

redmond wellness and chiropractic

Redmond Wellness and Chiropractic: Your Path to a Healthier, Happier You

Are you experiencing persistent back pain, nagging headaches, or just feeling generally out of whack? Finding the right healthcare provider can feel overwhelming, but what if I told you there's a place in Redmond dedicated to holistic wellness and chiropractic care designed to get you back on your feet – and feeling fantastic? This comprehensive guide dives deep into Redmond Wellness and Chiropractic, exploring their services, philosophy, and how they can help you achieve optimal health. We'll cover everything from the benefits of chiropractic care to the specific services offered at this Redmond clinic, ensuring you have all the information you need to make an informed decision about your healthcare journey.

Understanding the Power of Chiropractic Care

Before we delve into the specifics of Redmond Wellness and Chiropractic, let's explore the core principles of chiropractic care. Chiropractic focuses on the intricate relationship between your nervous system and overall health. Chiropractors, like those at Redmond Wellness and Chiropractic, are trained to diagnose and treat musculoskeletal issues, primarily focusing on the spine. By addressing spinal misalignments (subluxations), chiropractors aim to improve nerve function, reduce pain, and enhance the body's natural healing capabilities. This holistic approach considers the interconnectedness of your body, recognizing that problems in one area can often impact others.

Many people seek chiropractic care for pain relief, whether it's back pain, neck pain, headaches, or sciatica. However, the benefits extend far beyond pain management. Regular chiropractic adjustments can improve posture, increase flexibility and range of motion, reduce inflammation, and even boost your immune system. It's about optimizing your body's function so you can live a more active, fulfilling life.

Redmond Wellness and Chiropractic: A Unique Approach

Redmond Wellness and Chiropractic distinguishes itself through its commitment to a patient-centered, holistic approach. They don't just treat symptoms; they work with you to identify the root cause of your discomfort and develop a personalized treatment plan. This means taking the time to understand your lifestyle, medical history, and individual needs. This individualized care ensures you receive the most effective and appropriate treatment.

Their services often go beyond traditional chiropractic adjustments. They may incorporate other therapies such as:

Massage Therapy: Relaxing and therapeutic massage can alleviate muscle tension, improve circulation, and complement chiropractic adjustments.

Physical Therapy: Targeted exercises and stretches help strengthen muscles, improve flexibility, and promote long-term well-being.

Nutritional Counseling: Understanding your dietary needs can significantly impact your overall health and recovery. They may offer guidance on optimizing your nutrition.

Lifestyle Advice: Addressing underlying lifestyle factors contributing to your health issues is crucial for long-term success. This might include recommendations for exercise, stress management, and ergonomics.

The Redmond Wellness and Chiropractic Team: Experienced and Compassionate

The success of any healthcare practice hinges on the expertise and compassion of its team. Redmond Wellness and Chiropractic boasts a team of highly qualified and experienced professionals dedicated to providing exceptional patient care. They prioritize building strong patient-doctor relationships based on trust and open communication. This ensures you feel comfortable and confident in your care throughout your journey to wellness. Their commitment to ongoing education and training means they're always at the forefront of the latest advancements in chiropractic and wellness practices.

Is Redmond Wellness and Chiropractic Right for You?

If you're experiencing any of the following, Redmond Wellness and Chiropractic may be an excellent option:

Back pain (lower back pain, mid-back pain, upper back pain)

Neck pain and headaches (tension headaches, migraines)

Sciatica

Joint pain (arthritis, bursitis)

Posture problems

Sports injuries

General muscle aches and pains

Seeking preventative wellness care

This is not an exhaustive list, and if you're unsure if their services are suitable for you, scheduling a consultation is always recommended.

Beyond the Adjustments: Experiencing the Redmond Wellness Difference

Redmond Wellness and Chiropractic is more than just a clinic; it's a wellness center. They cultivate a welcoming and supportive environment where patients feel comfortable and empowered to take control of their health. Their dedication to patient education ensures you understand your condition, treatment plan, and how to maintain your progress long-term. This holistic and proactive approach is key to their success in helping patients

achieve lasting wellness. They focus not just on treating the problem, but on empowering you to prevent future issues.

Conclusion: Your Journey to Wellness Starts Here

Redmond Wellness and Chiropractic offers a comprehensive approach to healthcare, combining skilled chiropractic care with a range of complementary therapies. Their patient-centered philosophy, experienced team, and dedication to holistic wellness make them a valuable resource for anyone seeking improved health and well-being in the Redmond area. Take the first step towards a healthier, happier you by contacting Redmond Wellness and Chiropractic today. You deserve to live your life free from pain and limitations.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a chiropractor at Redmond Wellness and Chiropractic?
No, you do not need a referral to schedule an appointment.
1. What types of insurance do you accept? Redmond Wellness and Chiropractic accepts a variety of insurance plans. It's best to contact them directly to confirm your coverage.
1. What should I expect during my first appointment? Your first appointment will involve a thorough consultation to discuss your health history, symptoms, and goals. A physical examination will be conducted to assess your spinal alignment and overall health.
1. How often will I need chiropractic adjustments? The frequency of adjustments depends on your individual needs and condition. Your chiropractor will create a personalized treatment plan based on your assessment.
1. What if I'm still experiencing pain after several treatments? If pain persists, your chiropractor will re-evaluate your treatment plan and may recommend additional therapies or refer you to other specialists if necessary. Open communication is crucial to ensure your treatment is effective.

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

redmond wellness and chiropractic: America's Health Crisis Andrew H. Marrone D.C., 2019-05-03 America's Health Crisis And What It Means to Your Family By: Andrew H. Marrone D.C. Andrew H. Marrone, D.C., "Dr. Andy" addresses the health crisis in America: what the health care community does phenomenally – and what needs serious improvement. Dr. Andy instructs and empowers individuals to take control of their own health and the life-shortening problems with the Standard American Diet (SAD). Crucial topics include cancer, diabetes, heart disease, osteoporosis, and more. Dr. Andy shares his experience and expertise in the field of enzyme nutrition.

redmond wellness and chiropractic: Annual Report United States. Small Business Administration, 1981

redmond wellness and chiropractic: Chiropractic, Health Promotion, and Wellness Meridel I. Gatterman, 2007 Chiropractors have traditionally counseled patients on health promotion and wellness. Chiropractic, Health Promotion, and Wellness offers patients a better understanding of the chiropractor's important role, with practical questions and authoritative answers across a range of topics, including nutrition, exercise, and health behaviors. The doctor of chiropractic as a wellness provider promotes not just spinal health but a comprehensive model of health and wellness. A must-have resource for anyone contemplating chiropractic or already undergoing treatment!

redmond wellness and chiropractic: Shopping Center Directory, 2004 This multi-volume set, which is divided by region, contains sections on new and planned centers. An index of centers with available space is designed to help one locate a business site.

redmond wellness and chiropractic: 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.

redmond wellness and chiropractic: OZONE Velio Bocci, 2010-10-05 Oxygen-Ozone therapy is a complementary approach less known than homeopathy and acupuncture because it has come of age only three decades ago. This book clarifies that, in the often nebulous field of natural medicine, the biological bases of ozone therapy are totally in line with classical biochemistry, physiological and pharmacological knowledge. Ozone is an oxidizing molecule, a sort of super active oxygen, which, by reacting with blood components generates a number of chemical messengers responsible for activating crucial biological functions such as oxygen delivery, immune activation, release of hormones and induction of antioxidant enzymes, which is an exceptional property for correcting the chronic oxidative stress present in atherosclerosis, diabetes and cancer. Moreover, by inducing nitric oxide synthase, ozone therapy may mobilize endogenous stem cells, which will promote regeneration of ischemic tissues. The description of these phenomena offers the first comprehensive picture for understanding how ozone works and why. When properly used as a real drug within therapeutic range, ozone therapy does not only does not procure adverse effects but yields a feeling of wellness. Half the book describes the value of ozone treatment in several diseases, particularly cutaneous infection and vascular diseases where ozone really behaves as a "wonder drug". The book

has been written for clinical researchers, physicians and ozone therapists, but also for the layman or the patient interested in this therapy.

redmond wellness and chiropractic: *Get Off Your Acid* Daryl Gioffre, 2017-02-14 Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods) that cause inflammation and wreak havoc on your health. Let's talk about the four-letter word that's secretly destroying your health: ACID. An acidic lifestyle -- consuming foods such as sugar, grains, dairy, excess animal proteins, processed food, artificial sweeteners, along with lack of exercise and proper hydration, and stress -- causes inflammation. And inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. But there's good news: health visionary Dr. Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods, alkalize your body and balance your pH. With the Get Off Your Acid plan, you'll: Gain more energy Strengthen your immune system Diminish pain and reflux Improve digestion, focus, and sleep Lose excess weight and bloating, naturally With alkaline recipes for easy, delicious snacks and meals, Get Off Your Acid is a powerful guide to transform your health and energy -- in seven days.

redmond wellness and chiropractic: *The World's Best Kept Health Secret Revealed* Wellness Doctors Leading Wellness Doctors, 2004-10 Using the latest scientific and peer-reviewed research, these leading wellness Doctors of Chiropractic explore how to provide you with new levels of energy, health and wellness. They show you ways to stop and reverse health challenges and make conscious choices that could transform your life and the lives of your loved ones. They provide you information which could help you heal yourself and then, using what you have learned, help you heal your family. Doctors of Chiropractic are trained to identify within the nervous system causes of poor health, illness and injuries. Without using drugs, invasive techniques or surgery, Doctors of Chiropractic help the body naturally reverse current health problems and prevent future ones. Each year, 30 million people choose this proven form of healthcare and wellness care.

redmond wellness and chiropractic: *Gabbard's Treatments of Psychiatric Disorders* Glen O. Gabbard, 2014-05-05 The definitive treatment textbook in psychiatry, this fifth edition of Gabbard's Treatments of Psychiatric Disorders has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, Gabbard's Treatments of Psychiatric Disorders, Fifth Edition, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

redmond wellness and chiropractic: *Using Nutrigenomics within Personalized Nutrition* Anne Pemberton, 2022-07-21 This is the comprehensive guide to utilizing nutrigenomics in clinical practice. A cutting-edge field, nutrigenomics examines the effects of foods on gene expression. From a comprehensive patient history and appropriate testing, practitioners can work with the patient to correct underlying biochemical imbalances that may predispose to a disease, using nutrigenomics as a guidance tool. The book covers everything a practitioner needs to know, from the difference between nutrigenomics and epigenetics to what to consider when incorporating nutrigenomics with

functional medicine. The book is highly practical, guiding the reader through the realities of using genetic testing in clinical practice.

redmond wellness and chiropractic: *Somato Respiratory Integration Workbook* Donald M. Epstein, 2009-10-06 SRI is designed to educate about the body's rhythms and inner wisdom through focused attention, gentle breath, movement and touch. The workbook includes specific exercises that link somatic awareness with respiration, in order to reconnect the brain with the body's experience of vibration, structure, and energy. It builds on concepts presented in the Twelve stages of healing: a network approach to wholeness. Dr. Epstein is the developer of the Network Spinal Analysis.

redmond wellness and chiropractic: *Ask Dr. Tony* Craig R. Evans, Tony Attwood, 2018 Addresses questions on topics such as seeking or disclosing an autism diagnosis; anxiety, depression, and meltdowns; getting and keeping a job; forming and keeping friendships and relationships. The authors' goal is to enable people to thrive with autism.

redmond wellness and chiropractic: *Our Unsystematic Health Care System* Grace Budrys, 2005 The aim of this book is to present the reader with a comprehensive overview of the U.S. health care delivery system. A central theme running through the book revolves around the fact that Americans have expressed a high level of dissatisfaction with the country's health care arrangements for many years, yet have been unable to come up with reforms that would address the main point of dissatisfaction: the steadily rising cost of care. One of the primary objectives of the book is to provide a clear explanation of the health insurance arrangements operating in this country; both public, such as Medicare, and private, which is generally employment-based. The workings of structures that combine payment and provision of health care services, namely HMOs (Health Maintenance Organizations), are described in detail. The health care systems developed by other countries are examined to illustrate how this country's 'unsystematic system' differs from those in most other highly industrialized countries. Special attention is directed to hospital and health occupational trends. Statistics gathered by government agencies and researchers associated with various nonprofit organizations are used to illustrate points of discussion. The final chapters of the book address attempts to control costs and changes promoted by sponsors of the most recent reform plans.

redmond wellness and chiropractic: *Technic and Practice of Chiropractic* Joy Maxwell Loban, 2021-05-19 This is a medical study, focusing on the human spine and neurology. This book believes that the vertebral body palpation part should be step by step, and each step of learning and practice should be combined. Similarly, with regard to neural tracking, theory precedes practice. Research on adjustment techniques should be carried out within a few months before the actual adjustment practice begins and continue during this period.

redmond wellness and chiropractic: *Pennsylvania Business-to-business Sales & Marketing Directory* , 2002

redmond wellness and chiropractic: *Yoga Journal* , 1998-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

redmond wellness and chiropractic: *Inside Chiropractic* Samuel Homola, 1999 Homola, takes a frank and objective look at chiropractic.

redmond wellness and chiropractic: *Munro's Statistical Methods for Health Care Research* Stacey Beth Plichta, Elizabeth A. Kelvin, 2012 This work provides a foundation in the statistics portion of nursing. Topics expanded in this edition include reliability analysis, path analysis, measurement error, missing data, and survival analysis.

redmond wellness and chiropractic: *Rehabilitation of the Spine* Craig Liebenson, 2007 The foremost authorities from chiropractics, orthopaedics and physical therapy present a practical overview of spinal rehabilitation. This clinical resource presents the most current and significant

spinal rehab information, showing how to apply simple and inexpensive rehabilitation in the office. The updated Second Edition includes clinical/regional protocols and chapters on diagnostic triage, acute care, functional assessment, recovery care, outcomes, and biopsychosocial aspects. A bonus DVD offers demonstrations of key therapies and procedures.

redmond wellness and chiropractic: Potentiating Health and the Crisis of the Immune System

A. Mizrahi, S. Fulder, Nimrod Sheinman, 1997-06-30 With all the enormous resources that are invested in medicine, it is sometimes a mystery why there is so much sickness still in evidence. Our life span, though higher than at any time in history, has now leveled off and has not significantly increased in the last two generations. There is a one-third increase in long-term illness in the last 20 years and a 44% increase in cancer incidence, which are not related to demographic issues. In some modern countries, the level of morbidity (defined as days off work because of sickness) has increased by two thirds in this time. Despite \$1 trillion spent on cancer research in 20 years, the War On Cancer has recently been pronounced a complete failure by the u. s. President's Cancer Panel. Evidently we still have a long way to go. The goal of Health for All by the Year 2000 as the World Health Organization has put it, is another forgotten dream. As ever, the answer will be found in breaking out of the old philosophical patterns and discovering the new, as yet unacceptable concepts. The problems of medicine today require a Kuhnian breakthrough into new paradigms, and new ways of thinking. And these new ways will not be mere variations of the old, but radical departures. This book, and the conference upon which it was based, is part of a search for these new pathways.

redmond wellness and chiropractic: Manual Therapy in Children Heiner Biedermann,

2004 Manual Therapy in Children presents a comprehensive conceptual approach to the subject of manual therapy for children of different ages. This approach considers the relationship between the neuromusculoskeletal structure and function at different stages of development and places strong emphasis on the prevention of problems as the child develops as well as on their safe and effective treatment and management. Edited and largely written by a leading European orthopedic physician, the book also includes contributions from over 20 leading practitioners in the field. Manual Therapy in Children is soundly based on the latest evidence. Written by an established author with contributions from a large team of clinical experts, the text is supplemented with almost 250 high quality illustrations. It presents a fresh and well-considered approach to the management of a wide range of paediatric problems. All practitioners working with children with neuromusculoskeletal conditions will find this a clinically relevant and practical resource. Book jacket.

redmond wellness and chiropractic: The National Directory of Managed Care

Organizations , 2001

redmond wellness and chiropractic: Handbook of Occupational Health and Wellness

Robert J. Gatchel, Izabela Z. Schultz, 2012-12-21 This book integrates the growing clinical research evidence related to the emerging transdisciplinary field of occupational health and wellness. It includes a wide range of important topics, ranging from current conceptual approaches to health and wellness in the workplace, to common problems in the workplace such as presenteeism/abstenteeism, common illnesses, job-related burnout, to prevention and intervention methods. It consists of five major parts. Part I, "Introduction and Overviews," provides an overview and critical evaluation of the emerging conceptual models that are currently driving the clinical research and practices in the field. This serves as the initial platform to help better understand the subsequent topics to be discussed. Part II, "Major Occupational Symptoms and Disorders," exposes the reader to the types of critical occupational health risks that have been well documented, as well as the financial and productivity losses associated with them. In Part III, "Evaluation of Occupational Causes and Risks to Workers' Health," a comprehensive evaluation of these risks and causes of such occupational health threats is provided. This leads to Part IV, "Prevention and Intervention Methods," which delineates methods to prevent or intervene with these potential occupational health issues. Part V, "Research, Evaluation, Diversity and Practice," concludes the book with the review of epidemiological, measurement, diversity, policy, and practice issues—with guidelines on

changes that are needed to decrease the economic and health care impact of illnesses in the workplace, and recommendations for future. All chapters provide a balance among theoretical models, current best-practice guidelines, and evidence-based documentation of such models and guidelines. The contributors were carefully selected for their unique knowledge, as well as their ability to meaningfully present this information in a comprehensive manner. As such, this Handbook is of great interest and use to health care and rehabilitation professionals, management and human resource personnel, researchers and academicians alike.

redmond wellness and chiropractic: The Psychology of Sport Injury and Rehabilitation Monna Arvinen-Barrow, Damien Clement, 2024-01-22 Written by internationally known experts The Psychology of Sport Injury and Rehabilitation draws on the latest research in sport psychology and sports medicine. Using case studies to augment the reader's experience, this new edition emphasizes the importance of a holistic, interprofessional approach to sport injury management and care. By doing so, the book provides injured individuals, their families, and healthcare professionals a thorough overview of how psychology plays a role in sport injury prevention, rehabilitation, and return to participation process. Athletes routinely use psychological skills and interventions for performance enhancement but, perhaps surprisingly, not always to assist in recovery from injury. This book demonstrates the ways in which athletes and practitioners can transfer psychological skills to an injury and rehabilitation setting to enhance recovery and the well-being of the athlete. Psychology of injury is an integral part of sport injury prevention, rehabilitation, and return to participation process. The second edition of The Psychology of Sport Injury and Rehabilitation is a comprehensive text grounded in biopsychosocial theory and scientific evidence. The fully revised second edition is an important resource for students, academic scholars, and applied practitioners working in sport psychology, sports medicine, sports coaching, and other related healthcare professions.

redmond wellness and chiropractic: *Official Gazette of the United States Patent and Trademark Office* , 2000

redmond wellness and chiropractic: *Breathwork Detox* Kurtis Lee Thomas, 2020-06-16 Breathwork is like 20 years of therapy in one day without saying a word Breathwork is the new yoga; it's meditation for people who don't like to meditate, the overthinkers and impatient ones who don't want to wait for results. There is a breathwork revolution on the rise, and everything you need to know about breathwork is in this book! The World Health Organization states that anxiety and depression are the top disabilities worldwide. In fact, our current era is called The Age of Anxiety. More people are depressed now than in the Great Depression. This book not only shows you how to beat S.A.D. (Stress, Anxiety, Depression), but how to thrive using a tool you've been equipped with since birth, the breath! No food, medication, or exercise acts as quickly as the breath. The results of breathwork are almost immediate and undeniable from just one session. Breathwork induces a flow-state which enhances clarity and creativity by linking the unconscious and conscious parts of the mind. The answers we all seek become more easily accessible to us. Our bodies are living libraries that keep score; they record everything that happens to us throughout our lifetime. When these issues go unresolved, they cause pain and wreak havoc. The issues are in the tissues. Breathwork clears these stagnant and heavy energies from the body which can drastically improve our health and manifesting power. This is the basis of the Breathwork Detox: you must first let go before you can let in. This is where many sabotage their manifesting abilities, because they're not willing to let go of the things in the past that are holding them back from what they currently want. This may be the only reason the law of attraction hasn't worked for you. You must first clear the runway before you can take off or land. Breathwork is the reboot you've been waiting for. Sometimes the weight we need to lose isn't on our bodies. Studies show we are using less and less of our lung capacity over time. The more stressful the world becomes, the less we breathe. We're not just suffering from physical suffocation but also spiritual suicide. Many people are stuck in the rat race, not living their true life's purpose. Now, more than ever, people need a tool to cope with stress and anxiety so they can thrive in a time when other people need them the most. Some doors only open

from the inside. Breathwork Detox is the key to accessing that door and tapping into the powers you know are there. You just don't know what they are or how to use them. The author shares his journey of how he had a mysterious illness and was tired of paying the medical industry to keep him sick. Instead, Kurtis wanted to HEAL. Breathwork Detox not only changed his life when nothing else would, but it saved his life, and now he wants to share it with the world. Order now to experience the healing power of Breathwork Detox!

redmond wellness and chiropractic: *The 12 Stages of Healing* Donald M. Epstein, Nathaniel Altman, 2023-02-01 The 12 Stages of Healing is an extraordinary new approach to healing the mind and body. Dr. Epstein, founder and creator of Network Spinal, offers fascinating insights into the complex relationship between mind, emotions, and body, and shows us how to promote greater health in our bodies and harmony in our relationships. Have you, or someone you love, experienced . . . A recurring sickness, healing crisis, or life-threatening illness? · A feeling of emptiness and longing for no apparent reason? · A major trauma, emotional hardship, or life-changing event? · A feeling of being stuck in a pattern of self-destructive behavior? After observing thousands of people in both private practice and public seminars, Dr. Epstein discovered 12 basic rhythms, or stages of consciousness, shared by all humanity. Each stage of healing has a distinct “rite of passage” that helps us to reunite with aspects of ourselves that are traumatized, alienated, forgotten, abused, shamed, or unforgiven. Each stage also has a characteristic pattern of breath, movement, and touch that can help us to reconnect with the natural, internal rhythms of our body, and experience a greater sense of joy and well-being. “Donald Epstein is an extraordinary healer. In my 25 years of traveling the globe, I’ve never seen anyone who is able to produce the impact he does in such a short period of time. He opens our hearts to new possibilities for individuals and humanity.” — Tony Robbins, Peak Performance Coach and best-selling author of *Unlimited Power*

redmond wellness and chiropractic: *Conquer Your PCOS Naturally* Rebecca Harwin, 2012 Finally, international author, PCOS expert and experienced clinician, Dr. Rebecca Harwin reveals the secrets to overcoming Polycystic Ovary Syndrome. Discover proven success methods and simple step-by-step, easy to follow strategies to achieve the success you've been dreaming of. Whether you suspect you have this condition, or have been suffering for years, if you've been searching for the pieces of the PCOS puzzle, then you've picked up the right book at the right time.

redmond wellness and chiropractic: *Get Off Your Sugar* Dr. Daryl Gioffre, 2021-01-05 In his first book, Dr. Daryl Gioffre taught us how to fight inflammation by getting off unhealthy, highly acidic foods. Now, he’s targeted sugar—because when you break your sugar addiction, you cut out a major contributor to inflammation, brain fog, aging, and chronic disease. You’ll go from stress eating to strength eating with Dr. Gioffre’s life-changing plan: Phase 1: Weed—7 days to detox your mind, body, and diet Phase 2: Seed—21 days to crush your cravings Phase 3: Feed—A lifetime of satisfying, strengthening eating With tips for customizing the plan, including using clean keto and intermittent fasting to tune up your metabolism, and sixty-five craving-stopping recipes, *Get Off Your Sugar* is your guide to turning your body into a strength-eating, energy-filled, acid-kicking machine.

redmond wellness and chiropractic: *The Synergy Health Solution* Eric Janowitz, 2020-04 Do you keep going to doctors and not getting answers as to why you don't feel like you should? Is their solution to your poor health just more drugs or very poorly defined health strategies to get you back to your best? Imagine waking up to a life like this... - You wake up refreshed from a good night's rest with a feeling of anticipation and excitement for the day ahead of you, even if it's a Monday!- Your day starts with a healthy morning routine that sets the tone for a great day that is energized, positive, and purposeful.- You have boundless energy like you remember having as a kid.- You find yourself motivated to work hard, make an impact and you actually look forward to the day.- You don't just dream about a bright future; you feel like you are actually living it!- You have more time with your family, more money in the bank, and more sense of accomplishment as you reflect back on the past several months.- You are proud of the life you are living and the legacy you are creating. This is not a fantasy - You are not dreaming. What I just described is possible. And it's within your grasp. But to make your dreams a reality starts with a simple decision, one you can

make right now. Raise your standards for your personal health and healing (Your health shifts, the moment you do this!) If you're tired of feeling sick and tired and are looking for a complete framework to help you reach your goals in an easy to follow system, grab your copy of THE SYNERGY HEALTH SOLUTION today! Start creating your personal framework for greater health, energy, and freedom to achieve your best health and life. For over 20 years, Dr. Janowitz has helped over 20,000 patients achieve their best health and life. This powerful book introduces you to the Synergy Success Cycle(TM), a unique framework that combines these four integrated aspects of your life: 1. Harnessing your personal POWER, including understanding your unique talents, gifts, strengths, and values and apply them towards your health. 2. Clarifying your PURPOSE in regaining your health, what gives you meaning in life, why you exist, your vision, your dreams, and your goals. 3. Attracting the right PEOPLE in your life, your role models, people on your health team, the people you love to serve, and the ones you care for most. 4. Embracing the best PROCESSES and systems that will lead to your ideal health action plan by raising your standards to help you reach your personal health goals.

redmond wellness and chiropractic: *The Reset Factor* Dr Mindy Pelz, 2015-12-05 Do you want to lose weight? Have mood swings? Experience any puffiness or joint pain? Do you feel lethargic or fatigued? Is your gut acting up? Have you tried fad diets, gone to doctors, popped pills without seeing results? It's not your fault! It's because the vast majority of these conditions are being treated inappropriately or misdiagnosed by the standard health care model. Through exhaustive research and clinical experience, Dr. Mindy has discovered what is really behind these common conditions and how to eliminate them once and for all through the Reset Factor - Dr. Mindy's scientifically based whole body system to restore you to perfect health, from the inside out.

redmond wellness and chiropractic: Upper Cervical Subluxation Complex Kirk Eriksen, 2004 This landmark text is the most comprehensive book ever published on the vertebral subluxation complex. This textbook is the culmination of several years of detailed research and review of chiropractic and medical literature on the topic of the cervical spine, the occipito-atlanto-axial subluxation, and upper cervical chiropractic care. Written by an expert renowned for his lucid, well-illustrated explanations of complex issues related to subluxation-based care. Dr. Eriksen reviews the anatomy and kinematics of the upper cervical spine and explains how impaired biomechanics causes neurological dysfunction and physiological concomitants. This reference is not intended to be about chiropractic technique; rather, Upper Cervical Subluxation Complex provides the why as opposed to the how of upper cervical chiropractic care.

redmond wellness and chiropractic: *Cast to Be Chiropractors* Liam P. Schübel, Judd Nogrady, 2012 Chronicles the experience and collaboration of two chiropractors as they progressed from college students, to early practice, and on to their ongoing development of a global vision for serving humanity. They are defenders of chiropractic as an independent profession focused on correcting subluxation, and the right of the public to choose appropriate care.

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