

prime wellness of ct

Prime Wellness of CT: Your Guide to Holistic Health and Vibrant Living

Are you searching for a comprehensive wellness center in Connecticut that truly understands your needs? Are you tired of feeling overwhelmed, stressed, and disconnected from your body? If so, you've come to the right place. This in-depth guide explores Prime Wellness of CT, delving into their services, philosophies, and how they can help you achieve optimal health and well-being. We'll uncover what sets them apart and why they're becoming a go-to destination for individuals seeking a holistic approach to wellness in Connecticut.

Understanding Prime Wellness of CT's Holistic Approach

Prime Wellness of CT isn't just another clinic; it's a holistic wellness sanctuary. Their philosophy centers on the interconnectedness of mind, body, and spirit. They believe true wellness isn't solely about the absence of disease, but rather the active pursuit of vitality, balance, and inner peace. This holistic approach means they address the root causes of health issues, not just the symptoms. They offer a wide range of services designed to synergistically support your overall well-being, empowering you to take control of your health journey.

Services Offered at Prime Wellness of CT: A Comprehensive Overview

Prime Wellness of CT provides a comprehensive suite of services tailored to meet diverse wellness needs. Let's explore some key offerings:

1. **Chiropractic Care:** At the heart of their practice is expert chiropractic care. Their experienced chiropractors utilize gentle, effective techniques to address spinal misalignments, reduce pain, and improve overall body function. They often incorporate advanced diagnostic tools to create personalized treatment plans.
1. **Massage Therapy:** Prime Wellness of CT offers a variety of massage modalities, from relaxing Swedish massage to deep tissue work and sports

massage. Their skilled therapists help alleviate muscle tension, improve circulation, reduce stress, and promote relaxation. They understand the importance of tailoring massage techniques to individual needs and preferences.

1. **Acupuncture:** This ancient healing art is skillfully practiced at Prime Wellness of CT. Acupuncture stimulates specific points on the body to restore energy flow (Qi), promoting healing and relieving pain. It's a fantastic option for managing chronic pain, stress, and a variety of other health concerns.
1. **Nutritional Counseling:** Understanding the crucial role nutrition plays in overall health, Prime Wellness of CT offers personalized nutritional counseling. Their registered dietitians or certified nutritionists work with clients to create tailored dietary plans that support their specific health goals and lifestyle.
1. **Physical Therapy:** For individuals recovering from injuries or seeking to improve their physical function, Prime Wellness of CT's physical therapy services are invaluable. Their skilled therapists design customized exercise programs to help regain strength, mobility, and flexibility.
1. **Wellness Workshops and Classes:** Beyond individual services, Prime Wellness of CT also offers educational workshops and classes focusing on various aspects of wellness, such as stress management, mindfulness, and healthy cooking. These provide valuable tools and community support for sustained well-being.

What Sets Prime Wellness of CT Apart?

Several factors distinguish Prime Wellness of CT from other wellness centers in Connecticut:

Holistic Approach: Their commitment to holistic care sets them apart. They don't treat symptoms in isolation but address the underlying causes of health issues.

Experienced and Compassionate Team: Prime Wellness of CT boasts a highly qualified and experienced team of practitioners dedicated to providing

personalized and compassionate care.

State-of-the-Art Facilities: Their facility is equipped with modern equipment and designed to create a relaxing and healing environment.

Community Focus: They foster a sense of community among their clients, offering workshops and events that promote connection and support.

Personalized Treatment Plans: They understand that every individual is unique, and therefore, they tailor treatment plans to meet individual needs and goals.

Finding Prime Wellness of CT and Getting Started

Locating Prime Wellness of CT is easy. A quick online search for "Prime Wellness of CT" will provide their address, phone number, and website. Their website is likely user-friendly, offering detailed information about their services, practitioners, and scheduling options. Don't hesitate to contact them with any questions you may have before your first visit.

Conclusion: Embark on Your Journey to Optimal Wellness

Prime Wellness of CT offers a comprehensive and personalized approach to achieving optimal health and well-being. Their commitment to holistic care, experienced practitioners, and state-of-the-art facilities make them a leading choice for individuals seeking a truly transformative wellness experience in Connecticut. Take the first step towards a healthier, happier you by contacting Prime Wellness of CT today.

Frequently Asked Questions (FAQs)

1. Does Prime Wellness of CT accept insurance? This information is best found on their website or by contacting them directly. Insurance acceptance varies.
1. What are the hours of operation for Prime Wellness of CT? Their hours of operation are readily available on their website or by calling their office.
1. Do I need a referral to see a practitioner at Prime Wellness of CT? This depends on the specific service and your insurance plan. It's best to check with your insurance provider and Prime Wellness of CT directly.

1. What is the cancellation policy at Prime Wellness of CT? Their cancellation policy will be detailed on their website or can be obtained by contacting the clinic.

1. What forms of payment do they accept? Prime Wellness of CT likely accepts various payment methods; it's best to check their website or contact them directly for this information.

prime wellness of ct: *Prime Time* Marilyn Hughes Gaston, Gayle K. Porter, 2003 Today seven million African American women are living in their prime, experiencing the joys and challenges of middle age. Now, at last, here is the book that addresses our total health needs—physical, emotional, and spiritual. Written by a distinguished physician and a clinical psychologist, *Prime Time* is the first complete guide that empowers us to take charge of our lives and attain the well-being we deserve. In many ways, it's true that we are better off today than our foremothers were: We earn more money, command more respect. Yet in spite of these advances, we still experience more chronic health problems, endure more stress, and live shorter lives than women of other races. That's why *Prime Time* is both urgent and essential. This groundbreaking book not only lays out a detailed, practical plan for overall healing and for maintaining wellness, it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health. *Prime Time* will help you • Reframe priorities to put yourself and your own health needs first • Interpret the latest medical findings on the Big Four killers and how they affect black women in middle age • Profile your current health with worksheets, quizzes, and assessment tools • Renew sex at midlife by eliminating restricting myths and taboos and finding new paths to pleasure • Reduce anger and "attitude" that block you from attaining good health • Identify the nontraditional signs of depression and anxiety common to African American women Comprehensive, straight-talking, and grounded in science and spiritual truth, *Prime Time* is at once a guide to total health in middle age and a celebration of the strength, wisdom, and beauty of African American women in their second half of life.

prime wellness of ct: Major Labels Kelefa Sanneh, 2021-10-05 One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year "One of the best books of its kind in decades." —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In *Major Labels*, Sanneh distills a career's worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes,

and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn't transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, Major Labels pays in full.

prime wellness of ct: Postal Bulletin , 1992

prime wellness of ct: The Postal Bulletin , 1992

prime wellness of ct: Spirit, Science, and Health Thomas G. Plante, Carl E. Thoresen, 2007

A state-of-the-art look at knowledge and ongoing research on the connection between spirituality and health.

prime wellness of ct: Role Development for the Nurse Practitioner Susan M. DeNisco, 2021-11 Role Development for the Nurse Practitioner, Third Edition is an integral text that guides students in their transition from the role of registered nurse to nurse practitioner.

prime wellness of ct: Best Care Anywhere Phillip Longman, 2012-03-05 Phillip Longman tells the amazing story of the turnaround of the Department of Veterans Affairs health-care system from a dysfunctional, scandal-prone bureaucracy into the benchmark for high-quality medicine in the United States. Best Care Anywhere shows that vast swaths of what we think we know about health, health care, and medical economics are just plain wrong. And the book demonstrates how this extraordinarily cost-effective model, which has proven to be highly popular with veterans, can be made available to everyone. New to this edition is an analysis of how the shortcomings of both so-called Obamacare and Republican plans to privatize Medicare reinforce the need for applying the lessons of the VA. Also included are completely updated statistics and research, as well as examples of how the private sector is already beginning to learn from the VA's example.

prime wellness of ct: Medical Infrastructure United States. Congress. House. Committee on Armed Services. Subcommittee on Military Personnel, 2010

prime wellness of ct: Eat to Beat Disease William W Li, 2019-03-19 Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to Beat Disease. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

prime wellness of ct: Dare to Be a Green Witch Ehris Urban, Velya Jancz-Urban, 2021-07-08 Dozens of Stories, Remedies & Recipes from the Grounded Goodwife Discover the joys of embracing an earth-friendly, natural lifestyle with this extraordinary guide. Daughter and mother coauthors Ehris Urban and Velya Jancz-Urban provide everything you need to get started, including a wide variety of recipes and remedies, historical uses of natural ingredients, and entertaining anecdotes from their time living holistically in a 1770 Connecticut farmhouse. As the Grounded Goodwife duo, Ehris and Velya guide your journey into the green witch world, introducing you to herbal infusions, fermentation techniques, and pantry essentials. Learn the many uses of fire cider, tonics, essential

oils, and collagen. Explore natural body and facial care, healthy ways to indulge in alcohol and chocolate, and recipes for relaxation. From creating an herbal sleep pillow to energy cleansing, Dare to Be a Green Witch shows you how to use nature's gifts for greater wellness. Watch the book trailer [here](#).

prime wellness of ct: Breath James Nestor, 2020-05-26 A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR “A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we’ve all been doing it wrong for a long, long time.” —Elizabeth Gilbert, author of Big Magic and Eat Pray Love No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you’re not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren’t found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, Breath turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

prime wellness of ct: The National Directory of Physician Organizations Health Resources Publishing, 2000-02

prime wellness of ct: The ONE Thing Gary Keller, Jay Papasan, 2013-04-01 • More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In The ONE Thing, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

prime wellness of ct: Ultimate Wellness Prof. Kerry Phelps, 2013-02-01 Are you stuck in a health rut? Stressed out, overtired, overweight and under par. Maybe you sleep less and drink more than you should. You know you need to make changes now rather than wait for the big health crisis, but how? In Ultimate Wellness, Professor Kerry Phelps AM, one of Australia's best-known and most respected GPs, shares her simple but effective 3-step approach to ultimate wellbeing. Kerry shows

you how to assess your health, make a plan for improvement and change your mindset to ensure you stick to your goals. She demonstrates how a little bit of effort, one step at a time, will make an enormous difference to how you feel. Along the way she provides answers to your most common health questions: · How do I find the right health professional? · What really works when it comes to weight loss? · How do I integrate complementary and conventional treatments? · Do I need to take vitamins and other supplements? · How much exercise is ideal, and how much can I get away with? · Why can't I get a good night's sleep? · How much alcohol is too much? · What can I do to overcome stress and fatigue? Informative, accessible and achievable, this is your complete plan for getting better, staying well and achieving ultimate wellness.

prime wellness of ct: *The ZOLA Experience* Katurah A Bryant, 2020-09-17 As a result of the impact of grief and loss due to the COVID-19 pandemic and the financial crisis, many individuals and communities are struggling to find acceptance and closure. The most obvious loss is the loss of loved ones. As a result of the crisis, how people transition has changed, and family members are not allowed to take part in the transition process. This has created a level of grief that makes closure challenging. However, many are also suffering the loss of careers, retirement options, not to mention incomes and wealth. The purpose of this training is to train providers to incorporate this proven brief treatment model for grief/loss recovery. The ZOLA Experience Provider will then be equipped to utilize this intervention in a variety of settings from community to formal treatment settings; individual or group settings. The goal is to have a community of facilitators trained in The ZOLA Experience available to be able to work with a great variety of individuals and families in support of their recovery process from loss.

prime wellness of ct: *Building a Wellness Business That Lasts* Rick Stollmeyer, 2020-10-20 Start and grow a durable business in the rapidly growing wellness industry! As we emerge from COVID-19 the world sits on the cusp of a massive wave of wellness industry growth. This Fourth Wave of Wellness will bring hundreds of millions more people into healthier, happier lifestyles, creating millions of jobs and producing massive entrepreneurial opportunities. Whether your goal is to work from home, open a neighborhood wellness studio or launch the next global wellness brand, *Building a Wellness Business That Lasts* is your definitive guide. Wellness has become one of the largest and most important business opportunities of our age, fueled by massive societal trends, rapid technology innovations, and hundreds of thousands of wellness business entrepreneurs. Independent teachers, trainers, and therapists and studio, gym, spa, and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier, happier lives. Author Rick Stollmeyer is the co-founder and CEO of Mindbody, Inc., the leading technology platform for the wellness industry. Over more than two decades, Rick built Mindbody from a garage startup into a multi-billion-dollar technology platform for the wellness industry, helping thousands of wellness business owners achieve their visions in the process. This experience has given Rick a front row seat to the explosive growth of the wellness industry. He brings that unique experience and his passion for entrepreneurship to *Building a Wellness Business That Lasts*. This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success.

prime wellness of ct: *The New Chardonnay* Heather Cabot, 2020-08-11 “The inside scoop on how marijuana landed on Main Street . . . and why it’s coming soon to a city near you.”—Katie Couric From gleaming dispensaries stocked with elegantly wrapped edibles to the array of CBD lotions and oils for sale at your local drugstore to tastemaker Martha Stewart cooking up marijuana munchies on prime-time television, one thing is clear: Pot has fully shed its stoner image. In this deeply reported journey into the new world of legal cannabis, award-winning reporter Heather Cabot takes readers on the road with Snoop Dogg and his business partner Ted Chung as they roll out the star’s own brand of bud; to California wine country, where chefs and vintners are ushering in a new age of elevated dining; on wild adventures with marijuana mogul Beth Stavola, for whom fending off shady characters is just another day at the office; and to rural Canada to meet the Willy Wonka of Weed. Drawing on exclusive interviews with some of the biggest names in the world of

cannabis, Cabot's book explores the confluence of social, economic, and political forces that have brought marijuana into the mainstream. Among them, outrage over the racial injustice of U.S. drug laws, the booming self-care industry catering to stressed-out professionals and busy parents in search of better sleep and more sex, seniors clamoring for natural alternatives to opioids to manage their aches and pains, and tens of millions of investor dollars fueling a frenetic "green rush" mentality. The story of an astonishing rebranding, *The New Chardonnay* explores how a plant that was once the subject of multimillion-dollar public service announcements came to spark new culinary trends; inspire new uses for health, beauty, and wellness; and generate hundreds of thousands of jobs and untold tax revenue—all while remaining federally illegal in America.

prime wellness of ct: Insiders' Guide® to Connecticut Eric D. Lehman, 2012-03-20 *Insiders' Guide to Connecticut* is the essential source for in-depth travel information for visitors and locals to the Nutmeg State. Written by a local (and true insider), *Insiders' Guide to Connecticut* offers a personal and practical perspective of the state that makes it a must-have guide for travelers as well as residents looking to rediscover their home state.

prime wellness of ct: Service Industries USA , 1992

prime wellness of ct: The Art and Science of Mental Health Nursing Ian Norman, 2013-04-01 This comprehensive nursing text has been fully and extensively updated for this third edition, and offers students a complete guide to the art and science of mental health nursing. The book combines theory and practice to look in-depth at: Different 'types' of mental health problems ; Different therapeutic interventions ; The practical tools of nursing such as risk, assessment, problem solving ; Key themes such as ethics, law and professional issues.

prime wellness of ct: **Leading Through a Pandemic** Michael J. Dowling, Charles Kenney, 2020-08-25 A clarifying must-read in these uncertain times." —GOVERNOR ANDREW CUOMO Journey behind the front lines of the coronavirus pandemic with Northwell Health, New York's largest health system. What was it like at the epicenter, inside the health system that cared for more COVID-19 patients than any other in the United States? *Leading Through a Pandemic: The Inside Story of Lessons Learned about Innovation, Leadership, and Humanity During the COVID-19 Crisis* takes readers inside Northwell Health, New York's largest health system. From the C-suite to the front lines, the book reports on groundwork that positioned Northwell as uniquely prepared for the pandemic. Two decades ago, Northwell leaders began preparing for disasters—floods, hurricanes, blackouts, viruses, and more based on the belief that bad things will happen and we have to be ready. Following a course highly unusual for an American health system, Northwell developed one of the most advanced non-government emergency response systems in the country. Northwell reached a point where leaders could confidently say we are comfortable being uncomfortable in a crisis. But even with sustained preparation, the pandemic stands as a singularly humbling experience. *Leading Through a Pandemic* offers guidance on how hospitals and health systems throughout the country can prepare more effectively for the next viral threat. The book includes dramatic stories from the front lines at the peak of the viral assault and lessons of what went well, and what did not. The authors draw upon the Northwell experience to prescribe changes in the health care system for next time. Beyond the obvious need for increased stockpiles of supplies and equipment is the far more challenging task of fundamentally changing the culture of American health care to embrace a more robust emergency response capability in hospitals and systems of all sizes across the nation. The book is a must read for health care professionals, policy-makers, journalists, and readers whose curiosity demands a deeper dive into the surreal realm of the coronavirus pandemic.

prime wellness of ct: *Thriving!* Lennis G. Echterling, Jack Presbury, Eric Cowan, A. Renee Staton, Debbie C. Sturm, Michele Kielty, J. Edson McKee, Anne L. Stewart, William F. Evans, 2015-02-12 Written in a conversational and engaging style, this updated and expanded Third Edition of *Thriving!* helps future counselors and therapists to succeed in their training and professional development throughout their graduate careers. Authors Lennis G. Echterling, Jack Presbury, Eric Cowan, A. Renee Staton, Debbie C. Sturm, Michele Kielty, J. Edson McKee, Anne L. Stewart, and William F. Evans collaborated to create an informative and inspirational book that includes an

overview of the literature, personal accounts from students, practical tips/activities, and the latest coverage of such topics as advances in neuroscience research, crisis intervention, and more!

prime wellness of ct: *Sew Healthy & Happy* Rose Parr, 2021-03-25 Quilting shouldn't be a pain in the neck! Stay pain-free with this quilter's survival guide to a healthy mind, body, and spirit. Ever been unusually sore after a marathon day of crafting? There's no need for pain! This guide will make sure you have the right posture, techniques, and stretches when putting in those dedicated hours on your next project. Expert Rose Parr will teach you the methods behind ergonomics with useful visual guides, endless tips, healthy recipes, and contributions from the best quilters in the industry! Certified health and ergonomics specialist Rose Parr shares her expertise on how to sew smarter, healthier and happier Includes exercises, stretches, recipes, and tips to keep you in prime sewing form Keep your mind sharp and your body ache-free!

prime wellness of ct: *Handbook of Rehabilitation in Older Adults* Robert J. Gatchel, Izabela Z. Schultz, Christopher T. Ray, 2019-02-27 This book discusses the state of the research and cutting-edge practice with regard to chronic illnesses and rehabilitation in older adults. It emphasizes biopsychosocial and culturally appropriate rehabilitation approaches to reduce the degree of disability and maximize independence in the activities of daily living among the burgeoning aging population. Organized in four sections—Introduction and Overview, Major Illnesses and Problems in Aging Populations, Evaluation of Functional Rehabilitation Approaches for Aging Populations, and Future Clinical Research Needs—the book includes chapters on the “graying” of the West with implications for increased chronic illnesses and disabilities; a review of biopsychosocial rehabilitation approaches; important “aging” issues such as slips-and-falls, musculoskeletal pain, chronic disabling conditions such as cancer and cardiovascular disease, and work-related factors to maintain work engagement in older workers. The US Census Bureau projects that by the year 2030, about 20% of the U.S. population will be 65 or older, contributing to the increased concern about healthcare and rehabilitation issues among older adults. /div This work will be of interest to healthcare, rehabilitation, vocational, human resource and disability management professionals, policy makers as well as researchers in areas of aging, gerontology, chronic illness, disability, rehabilitation, social work, medicine and psychology.

prime wellness of ct: *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?

prime wellness of ct: Under the Medical Gaze Susan Greenhalgh, 2001-04-03 This is an extraordinary book--riveting story, concise scholarship, experimental ethnography--and it is beautifully told. Greenhalgh makes a cogent and powerful analysis of the sociopolitical sources of pain through feminist, cultural, and political understandings of the nature of medical science and medical practice in the United States.--Sharon Kaufman, author of The Healer's Tale Far above a simple telling of an illness, Greenhalgh takes the experience as a way to view gendered relations in medical care, the seduction of science for the physician and the patient, and the creation of facts and selves in the treatment of pain. She sets a new standard for the practice of autoethnography.--Virginia Olesen, Professor Emerita of Sociology, Department of Social and Behavioral Sciences, School of Nursing, University of California, San Francisco A compellingly told story that advances our understanding of the meaning of chronic illness, particularly for women. This work adds a new dimension to the genre of illness narratives.--Susan DiGiacomo, Series Editor, Theory and Practice in Medical Anthropology and International Health A very useful and very well written book. . . . It states the issues in the culture of biomedicine field effectively and makes them relevant.--Arthur Kleinman, author of Writing at the Margin: Discourse between Anthropology and Medicine A deeply troubling, meticulous account about the chasm between medical orthodoxy and the subjective experience of chronic illness. This courageous book is essential reading for physicians and the public at large.--Margaret Lock, author of Encounters with Aging: Mythologies of Menopause in Japan and North America

prime wellness of ct: Handbook of African Medicinal Plants Maurice M. Iwu, 2014-02-04 With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural

prime wellness of ct: The Art And Science Of Mental Health Nursing: Principles And Practice Norman, Ian, Ryrrie, Iain, 2013-04-01 A comprehensive core student text which combines theoretical foundations of mental health nursing with practical skills and interventions.

prime wellness of ct: The Immune System Recovery Plan Susan Blum, 2013-04-02 The bestselling book with 100,000 copies in print from one of the most sought-after experts in the field of functional medicine, Dr. Susan Blum, author of Healing Arthritis, shares the four-step program she used to treat her own serious autoimmune condition and help countless patients reverse their symptoms, heal their immune systems, and prevent future illness. DR. BLUM ASKS: • Are you constantly exhausted? • Do you frequently feel sick? • Are you hot when others are cold, or cold when everyone else is warm? • Do you have trouble thinking clearly, aka "brain fog"? • Do you often feel irritable? • Are you experiencing hair loss, dry skin, or unexplained weight fluctuation? • Do your joints ache or swell but you don't know why? • Do you have an overall sense of not feeling your best, but it has been going on so long it's actually normal to you? If you answered yes to any of these questions, you may have an autoimmune disease, and this book is the "medicine" you need. Among the most prevalent forms of chronic illness in this country, autoimmune disease affects nearly 23.5 million Americans. This epidemic—a result of the toxins in our diet; exposure to chemicals, heavy metals, and antibiotics; and unprecedented stress levels—has caused millions to suffer from autoimmune conditions such as Graves' disease, rheumatoid arthritis, Crohn's disease, celiac disease, lupus, and more. DR. BLUM'S INNOVATIVE METHOD FOCUSES ON: • Using food as medicine • Understanding the stress connection • Healing your gut and digestive system • Optimizing liver function Each of these sections includes an interactive workbook to help you determine and create your own personal treatment program. Also included are recipes for simple, easy-to-prepare dishes to jump-start the healing process. The Immune System Recovery Plan is a revolutionary way for people to balance their immune systems, transform their health, and live fuller, happier lives.

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advice on such beneficial practices as exercise, mindfulness, optimized nutrition, optimized sleep, enhanced socialization, and positive psychology enhancement. A robust resource section offers access to wellness-centric scales and forms developed by the authors.

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prime wellness of ct: *Pain Management and the Opioid Epidemic* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

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emotions run high for readers of all races. - Herald Sun Small Great Things is such a pageturner. It's the kind of book you can easily stay up until 2am to finish. - Goodreads reviewer I have read every book by Jodi Picoult and they all make me think. But I feel like this book is the one that hit me hardest. I learned so much and from the moment I started reading it, it has been on my mind. - Goodreads reviewer I felt like Jodi Picoult had crawled inside my head and answered every single burning question I had while reading this book. - Goodreads reviewer Exquisitely written.....filled with grief - gets under your skin and leaves you changed!!!! - Goodreads reviewer You may not come away the same person you were before this read. - Goodreads reviewer I saw myself in this story. I am awed and will recommend this book to anyone I know. - Amazon reviewer Small Great Things makes you think, step outside of yourself, take another's perspective, and re-think your beliefs...It is both disturbing, heartbreaking and enlightening. - Amazon reviewer Couldn't put it down. Uncomfortable reading at times about a sensitive topic but a real thought provoker. Can't recommend it highly enough.. - Booktopia review

prime wellness of ct: *The 71F Advantage* National Defense University Press, 2010-09 Includes a foreword by Major General David A. Rubenstein. From the editor: 71F, or 71 Foxtrot, is the AOC (area of concentration) code assigned by the U.S. Army to the specialty of Research Psychology. Qualifying as an Army research psychologist requires, first of all, a Ph.D. from a research (not clinical) intensive graduate psychology program. Due to their advanced education, research psychologists receive a direct commission as Army officers in the Medical Service Corps at the rank of captain. In terms of numbers, the 71F AOC is a small one, with only 25 to 30 officers serving in any given year. However, the 71F impact is much bigger than this small cadre suggests. Army research psychologists apply their extensive training and expertise in the science of psychology and social behavior toward understanding, preserving, and enhancing the health, well being, morale, and performance of Soldiers and military families. As is clear throughout the pages of this book, they do this in many ways and in many areas, but always with a scientific approach. This is the 71F advantage: applying the science of psychology to understand the human dimension, and developing programs, policies, and products to benefit the person in military operations. This book grew out of the April 2008 biennial conference of U.S. Army Research Psychologists, held in Bethesda, Maryland. This meeting was to be my last as Consultant to the Surgeon General for Research Psychology, and I thought it would be a good idea to publish proceedings, which had not been done before. As Consultant, I'd often wished for such a document to help explain to people what it is that Army Research Psychologists do for a living. In addition to our core group of 71Fs, at the Bethesda 2008 meeting we had several brand-new members, and a number of distinguished retirees, the grey-beards of the 71F clan. Together with longtime 71F colleagues Ross Pastel and Mark Vaitkus, I also saw an unusual opportunity to capture some of the history of the Army Research Psychology specialty while providing a representative sample of current 71F research and activities. It seemed to us especially important to do this at a time when the operational demands on the Army and the total force were reaching unprecedented levels, with no sign of easing, and with the Army in turn relying more heavily on research psychology to inform its programs for protecting the health, well being, and performance of Soldiers and their families.

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