

red river chiropractic and wellness

Red River Chiropractic and Wellness: Your Path to Total Body Wellbeing

Are you experiencing nagging back pain, persistent headaches, or just feeling generally stiff and achy? Are you searching for a holistic approach to wellness that goes beyond just treating symptoms? If so, you've come to the right place. This comprehensive guide delves into the world of Red River Chiropractic and Wellness, exploring how their integrated approach can help you achieve optimal health and vitality. We'll cover their services, philosophies, and what makes them a leading choice for individuals seeking lasting relief and improved well-being in the Red River area. Prepare to discover how chiropractic care can transform your life.

Understanding the Red River Chiropractic and Wellness Approach

Red River Chiropractic and Wellness isn't your typical chiropractic clinic. They understand that true wellness encompasses the mind, body, and spirit. Their philosophy centers on identifying the root cause of your health issues, not just masking the symptoms. This holistic perspective allows them to create personalized treatment plans tailored to your unique needs and goals. They achieve this by combining advanced chiropractic techniques with other complementary therapies to create a synergistic effect.

A Range of Services Designed for You

Red River Chiropractic and Wellness offers a diverse menu of services designed to address a wide range of health concerns. This includes, but is not limited to:

Chiropractic Adjustments: Using gentle yet effective techniques, their chiropractors restore proper spinal alignment, relieving pressure on nerves and improving overall body function. They utilize various adjustment methods to cater to individual needs and preferences, ensuring a comfortable and effective experience.

Massage Therapy: Therapeutic massage helps to relieve muscle tension, improve circulation, and reduce stress. Whether you need a deep tissue massage to address chronic pain or a relaxing Swedish massage to unwind, their skilled massage therapists provide customized sessions to meet your specific requirements.

Physical Rehabilitation: This program is designed to help you regain strength, flexibility, and mobility after an injury or surgery. Their physical therapists guide you through targeted exercises and stretches to help you recover faster and prevent future problems.

Nutritional Counseling: Your diet plays a crucial role in your overall health. Red River Chiropractic and Wellness provides nutritional guidance to help you make informed food choices that support your healing and wellness.

journey. They can help you create a personalized nutrition plan that aligns with your lifestyle and health goals.

Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. It is often used to address pain, reduce stress, and improve overall well-being.

Other Complementary Therapies: Depending on the needs of their patients, Red River Chiropractic and Wellness may incorporate other complementary therapies such as therapeutic ultrasound, electrical stimulation, and other modalities to enhance the healing process.

The Benefits of Choosing Red River Chiropractic and Wellness

Choosing Red River Chiropractic and Wellness means choosing a proactive approach to your health. By addressing the root cause of your problems, they help you prevent future issues and achieve lasting relief. Some of the key benefits include:

Pain Relief: Effective management of back pain, neck pain, headaches, and other musculoskeletal pain.

Improved Mobility and Flexibility: Regaining a greater range of motion and ease of movement.

Reduced Stress and Anxiety: Relaxation techniques and stress-reduction strategies help to improve mental and emotional well-being.

Enhanced Athletic Performance: Improved body alignment and muscle function can significantly enhance athletic performance.

Improved Sleep Quality: Pain relief and stress reduction often contribute to better sleep.

Increased Energy Levels: Improved overall health and well-being lead to increased energy and vitality.

The Red River Chiropractic and Wellness Difference: A Focus on Patient Care

What truly sets Red River Chiropractic and Wellness apart is their unwavering commitment to patient care. They take the time to listen to your concerns, understand your individual needs, and create a personalized treatment plan that works for you. Their friendly and knowledgeable team provides a supportive and welcoming environment, ensuring you feel comfortable and confident throughout your journey to better health.

Taking the First Step Towards a Healthier You

Are you ready to experience the transformative power of chiropractic care and holistic wellness? Contact Red River Chiropractic and Wellness today to schedule a consultation. They'll assess your condition, answer your questions, and create a customized plan to help you achieve your health goals. Remember, investing in your health is an investment in your future.

Conclusion

Red River Chiropractic and Wellness provides a comprehensive and compassionate approach to healthcare, combining the effectiveness of chiropractic care with the benefits of complementary therapies. By focusing on the root causes of health problems and creating personalized treatment plans, they empower individuals to take control of their well-being and achieve lasting health improvements. Don't wait until pain becomes debilitating—take proactive steps towards a healthier, happier you.

FAQs

Q1: Do I need a referral to see a chiropractor at Red River Chiropractic and Wellness?

A1: No, a referral is not typically required to see a chiropractor. You can schedule an appointment directly.

Q2: What forms of payment do you accept?

A2: Red River Chiropractic and Wellness likely accepts a variety of payment methods, including cash, check, credit cards, and potentially health insurance depending on your plan. It's best to contact them directly to confirm their accepted payment options.

Q3: How long are the appointments typically?

A3: Appointment lengths vary depending on the services required. A typical initial consultation might be longer than subsequent follow-up appointments. Contact them for an estimate.

Q4: What should I expect during my first visit?

A4: Your first visit will likely include a comprehensive health history review, a physical examination, and a discussion about your health goals and concerns. The chiropractor will explain their findings and create a personalized treatment plan.

Q5: Is chiropractic care safe?

A5: When performed by qualified and licensed professionals, chiropractic care is generally considered safe. However, like any healthcare procedure, there are potential risks. Red River Chiropractic and Wellness uses safe and effective techniques, but it's important to discuss any concerns you have with your chiropractor.

red river chiropractic and wellness: *The Truth about Low Thyroid* Joshua J. Redd, 2016-07-21
In this unique and engaging book, Joshua J. Redd, DC, MS, DABFM, DAAIM shares patients' stories of hope and healing. *The Truth About Low Thyroid* reveals the struggles and resilience of patients battling this often-invisible disorder and offers guidance for low thyroid patients and their families. You may find yourself relating to many of the stories in this book if you are experiencing low thyroid symptoms such as: Extreme Fatigue Inability to Lose Weight Thin or Brittle Hair Hair Loss Low Libido Brain Fog Insomnia Depression/Anxiety Feeling Cold Digestive Disorders If you or your loved ones are suffering with low thyroid symptoms, this book will encourage you to keep going, and will guide you to the help you are seeking. Do not give up. Do not give in. Do not lose hope.

red river chiropractic and wellness: Wellness to the Core Jason Sonners, 2014-02-18 In

WELLNESS TO THE CORE, Dr. Jason Sonners arms you with the information you need to take control of your health and begin your personal journey to wellness. In Part One, Why are We So Sick, Dr. Sonners presents the modern conditions and choices that have made humans so chronically ill. He also illustrates the relationship between our current state of (un)health and (dis)ease and the current healthcare crisis. Part Two, the Be Fit, Be Nourished, Be Balanced Program, offers solutions for getting your health back on track. It outlines the steps you can take to begin the process of reclaiming your health and the life you deserve. Dr. Sonners, an accomplished chiropractor skilled in nutrition, stress management, pain management, exercise prescription, and rehabilitation, is the perfect guide to help you reset your mindset and get you back on your path to wellness. His message, underscoring the wellness to the core philosophy, is that it is never too late to make a positive change in your life.

red river chiropractic and wellness: Beautiful Inside and Out Gena Lee Nolin, Mary Shomon, 2013-10-08 Baywatch star Gena Lee Nolin shares her story of undergoing and overcoming two decades of misdiagnosed thyroid disease and shows how the estimated sixty million Americans suffering from thyroid disease can learn to live healthy, happy, and beautiful lives. The most comprehensive, user-friendly handbook available for anyone suffering from thyroid disease: everything you need to know to reclaim the happy, healthy, wonderful life you deserve! Gena Lee Nolin, a star of the hit TV series Baywatch, was the picture of perfect health. Then suddenly she was plagued by a baffling array of symptoms: exhaustion, brain fog, bloating, depression, hair loss, and debilitating changes in energy, weight, and mood, culminating in lifethreatening symptoms during her pregnancy. Like millions of American women, Nolin was struggling with undiagnosed thyroid disease. Thyroid problems leave women feeling anything but beautiful, and often they find themselves stigmatized by friends, family, the media—even doctors. But it doesn't have to be that way! Collaborating with New York Times bestselling author and internationally recognized thyroid patient advocate Mary Shomon, Nolin uses her own story to deliver practical information vital for anyone struggling with thyroid issues. Readers will learn how to get diagnosed accurately and treated effectively, how to lose weight, balance hormones, solve beauty challenges, and regain their self-confidence. Full of practical checklists, questionnaires, and advice from America's leading experts in thyroid and hormonal health, here is a heartfelt, helpful guide for women who are ready to feel strong, sexy, and beautiful again.

red river chiropractic and wellness: Wellness Wake Up Call David J. Barczyk, 2014-06-24 With few exceptions, the human body is a self-healing organism that would function perfectly when given the things it needs, such as nutrition, exercise, and social and spiritual food. Most of the time, however, life gets in the way. The good news is that everyone has the chance to make right with physical, emotional, and spiritual needs and to live in a way that allows the body to function better. For those headed in the wrong direction, inaction is a choice. Reversing downward spirals to get life back on track requires each person to make a choice to live differently.

red river chiropractic and wellness: Fish Oil Joseph C. Maroon, Jeffrey Bost, 2006 Chronic inflammation can cause chronic pain, a breakdown of cartilage and muscle, increased blood clotting, and may cause genetic changes leading to various cancers. This book discusses a method of mitigating the effects of chronic inflammation through the power of fish oil.

red river chiropractic and wellness: Lessons from Everest Dr. Tim Warren, 2013-02-01 After a devastating failed attempt to climb Mt. Everest in 2007 and a brief period of mourning, Dr. Tim Warren became focused on learning the lessons that had been revealed to him while hiking alone for three days down the Khumbu Valley of Nepal to heal his damaged lung tissue in the luxury of oxygen-rich lower altitude. He felt an overpowering desire to return to the mountain the next year and experienced a clear vision of himself at the summit and arriving safely back in base camp. After testing those lessons over the next year and a half, and within an inch of his life, he achieved this goal. Equally importantly, he realized that the lessons learned on the Big E were universal to people seeking to overcome difficulties in life or simply to edge a little closer to their full potential. Lessons From Everest describes seven lessons, each a stepping stone to greater understanding and

awareness of the reader's inner journey to their own Everest with a healthy dose of seat-of-your-pants adventure.

red river chiropractic and wellness: Source Code Meditation Michael Cotton, 2018-05-22 Learn to mobilize latent energy in your body and direct it to energize and awaken your higher brain

- Provides a simplified step-by-step guided process to the higher-brain activation techniques of Source Code Meditation
- Explains how to shift energy out of the lower “survive” brain into the higher “thrive” brain to bring confidence, clarity, and empowerment for transformative change in all areas of life
- Reveals how the “brain first” techniques of SCM tune the brain to receive meditation, enabling access to deep flow states, transcendent states of consciousness, and higher brain potential

The human brain is like a flowing river of potential. Until now, that river has been blocked, barricaded, and diverted by the primitive lower brain. The lower brain hijacks our ability to experience deeper flow and higher transcendent states of consciousness. It also guards against the full expression of the passionate human heart. Source Code Meditation (SCM), with its nine summits of transformation, effortlessly re-routes that lower brain diversion, allowing you to activate latent energy in your body, awaken your higher brain, enlighten your mind, and set your heart on fire to create a new world. With traditional meditation techniques, it often takes decades of practice for hours each day to confer significant changes in the mind and the higher brain. Few of us make it to these rarified states of mind, due to the amount of time and the intensity of focus needed. With “brain first” SCM techniques, you mobilize latent energy in the body and direct it to energize and awaken the higher brain before meditation begins. With the higher brain prepped and tuned, meditation is efficiently received, leading to quantum breakthroughs in higher consciousness without years of practice as well as access to deep flow states, transcendent states of consciousness, and higher brain potential. Providing a simplified step-by-step guided process to SCM, Dr. Michael Cotton explains how to shift energy out of the lower “survive” brain into the higher “thrive” brain to bring confidence, clarity, and empowerment for transformative change in all areas of life. Distilled from the world’s most comprehensive philosophy, Integral Metatheory, SCM offers not only a way to create the brain state necessary to change the mind, but the crystal clarity needed to use these advanced meditative states to actualize your potential and live your destiny to the fullest.

red river chiropractic and wellness: Just Breathe Dan Brulé, 2017-03-28 Hailed by Tony Robbins as the “definitive breathwork handbook,” Just Breathe will teach you how to harness your breath to reduce stress, increase productivity, balance your health, and find the path to spiritual awakening. Big meeting jitters? Anxiety over a test or taxes? Hard time focusing? What if you could control your outcomes and change results simply by regulating your breath? In this simple and revolutionary guide, world-renowned pioneer of breathwork Dan Brulé shares the Breath Mastery technique that has helped people in more than fifty countries reduce anxiety, improve their health, and tap infinite stores of energy. Just Breathe reveals the truth that elite athletes, champion martial artists, Navy SEAL warriors, first responders, and spiritual yogis have always known—when you regulate your breathing, you can moderate your state of well-being. So if you want to clear and calm your mind and spark peak performance, the secret is just a breath away. Breathwork gives you the tools to achieve benefits in a wide range of issues including: managing acute/chronic pain; helping with insomnia, weight loss, attention deficit, anxiety, depression, trauma, and grief; improving intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Recommended “for those who wish to destress naturally” (Library Journal), Just Breathe will help you utilize your breath to benefit your body, mind, and spirit.

red river chiropractic and wellness: 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.

red river chiropractic and wellness: Lasting Purpose Sid E. Williams, 1996 Reveals how the Lasting purpose philosophy can help achieve success and attain absolute faith in one's goals

red river chiropractic and wellness: 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.

red river chiropractic and wellness: Ask the Chiropractor ,

red river chiropractic and wellness: How to Eat, Move, and Be Healthy! (2nd Edition) Paul Chek, 2018-07 This book provides the structure of a four-step program for creating a healthier lifestyle including developing a unique eating plan and a personalized exercise program.

red river chiropractic and wellness: Photobiomodulation in the Brain Michael R. Hamblin, Ying-Ying Huang, 2019-07-13 Photobiomodulation in the Brain: Low-Level Laser (Light) Therapy in Neurology and Neuroscience presents the fundamentals of photobiomodulation and the diversity of applications in which light can be implemented in the brain. It will serve as a reference for future research in the area, providing the basic foundations readers need to understand photobiomodulation's science-based evidence, practical applications and related adaptations to specific therapeutic interventions. The book covers the mechanisms of action of photobiomodulation to the brain, and includes chapters describing the pre-clinical studies and clinical trials that have been undertaken for diverse brain disorders, including traumatic events, degenerative diseases and psychiatric disorders. - Provides a much-needed reference on photobiomodulation with an unprecedented focus on the brain and its disorders - Features a body of world-renowned editors and chapter authors that promote research, policy and funding - Discusses the recent and rapid accumulation of literature in this area of research and the shift towards the use of non-invasive techniques in therapy

red river chiropractic and wellness: The Myth of Normal Gabor Maté, MD, 2022-09-13 The instant New York Times bestseller By the acclaimed author of *In the Realm of Hungry Ghosts*, a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really “normal” when it comes to health? Over four decades of clinical experience, Maté has come to recognize the prevailing understanding of “normal” as false, neglecting the roles that trauma and stress, and the pressures of

modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today's culture stresses the body, burdens the immune system, and undermines emotional balance. Now Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society—and offers a compassionate guide for health and healing. Cowritten with his son Daniel, *The Myth Of Normal* is Maté's most ambitious and urgent book yet.

red river chiropractic and wellness: *Shake Off the Snake* A. J. Rubano D C, 2008-09 Shake off the snake and step into your destiny! Worry, fear, and frustration have a way of sapping the energy out of our life's pursuits. Its time those weakened and wearied by the trials of this world got the upper hand. *Shake Off The Snake* is a guide for anyone who is suffering from the paralyzing effects of fear, anxiety about what the future holds, or frustration over unfulfilled expectations. True life stories and power scriptures help provide the inspiration and practical applications for living victoriously, even in the midst of the enemy's attacks. *Shake Off The Snake* is real advice for real problems; encouraging the reader that overcoming the challenges in their path to happiness is not only possible, but actually God's plan for their destiny. If your dreams have been choked by the cares of this world, you've been poisoned by a lack of advancement or the lies of the devil, or bitten by the betrayal of a close friend or relative you will see that the obstacles in your way, though meant for evil, are really stepping stones to the abundant life you have been dreaming about; as long as you are willing to shake off the snake.

red river chiropractic and wellness: *Why Isn't My Brain Working?* Datis Kharrazian, 2013-04-22 Publisher Direct: Losing your memory? Can't focus or concentrate? Do you have brain fog or tire easily? Have you lost your zest for life or motivation? Do people tell you this is all a normal part of aging? If so, your brain may be growing old too fast, or degenerating. Modern diets, a stressful lifestyle, and environmental toxins all take their toll on the brain. This doesn't just happen to seniors—brain disorders and degeneration are on the rise for young and old alike. The good news is the brain is extremely adaptable and wants to get well. You simply have to know how to feed and care for your brain. See if some of these signs and symptoms of brain degeneration apply to you: Memory loss • brain fog • depression • anxiety • difficulty learning • lack of motivation, drive, or passion • tire easily • poor focus and concentration • fatigue in response to certain chemicals or foods Brain degeneration affects millions of Americans of all ages. The destruction sets in years or even decades before Alzheimer's, Parkinson's, multiple sclerosis, or other serious neurological diseases can be diagnosed. Don't waste another day wondering why your brain is not working. Learn how to spot brain degeneration and stop it before it's too late. *Why Isn't My Brain Working?* harnesses cutting-edge scientific research for safe, simple, and truly effective solutions to declining brain function.

red river chiropractic and wellness: *Pure Life* Suzanne Osborne, 2007-09 Are you ready to be really, truly healthy? On a life-changing journey to Costa Rica, Dr. Suzanne Osborne learned the native greeting, Pura Vida. Using this uplifting concept of Pure Life as her guide, she created sixteen steps to achieve a healthier and more energetic way of life. Now, in this groundbreaking text, Dr. Osborne unleashes her vast wealth of knowledge about optimal physical health and well-being to help you shed old habits, embrace your health, and dramatically change your life. Along the Pure Life path, Dr. Osborne guides you through meditation, stress reduction, proper nutrition, and countless other strategies to optimize your health. Packed with research-based knowledge, exercises, dietary tips, and practical advice, *Pure Life* is a must-read for anyone with a desire to live life to its fullest, healthiest potential. Powerful forces of change emerge when we shed old habits and liberate ourselves from the trying stresses of everyday living. *Pure Life* will show you the way to this new and exhilarating path, through concrete fitness habits as well as health of the mind-self-love, and respect for and connection to the universe.

red river chiropractic and wellness: *The Reality Check* Heidi Haavik, 2014 *The Reality Check* is about the effects of chiropractic care. It describes in easy to understand language what happens

in the brain when a chiropractor adjusts dysfunctional segments in your spine. It is based on cutting edge research performed over the past two decades and was written by Dr Heidi Haavik, a pioneering scientist who has been instrumental in establishing the link between neuroscience and chiropractic. This book is a must read for anyone who is interested in what happens in the body when a chiropractor adjusts your spine, and is an essential resource for anyone in the chiropractic community.

red river chiropractic and wellness: One Body One Life Andrew C. E. Green, 2018-06-04 Are you always stressed, constantly busy, prioritising others over yourself, and realising that time is slipping by and your health is now not what it was? Assess where you are now, and then follow a series of easily sustainable changes that you can stick to, get the balance right, and reclaim your health.

red river chiropractic and wellness: Yin & Yang Nutrition for Dogs Judy Morgan DVM, Hue Grant, 2017-11-10 Cooking for dogs according to traditional Chinese medicine food therapy including recipes.

red river chiropractic and wellness: Holistic Health and Healing Mary Anne Bright, 2002 As complementary medicine has moved into the American mainstream, health-care practitioners are increasingly being asked for more natural health-care options that stress prevention and promote well-being. For nurses and other health-care providers, Bright (School of Nursing, U. of Massachusetts, Amherst) presents an overview of the history, philosophy, and uses of 16 common complementary and alternative medicine therapeutics. They are organized into three categories: holistic healing modalities, such as imagery and massage; Western complementary healing practices, such as naturopathy and homeopathy; and Eastern healing systems, including Chinese medicine and Ayurveda. c. Book News Inc.

red river chiropractic and wellness: The True Power of Chiropractic Jason W. Ingham, 2019-08-27 With over one hundred Americans dying everyday to opioid overdose, doctors must look toward permanent solutions before the epidemic continues to spiral out of control. This is where chiropractic comes into play. Instead of throwing medicine at symptoms and chronic pain and hoping they go away, chiropractic is a nonsurgical solution that can alleviate pain and save you money down the road. From watching his mother see dramatic results with her polio through chiropractic treatment, to being treated himself as a child, Dr. Jason W. Ingham knows the benefits of chiropractic all too well. He wrote this book as a guide for a pain-free life--one where you don't have to use medicine as a crutch. In *The True Power of Chiropractic: Unlock Your Body's Natural Ability to Adapt, Renew, and Restore*, Dr. Ingham will share his knowledge with you so you can take your first steps to improving your life through chiropractic.

red river chiropractic and wellness: The Practical Application of Meridian Style Acupuncture John E. Pirog, 1996

red river chiropractic and wellness: Spinal Cord Medicine, Third Edition Steven Kirshblum, MD, Vernon W. Lin, MD, PhD, 2018-12-28 In this comprehensive, clinically directed, reference for the diagnosis and treatment of persons with spinal cord injury and related disorders, editors of the two leading texts on spinal cord injury (SCI) medicine have joined together to develop a singular premier resource for professionals in the field. *Spinal Cord Medicine, Third Edition* draws on the expertise of seasoned editors and experienced chapter authors to produce one collaborative volume with the most up-to-date medical, clinical, and rehabilitative knowledge in spinal cord injury management across the spectrum of care. This jointly configured third edition builds on the foundation of both prior texts to reflect the breadth and depth of the specialty. Containing 60 state-of-the-art chapters, the book is divided into sections covering introduction and assessment, acute injury management and surgical considerations, medical management, neurological and musculoskeletal care, rehabilitation, recent research advances, system-based practice, and special topics. New and expanded content focuses on the significant changes in the epidemiology of traumatic injury, the classification of SCI, and the latest medical treatments of multiple medical complications. In addition, chapters discuss new surgical considerations in acute and chronic SCI

and the many advances in technology that impact rehabilitation and patients' overall quality of life. With chapters authored by respected leaders in spinal cord medicine, including those experienced in spinal cord injury medicine, physical medicine and rehabilitation, neurology, neurosurgery, therapists, and researchers, this third edition goes beyond either of the prior volumes to combine the best of both and create a new unified reference that defines the current standard of care for the field. Key Features: Covers all aspects of spinal cord injury and disease with updates on epidemiology of spinal cord injury, the classification of spinal cord injury, newer methods of surgical intervention post-injury, updates to medications, advances in rehabilitation, and changes in technology Brings together two leading references to create a singular evidence-based resource that defines the current standard of care for spinal cord medicine Presents the most current medical, clinical, and rehabilitation intelligence Chapters written by experts across the spectrum of specialists involved in the care of persons with spinal cord injury Includes access to the downloadable ebook

red river chiropractic and wellness: Strengthen Your Back DK, 2013-10-21 Strengthen Your Back covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with Strengthen Your Back!

red river chiropractic and wellness: The Deflame Diet David R. Seaman, 2016-04-04 Dr. Seaman coined the term DeFlame as a simple educational tool to help better understand the benefits of replacing pro-inflammatory foods with anti-inflammatory vegetables, fruit, nuts, and roots/tubers. He first identified that diet promotes inflammation based on research published in the 1970s and 1980s. Most have only begun to see this relationship in recent years. In contrast, Dr Seaman has written multiple articles and chapters on this topic over the past 25 years. The DeFlame Diet is about eating anti-inflammatory foods to turn off the chronic disease-promoting flame created by pro-inflammatory foods. This is the first nutrition book for the general public that delves into inflammation in great detail, yet in a fashion that is understandable. Readers will never be confused again about what foods we should and should not be eating.

red river chiropractic and wellness: Sugar Birds Cheryl Grey Bostrom, 2023-10-17 NORTHWEST WASHINGTON STATE, 1985 For years, Harris Hayes has taught his daughter, Aggie, the ways of the northern woods, where she sketches nests of wild birds as an antidote to sadness. Then her depressed, unpredictable mother forbids her to climb the trees that give her sanctuary and comfort. Angry, ten-year-old Aggie accidentally lights a tragic fire and flees downriver. She lands her boat near untamed forest, then hides among trees and creatures she believes are her only friends—determined to remain undiscovered. A search party gathers hours after Celia arrives at her grandmother's nearby farm. Hurting from her parents' breakup, she also plans to run. But when she joins the hunt for Aggie, she meets two irresistible young men who compel her to stay. One is autistic; the other, dangerous. Ideal for fans of *Under the Magnolias*, *Where the Crawdads Sing*, and *The Great Alone*, *Sugar Birds* is a layered, riveting story set in the breathtaking natural world—where characters encounter the mending power of forgiveness, for themselves and for those who have failed them. "A true page-turner . . . An engrossing tale." Kirkus Reviews 2022 CHRISTIANITY TODAY'S BOOK AWARDS: Award of Merit - Fiction 2022 ACFW CAROL AWARDS: Winner - Debut Fiction 2022 IPPY AWARDS: Gold Winner - Best First Book, Fiction 2022 CHRISTY AWARD FINALIST - First Novel 2022 NAUTILUS AWARDS: Silver Winner - Fiction/Large Publishers 2022 INTERNATIONAL BOOK AWARDS: Winner - Inspirational Fiction and Cross-Genre Fiction; Finalist - General Fiction, Literary Fiction 2022 NEXT GENERATION INDIE BOOK AWARDS: Finalist - General Fiction/Novel 2021 AMERICAN FICTION AWARDS: Winner - Literary Fiction, General Fiction, and Cross-Genre Fiction; Finalist - Religious Fiction 2021 BEST BOOK AWARDS: Winner - Inspirational Fiction; Finalist - Cross-Genre Fiction 2021 FOREWORD INDIES: Silver Winner -

Religious Fiction; Finalist - General Adult Fiction 2021 READER'S FAVORITE AWARDS: Silver Medalist - Inspirational Fiction

red river chiropractic and wellness: *Birth Matters* Ina May Gaskin, 2011-01-04 Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has led to nearly a third of hospital births in America to be cesarean sections—and renew confidence in a woman's natural ability to birth. Upbeat and informative, Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. *Birth Matters* is a spirited manifesto showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

red river chiropractic and wellness: *Mastering Migraine* Adam Harcourt, 2020-01-18 What causes Migraine? Is it possible to be in control of it? *Mastering Migraine* answers these questions, and many more, in the most succinct way. Dr. Adam Harcourt simplifies the understanding of migraine and the 4 most common modifiable factors: Hormonal, Nutritional, Musculoskeletal and Neurological. This 4-Factor concept, along with his novel Bucket Theory aims to keep you from shooting in the dark when it comes to migraine treatment. If you picture the part of your brain that leads to migraine as a bucket, you can imagine that when the bucket overflows from any combination of stressors, migraine occurs. *Mastering Migraine* aims to help you discover the tools that will reduce these stressors, and at the same time 'make your bucket bigger'. The combination of these two approaches can move you down the spectrum of migraine, from having migraine often, to only having it once in awhile, or not at all. *Mastering Migraine* aims to help you stay in control of migraine, rather than having migraine control you. Read the book that will change migraine as you know it!

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