guide you every step of the way. Our process typically involves:

1. **Initial Consultation:** A thorough assessment to understand your health history, goals, and lifestyle.
2. **Customized Treatment Plan:** Development of a personalized plan based on your individual needs.
3. **Ongoing Support:** Regular check-ins and adjustments to ensure you're making progress toward your goals.
4. **Empowerment and Education:** Providing you with the knowledge and tools to maintain your well-being long-term.

## The NYDG Difference: Why Choose Us?

NYDG stands out because of our commitment to personalized, holistic care. We go beyond addressing symptoms and focus on the root causes of your health

challenges. Our team of experienced professionals collaborates to create a truly integrated approach, ensuring you receive the best possible care. We offer a supportive and nurturing environment where you feel empowered to take control of your health and well-being.

## Conclusion

NYDG Integral Health & Wellness provides a comprehensive and individualized approach to achieving optimal health and wellness. By considering the interconnectedness of mind, body, and spirit, we empower individuals to create lasting positive changes in their lives. Our commitment to personalized care, holistic perspectives, and ongoing support sets us apart, making us a leading choice for those seeking a transformative journey to well-being. Contact us today to begin your path toward a healthier, happier you.

## Frequently Asked Questions (FAQs)

1. What insurance plans do you accept? We accept a wide range of insurance plans. Please contact us directly to verify your coverage.
1. Do I need a referral to schedule an appointment? No referral is necessary to schedule an appointment at NYDG Integral Health & Wellness.
1. What are your hours of operation? Our hours are [Insert Hours Here], but appointments can often be scheduled outside of these hours by arrangement.
1. What is the cost of a consultation? The cost varies depending on the service. Please contact us for a detailed price list or to discuss payment options.
1. What is the typical length of treatment? The length of treatment varies greatly depending on individual needs and goals. We'll work with you to establish a realistic timeline during your initial consultation.

**nydg integral health wellness:** Interior Design Best of Year Cindy Allen, 2011-11-08 Interior Design proudly presents the inaugural Best of Year commemorative book: a must-have for the design community immersed in the culture and those looking for a valuable resource on the best work of today. Best of Year recognizes superior design in over 70 categories (project and product). Various segments of the interior design market are covered, including education, healthcare, hospitality,

institutional, office, public space, residential, and retail. Editor in chief Cindy Allen, who is adored by those in the design community and is closely followed by them, spearheads this book that celebrates and shares the best in interior design achievement -- across the entire design spectrum -- with the world.

**nydg integral health wellness:** The Other Office 3 Ana Martins, 2018 The latest volume in Frame's series of books on workplace design, *The Other Office 3* highlights inspirational interiors that are setting the trends in creative workplace design. At its core are around 100 pioneering projects drawn from 86 practices all over the world. Featured offices include ad agencies, media outfits, technology firms and co-workspaces, ranging from compact offices and design hubs to large workplaces. *The Other Office 3* is divided into three chapters, each of which offers insight into the main factors driving contemporary office design: the role of the workplace as a brand asset, the growing concern for employee wellbeing, and the need to create inspiring and energising workspaces. Projects are presented on four to six pages, including an in-depth description of both concept and design, illustrated by stunning photography. Outlined are the challenges that designers must overcome to be able to realize more efficient, modern and – all importantly – creative work environments. This book focuses on the current trends in office design, developed with a knowledge of what is at the heart of a creative workforce and its day-to-day requirements. *The Other Office 3* highlights outstanding projects and inspirational spaces from across the globe. Features - This 512-page reference book, the latest in Frame's workplace design series, offers a global overview of prevailing trends in office design - It is filled with nearly 100 pioneering office designs, developed by 86 international studios in the past three years - The book is divided into three chapters, each of which offers insight into the main factors driving contemporary office design - The book's chapters are contextualised through a brief introduction that sets the tone of the pages ahead. - Featured projects are accompanied by descriptive text and stunning photography.

**nydg integral health wellness:** Cheating Death Sanjay Gupta, 2009-10-12 An unborn baby with a fatal heart defect . . . a skier submerged for an hour in a frozen Norwegian lake . . . a comatose brain surgery patient whom doctors have declared a vegetable. Twenty years ago all of them would have been given up for dead, with no realistic hope for survival. But today, thanks to incredible new medical advances, each of these individuals is alive and well . . . *Cheating Death*. In this riveting book, Dr. Sanjay Gupta-neurosurgeon, chief medical correspondent for CNN, and bestselling author-chronicles the almost unbelievable science that has made these seemingly miraculous recoveries possible. A bold new breed of doctors has achieved amazing rescues by refusing to accept that any life is irretrievably lost. Extended cardiac arrest, brain death, not breathing for over an hour-all these conditions used to be considered inevitably fatal, but they no longer are. Today, revolutionary advances are blurring the traditional line between life and death in fascinating ways. Drawing on real-life stories and using his unprecedented access to the latest medical research, Dr. Gupta dramatically presents exciting accounts of how pioneering physicians and researchers are altering our understanding of how the human body functions when it comes to survival-and why more and more patients who once would have died are now alive. From experiments with therapeutic hypothermia to save comatose stroke or heart attack victims to lifesaving operations in utero to the study of animal hibernation to help wounded soldiers on far-off battlefields, these remarkable case histories transform and enrich all our assumptions about the true nature of death and life.

**nydg integral health wellness:** *The Frye Art Museum* Rick Sundberg, 2007

**nydg integral health wellness:** Opening Belle Maureen Sherry, 2016-03-10 For fans of *I Don't Know How She Does It* and *The Devil Wears Prada*, a smart, funny novel about a woman struggling to have it all. In 2008 Isabelle, a 30-something Wall Street executive, appears to have it all: the sprawling Upper West Side apartment, three children, a handsome husband, and a job as managing director of a large investment bank. But her reality is something else. Belle is losing respect for her stay-at-home, spendthrift husband, the markets are threatening to annihilate world financial order, and her ex-fiance, the guy she never quite got over, comes back into her life as her largest client,

offering her a tempting glimpse of how their life together could have been. Written by Wall Street insider Maureen Sherry who saw plenty of bad behaviour up close, *Opening Belle* is an unconventional love story and a revelatory, perceptive and funny account of what life is really like for women working in the hardball, high-stakes world of high finance.

**nydg integral health wellness:** *Harmonic Healing* DR LINDA. LANCASTER, 2019-04-16 For four decades, Dr Linda Lancaster's healing knowledge has been available only to her star-studded client list, including Mamma Mia's Amanda Seyfried. In *Harmonic Healing*, her first book, she shares her lifetime of knowledge with readers for the first time. In this book, she introduces readers to what she likes to call 'The Invisible Within the Visible', the energetic roots of ill health - caused by toxins, radiations, shock and stress - and how these invisible attacks on the energetic level manifest in the physical, starting in the liver. She also offers a comprehensive, doable and affordable programme to help readers rebalance their health and achieve a state of comprehensive wellbeing. Dr Lancaster's six-week programme is based on natural ingredients and non-chemical processes, requiring no expensive supplements. Readers will learn how to remove energetic interferences and reclaim their health through positive lifestyle changes, including cleansing foods, detoxifying baths and homeopathic remedies. *Harmonic Healing* is co-written with Amely Greeven, New York Times bestselling co-writer of *Clean* by Dr Alejandro Junger, *Primal Fat Burner* by Nora Gedgaudas, and Dr Frank Lipman's forthcoming book.

**nydg integral health wellness:** *The Healing Magic of Forest Bathing* Julia Plevin, 2019-03-05 An engaging guide to the art of forest bathing, inspired by the Japanese practice of *shinrin-yoku*, for anyone who wants to explore the transformative power of nature in promoting health and happiness. Forest bathing is the art of spending intentional time in nature and is practiced throughout the world to increase health and restore well-being. More and more people are turning to forest bathing as an evidence-based way to unplug, relieve stress and anxiety, and spark creativity. Through simple invitations to slow down, walk in silence, cultivate tree energy, and connect with the sun and forest, this book enables you to incorporate the inspiring benefits of time spent in nature—a calm mind, renewed energy, boosted creativity, and inner peace—into your daily life to find deeper meaning and contentment.

**nydg integral health wellness:** *Dear Mr. You* Mary-Louise Parker, 2015-11-10 This book renders the singular arc of a woman's life through letters Mary-Louise Parker composes to the men, real and hypothetical, who have informed the person she is today. Beginning with the grandfather she never knew, the letters range from a missive to the beloved priest from her childhood to remembrances of former lovers to an homage to a firefighter she encountered to a heartfelt communication with the uncle of the infant daughter she adopted--

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

**nydg integral health wellness:** *Network Design Reference Manual* , 2006-01-01

**nydg integral health wellness:** *The Teenage Brain* Frances E. Jensen, Amy Ellis Nutt, 2015-01-06 A New York Times Bestseller Renowned neurologist Dr. Frances E. Jensen offers a

revolutionary look at the brains of teenagers, dispelling myths and offering practical advice for teens, parents and teachers. Dr. Frances E. Jensen is chair of the department of neurology in the Perelman School of Medicine at the University of Pennsylvania. As a mother, teacher, researcher, clinician, and frequent lecturer to parents and teens, she is in a unique position to explain to readers the workings of the teen brain. In *The Teenage Brain*, Dr. Jensen brings to readers the astonishing findings that previously remained buried in academic journals. The root myth scientists believed for years was that the adolescent brain was essentially an adult one, only with fewer miles on it. Over the last decade, however, the scientific community has learned that the teen years encompass vitally important stages of brain development. Samples of some of the most recent findings include: Teens are better learners than adults because their brain cells more readily build memories. But this heightened adaptability can be hijacked by addiction, and the adolescent brain can become addicted more strongly and for a longer duration than the adult brain. Studies show that girls' brains are a full two years more mature than boys' brains in the mid-teens, possibly explaining differences seen in the classroom and in social behavior. Adolescents may not be as resilient to the effects of drugs as we thought. Recent experimental and human studies show that the occasional use of marijuana, for instance, can cause lingering memory problems even days after smoking, and that long-term use of pot impacts later adulthood IQ. Multi-tasking causes divided attention and has been shown to reduce learning ability in the teenage brain. Multi-tasking also has some addictive qualities, which may result in habitual short attention in teenagers. Emotionally stressful situations may impact the adolescent more than it would affect the adult: stress can have permanent effects on mental health and can lead to higher risk of developing neuropsychiatric disorders such as depression. Dr. Jensen gathers what we've discovered about adolescent brain function, wiring, and capacity and explains the science in the contexts of everyday learning and multitasking, stress and memory, sleep, addiction, and decision-making. In this groundbreaking yet accessible book, these findings also yield practical suggestions that will help adults and teenagers negotiate the mysterious world of adolescent development.

**nydg integral health wellness:** *NAET* Devi S. Nambudripad, 2003

**nydg integral health wellness:** *Sustainable Wellness* Matt Mumber, Heather Reed, 2012-09-21  
"Describes a larger medicine . . . rooted in the natural world and our own internal resources. This is the next step in the evolution of health care."—Dr. Andrew Weil, #1 New York Times bestselling author For nearly a decade, award-winning radiation oncologist Dr. Matt Mumber and yoga instructor Heather Reed have led retreats for people facing health challenges of all kinds. Through their eight-week Sustainable Wellness program, participants have found that using simple tools consistently creates remarkable health benefits. Whether you're looking for improved physical health, better ways to manage stress, or just a greater sense of inner peace and wellness, Sustainable Wellness offers a simple but powerfully effective plan for transformation. You will learn how to: Empower yourself to reclaim your health and play a more active role in shaping it. Become aware of the daily choices that affect your health and how you can transform them in a positive way. Let go of destructive habits and embrace new ones that enhance wellness. Sustainable Wellness combines modern scientific research with ancient methods that benefit the individual on all levels. The authors share tested techniques, personal stories of triumph, and daily exercises that will guide you on the path to sustainable wellness. "Offers a refreshingly mature and practical synthesis of wisdom from the field of integrative healthcare . . . proven pathways to living with greater mindfulness and satisfaction."—William Collinge, PhD, author of *Partners in Healing* "A powerful, inspiring approach to creating sustainable body/mind/spirit health and wellbeing."—Jeremy Geffen, MD, FACP, author of *The Journey Through Cancer*

**nydg integral health wellness:** *Integrative Healing* Ziya Altug, 2018 Tired of gyms, shakes, and the same old workouts? It's time for something that actually works! Connect your mind and body for maximum wellness with this beginner's guide to total fitness. With years of personal training and coaching experience, Z Altug shows you exactly how to achieve your goals by combining common sense and the Eastern philosophies of body movement, such as yoga, tai chi, qigong, and more.

**nydg integral health wellness: *The Wellness Blueprint*** Maiysha Clairborne, 2015-01-13 A Complete Plan for Reclaiming and Living a Life of Health and Wellness In this modern approach to integrative health and wellness, board certified physician Dr. Maiysha Clairborne takes it back to the basics to teach you how to integrate very simple habits into your life that will empower you to reclaim your mental, physical, and emotional well-being. *The Wellness Blueprint: The Complete Mind/Body Approach to Reclaiming Your Health & Wellness* provides you with a complete wellness plan that has been proven to work. This intuitive and innovative wellness blueprint will shift you from being a passive recipient to an active participant in your health and well-being. Whether you suffer from an ailment or you want to preserve the health that you enjoy, join Dr. Maiysha on an inspired journey of body and mind -- one that will result in you reclaiming complete control of your health and wellness....[I]mpressively well written, organized and presented Offering a complete and thoroughly 'user friendly' plan for reclaiming and living a contemporary life of health and wellness, *The Wellness Blueprint* is impressively well written, organized and presented. Of special note are the chapters on The Different Aspects of Wellness; Boundaries and Balance; and Emotional Intelligence. Very highly recommended for both community and academic library Health & Medicine instructional reference collections, it should be noted for personal reading lists that *The Wellness Blueprint* is also available in a Kindle edition (\$9.99). Midwest Book Review, Small Press Bookwatch: January 2016 FOUR out of FIVE STARS from Readers' Favorite! This is thus a rather more serious study than one devoted to good health. Interesting acronyms and lively examples make reading this book rather easy and recollecting thereafter even more so. Read the full review by Roy T. James at Readers' Favorite. *The Wellness Blueprint* is a book that will change lives.--Dr. Manonmani Antony We all seek to create a balance in our lives. *The Wellness Blueprint* and Dr. Clairborne are the essence of a well-balanced life. Lucky for you (and me), she is helping us to find a simple way to improve our mental, physical, and emotional health. With all the daily stressors in our lives, we can certainly use these simple tools to help us take back control of the way we want to live. Let's take a journey through creating a balance and allowing the process of change as it guides us to nurture our mind, body, and spirit. There is no magic, mystical, or complicated area that will prevent us from taking complete advantage of applying these simple tools to develop an improved self. The power of peace and serenity can be achieved with our commitment to let it happen. *The Wellness Blueprint* will keep you engaged in wanting to learn more about your health while it builds a high level of confidence and serves a remarkable sense of empowerment with an I can do this attitude. And the great thing about it: you can!--Dr. Dawn Kirnon FOUR out of FOUR Stars from OnlineBookClub.org I would recommend this book to a friend, however, particularly if this friend wanted to understand how to become a healthier person in every way. A lot of health focuses on physical health, which is important, but ignores mental, emotional, or any other kind of health that a person needs to keep up. I truly appreciate this holistic view. The author also delves into the practical side. Her suggestions are something people can actually do, which is very important when it comes to books about health.

**nydg integral health wellness: *Healthy Living Every Day*** Nancy Guberti, 2019-11-11 *Healthy Living Everyday* is your wellness blueprint offering an array of alternative healing and preventive therapies, with more than 365 pages of reflective questions, empowering truth, and simple steps covering many alternative factors to wellness. Many of us have a hard time figuring everything out. Just conquering one's mindset is integral in healthy living, and that's why mindset is intertwined throughout the wellness blueprint. One may wonder what to eat, how to stay fit, and improve overall well-being. The wellness blueprint covers guidelines that can help fight off brain fog, dementia, depression, anxiety, weight gain, degenerative diseases, and much more. With natural healing insights, fascinating science, tried-and-true remedies to treat a variety of common ailments, this book is a straightforward guide to achieving optimal wellness, health, and weight. Don't wait for a devastating diagnosis to force you into living healthy. Proper nutrition is the basis of living a healthy lifestyle. Your food choices can direct your total wellbeing from how you feel now and in the future. The goal is awareness, mindfulness with truth avoiding deception, false advertising, and quick fixes. It's just healthy living facts to help you reflect, be empowered, and take action by owning

your life. To overcome overwhelm, take it one day at a time, baby steps are better than no steps. Each day, you will have the power to work on your mind and body. Follow the step-by-step healthy living blueprints and answer the reflective questions to achieve more awareness and self-growth. The more you know what you want in life for your health, then you will be able to set attainable goals. Your mindset is everything. You must remember that your health is worth it because YOU are worth it. The book explores the many factors for optimizing health and well-being. Boost your energy, balance your gut, support your immune system, eat healthily, get restorative sleep, get fit, and be happy and healthy. The goal is for you to reach and stay in optimal wellness.

**nydg integral health wellness: Take Back Your Health** Renee Simon M.S. C.N.S., 2005-08  
Renee Simon, a respected colleague, has done a masterful job at providing practical and useful information to help you reach a higher level of health and wellbeing. Her use of real-life patient examples helps demonstrate that you too can recover your lost vitality. I recommend this book to my patients and students alike. -David M. Brady, ND, DC, CCN Take Back Your Health is loaded with natural health makeovers and new data on a wide variety of common medical problems. Ms. Simon's book on wellness is clearly one of the most inspirational and informative that has come out in a long time. -Pamela D, Blair, PhD, psychotherapist and author *The Next Fifty Years: A Guide for Women at Midlife & Beyond* After recovering from her own personal health crisis, author Renee Simon was determined to help others. Her company, Total Wellness, is dedicated to helping people restore body balance, overcome difficult medical conditions, and regain energy and vitality. Take Back Your Health examines a large number of health problems, what causes them, and ways to prevent them. Using her proven four-step program that combines clinical testing with dietary interventions, vitamin and mineral therapies, exercise recommendations, and stress management techniques, Simon will show you how to bring your health back into natural balance. Balanced meal plans and complete treatment protocols included. Take Back Your Health is like having a dedicated nutritionist for the family.

**nydg integral health wellness: The Wellness Blueprint** Dr. Maiysha Clairborne, 2015-01-15 A Complete Plan for Reclaiming and Living a Life of Health and Wellness In this modern approach to integrative health and wellness, board certified physician Dr. Maiysha Clairborne takes it back to the basics to teach you how to integrate very simple habits into your life that will empower you to reclaim your mental, physical, and emotional well-being. The Wellness Blueprint: The Complete Mind/Body Approach to Reclaiming Your Health & Wellness provides you with a complete wellness plan that has been proven to work. This intuitive and innovative wellness "blueprint" will shift you from being a passive recipient to an active participant in your health and well-being. Whether you suffer from an ailment or you want to preserve the health that you enjoy, join Dr. Maiysha on an inspired journey of body and mind — one that will result in you reclaiming complete control of your health and wellness.

**nydg integral health wellness: Happy Healthy You** K. J. Landis, 2017-08-15 Did you wonder where all your energy went? Are you stressed on a regular basis? If any of this sounds familiar, KJ Landis' book is for you. Her Happy Healthy You, is a multidisciplinary approach to reclaiming ultimate wellness. This practical guide to taking good care of yourself helps identify how, why and where we got our balance in the first place, and how you can utilize life coach KJ Landis' tried-and-true wellness secrets as a springboard to becoming your most authentic, vibrant self ...--Publisher's description.

**nydg integral health wellness: Healthy Living from A to Z** Rhonda Huff, 2019-09-03  
Healthy Living from A to Z shares simple tips for those striving to restore their health and love their life. For those who are overwhelmed and confused about the best ways to improve health, wellness expert and motivational speaker Rhonda Huff provides ways to find balance through practical life application. Through studying under today's most influential doctors and therapists, Rhonda has uncovered the keys to living a healthier, more fulfilled life. Healthy Living from A to Z lays out weekly practices to teach simple techniques that change lives by addressing a holistic vision of health: emotional, nutritional, physical, and cognitive health. From figuring out what to eat and the

right type of exercise to getting a good night's sleep and addressing brain fog, Rhonda walks readers through building powerful habits and includes a bonus weekly video lesson to pair with each chapter. Don't wait until tomorrow\_learn the necessary tools to grab and sustain the life you've always wanted today!

**nydg integral health wellness:** Rescue Your Health Marvin Singh, 2021-09-30 What does it mean to be healthy? Instead of using statistics based on everybody, we have the technology to see what's true for you-just you. This means we can see how healthy you actually are-or what could use improvement-and make adjustments from that information. In Rescue Your Health, Dr. Marvin Singh explains and explores the best that science and technology have to offer us today to better understand our unique health profile. This then allows us to make the best decisions possible for ourselves, or our loved ones. In its pages, Dr. Singh teaches you what tests are available (including his Top Five) so that you can feel empowered to take charge of your health right now. Each chapter presents the material in easy-to-understand terminology, as Dr. Singh shares his experience using the Precision Medicine approach with his own patients. From looking at your risk factors for certain diseases (such as breast cancer, heart disease, or Alzheimer's), to assessing the best exercises for your genes, there is something for everyone in Rescue Your Health. If Precision Medicine is our ticket to creating better health for longer, Rescue Your Health is an integral first step on that journey.

**nydg integral health wellness:** *Health and Wellness* Gayle Wells, 2017-08-25

## Additional Resources

nydg integral health wellness

## [Nydg Integral Health Wellness](#)

Nydg Integral Health Wellness

## Related Articles

- [njsla algebra 1](#)
- [okc senior health and wellness centers](#)
- [pearson education algebra 2](#)

[Back to Home](#)