

premier wellness internal medicine

Premier Wellness Internal Medicine: Your Partner in Holistic Health

Are you searching for a healthcare provider who goes beyond treating symptoms and focuses on your overall well-being? Do you crave a personalized approach to healthcare, one that prioritizes prevention and addresses the root cause of your health concerns? If so, understanding the concept of "premier wellness internal medicine" is crucial. This comprehensive guide delves into what sets premier wellness internal medicine apart, its benefits, and how to find a provider that aligns with your health goals. We'll explore the philosophy, the services offered, and what you can expect from this innovative approach to healthcare.

What is Premier Wellness Internal Medicine?

Premier wellness internal medicine isn't just about managing illness; it's about proactively promoting health and vitality. It represents a shift from the traditional reactive model of healthcare to a proactive, patient-centered approach. It emphasizes a holistic view of your health, considering physical, mental, and emotional well-being as interconnected elements. Instead of solely focusing on treating diseases, premier wellness internal medicine aims to prevent them through lifestyle modifications, early detection, and personalized care plans. Think of it as a partnership—your doctor working collaboratively with you to achieve your optimal health and wellness goals.

Key Differences from Traditional Internal Medicine

Traditional internal medicine often focuses on treating existing conditions. While essential, this model can sometimes overlook the broader context of a patient's health. Premier wellness internal medicine, in contrast, takes a more comprehensive approach:

Proactive vs. Reactive: It emphasizes preventative care through regular checkups, screenings, and lifestyle counseling, aiming to prevent illnesses before they arise.

Personalized Care: Treatment plans are tailored to individual needs, considering genetics, lifestyle, and personal health goals. One-size-fits-all approaches are avoided.

Holistic Approach: Mental and emotional well-being are integrated into the care plan. Stress management techniques, mindfulness practices, and emotional support may be incorporated.

Long-Term Relationships: Premier wellness internal medicine fosters strong doctor-patient relationships built on trust and open communication.

Services Offered by Premier Wellness Internal Medicine Practices

The specific services offered can vary between practices, but common offerings include:

Comprehensive Physical Exams: Detailed assessments going beyond basic checkups, often including advanced testing and screenings.

Preventive Medicine: Personalized recommendations for vaccinations, screenings, and lifestyle changes based on individual risk factors.

Chronic Disease Management: Specialized care for managing conditions like diabetes, hypertension, and heart disease, with a strong focus on lifestyle modifications.

Weight Management Programs: Holistic approaches to weight loss that combine diet, exercise, and behavioral changes.

Mental Health Integration: Addressing mental health concerns through therapy referrals, stress management techniques, and collaborative care with mental health professionals.

Nutritional Counseling: Personalized dietary guidance to support overall health and well-being.

Lifestyle Coaching: Support and guidance on lifestyle changes to promote healthy habits.

Finding the Right Premier Wellness Internal Medicine Provider

Finding the right provider is crucial. Consider the following factors when searching:

Philosophy Alignment: Ensure the practice's philosophy aligns with your health goals and values. Look for a practice emphasizing preventative care and holistic well-being.

Doctor-Patient Relationship: Read online reviews and seek recommendations to find a provider with whom you feel comfortable communicating openly.

Services Offered: Make sure the practice offers the services relevant to your specific health needs.

Insurance Coverage: Confirm your insurance coverage before scheduling an appointment.

Location and Accessibility: Choose a practice that's conveniently located and accessible.

The Benefits of Choosing Premier Wellness Internal Medicine

Investing in premier wellness internal medicine offers numerous benefits:

Improved Health Outcomes: Preventative care and personalized treatment plans lead to better health outcomes in the long run.

Reduced Healthcare Costs: Early detection and prevention of diseases can significantly reduce healthcare costs over time.

Increased Longevity: A proactive approach to health can contribute to a longer, healthier life.

Enhanced Quality of Life: By addressing physical, mental, and emotional well-being, premier wellness internal medicine can lead to a higher quality of life.

Empowered Patient Experience: You become an active participant in your healthcare journey, leading to greater satisfaction and control over your health.

Conclusion

Premier wellness internal medicine represents a paradigm shift in healthcare, emphasizing prevention, personalization, and holistic well-being. By choosing this approach, you invest in a proactive partnership with your healthcare provider, empowering you to take control of your health and achieve your optimal well-being. It's an investment in your future, a commitment to a healthier, happier, and more fulfilling life. Take the initiative to research providers in your area and embark on this transformative journey towards a healthier you.

FAQs

1. Is premier wellness internal medicine covered by insurance? Coverage varies depending on your insurance plan. It's essential to contact your insurance provider to verify coverage before scheduling an appointment.
1. How often should I schedule appointments with a premier wellness internal medicine physician? Appointment frequency depends on individual needs and risk factors. Your physician will create a personalized schedule based on your health assessment.
1. What if I have a chronic illness? Premier wellness internal medicine is particularly beneficial for managing chronic conditions. The focus on lifestyle modifications and holistic care can significantly improve your quality of life and disease management.
1. Is premier wellness internal medicine suitable for everyone? Yes, the principles of premier wellness internal medicine apply to individuals of all ages and health statuses. It's a valuable approach for preventative care, chronic disease management, and overall well-being enhancement.
1. How do I find a premier wellness internal medicine physician near me? Start by searching online for "premier wellness internal medicine [your city/state]" or utilize online doctor directories. You can also ask for recommendations from your primary care physician or trusted healthcare professionals.

premier wellness internal medicine: Concierge Medicine Steven D. Knope, 2010-09-16 At a time when Americans are debating the pros and cons of recent health care reforms, Concierge Medicine offers an alternative to save primary care medicine. Here, the author outlines an increasingly popular, though controversial, system that offers a high level of care to patients who still need and value a relationship with their personal physician. Dr. Knope introduces concierge

medicine, which encourages patients to contract directly with physicians for personalized care that is not determined by insurance coverage but rather by the patient and doctor together. For those considering an individualized health care model that can be more affordable, cost effective and straightforward, Dr. Knope offers practical advice for finding, interviewing, and contracting with a concierge doctor.

premier wellness internal medicine: Mohs Micrographic Surgery Stephen N. Snow, George R. Mikhail, 2004 Mohs Micrographic Surgery, an advanced treatment procedure for skin cancer, offers the highest potential for recovery--even if the skin cancer has been previously treated. This procedure is a state-of-the-art treatment in which the physician serves as surgeon, pathologist, and reconstructive surgeon. It relies on the accuracy of a microscope to trace and ensure removal of skin cancer down to its roots. This procedure allows dermatologists trained in Mohs Surgery to see beyond the visible disease and to precisely identify and remove the entire tumor, leaving healthy tissue unharmed. This procedure is most often used in treating two of the most common forms of skin cancer: basal cell carcinoma and squamous cell carcinoma. The cure rate for Mohs Micrographic Surgery is the highest of all treatments for skin cancer--up to 99 percent even if other forms of treatment have failed. This procedure, the most exact and precise method of tumor removal, minimizes the chance of regrowth and lessens the potential for scarring or disfigurement

premier wellness internal medicine: *Phlebotomy Essentials with Navigate Premier Access* Ruth E. McCall, 2023-08-11 Phlebotomy Essentials, Eighth Edition provides accurate, up-to-date, and practical information and instruction in phlebotomy procedures and techniques, along with a comprehensive background in phlebotomy theory and principles. It is appropriate for use as an instructional text or as a reference for those who wish to update skills or study for national certification. Enhanced with new images, a more efficient design, and new contributions from leading subject matter experts, this updated edition details how today's phlebotomists work in an approach optimized for how today's students learn. Combined with an optional Workbook, Exam Review book, and updated digital courseware, the latest edition of Phlebotomy Essentials represents a cornerstone of preparation for a successful career in phlebotomy.

premier wellness internal medicine: 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.

premier wellness internal medicine: **Health Promotion and Aging** David Haber, PhD, 2013-03-21 Praise for the fifth edition: I applaud Dr. Haber for addressing key concepts and issues in health promotion and aging, and making them accessible, respectful, mindful, and empowering. -Marilyn R. Gugliucci, PhD Director, Geriatrics Education and Research, University of New England Past President, AGHE David Haber has done it again! ...A must-have for students and faculty alike. -Barbara Resnick, PhD, CRNP, FAAN Substantially revised and updated, the sixth edition of this classic text continues to define healthy aging by illustrating how to prevent disease and make large-scale improvements toward health and wellness. New to this edition is current information regarding the future of Medicare, Social Security, and the Affordable Care Act, information about the Healthy People 2020 initiative supported with examples, up-to-date and comprehensive medical screening recommendations, and an extensive review of new developments in complementary and

alternative medicine, geriatric mental health, community health, and public health policy. A new section on technology and aging is also included, as well as an instructor's manual. The text synthesizes current research findings with practical applications, and includes detailed and updated descriptions of the author's own programs that have been recognized by the National Council on the Aging's Best Practices in Health Promotion and Aging. New to this Edition: Up-to-date coverage of the future of Medicare, Social Security, the Affordable Care Act, and the Healthy People 2020 initiative New section on technology and aging Current developments in complementary and alternative medicine New findings regarding geriatric physical and mental health and community health Current information about exercise, nutrition and weight management Updated information on public health policy Current trends in long-term care and end-of-life-care Updated sociodemographic trends Instructor's manual

premier wellness internal medicine: *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

premier wellness internal medicine: *Eugene Braunwald and the Rise of Modern Medicine* Thomas H. Lee, 2013-09-16 Much of the improved survival rate from heart attack can be traced to Eugene Braunwald's work. He proved that myocardial infarction was an hours-long dynamic process which could be altered by treatment. Thomas H. Lee tells the life story of a physician whose activist approach transformed not just cardiology but the culture of American medicine.

premier wellness internal medicine: *Bariatric Endoscopy* Christopher C. Thompson, 2013-02-06 To date, diet programs and medical therapies for the treatment of obesity have had limited success. Bariatric surgery, however, provides a means of effective weight loss for many of those with morbid obesity. Most of these weight loss procedures are performed with a variety of techniques that continue to evolve. Each technique is associated with unique challenges and complications and it is important for the clinician to be knowledgeable about the endoscopic management of these patients. Additionally, as endoscopic technology evolves it may offer more than just the diagnosis and treatment of complications. Endoscopic therapy may soon allow less invasive bariatric revision procedures as well as a variety of primary obesity therapies for various patient populations. Bariatric Endoscopy reviews the management of obesity, normal post-surgical anatomy, endoscopic and medical management of post-surgical complications, and future endoscopic therapies for obesity management. Organized into five sections, the volume covers an obesity overview, traditional therapy, endoscopy and the bariatric patient, medical management of post-surgical complications, and the future role of endoscopy in obesity management. Detailed illustrations are also provided for surgical procedures, complications and obesity management chapters. Authored by authorities in the field, Bariatric Endoscopy is an indispensable tool for the gastroenterologist or surgical endoscopist as they care for patients with complicated bariatric issues.

premier wellness internal medicine: *Cardiovascular Computed Tomography* James Stirrup, Russell Bull, Michelle Williams, Ed Nicol, 2020 A practical guide to performing and analysing cardiovascular scans, this handbook is fully updated in this second edition. Containing a wealth of example scan images and detailed guidance on techniques and interpretations, this book is an invaluable workstation resource.

premier wellness internal medicine: *The Voice of One Woman* Mettabel Okulaja, 2011-10 The Voice of One Woman is the first book by Adepero Mettabel Okulaja , MD, a practicing internal

medicine physician in Bloomington, Minnesota. It is best described as an anthology of poems, prose, original quotes, anecdotes and messages, referencing relevant biblical scriptures. It primarily deals with self-image and how to embrace who you are, and all of who you are and believe that you are 'fearfully and wonderfully made.' This work was borne out of the experiences that shaped her life, particularly those that led her to accept herself as the woman God created her to be. Passionate living and bold femininity are explored through poetry and prose in this text. Be prepared to change as you contemplate scripture and the musings of the author.--From Amazon.com.

premier wellness internal medicine: *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.

premier wellness internal medicine: *Health and Wellness Tourism* Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

premier wellness internal medicine: *Service Extraordinaire* David Winter, 2017-12-15 Concierge medicine represents a relatively novel health care delivery model that is becoming more appealing both to providers and patients because of its potential to improve quality and value in health care. A gap exists in the current literature regarding the benefits and challenges associated with concierge medicine as well as best practices for developing and sustaining a successful, patient-centered concierge practice. This book aims to close the gap by discussing the role of concierge medicine in the context of the evolving U.S. healthcare system and the changes produced by the Affordable Care Act. It will address questions about affordability, access, quality, value, communication, technology, and patient-centered care, and will include real-world best practice examples from a successful concierge medicine practice.

premier wellness internal medicine: *The Wellness Code* Brian S. Morris, 2015 In the tradition of *The 7 Habits of Highly Effective People* by Stephen Covey, *The Happiness Project* by Gretchen Rubin, *The Four Agreements* by Don Miguel Ruiz and *The Life-Changing Magic of Tidying Up* by Marie Kondo comes the national bestseller *The Wellness Code* by Dr. Brian Morris. The *Wellness Code* is unlike any health or diet book you've ever read. In this life-changing book, you will learn why conventional diets don't work and what actually works. You will learn Dr. Morris' four-column process that is pivotal to long-term wellness. You will also learn the 50 most important habits that promote weight loss, longevity, health, and happiness. For years, Dr. Brian Morris has shared the secrets to maintaining a healthy lifestyle and an optimal weight with his patients. For the first time, Dr. Morris is making this information available to the general public. Backed by hundreds

of references from the medical literature, The Wellness Code synthesizes decades of scientific research and clinical experience into a time-tested, holistic program for looking and feeling great. The Wellness Code will show you how to create a personalized plan to finally lose the weight, transform your health, and find lasting happiness. You will learn how to live long and live well. In The Wellness Code, Dr. Morris achieves what few have done. He provides scientific, yet understandable, explanations of how to live long and prosper. -Nina Shapiro, M.D., Bestselling Author of *Take a Deep Breath: Clear The Air For The Health of Your Child* Thank you, Dr. Morris, for a clear and well thought out long-term plan for healthy change. -Jordan Kerner, Producer of *Charlotte's Web*, *Fried Green Tomatoes*, *The Smurfs*, and *The Mighty Ducks* The Wellness Code is a recipe for long-term success. -Cynthia Sass, M.P.H., M.A., R.D., C.S.S.D., Nutritionist and New York Times Bestselling Author *The Wellness Code* is a true game-changer. It is required reading for anyone looking to finally lose the weight and make a health transformation. -Gavin James, President and CEO, Western Asset Mortgage Capital *The Wellness Code* is a valuable science-based program for enhancing total wellness -David Heber, M.D., Ph.D., Bestselling Author of *What Color Is Your Diet?*

premier wellness internal medicine: Web Health Information Resource Guide Eugene A. DeFelice, 2001-08 This book provides a guide/means at your fingertips to quickly and easily search the Internet/Web and find the best of current health information. You can take charge, control and responsibility for your own health, wellness and healthcare and make informed decisions with your physician or healthcare provider. In this way you can improve your own health, help avoid serious medical/surgical errors, and live a healthier, happier, longer and more enjoyable life. Information is provided on: health overview on a number of relevant topics, essentials of the Web/Internet, a variety of Web health search tools, the author's list of 70 key selected useful search tools and Web sites, and over 300 health and wellness resources and their corresponding Web sites. Useful suggestions for optimizing searching the Web for health, wellness, and healthcare information are made available. Time Magazine states that 100 million Americans now consult the Internet/Web for health information and 70% find the information useful. This book greatly facilitates your obtaining and using such Web health, wellness and healthcare information.

premier wellness internal medicine: Patients Beyond Borders Josef Woodman, 2015-02-16 More than ten million patients now travel abroad every year for affordable, high-quality healthcare. From Thailand's American-accredited Bumrungrad International Hospital to Eric Clapton's Crossroads Center in Antigua to Johns Hopkins International Medical Center in Singapore, health travelers now have access to a full array of the world's safest, best choices in healthcare facilities and physicians. Now in its Third Edition, *Patients Beyond Borders* remains the best-read, most comprehensive, easy-to-understand guide to medical tourism, written by the world's leading spokesperson on international health travel. *Patients Beyond Borders* Third Edition lists the 25 top medical travel destinations, where patients can choose from hundreds of hospitals and save 30-80% on medical procedures, ranging from a comprehensive health check-up to heart work, orthopedics, dental and cosmetic surgery, in vitro fertilization and more.

premier wellness internal medicine: The Thyroid Solution (Third Edition) Ridha Arem, 2017-06-20 An updated and expanded edition of a trusted resource, which explains how to use diet, exercise, stress control, and hormone treatments to maintain thyroid health *The Thyroid Solution* is a must-read for anyone who suffers from thyroid disease. Written by a medical pioneer and leading authority in the field of thyroid research, this groundbreaking book offers Dr. Ridha Arem's practical program for maintaining thyroid health through diet, exercise, and stress control—and through his revolutionary medical plan, which combines two types of hormone treatments and produces astounding results. This revised edition includes information on • the discovered links between thyroid issues and fatigue • a unique treatment program to overcome the physical and mental effects of thyroid disease • the best ways to combat Hashimoto's thyroiditis and Graves' disease • optimal treatment of thyroid imbalance before, during, and after pregnancy • strategies to minimize cardiovascular risks related to thyroid disease • how thyroid hormone affects weight, metabolism,

and eating behavior Featuring a thyroid- and immune-system-friendly diet for healthy and successful weight loss, inspiring patient histories, and interviews that document the dramatic success of Dr. Arem's bold new treatments, *The Thyroid Solution* remains the essential resource for doctors and patients on maintaining thyroid and immune-system wellness. Praise for *The Thyroid Solution* "Dr. Arem uncovers the root causes of thyroid disease and lays out an innovative program to help you overcome thyroid dysfunction."—Amy Myers, M.D. "Clear, comprehensive, and incredibly useful . . . the best thyroid resource I have ever read."—Kathleen DesMaisons, Ph.D., author of *Your Last Diet!* "Quite simply the best thyroid book on the market today . . . Dr. Arem validates what I have found in my practice for more than twenty years, especially the importance of T3. I highly recommend this book."—Elizabeth Lee Vliet, M.D., author of *Screaming to Be Heard: Hormone Connections Women Suspect . . . and Doctors Still Ignore*

premier wellness internal medicine: Office Dermatology Henry H. Roenigk, 1981

premier wellness internal medicine: **The Detox Prescription** Woodson Merrell, Mary Beth Augustine, Hillari Dowdle, 2013-12-24 The human body has an extraordinary ability to detoxify itself. We rely on this system when we wait for a hangover to lift or recover from a bout of food poisoning. However, cutting-edge science is revealing how toxic exposures can actually affect our genes and lead to conditions such as obesity, diabetes, arthritis, mood disorders, energy, allergies, fertility, and heart disease—all of which are on the rise. The good news is that each of us can optimize this natural cleansing system for better health, greater energy, and efficient weight loss. In *The Detox Prescription*, Dr. Merrell draws on new research to help readers assess their own toxic risk factors and health deficiencies. Next, he and Mary Beth Augustine, RD, offer more than 75 delicious and nutrient-rich recipes incorporating juices and whole foods, broken into 3-, 7-, and 21-day cleanses. Dr. Merrell's holistic approach also relies on light yoga practices, basic self-care, beginning meditation, and sleep hygiene to reset body, mind, and spirit and take control of our genetic destiny.

premier wellness internal medicine: **Personalized and Precision Integrative**

Cardiovascular Medicine Mark Houston, 2019-10-08 Encompassing functional cardiology, integrative medicine, and metabolic medicine/cardiology, this unique reference offers an up-to-date, expert approach to heart health wellness and treating the diseased heart and blood vessels. It provides today's practitioners with insight into various treatment options and alternatives to pharmaceutical care and surgery, incorporating new scientific information on metabolic and integrative cardiovascular medicine from peer-reviewed articles, evidence-based medicine, and human clinical research as a foundation for practical clinical information.

premier wellness internal medicine: Crooked Cathryn Jakobson Ramin, 2017-05-09 The acclaimed author of *Carved in Sand*—a veteran investigative journalist who endured persistent back pain for decades—delivers the definitive book on the subject: an essential examination of all facets of the back pain industry, exploring what works, what doesn't, what may cause harm, and how to get on the road to recovery. In her effort to manage her chronic back pain, investigative reporter Cathryn Jakobson Ramin spent years and a small fortune on a panoply of treatments. But her discomfort only intensified, leaving her feeling frustrated and perplexed. As she searched for better solutions, she exposed a much bigger problem. Costing roughly \$100 billion a year, spine medicine—often ineffective and sometimes harmful—exemplified the worst aspects of the U.S. health care system. The result of six years of intensive investigation, *Crooked* offers a startling look at the poorly identified risks of spine medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, physical medicine and rehabilitation physicians, exercise physiologists, physical therapists, chiropractors, specialized bodywork practitioners. She met with many patients whose pain and desperation led them to make life-altering decisions, and with others who triumphed over their limitations. The result is a brilliant and comprehensive book that is not only important but essential to millions of back pain sufferers, and all types of health care professionals. Ramin shatters assumptions about surgery, chiropractic methods, physical therapy, spinal injections and painkillers, and addresses evidence-based rehabilitation options—showing, in detail, how to avoid therapeutic dead ends, while saving money,

time, and considerable anguish. With *Crooked*, she reveals what it takes to outwit the back pain industry and get on the road to recovery.

premier wellness internal medicine: *Holistic Nursing* Barbara Dossey, Lynn Keegan, 2008-08-15 *Holistic Nursing: A Handbook for Practice, Third Edition* is for all nurses who are interested in gaining in-depth knowledge of holistic nursing. the book can be used as a basic text in undergraduate, elective, and continuing education courses. It provides a user-friendly nursing process format, standards of holistic nursing practice care plans with patient outcomes, outcome criteria, and evaluation guidelines for clinical practice to nurses in acute care, home care, and hospice, and those who are clinical specialists, educators, and bedside practitioners.

premier wellness internal medicine: *Mayo Clinic Strategies to Reduce Burnout* Stephen Swensen, Stephen J. Swensen, Tait Shanafelt, Tait D. Shanafelt, 2020 *Mayo Clinic Strategies to Reduce Burnout: 12 Actions to Create the Ideal Workplace* tells a story of hope for professional fulfillment and well-being through organizational interventions that nurture positivity and push negativity aside. The authors provide a road map based on their experience in quality, department operations, leadership and organization development, management, safe havens, and care teams. They draw from their roles as president, chief wellness officer, chief quality officer, associate dean, chair, principal investigator, senior fellow, and board director.

premier wellness internal medicine: *PROMOTING WELLNESS for prostate cancer patients* Mark A. Moyad, 2012-11-27 *Promoting Wellness for Prostate Cancer Patients* is a unique educational book for individuals dealing with the many aspects of prostate cancer—from prevention to treatment and managing the common (and not so common) side effects of conventional therapy. In this fully updated and redesigned Fourth Edition, Dr. Moyad covers the latest advancements in prostate cancer treatment while providing his trademark no-nonsense analysis on groundbreaking research that is currently underway. A new series of “Quick Tips” run throughout the book, where Dr. Moyad shares his secrets to improving overall health and vitality. Discover small diet and lifestyle changes that can produce big results. This title is also available in a Spanish edition, *Mayor bienestar para los pacientes con cancer prostático*.

premier wellness internal medicine: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

premier wellness internal medicine: *Perfect Health* Deepak Chopra, 1990 The author's *Quantum Healing: Exploring the Frontiers of Mind/Body Medicine*, aimed to show how health and sickness are controlled by awareness at the level of quantum physics, where mind and body are one. Now Dr Chopra has written a practical guide to harnessing that healing power of the mind, a book based on the principles of Ayurveda, a 5000-year-old system of mind/body medicine that has recently been rediscovered. The book provides a step-by-step programme of mind/body medicine tailored to the individual's need. The result is a plan for re-establishing the body's essential balance with

nature.

premier wellness internal medicine: How the Wallflower Was Won Eva Leigh, 2022-09-27 USA TODAY bestselling author Eva Leigh continues her Last Chance Scoundrels series with a steamy romance between two opposites—a rogue with a taste for wagers and a bookish wallflower—who marry for convenience... but neither bet on falling in love. Finn Ransome is an expert on Lady Luck, which is why he refuses to take a chance on love. Experience has taught him that he's happier at a gaming table than around people he will, inevitably, disappoint. However, the clock is ticking on his father's matrimonial demands. But the only woman to catch his eye is a bluestocking who would never consider a rogue like him. After a disastrous first Season, Tabitha Seaton decided to focus on books instead of ballrooms. She hopes to join the Sterling Society, a collective of the most brilliant, influential minds in London. Except, they will never admit an unmarried lady. Now Tabitha needs a husband, and a notorious, handsome gambler may be her best bet. Finn and Tabitha are opposites who have no intention of wagering on a love match, and a calculated marriage of convenience solves all their problems—with no risk to their hearts. Once married, however, their potent attraction boils over into a deep passion that neither expected. When a painful mistake drives the new lovers apart, Finn will risk it all to prove a scoundrel and a wallflower are a winning pair...

premier wellness internal medicine: Amor Actually Adriana Herrera, Alexis Daria, Diana Muñoz Stewart, Mia Sosa, Priscilla Oliveras, Sabrina Sol, Zoey Castile, 2021-12-07 Nochebuena. One Party. Nine Happily Ever Afters. It's Christmas Eve in New York City, when anything is possible. For these couples, it's the season to find true love. From second chances, big leaps, missed connections, and reconnections, this charming collection celebrates the spirit of the holidays and delivers nine perfect HEAs. From seven acclaimed and bestselling Latina authors—Zoey Castile, Alexis Daria, Adriana Herrera, Diana Muñoz Stewart, Priscilla Oliveras, Sabrina Sol, and Mia Sosa—comes a holiday romance collection like never before. Make the Yuletide Gay • Adriana Herrera After a string of broken engagements, an international Latin Pop Star finds love in her sexy and constant manager. Days before her big live holiday special, Vivi wonders if the woman of her dreams could finally be hers. Only Yours • Sabrina Sol The Mayor of New York embarks on a Christmas Eve search to find the woman he loves before she gets away. Meet Me Under the Mistletoe • Priscilla Oliveras Challenged by his friends to find a plus one to Nochebuena dinner or else, widower Hector Gutierrez isn't sure he's still got any good moves left. That is until he strikes the right chord with his son's music teacher, Cristina. All I Want for Nochebuena • Alexis Daria When sparks fly between adult film stars Honey and Julie, Honey must work up the courage to invite Julie to her family's holiday party or risk losing what she really wants for Nochebuena—a chance at true love. Santa's Eager Little Helper • Mia Sosa Sarita's plan to confess her crush on a coworker goes awry when she's tasked with playing the Sexy Elf to his grumpy Santa. Will she seize the opportunity to make Carlos's naughty list, or will she spend another Nochebuena alone? The Nochebuena Dating Dare • Diana Muñoz Stewart Eneida Lucero takes a second chance on love with the handsome musical director at her school—even if it means causing some Nochebuena drama with her ex-husband and familia. Love in Spanglish • Zoey Castile A heartbroken romance writer gets snowed in with a novel-worthy hero who may just make her believe in love again. To Us, You Are Perfect • Alexis Daria & Adriana Herrera Newlyweds Pasquale and Yamilette's Christmas is just short of perfect. The missing piece is their best friend Marcelo, who has loved them from afar for years. This Nochebuena, they'll finally complete their happily ever after. The Great Holiday Escape • Zoey Castile Gigi is always on the hustle, making sure her little sister has everything she needs including a big Christmas Eve fiesta with all their friends and family. That night, Gigi receives an all-expenses-paid trip to a luxe South Beach weekend where not one, but two beautiful strangers steal her heart.

premier wellness internal medicine: Thrive State Kien Vuu, 2021-04-06 Your Blueprint for Optimal Health, Longevity, and Peak Performance When asked what surprised him most about humanity, the Dalai Lama replied, Man! Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. Over the last few years the average American

lifespan has been decreasing, and the chronic disease epidemic continues to skyrocket. For many striving to pursue the American dream, the traditional path of no sleep, hard work, and an unconscious lifestyle, depletes them of the health and vitality needed to be their best in their businesses, relationships, and life's mission. The fact is, it doesn't have to be this way. Kien Vuu MD, better known by his friends and clients as Dr. V, is a medical doctor who wants to redefine the relationship between health and success. At the heart of Thrive State is a time-tested approach to achieve optimal cellular longevity and performance. You will learn all aspects of Dr. V's BioEnergetic Model - a scientific, yet practical framework for being free of chronic disease, having optimal physical, emotional, mental, sexual performance, and extending healthspan. The BioEnergetic Model draws not only on years of Dr. V's first-hand experience as a doctor, but also as a patient formerly suffering from chronic diseases--diabetes and hypertension. Dr. V cured himself, and is now smarter, happier, fitter, and more successful than ever before. It turns out that YOU are your best medicine. Dr. V envisions a world where humans embrace a standard of health that enables us to be happier, live longer and more fully, and contribute our gifts to humanity with joy and intention. Thrive State is the blueprint for you to move towards that vision. By time you finish this book, you will be armed with a wealth of new practical knowledge about your own health and wellness, a roadmap for greater well-being, and a more optimistic outlook on our human potential.

premier wellness internal medicine: Intimacy Redefined Leslie Stancoven, 2021-03-02

premier wellness internal medicine: *20 Pounds Younger* Michele Promaulayko, Laura Tedesco, 2014-12-23 Ever wish you could have the top experts in weight loss, nutrition, fitness, and anti-aging available to answer your pressing questions--and to coach you to become your fittest, healthiest self? Well, now, you can! In *20 Pounds Younger*, Michele Promaulayko shares insider secrets that she learned directly from the country's smartest minds in wellness as the editor-in-chief of Women's Health and now at the helm of Yahoo Health, a digital magazine. Promaulayko presents a plan of action for melting stubborn fat, toning and shaping muscle, and erasing the aging effects of stress and poor health habits. For women, belly fat is the #1 age accelerator. It contributes to diabetes, chronic fatigue, heart disease--all the inward and outward signs of aging. But now *20 Pounds Younger* gives you effective weapons against belly bulge and many other confidence-crushing issues. You'll get strategies to neutralize cravings and emotional eating and a 6-week strength-training plan that will tone every inch of your physique and turn your body into a round-the-clock fat-burning furnace. Inside you'll find: • The 20 Pounds Younger Eat Sheet--a checklist that makes nutritious eating easy • A 6-week get-fit guide to increasing your metabolism and strength • Brain tricks to overcome cravings, plus an exclusive mindful-eating workshop • Simple pointers for younger looking skin and step-by-step beauty boosters • Energy-enhancing techniques for reducing stress and sleeping more deeply

premier wellness internal medicine: *Holistic Nursing* Barbara Montgomery Dossey, Lynn Keegan, Mary A. Blaszkowski Helming, 2015-05-23 Organized by the five Core Values contained within the American Holistic Nurses Association (AHNA) and the American Nurses Association (ANA) *Holistic Nursing: Scope and Standards of Practice, Second Edition*: * Core Value 1: Holistic Philosophy, Theories, and Ethics * Core Value 2: Holistic Caring Process * Core Value 3: Holistic Communication, Therapeutic Environment, and Cultural Diversity * Core Value 4: Holistic Education and Research * Core Value 5: Holistic Nurse Self-Reflection and Self-Care *Holistic Nursing: A Handbook for Practice, Seventh Edition* has been awarded the American Holistic Nurses Association (AHNA) Seal of Distinction. This newly developed Seal of Distinction indicates that the book is aligned with AHNA's mission, vision, and *Holistic Nursing: Scope and Standards of Practice, Second Edition*; is of interest to holistic nurses and of significant value to the nursing profession; provides knowledge that advances holistic nursing; is timely and relevant; is consistent with relevant historical publications; is scientifically and technically accurate; and is authored by individuals with demonstrated expertise in the field of the work submitted. --Provided by publisher.

premier wellness internal medicine: *The Good Girl's Guide to Rakes* Eva Leigh, 2022-02-22 In USA TODAY bestselling author Eva Leigh's new novel a notorious rake and an

innocent debutante strike a scandalous bargain... When Kieran Ransome's latest antics result in a massive scandal, his father issues an ultimatum: find a respectable wife or inherit nothing. But as one of London's most inveterate scoundrels, Kieran doesn't know any ladies who fit the bill. Or does he? Celeste Kilburn is a society darling, beloved by influential members of the ton. But keeping a spotless reputation leaves little room for adventure and she longs to escape her gilded cage, especially with her impending engagement to a stuffy earl. When Kieran—her older brother's best friend and an irresistibly attractive rogue—begs for her help, Celeste makes a deal: she'll introduce him to the right social circles if he'll show her the scandalous side of London. In between proper teas and garden parties, Kieran escorts Celeste—disguised as "Salome"—to rowdy gaming halls, wild fêtes, and sensual art salons. As they spend more time together, their initial attraction builds to a desperate desire that neither can ignore. But when someone discovers their midnight exploits, Celeste's freedom and reputation are endangered, and Kieran must save the woman he loves... respectable or not.

premier wellness internal medicine: *Move Freely* Helen M. Blake, 2019-09-03 Whether someone was injured at work, struck in a motor vehicle accident, or threw their back out while at home, once pain strikes, people need to get back to feeling their best—and back to work—as quickly as possible. Pain after an injury can be limiting and make a person feel helpless, uncertain, and fearful about the future. It is difficult to achieve one's dreams when pain is preventing doing anything but moving from the bed to the couch. The quickest way to get over the pain to achieve those dreams is to get back to feeling great and back to work. In *Move Freely*, Helen M. Blake, MD helps readers rise above the pain of an injury by sharing her process for physical renewal. Dr. Blake's process is the guide to anti-inflammatory nutrition, mindfulness and yoga practices, aerobic conditioning, and vitamin supplements. *Move Freely* teaches readers how to rise above the pain that continues for months or years, nourish one's well-being, work toward professional goals and aspirations, and so much more. It enlists the most comprehensive set of tools and practices to get readers back to work and ready to pursue their passions—beyond the limits of chronic pain.

premier wellness internal medicine: *Geriatric Palliative Care* R. Sean Morrison, Diane E. Meier, 2003-05-08 *Geriatric Palliative Care* covers a broad spectrum of issues characterizing care near the end of life for older adults. Beginning with the social and cultural context of old age and frailty, this volume details specific aspects of palliative care relevant to particular disorders (e.g. cancer, strokes, dementia, etc.) as well as individual symptoms (e.g., pain, fatigue, anxiety, etc.). Communication between care-givers and patients, in a variety of settings, is also discussed. The theme of this book is that palliative care is the best approach to the care of chronically ill and frail elderly because of its focus on: quality of life; support for functional independence; and the centrality of the patient's values and experiences in determining the goals of medical care. Indeed, *Geriatric Palliative Care* provides a comprehensive medical reference for all clinicians who care for older adults.

premier wellness internal medicine: *Cell Membrane Therapy: Clinical Practice in Brain, Liver and Cardiovascular Diseases* Mike K.S. Chan, Yuriy Nalapko, 2020-02-12 *Human Cell Membrane Therapy* explores the theoretical and practical dimensions of improving service provision on majority of the diseases caused by cell damage. This readable and well-structured book is based on the reviews of current scientific publications on cellular membranes, its chemical structure and changes in many diseases.

premier wellness internal medicine: *Colon Health* Norman W. Walker, 2011-07-11 Dr. Norman W. Walker is one of the pioneers of the raw foods movement and is recognized throughout the world as one of the most authoritative voices on life, health and nutrition. Dr. Walker shares his secret to a long, healthy, productive life through his internationally famous books on health and nutrition.

premier wellness internal medicine: *Muscle 2-Volume Set* Joseph Hill, Eric Olson, 2012-08 *Muscle: Fundamental Biology and Mechanisms of Disease* will be the first reference covering cardiac, skeletal, and smooth muscle in fundamental, basic science, translational biology, disease

mechanism, and therapeutics. Currently there are no publications covering the science behind the medicine, as the majority of books are 90% clinical and 10% science. Muscle: Fundamental Biology and Mechanisms of Disease will discuss myocyte biology, also known as muscle cell biology, providing information about the science behind clinical work and therapeutics with a 90% science and 10% clinical focus. A needed resource for researchers, clinical professionals, postdocs, and graduate students, this publication will further discuss basic biology development and physiology, how processes go awry in disease states, and how the defective pathways are targeted for therapy. This book will assist both the new and experienced clinician's and researcher's need for science translation of background research into clinical applications, bridging the gap between research and clinical knowledge.

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