

pure wellness ardmore ok

Pure Wellness Ardmore OK: Your Guide to Holistic Health and Well-being

Are you searching for a path to better health and a more balanced life in Ardmore, Oklahoma? Feeling overwhelmed by stress, struggling with chronic pain, or simply looking to enhance your overall well-being? Then you've come to the right place! This comprehensive guide dives deep into Pure Wellness Ardmore OK, exploring its services, benefits, and how it can help you achieve your health goals. We'll cover everything from the types of treatments offered to what sets this wellness center apart, making it the ideal choice for residents of Ardmore and the surrounding areas. Get ready to discover your path to holistic health!

Understanding Pure Wellness Ardmore OK: More Than Just a Clinic

Pure Wellness Ardmore OK isn't your typical medical clinic. It's a holistic wellness center dedicated to providing personalized care that addresses the mind, body, and spirit. They understand that true well-being isn't just the absence of disease; it's a state of vibrant health achieved through a balanced approach to lifestyle and treatment. This means taking into account your unique needs and creating a customized plan to help you achieve optimal health. Forget the one-size-fits-all approach; Pure Wellness embraces a truly personalized journey to wellness.

A Range of Services Tailored to Your Needs

Pure Wellness Ardmore OK offers a comprehensive array of services designed to address a wide range of health concerns. Let's explore some of their key offerings:

1. **Chiropractic Care:** Addressing musculoskeletal issues is a cornerstone of their approach. Their experienced chiropractors utilize gentle, effective techniques to alleviate pain, improve mobility, and restore proper spinal alignment. This can significantly benefit individuals suffering from back pain, neck pain, headaches, and other musculoskeletal conditions.
1. **Massage Therapy:** Experience the soothing power of therapeutic massage. Pure Wellness employs skilled massage therapists who offer a variety of techniques, from deep tissue massage to Swedish massage, to help relieve muscle tension, reduce stress, and promote relaxation. Massage is a powerful tool for both physical and mental well-being.

1. **Acupuncture:** This ancient Chinese medicine technique uses thin needles inserted into specific points on the body to stimulate energy flow and promote healing. Acupuncture can be highly effective in treating a wide range of conditions, including pain, stress, anxiety, and insomnia. At Pure Wellness, they employ licensed and experienced acupuncturists.
1. **Nutritional Counseling:** Understanding the crucial role of nutrition in overall health, Pure Wellness provides nutritional counseling to help clients make informed choices about their diet. A personalized nutritional plan can help you manage weight, improve energy levels, and support your overall health goals.
1. **Wellness Coaching:** Beyond physical treatments, Pure Wellness offers wellness coaching to guide you towards a healthier lifestyle. This may involve setting realistic goals, developing healthy habits, and providing ongoing support to help you stay on track.
1. **Other Services:** Depending on the specific expertise of the practitioners at Pure Wellness Ardmore OK, they may also offer additional services such as physical therapy, IV therapy, or other complementary therapies. It's always best to contact them directly to inquire about the full range of services currently available.

What Sets Pure Wellness Ardmore OK Apart?

Several factors distinguish Pure Wellness Ardmore OK from other wellness centers in the area. Their commitment to:

Holistic Approach: Addressing the whole person, not just the symptoms.

Personalized Care: Tailoring treatment plans to individual needs and goals.

Experienced Practitioners: Employing highly qualified and experienced professionals.

Comfortable Atmosphere: Creating a relaxing and welcoming environment for clients.

Community Involvement: Often actively participating in local health and wellness initiatives.

Finding Your Path to Pure Wellness in Ardmore

If you're ready to embark on a journey toward improved health and well-being, Pure Wellness Ardmore OK is a valuable resource. Their holistic approach, personalized care, and wide range of services make them a leading choice for individuals seeking a healthier, happier life. Visit their website or contact them directly to schedule a consultation and

discuss your individual needs. Taking that first step is often the hardest, but the rewards of prioritizing your well-being are immeasurable.

Conclusion

Pure Wellness Ardmore OK offers a comprehensive and compassionate approach to holistic health. By combining various therapies and focusing on personalized care, they empower individuals to achieve their wellness goals and live healthier, more fulfilling lives. If you're an Ardmore resident seeking a pathway to improved well-being, consider Pure Wellness as your trusted partner on this journey.

FAQs

1. Does Pure Wellness Ardmore OK accept insurance? It's best to contact Pure Wellness directly to inquire about their insurance coverage and payment options. They may accept certain insurance plans or offer flexible payment arrangements.
1. What are the hours of operation for Pure Wellness Ardmore OK? Their hours of operation may vary; it's crucial to check their website or call them for their current schedule.
1. How do I schedule an appointment at Pure Wellness Ardmore OK? You can typically schedule an appointment through their website, by phone, or in person.
1. What should I bring to my first appointment at Pure Wellness Ardmore OK? It's recommended to bring your insurance card (if applicable) and a list of any current medications or supplements you are taking. Also, come prepared to discuss your health concerns and goals.
1. What is the typical cost of services at Pure Wellness Ardmore OK? The cost varies depending on the specific service you receive. Contact them directly for a detailed price list or estimate. Many centers offer introductory packages or discounts.

Travel Greenbook is the #1 resource for Black travelers to connect with the African Diaspora globally! This book was created to honor our roots, and celebrate Black owned businesses on 6 out of 7 continents. With this resource we are encouraging patronage that keeps the black dollar circulating, preserving our businesses worldwide, for generations to come. The ABC Travel Greenbook holds the information that search engines can't tell you. In it are the communities, restaurants, tours, festivals, and more that have been overlooked by travel publications pertaining to black culture. Want to get your haircut in Budapest? Or take the Black history tour in Cartagena? The ABC Travel Greenbook has got you covered from A-Z.

pure wellness ardmore ok: Marijuana and Mental Health Michael T. Compton, M.D., M.P.H., 2016-03-18 With relatable clinical vignettes that illustrate the applicability of each chapter's content, as well as key chapter points that summarize major themes, Marijuana and Mental Health is the definitive, single source of comprehensive information on marijuana and mental health in modern American society. Balanced, focused, and highly readable, chapters address topics such as the effects of marijuana on the brain and mind, marijuana-related policy and legislation, the complex link between marijuana use and psychotic disorders, synthetic cannabinoids, and the treatment and prevention of marijuana misuse. Beyond offering clinical and research psychiatrists, psychiatric residents and fellows, clinical psychologists, and psychiatric nurses a comprehensive but concise compilation of research in this area, this reference informs clinical mental health practice as well as policy decisions by articulating the connection between marijuana and mental health, particularly in the United States.

pure wellness ardmore ok: Proof Positive Neil Nedley, 1999 A must for all wanting to use natural means for preventing or treating high blood pressure, blocked arteries, cancer, chronic fatigue, diabetes, osteoporosis, and many other afflictions. Provides information that minimizes the use of prescription drugs, diet fads, and their accompanying side effects. Highly illustrated in full color, this tome of information is designed to be readable and easy-to-understand. Singular case studies, which can be misleading, are not used. Instead, the results of a host of scientific studies conducted around the world are cited, many of which involve large groups of individuals with widely varying lifestyles. Many topics are covered such as how to strengthen the immune system, overcome addictions, increase reasoning ability, cope with stress, and enhance children's mental and physical potential.

pure wellness ardmore ok: Girls Auto Clinic Glove Box Guide Patrice Banks, 2017-09-19 Maintain your ride, think like a mechanic, get down and dirty under the hood--from cover.

pure wellness ardmore ok: Prevention Vs. Treatment Halley S. Faust, Paul T. Menzel, 2012 Is prevention better than cure, or treatment more important because people need rescue? In this volume the prevention-treatment relationship is examined factually by economists and scholars of health policy and evidence-based medicine.

pure wellness ardmore ok: Encyclopedia of Lifestyle Medicine and Health James M. Rippe, 2012-02-14 These three volumes sort out the science behind nightly news reports and magazine cover stories, and help define the interdisciplinary field of lifestyle medicine and health.

pure wellness ardmore ok: The Invisalign System Orhan C. Tuncay, 2006 Unlike conventional fixed orthodontic treatment approaches, Invisalign is a system that uses diagnostics data to create a three-dimensional image of the desired course of tooth movement; a series of custom-made, clear plastic aligners are then fabricated and used to achieve the treatment goal. This book explains the technique.

pure wellness ardmore ok: Rebel Girls Stick Together: A Sticker-by-Number Book Rebel Girls, 2021-07-06 Encourage young heroes-in-the-making to pursue their dreams without limits using this sticker activity book from the creators of Good Night Stories for Rebel Girls! It's the perfect gift for young dreamers! With this terrific hands-on book, perfect for summer travel and beyond, kids as young as age 5 can create twelve beautiful posters of the heroes featured in the New York Times bestselling Good Night Stories for Rebel Girls books. Numbered stickers make it easy and fun to bring these inspirational women to life. The heavy paper stock and perforated pages mean that each

portrait can be removed from the book to decorate your future hero's bedroom. The trailblazing girls and women in this sticker book include Amelia Earhart, Rosa Parks, Ruth Bader Ginsburg, Simone Biles, Jane Goodall, Frida Kahlo, and more.

pure wellness ardmore ok: The Handbook of Clinical Intervention with Young People who Sexually Abuse Gary O'Reilly, William L. Marshall, Alan Carr, Richard C. Beckett, 2004-08-01 The Handbook of Clinical Interventions with Young People who Sexually Abuse provides authoritative, critical and up-to-date reviews of the growing body of empirical and theoretical knowledge in this field and clearly demonstrates how this knowledge can be used to guide and develop evidence-based practice for assessment and treatment. Key features include: * essentials of effective treatment programmes * relapse prevention * adolescents with intellectual disabilities and female offenders * work with families of young people who sexually abuse. Practical guidelines from acknowledged international experts with extensive experience of research and clinical practice will be invaluable to all those working with young people who engage in sexually abusive behaviour.

pure wellness ardmore ok: *The City in a Garden* Julia Sniderman Bachrach, Chicago Park District (Ill.), 2001-01 Enhanced by 140 images, a documentary chronicle of Chicago's parks profiles thirty-one of the city's finest spaces--both contemporary and historical--along with detailed vignettes and captions to trace their development.

pure wellness ardmore ok: **Genomics of Rare Diseases** Claudia Gonzaga-Jauregui, James R. Lupski, 2021-06-12 Genomics of Rare Diseases: Understanding Disease Genetics Using Genomic Approaches, a new volume in the Translational and Applied Genomics series, offers readers a broad understanding of current knowledge on rare diseases through a genomics lens. This clear understanding of the latest molecular and genomic technologies used to elucidate the molecular causes of more than 5,000 genetic disorders brings readers closer to unraveling many more that remain undefined and undiscovered. The challenges associated with performing rare disease research are also discussed, as well as the opportunities that the study of these disorders provides for improving our understanding of disease architecture and pathophysiology. Leading chapter authors in the field discuss approaches such as karyotyping and genomic sequencing for the better diagnosis and treatment of conditions including recessive diseases, dominant and X-linked disorders, de novo mutations, sporadic disorders and mosaicism. - Compiles applied case studies and methodologies, enabling researchers, clinicians and healthcare providers to effectively classify DNA variants associated with disease and patient phenotypes - Discusses the main challenges in studying the genetics of rare diseases through genomic approaches and possible or ongoing solutions - Explores opportunities for novel therapeutics - Features chapter contributions from leading researchers and clinicians

pure wellness ardmore ok: **Introduction to Clinical Nutrition, Third Edition** Vishwanath Sardesai, 2011-10-11 Dietary factors have been implicated in at least four of the ten leading causes of death in the U.S. (heart disease, cancer, diabetes, and stroke). Nevertheless, physicians frequently receive inadequate training in nutrition to properly counsel their patients. Introduction to Clinical Nutrition, Third Edition discusses the physiologic and metabolic interrelationships of all nutrients and their roles in health maintenance and the prevention of various diseases. Since the publication of the second edition of this book, new discoveries have revolutionized the field of clinical nutrition. This is true especially with respect to gene-nutrient interaction, epigenetic pathways that contribute to the activation and inactivation of gene expression, the relationship of nutrients to telomere length and health, and personalized nutrition. Highlighting these advances, new and revised topics include: Fiber, antioxidants, nutraceuticals, alternative medicine, and epidemiology DNA, gene-nutrient interaction, epigenetics, and telomeres Nutritional aspects of kidney disease, diabetes, and metabolic syndrome Personalized nutrition and personalized medicine Vegetarianism, the Mediterranean diet, and other popular dietary practices Obesity and cholesterol Designed as a textbook for students in conventional medicine, osteopathy, dentistry, dietetics, nursing, pharmacy, and public health, the book focuses on the critical biochemical and physiological aspects of nutrients. It includes clinical case studies to clarify topics at the end of most chapters and

references to facilitate further study.

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Harris L. Friedman, Glenn Hartelius, 2015-06-22 THE WILEY-BLACKWELL HANDBOOK OF Transpersonal Psychology The new Handbook of Transpersonal Psychology is a necessity today. Many transpersonal psychologists and psychotherapists have been waiting for such a comprehensive work. Congratulations to Harris Friedman and Glenn Hartelius. May this book contribute to an increasingly adventurous, creative, and vibrant universe. —Ingo B. Jahrsetz, President, The European Transpersonal Association The Handbook of Transpersonal Psychology is an outstanding, comprehensive overview of the field. It is a valuable resource for professional transpersonal practitioners, and an excellent introduction for those who are new to this wide-ranging discipline. —Frances Vaughan, PhD. Psychologist, author of *Shadows of the Sacred: Seeing Through Spiritual Illusions* Finally, the vast literature on transpersonal psychology has been collected in what is clearly the essential handbook for psychologists and others who have either too apologetically endorsed or too critically rejected what undoubtedly will define psychology in the future. If you are not a transpersonal psychologist now, you will be after exploring this handbook. No longer can one dismiss the range of topics confronted by transpersonal psychologists nor demand methodological restraints that refuse to confront the realities transpersonal psychologists explore. This is a marvelous handbook—critical, expansive, and like much of what transpersonal psychologists study, sublime. —Ralph W. Hood Jr., University of Tennessee, Chattanooga With contributions from more than fifty scholars, this is the most inclusive resource yet published on transpersonal psychology, which advocates a rounded approach to human well-being, integrating ancient beliefs and modern knowledge. Proponents view the field as encompassing Jungian principles, psychotherapeutic techniques such as Holotropic Breathwork, and the meditative practices found in Hinduism and Buddhism. Alongside the core commentary on transpersonal theories—including holotropic states; science, with chapters on neurobiology and psychometrics; and relevance to feminism or concepts of social justice—the volume includes sections describing transpersonal experiences, accounts of differing approaches to healing, wellness, and personal development, and material addressing the emerging field of transpersonal studies. Chapters on shamanism and psychedelic therapies evoke the multifarious interests of the transpersonal psychology community. The result is a richly flavored distillation of the underlying principles and active ingredients in the field.

pure wellness ardmore ok: *Lifestyle Medicine* Jeffrey I. Mechanick, Robert F. Kushner, 2016-03-18 Lifestyle – the manner in which people live – is fundamental to health, wellness, and prevention of disease. It follows that attention to lifestyle is critically important to effective and successful health care. But here's the challenge: health care professionals receive very little, if any, formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice. In response, "Lifestyle Medicine" is evolving as a means to fill this knowledge gap. Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle-related behaviors and influencing the environment we live in. It is a formal approach that promises to enhance and strengthen a re-invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity, diabetes, depression, hypertension, and cancer, among others. *Lifestyle Medicine: A Manual for Clinical Practice* presents this formal approach in a pragmatic context. This unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine. The approach is both explanatory and pragmatic, providing case studies and bulleted translation of academic information into clinical practice recommendations. There is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine. There is a "how-to" rationality to the book, consistent with a premise that any and all health care professionals should, and perhaps must, incorporate lifestyle medicine. A valuable checklist is included at the close of the book that summarizes key points and provides a practical tool for routine patient encounters.

pure wellness ardmore ok: *Bar Briefs* , 1937

pure wellness ardmore ok: *Hello Healthy* Wes Youngberg, 2015

pure wellness ardmore ok: *The Half-Brothers* Elizabeth Cleghorn Gaskell, 2022-09-16 DigiCat Publishing presents to you this special edition of *The Half-Brothers* by Elizabeth Cleghorn Gaskell. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

pure wellness ardmore ok: Down Syndrome William I. Cohen, Lynn Nadel, Myra E. Madnick, 2003-04-14 Der Band bietet einen aktuellen Überblick über klinische, entwicklungsbezogene, psychosoziale, erziehungs- und berufsbezogene Fragen bei Patienten mit Down Syndrom. Er diskutiert auch die Konsequenzen des Human-Genom-Projektes und die Sequenzierung des Chromosom 21. Erörtert aktuellste Entwicklungen, u.a. zum Thema Sexualität, Einbeziehung, Übergang ins Erwachsenenalter und Rechtsprechung. Behandelt die aktuellsten Neuerungen der Health Care Guidelines for Individuals with Down Syndrome. Enthält auch Material zu mitunter kontrovers diskutierten alternativen und unkonventionellen Therapieansätzen.

pure wellness ardmore ok: Knockout Suzanne Somers, 2009 Draws on the expertise of eight doctors whose cutting-edge methods are enabling unprecedented cures, sharing the celebrity author's personal experiences as well as the survival stories of other cancer patients while identifying lifestyle strategies and challenging mainstream practices. By the best-selling author of *Ageless*.

pure wellness ardmore ok: Depression Neil Nedley, 2001 Instead of merely medicating the symptoms of depression, Neil Nedley, MD (a practicing internal medicine specialist) has sought to find a cure for this lonely, debilitating disease in his latest book, *'Depression: The Way Out.'* In his straightforward writing style, Dr. Nedley gives you a well-referenced, in-depth comprehension of how depression affects the person mentally, physically, emotionally, and spiritually. For those in the grip of this dark disease, Dr. Nedley brings hope with his successful twenty-week cure that has brought relief to so many of his patients.

pure wellness ardmore ok: Seed Development: OMICS Technologies toward Improvement of Seed Quality and Crop Yield Ganesh K. Agrawal, Randeep Rakwal, 2015-01-29 The book is about the seed development in the model and crop plants. Seed development is a key step of the plant life cycle that determines the nutrient value of seeds – the life for human civilization, growth, and development. The nutrient value of seeds is mainly due to storage reserve products such as carbohydrates, lipids (triacylglycerols), and proteins. The book primarily focuses on application of the 21st century high-throughput technologies transcriptomics, proteomics, metabolomics, and systems biology in near complete understanding of the various processes involved in seed development in different crop plants. The book reveals how such technologies have revolutionized our understanding of the multilayer processes and regulations involved therein by generating large-scale datasets. Accumulated datasets provide basic knowledge to develop integrated strategies to eventually improve the nutritional value of plant seed and crop yield, a critical goal in food security issues around the globe.

pure wellness ardmore ok: The Office of Saint Olav Eyolf Østrem, 2001

pure wellness ardmore ok: Translational Systems Biology: Concepts and Practice for the Future of Biomedical Research Yoram Vodovotz, Gary An, 2017-11-13 Are we satisfied with the rate of drug development? Are we happy with the drugs that come to market? Are we getting our money's worth in spending for basic biomedical research? In *Translational Systems Biology*, Drs. Yoram Vodovotz and Gary An address these questions by providing a foundational description the barriers facing biomedical research today and the immediate future, and how these barriers could be overcome through the adoption of a robust and scalable approach that will form the underpinning of biomedical research for the future. By using a combination of essays providing the intellectual basis of the Translational Dilemma and reports of examples in the study of inflammation, the content of *Translational Systems Biology* will remain relevant as technology and knowledge advances bring

broad translational applicability to other diseases. Translational systems biology is an integrated, multi-scale, evidence-based approach that combines laboratory, clinical and computational methods with an explicit goal of developing effective means of control of biological processes for improving human health and rapid clinical application. This comprehensive approach to date has been utilized for in silico studies of sepsis, trauma, hemorrhage, and traumatic brain injury, acute liver failure, wound healing, and inflammation. Provides an explicit, reasoned, and systematic approach to dealing with the challenges of translational science across disciplines Establishes the case for including computational modeling at all stages of biomedical research and healthcare delivery, from early pre-clinical studies to long-term care, by clearly delineating efficiency and costs saving important to business investment Guides readers on how to communicate across domains and disciplines, particularly between biologists and computational researchers, to effectively develop multi- and trans-disciplinary research teams

pure wellness ardmores ok: Earth Day Melissa Ferguson, 2021-10-28 Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways.

pure wellness ardmores ok: *Frontiers in Computational Genomics* Michael Y. Galperin, Eugene V. Koonin, 2003 Bioinformatics is a new and fast expanding area of biology encompassing the organization, analysis and interpretation of the huge amount of data emerging from sequencing and genome projects. Major new programs, software and internet facilities have evolved recently that enable bioinformatic analysis at the whole genome level and more novel technologies are currently being developed. Written by experts in the field, this concise yet informative volume covers all aspects of bioinformatics pertaining to genomic studies. It is an essential book for anyone involved in genomic science or bioinformatics.

pure wellness ardmores ok: *Consejos Sobre El Regimen Alimenticio* Elena G. De White, 2016-01-28 Ellen Gould Harmon de White, conocida también como Elena G. de White (26 de noviembre de 1827 - 16 de julio de 1915), autora cristiana estadounidense, cuyo liderazgo llevó al establecimiento de la Iglesia Adventista del Séptimo Día. Además de líder eclesiástica, es considerada por los adventistas profetisa para los tiempos modernos.

pure wellness ardmores ok: *Cherokee National Treasures* Cherokee National Treasures (Recipients of the Cherokee National Treasure Award), 2017 Stories in this book reflect how history has woven itself into the fabric of the present. The stories are intimate and told by the artists, by family members, by friends in their own words. The telling will make you feel as though you are fortunate enough to sit in the presence of the Cherokee artists, who intimately share the story of themselves, of their art, who their family was, how they came to be artists, who and what influenced them, and how their art reflects who they are as Cherokee people. They are the Cherokee National Treasures.

pure wellness ardmores ok: *Goodbye Diabetes* Wes Youngberg, 2012

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