

precision spine and wellness

Precision Spine & Wellness: Your Path to a Pain-Free Life

Are you tired of nagging back pain holding you back from living your life to the fullest? Do you dream of moving freely, without the constant ache and stiffness that plagues so many? Then you've come to the right place. This comprehensive guide dives deep into the world of Precision Spine & Wellness, exploring what it is, how it works, and how it can help you reclaim your health and vitality. We'll cover everything from the core principles to the benefits and frequently asked questions, ensuring you have a clear understanding of this innovative approach to spinal health.

Understanding Precision Spine & Wellness: More Than Just Chiropractic

Precision Spine & Wellness isn't just another chiropractic clinic; it represents a holistic approach to spinal health that goes beyond traditional methods. It emphasizes precise diagnosis, personalized treatment plans, and a deep understanding of the interconnectedness of your body. This means focusing not only on the immediate source of pain but also on identifying and addressing the underlying causes contributing to your discomfort. Think of it as a detective investigation for your spine, carefully piecing together the puzzle of your pain to create a customized solution.

This approach often incorporates a variety of techniques, including but not limited to:

Advanced Imaging and Diagnostic Techniques: Precision Spine & Wellness utilizes state-of-the-art technology to get a clear picture of your spine's condition. This might include X-rays, MRIs, or other advanced imaging to pinpoint the exact problem areas.

Chiropractic Adjustments: Gentle, precise adjustments are used to restore proper alignment and mobility in the spine. These adjustments are tailored to your specific needs and condition, avoiding the harsh, "cracking" adjustments often associated with traditional chiropractic care.

Physical Therapy and Rehabilitation: Regaining strength and flexibility is crucial for long-term spinal health. Precision Spine & Wellness often incorporates customized exercise programs and physical therapy to build core strength, improve posture, and prevent future injuries.

Lifestyle Counseling: Your lifestyle plays a significant role in your spinal health. Precision Spine & Wellness practitioners often provide guidance on posture, ergonomics, exercise, nutrition, and stress management to promote long-term wellness.

The Benefits of Choosing Precision Spine & Wellness

The benefits of seeking care from a Precision Spine & Wellness practitioner extend far beyond pain relief. This approach aims to address the root causes of spinal problems, leading to:

Reduced Pain and Discomfort: The primary benefit is, of course, a significant reduction in back pain, neck pain, and other spinal-related discomfort.

Improved Mobility and Flexibility: By restoring proper alignment and addressing muscle imbalances, you'll experience increased range of motion and freedom of movement.

Enhanced Posture: Good posture is essential for overall health. Precision Spine & Wellness helps correct postural imbalances, leading to improved balance and reduced strain on your spine.

Increased Energy Levels: Chronic pain can drain your energy. By eliminating pain and improving your overall health, you'll experience a boost in your energy levels and overall well-being.

Improved Sleep Quality: Pain can significantly disrupt sleep. By alleviating pain, you'll likely experience improved sleep quality and reduced fatigue.

Long-Term Spinal Health: The focus on prevention and long-term wellness helps to maintain your spinal health for years to come.

Finding a Precision Spine & Wellness Practitioner: Your Next Step to Relief

Choosing the right practitioner is crucial. When searching for a Precision Spine & Wellness professional, look for practitioners with:

Extensive Experience and Training: Ensure they have a proven track record and are well-versed in the latest techniques and technologies.

Positive Patient Reviews: Check online reviews and testimonials to get a sense of their patient experience.

Personalized Treatment Plans: A good practitioner will tailor their approach to your specific needs and goals, not just offer a one-size-fits-all solution.

Holistic Approach: Look for practitioners who consider your overall health and lifestyle when developing a treatment plan.

Conclusion: Investing in Your Spinal Health

Precision Spine & Wellness offers a comprehensive and effective approach to addressing spinal pain and promoting long-term health. By focusing on precise diagnosis,

personalized treatment, and holistic wellness, it empowers individuals to reclaim their mobility, reduce pain, and enhance their overall quality of life. Don't let back pain hold you back any longer. Take the first step towards a pain-free, fulfilling life by exploring the possibilities of Precision Spine & Wellness today.

Frequently Asked Questions (FAQs)

1. Is Precision Spine & Wellness covered by insurance? Coverage varies depending on your specific insurance plan. It's best to contact your insurance provider to determine your coverage before your appointment.
1. How many sessions will I need? The number of sessions required depends on the severity of your condition and your individual response to treatment. Your practitioner will develop a personalized treatment plan outlining the expected number of sessions.
1. What can I expect during my first appointment? Your first appointment will involve a thorough examination, including a review of your medical history, a physical assessment, and potentially advanced imaging. Your practitioner will discuss your concerns and develop a personalized treatment plan.
1. Is Precision Spine & Wellness safe? When performed by a qualified and experienced practitioner, Precision Spine & Wellness is generally safe and effective. However, as with any medical procedure, there are potential risks, which your practitioner will discuss with you.
1. What if I don't see results? While Precision Spine & Wellness is highly effective for many individuals, results vary. Open communication with your practitioner is key. They can adjust your treatment plan as needed to optimize your results.

precision spine and wellness: Health and Wellness Kevin Thorley, This book consists of 5 titles, which are the following: Chiropractics - The evolution of chiropractic practices reflects a broader trend towards integrating alternative and complementary therapies into mainstream healthcare, emphasizing a more holistic and patient-centered approach. Kinesiology - Kinesiology is the scientific study of human movement and the mechanisms underlying physical activity. It

encompasses various disciplines, including anatomy, biomechanics, physiology, and neuroscience, to explore how the body moves and functions. Nursing - Nurses are at the heart of patient care, often serving as the bridge between patients and other healthcare professionals. They are involved in a wide range of activities, from administering medications and performing clinical procedures to providing emotional support and educating patients about their health conditions. Nutritional Sciences - Nutritional sciences is a multidisciplinary field that explores the role of nutrients in the human body, the relationship between diet and health, and the ways in which food consumption affects our overall well-being. Wellness - Wellness is a holistic concept that encompasses physical, mental, and emotional well-being, promoting a balanced and fulfilling life. It extends beyond the mere absence of illness, focusing instead on the active pursuit of health and vitality. The idea of wellness recognizes the interconnectedness of various aspects of life, including nutrition, exercise, stress management, and emotional resilience.

precision spine and wellness: The Activator Method Arlan W. Fuhr, 2008-01-24 From basic scan protocols to advanced assessment procedures, THE ACTIVATOR METHOD, 2nd Edition discusses the Activator Method Chiropractic Technique (AMCT) in an easy-to-understand, how-to approach. This updated 2nd edition covers all aspects of the controlled low-force analytical and adjusting system, from the history of the technique to in-depth examinations of body structures. It also features expanded content on supportive subjects from seven new contributors, discussing topics such as activator and instrument adjusting history, instrument reliability in the literature, the neurology of pain and inflammation, temporal mandibular disorders, and leg length reactivity. - UNIQUE! As the only Activator Method textbook in the field, it is known as the standard reference in Activator. - Expert author, Dr. Arlan Fuhr, is a co-founder of the AMCT, bringing his unparalleled expertise to the subject. - Brand new full-color photos detail assessment procedures, specific anatomical contact points, and lines of drive to clearly show procedures for easier learning. - Clinical Observations boxes share the author's knowledge from years of experience and provide tips on analysis of certain conditions and suggestions for atypical cases. - Summary tables in each clinical chapter allow you to quickly access pertinent information. - Step-by-step instruction throughout the Instrumentation section helps you understand the principles of the technique. - Appendix: Activator Quick Notes for Basic and Advanced Protocol provides at-a-glance reviews of important points and things to remember when performing basic and advanced protocols. - A new chapter on leg length analysis procedures offers comprehensive coverage of this critical step in using the Activator Method. - Seven new contributors bring fresh insight to AMCT.

precision spine and wellness: Your Cannabis CBD:THC Ratio Uwe Blesching, 2020-12-15 The author of the game-changing Cannabis Health Index returns with a book designed specifically for general readers who want to understand how THC and CBD can benefit them. While CBD is the new buzzword for health and wellness, many researchers and practitioners believe that the symbiotic relationship between THC and CBD, known as the entourage effect, allows for greater therapeutic benefits for patients. Unfortunately, when it comes to optimizing that ratio to a particular health condition, it is often a process of trial and error for medical patients. Your Cannabis CBD:THC Ratio provides detailed information on how to find the best ratios of CBD:THC and covers the preferred ratios of these two primary cannabinoids for ten prevalent medical conditions—including cancer, chronic pain, anxiety, insomnia, and many others. Blesching's unique chemotype-based system takes into account CBD:THC ratios, the various forms of cannabis medicine available to consumers, and the subjective therapeutic dosages, presenting a complete evidence-based methodology. -- Uwe Blesching, PH.D.

precision spine and wellness: Pediatric Chiropractic Claudia A. Anrig, Gregory Plaughter, 2022-02-12 The long-awaited third edition of Pediatric Chiropractic takes the valuable second edition to a whole new level, offering new chapters, full-color photos, illustrations, and tables to provide the family wellness chiropractor and the student of chiropractic a valuable reference manual covering all aspects of care for the pediatric and prenatal populations. Internationally recognized authorities Claudia Anrig, DC and Gregory Plaughter, DC have invited the leaders in their fields to

contribute to this precedent-setting textbook and now offer even more valuable information for the practitioner.

precision spine and wellness: The BioMechanics Method for Corrective Exercise Price, Justin, 2019 The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function.

precision spine and wellness: Promoting Health and Wellness in the Geriatric Patient, An Issue of Physical Medicine and Rehabilitation Clinics of North America David A. Soto-Quijano, 2017-10-25 This issue of Physical Medicine and Rehabilitation Clinics, edited by Dr. David A. Soto-Quijano, will cover the Promotion of Health and Wellness in the Geriatric Patient. Topics discussed in the volume include, but are not limited to: Benefits of Exercise in the Older Population; Alternative Exercise Modalities and Its Effect in Older Populations; Neurocognitive Decline of the Elder Patient; Effects of Spirituality in the Quality of Life of the Elderly; Clinical Pharmacology and the Risks of Polypharmacy in the Geriatric Patient; The Competitive Senior Athlete; Rehabilitation Needs of the Elderly patient with Cancer; and Aging with Spinal Cord Injury, among others.

precision spine and wellness: Wellness Escapes Lonely Planet, 2018-11-01 Discover the world's most energising, inspiring and relaxing wellbeing retreats. From yoga, tai chi and meditation to mindfulness, spa treatments and creative writing, we present our favourite retreats and spas around the world to help replenish the mind, body and soul. Wellness Escapes includes nearly 200 destinations and is organised into five themes: Calm, Active, Healthy, Inspired and Indulged – making it easy to find the perfect getaway whether you're in the mood for a seaweed bath in Ireland or surfing in Morocco, meditation in Bali or a Finnish sauna. We tell you what makes each retreat so special, what you can do, what's on its doorstep, and provide booking details to help you find out more or book a visit. Throughout, our wellness authors reveal the health benefits of each activity, while you'll also find out about the world's top ten wellness festivals, yoga and meditation techniques, and healthy smoothie recipes to try at home. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

precision spine and wellness: Rehabilitation of the Spine: A Patient-Centered Approach Craig Liebenson, 2019-10-29 The gold standard resource in the field, Rehabilitation of the Spine: A Patient-Centered Approach provides a practical overview of all aspects of spinal rehabilitation. The 3rd Edition has been completely revised, with new information to bring you up to date. Comprehensive and easy to read, this reference is invaluable for chiropractors and physical therapists, as well as spine surgeons, physician assistants, and nurse practitioners involved in the care of patients with spine problems.

precision spine and wellness: The Ultimate Guide To Choosing a Medical Specialty Brian Freeman, 2004-01-09 The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

precision spine and wellness: Medical Infrared Imaging Mary Diakides, Joseph D. Bronzino, Donald R. Peterson, 2012-12-12 The evolution of technological advances in infrared sensor

technology, image processing, smart algorithms, knowledge-based databases, and their overall system integration has resulted in new methods of research and use in medical infrared imaging. The development of infrared cameras with focal plane arrays no longer requiring cooling, added a new dimension to this modality. *Medical Infrared Imaging: Principles and Practices* covers new ideas, concepts, and technologies along with historical background and clinical applications. The book begins by exploring worldwide advances in the medical applications of thermal imaging systems. It covers technology and hardware including detectors, detector materials, un-cooled focal plane arrays, high performance systems, camera characterization, electronics for on-chip image processing, optics, and cost-reduction designs. It then discusses the physiological basis of the thermal signature and its interpretation in a medical setting. The book also covers novel and emerging techniques, the complexities and importance of protocols for effective and reproducible results, storage and retrieval of thermal images, and ethical obligations. Of interest to both the medical and biomedical engineering communities, the book explores many opportunities for developing and conducting multidisciplinary research in many areas of medical infrared imaging. These range from clinical quantification to intelligent image processing for enhancement of the interpretation of images, and for further development of user-friendly high-resolution thermal cameras. These would enable the wide use of infrared imaging as a viable, noninvasive, low-cost, first-line detection modality.

precision spine and wellness: *The Complete Guide to Precision Reflexology* Jan Williamson, 2010 This text is appropriate for those practitioners already using this technique and for those who have yet to discover it. Precision Reflexology holds the same rationale as other forms of reflexology. It focuses on stimulating 'reflex points' on the feet to maintain good health. Precision work connects to a person energetically, responds to the needs of each individual and aims to maintain natural balance. It does not rely on physical pressure but, at the same time, it can be powerful and effective. It can be taught in its own right or it can be adapted to enhance other forms of reflexology in post-graduate training. It provides an added dimension to a treatment and reflects an Eastern approach to healthcare. This book offers a step-by-step guide, with illustrations and charts for its application.

precision spine and wellness: National Prevention Strategy: America's Plan for Better Health and Wellness Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

precision spine and wellness: Making Eye Health a Population Health Imperative National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and

various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

precision spine and wellness: Precision Medicine and Artificial Intelligence Michael Mahler, 2021-03-12 Precision Medicine and Artificial Intelligence: The Perfect Fit for Autoimmunity covers background on artificial intelligence (AI), its link to precision medicine (PM), and examples of AI in healthcare, especially autoimmunity. The book highlights future perspectives and potential directions as AI has gained significant attention during the past decade. Autoimmune diseases are complex and heterogeneous conditions, but exciting new developments and implementation tactics surrounding automated systems have enabled the generation of large datasets, making autoimmunity an ideal target for AI and precision medicine. More and more diagnostic products utilize AI, which is also starting to be supported by regulatory agencies such as the Food and Drug Administration (FDA). Knowledge generation by leveraging large datasets including demographic, environmental, clinical and biomarker data has the potential to not only impact the diagnosis of patients, but also disease prediction, prognosis and treatment options. - Allows the readers to gain an overview on precision medicine for autoimmune diseases leveraging AI solutions - Provides background, milestone and examples of precision medicine - Outlines the paradigm shift towards precision medicine driven by value-based systems - Discusses future applications of precision medicine research using AI - Other aspects covered in the book include regulatory insights, data analytics and visualization, types of biomarkers as well as the role of the patient in precision medicine

precision spine and wellness: Regenerative Medicine & Peripheral Nerve Endoscopy Kai-Uwe Lewandrowski, William Omar Contreras López, Jorge Felipe Ramírez León, Álvaro Dowling, Morgan P. Lorio, 2024-08-06 Neuroendoscopy and Interventional Pain Medicine is a clinically focused medical monograph series. With contributions from a team of internationally recognized neurosurgeons and spinal surgery specialists, the series aims to illuminate the latest advancements in minimally invasive neurosurgical techniques and pain management. Each volume offers invaluable insights into the future of minimally invasive treatments in this medical subspecialty. Interventional Pain Surgery is the third of the monograph series. This book comprehensively covers endoscopic techniques for spinal surgery. Topics include interlaminar lumbar endoscopy, transforaminal lumbar discectomy, endoscopic approaches for lumbar spinal canal stenosis, and management of chronic low back pain through rhizotomy and rhiziolysis. The endoscopic treatment of basivertebral neuropathy, cervical foraminotomy, and decompression techniques is explained in dedicated chapters. Finally, the book also addresses endoscopic posterior lumbar interbody fusion and procedures for adjacent segment disease after lumbar fusion. Key Features - Covers a wide range of topics in neuroendoscopy and interventional pain medicine - Emphasizes evidence-based approaches to treatment - Offers clinical perspectives from expert surgeons - Includes scientific references for researchers and advanced learners It is an essential resource for readers who need to enhance their understanding of the latest technological advancements in neuroendoscopy and interventional pain medicine and apply these innovative techniques to improve patient outcomes.

precision spine and wellness: So You Want to be a Brain Surgeon? Simon Eccles, Stephan Sanders, 2009 This book is aimed at the trainee doctor deciding what to specialise in. It contains contributions from experts in a wide range of medical specialties offering information on the medical paths they have chosen and what it's like to work in each area.

precision spine and wellness: Active Living: An Introduction to Physical Education Health and Wellness Dr.ANJALI O, Dr.SREEKALA KG, DR.Raji NAIR V, DR.BABITHA MATHEWS, MRS.HEMALATHA V, 2024-04-09 Active Living is an all-encompassing guide that highlights the crucial connection between physical activity, health, and overall well-being. With expertise and enthusiasm, it covers various aspects such as fitness, nutrition, and stress management, advocating for a holistic approach to personal wellness. Drawing on modern research, this book offers practical advice for integrating physical activity into daily routines, catering to individuals of diverse backgrounds and fitness levels. It not only serves as a manual but also inspires action, urging readers to prioritize movement for vitality and resilience. Through reclaiming control over their health, readers are empowered to embrace a purposeful life filled with energy and opportunity. Active Living stands as a trusted companion on the journey towards a future brimming with potential.

precision spine and wellness: *I Love a Sunburnt Country* Dorothea Mackellar, 1995-01-01

precision spine and wellness: *Ultimate Living* Dee Simmons, 1999 This morning you woke up to a fresh start! You may not have known it at that moment, but the fact that you've opened this book tells me that you're looking for more in life. Even if you've just learned that your health is gone and your best days seem to be behind you, I'm here to tell you that there's still something more for you.

precision spine and wellness: *Attached* Amir Levine, Rachel Heller, 2010-12-30 “Over a decade after its publication, one book on dating has people firmly in its grip.” —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back. • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. *Attached* guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

precision spine and wellness: *Finding What Works in Health Care* Institute of Medicine, Board on Health Care Services, Committee on Standards for Systematic Reviews of Comparative Effectiveness Research, 2011-07-20 Healthcare decision makers in search of reliable information that compares health interventions increasingly turn to systematic reviews for the best summary of the evidence. Systematic reviews identify, select, assess, and synthesize the findings of similar but separate studies, and can help clarify what is known and not known about the potential benefits and harms of drugs, devices, and other healthcare services. Systematic reviews can be helpful for clinicians who want to integrate research findings into their daily practices, for patients to make well-informed choices about their own care, for professional medical societies and other organizations that develop clinical practice guidelines. Too often systematic reviews are of uncertain or poor quality. There are no universally accepted standards for developing systematic reviews leading to variability in how conflicts of interest and biases are handled, how evidence is appraised, and the overall scientific rigor of the process. In *Finding What Works in Health Care* the Institute of Medicine (IOM) recommends 21 standards for developing high-quality systematic reviews of comparative effectiveness research. The standards address the entire systematic review process from the initial steps of formulating the topic and building the review team to producing a detailed final report that synthesizes what the evidence shows and where knowledge gaps remain. *Finding What Works in Health Care* also proposes a framework for improving the quality of the science

underpinning systematic reviews. This book will serve as a vital resource for both sponsors and producers of systematic reviews of comparative effectiveness research.

precision spine and wellness: *Health Professions Education* Institute of Medicine, Board on Health Care Services, Committee on the Health Professions Education Summit, 2003-07-01 The Institute of Medicine study Crossing the Quality Chasm (2001) recommended that an interdisciplinary summit be held to further reform of health professions education in order to enhance quality and patient safety. Health Professions Education: A Bridge to Quality is the follow up to that summit, held in June 2002, where 150 participants across disciplines and occupations developed ideas about how to integrate a core set of competencies into health professions education. These core competencies include patient-centered care, interdisciplinary teams, evidence-based practice, quality improvement, and informatics. This book recommends a mix of approaches to health education improvement, including those related to oversight processes, the training environment, research, public reporting, and leadership. Educators, administrators, and health professionals can use this book to help achieve an approach to education that better prepares clinicians to meet both the needs of patients and the requirements of a changing health care system.

precision spine and wellness: Pelvic Power Eric N. Franklin, 2003 Combining scientific principles with movement and imagery exercises...demonstrates how to create a stronger body by toning the pelvic floor. -- Back cover.

precision spine and wellness: Qi Gong for Total Wellness Baolin Wu, Jessica Eckstein, 2013-10-29 Qi Gong for Total Wellness is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and trains practitioners to expel toxins and intake healthy qi through the nine openings--palaces-- of the body. This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each part of the body, with clear instructions how to accurately apply the methods of Solar Qi Gong to increase physical and mental health using this ancient art.

precision spine and wellness: Science, Theory and Clinical Application in Orthopaedic Manual Physical Therapy: Applied Science and Theory Ola Grimsby, Jim Rivard, 2008-09-16 This long awaited textbook from The Ola Grimsby Institute provides decades of clinical experience and reasoning, with both historical and current evidence, with rationale for both passive and active treatments in orthopaedic manual therapy. Practical guidelines for joint mobilization and exercise rehabilitation are presented with this logical and exciting work. Incorporating experience and science, this book provides new approaches and treatment principles to make what you already do more effective. Extensive Content: Over 535 pages and 275 illustrations, photographs and tables Ola Grimsby and his co-authors have compiled a significant resource for the practicing physical therapist, manual therapist or osteopath.

precision spine and wellness: SomatoEmotional Release John E. Upledger, 2002-09-25 Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

precision spine and wellness: To Heal a Nation Jeffrey Trigo, D.C., 2020-09-29 Have you ever wondered why our great nation is full of sickness and disease? Within the contents of this book you will find the answers that will bring about a much needed transformation to our broken health care system while obtaining true wellness within your own household. You will be inspired and challenged. One of the greatest goal setting tools I've ever seen is within the contents of this book for your personal growth. This goal setting tool will help you to learn what brings you the most satisfaction and joy while helping you identify your purpose in life. Learn about proper nutrition, exercise and other fundamentals that are absolutely paramount for wellness success and learn what

toxic substances may be sabotaging your health. God doesn't make junk and we should be moving toward the 120-year lifespan that was promised in the Bible for the post flood man. Read, learn, apply, and enjoy the wellness journey that is described for you in the contents of this book. www.TrigoChiropractic.Com Follow me on Instagram: drjefftrigodc Facebook: Trigo Chiropractic- Dr Jeff Trigo D.C.

precision spine and wellness: *The Pilates Edge* Daniel Loigerot, Karrie Adamany, 2004-02-23 Complete body conditioning for golf, running, tennis, swimming, cycling, skiing, and other sports and activities. Originally developed by Joseph Pilates for boxers, gymnasts, and dancers, Pilates is a unique body-conditioning method that teaches precision movement generated from the center of the body-the powerhouse-which includes the abdominal muscles, lower back, and buttocks. The Pilates Edge demonstrates how the basic principles of Pilates can enhance sports training and promote athletic achievement as well as everyday health and fitness. With this instructive book, athletes and anyone seeking to improve their physical performance will learn to strengthen and condition their bodies while preventing injuries through a basic Pilates workout, designed with variations for beginner and advanced levels. The authors provide specific workouts for golf, running, racket sports, swimming, cycling, and skiing, giving special attention to the muscle groups and common injuries associated with each sport.

precision spine and wellness: In Plain Sight Charles R. Gordon, 2009-12-04

precision spine and wellness: Brainlash Gail L. Denton, PhD, 2008-01-02 Mild traumatic brain injury can happen to anyone, anytime; in cars, sports, or workplace accidents, falls, or through physical assault, including domestic violence and shaken-baby syndrome. The National Center for Injury Prevention and Control estimates that 1.4 million Americans sustain a traumatic brain injury (TBI) each year, and that at least 5.3 million Americans currently have long-term or lifelong need for help to perform activities of daily living as a result of a TBI. Brainlash provides the tools and facts to make the recovery process more intelligible-- and to support the wide range of people affected by MTBI. For patients, family members, physicians and other health care providers, attorneys, health insurance companies, employers and others, it covers options and services, health and vocational issues, medicolegal topics, psychological and emotional implications, and more!

precision spine and wellness: Manipulative Therapy in Rehabilitation of the Locomotor System Karel Lewit, 1999 When first published in 1985, this book was readily welcomed by both students and practitioners of physical medicine. It was the first full English-language introduction to the work of a world authority in the field; it remains unique, but its success has prompted some revision. Completely revised for the third edition, this book continues to offer a thought-provoking account of musculoskeletal disorders which will deepen the understanding of all therapists.

precision spine and wellness: Orthobiologics Giuseppe Filardo, Bert R. Mandelbaum, George F. Muschler, Scott A. Rodeo, Norimasa Nakamura, 2021-12-02 This book presents the evidence related to the use of injectable biologics to provide faster and better healing for musculoskeletal lesions and conditions. The authors discuss approaches, such as blood derivatives and cell concentrates, applied to lesions of muscles, ligaments, tendons, bones, meniscus and cartilage, as well as osteoarthritis. Chapters are written by some of the most influential opinion leaders in the field, with up-to-date review of the current literature, where the authors explore both the potential and the limitations of these minimally invasive and promising treatments. The first section is devoted to the formulations and rationale for the use of injectable orthobiologics, while the second section reviews current treatment methods applied to specific joints and pathologies - ranging from tendinopathies through non-unions to articular degenerative processes - as well as the results of these treatment approaches. The third section explores future perspectives, such as pluripotent stem cells, gene therapy, and the stimulation of intrinsic stromal cell niches. Appealing to a broad readership, this book will be of interest to both laboratory research scientists and clinicians, including orthopedists, sports physicians, physiatrists, and regenerative medicine experts.

precision spine and wellness: Keto Flex Ben Azadi, 2021-02-23

precision spine and wellness: Yoga for Wellness Gary Kraftsow, 1999-10-01 A

world-reknowned teacher shows how Yoga can not only make you feel better - it can make you feel well Yoga offers a great, low-impact way to increase flexibility and reduce stress. It also provides an alternative or augmentation to mainstream medicine. This classic fully illustrated and easy-to-follow guide draws on both the physical and spiritual components of Yoga therapy to show how you can use Yoga to heal any number of afflictions. Some of the areas covered include: - Common Aches and Pains: neck and shoulders, upper and lower back, hips and knees - Chronic Disease: digestive and respiratory problems, cardiovascular, lymphatic, and endocrine systems - Emotional Health: stress and disease, mental illness, anger, anxiety, and depression Yoga for Wellness presents specific case studies and specific sequences, which can be adapted to your individual needs. And with photographs illustrating each step of every sequence, it the perfect book for beginners as well as experienced practioners including teachers. I highly recommend this fascinating, practical guide to the ancient art of Yoga. - Mitchell L Gaynor, M.D., Director of the Strang Cancer Prevention Center and author of Sounds of Healing

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precision spine and wellness: Defeat Neuropathy Now! Valerie Monteiro, John Coppola, Jeffrey Swift, 2014-01-06 Defeat Neuropathy Now...In Spite of your Doctor is a groundbreaking survival guide for preventing, repairing and reversing neuropathy. It is an eye opening look into why medications and traditional therapies leave most neuropathy sufferers stuck in misery and without hope. This book will undoubtedly shake the foundation of the traditional medical community and pharmaceutical industry, while giving neuropathy pain sufferers every thing they need to know when it comes to making the safest and most effective choices for their chronic pain. 'Defeat Neuropathy Now' is extremely informative, yet still maintains a witty and entertaining tone. You don't have to be a scientist to understand the book. It is an easy read for everyone.

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