

restore hyper wellness chapel hill

Restore Hyper Wellness Chapel Hill: Your Guide to Optimized Health and Wellbeing

Are you feeling overwhelmed, exhausted, and disconnected from your optimal health? Do you crave a proactive approach to wellness, moving beyond just treating symptoms and diving deep into preventative care? If so, you're in the right place. This comprehensive guide dives into Restore Hyper Wellness Chapel Hill, exploring its services, benefits, and how it can help you achieve peak performance and vibrant well-being. We'll cover everything from IV drips and vitamin injections to advanced testing and personalized wellness plans, ensuring you leave feeling empowered to take control of your health journey.

Understanding Restore Hyper Wellness: More Than Just a Clinic

Restore Hyper Wellness isn't your average doctor's office. It's a cutting-edge wellness center dedicated to helping individuals achieve their optimal health potential through a proactive, personalized approach. Forget reactive healthcare; Restore focuses on prevention, optimization, and enhancing your body's natural ability to heal and thrive. The Chapel Hill location, in particular, boasts a team of experienced practitioners committed to providing high-quality care in a supportive and comfortable environment.

Core Services Offered at Restore Hyper Wellness Chapel Hill:

Restore Hyper Wellness Chapel Hill offers a wide array of services designed to address various health needs and goals. These services are categorized for clarity, allowing you to easily pinpoint the options most relevant to your individual requirements.

1. **IV Drip Therapy:** IV drips deliver a potent blend of vitamins, minerals, and antioxidants directly into your bloodstream, bypassing the digestive system for maximum absorption and rapid results. This is incredibly effective for boosting energy levels, improving hydration, and supporting immune function. Popular options include the Myers' Cocktail, which addresses fatigue and dehydration, and specialized drips tailored to specific needs like athletic performance enhancement or immune system support.
1. **Injections:** Beyond IV drips, Restore offers a range of targeted injections, including vitamin B12 shots known for energy boosts and metabolism support, and other customized injections based on your individual needs and a comprehensive assessment by a healthcare professional.

1. **Advanced Testing:** Understanding your body's unique needs is paramount to achieving optimal health. Restore offers advanced diagnostic testing, including hormone panels, nutrient deficiency screenings, and other assessments to provide a comprehensive picture of your overall health status. This data informs personalized treatment plans to address specific imbalances and deficiencies.

1. **Wellness Plans:** Restore goes beyond individual treatments, providing comprehensive wellness plans customized to your lifestyle and health goals. These plans may involve a combination of IV drips, injections, lifestyle counseling, and ongoing monitoring to ensure you stay on track and achieve lasting results.

The Benefits of Choosing Restore Hyper Wellness Chapel Hill:

Why choose Restore Hyper Wellness Chapel Hill over other wellness options? Several key advantages set it apart:

Convenience and Accessibility: Located in a convenient Chapel Hill location, accessing personalized wellness services becomes significantly easier.

Experienced Professionals: The clinic boasts a team of qualified and experienced practitioners dedicated to providing exceptional care.

Personalized Approach: Your treatment plan isn't one-size-fits-all. Restore tailors services to your unique needs and goals, ensuring optimal results.

Advanced Technology and Treatments: Access cutting-edge technology and treatments not commonly available in traditional healthcare settings.

Holistic Focus: Restore emphasizes a holistic approach, addressing the interconnectedness of mind, body, and spirit to promote overall well-being.

Finding Your Path to Hyper Wellness at Restore: A Step-by-Step Guide

Ready to take the first step toward your hyper wellness journey? Here's a simple guide:

1. **Schedule a Consultation:** The first step involves booking a consultation to discuss your health goals and concerns with a qualified practitioner.
2. **Comprehensive Assessment:** During the consultation, you'll undergo a thorough assessment to determine your individual needs and identify any potential imbalances or deficiencies.
3. **Personalized Treatment Plan:** Based on the assessment, a tailored treatment plan will be created, encompassing the most appropriate services and therapies.
4. **Treatment and Ongoing Monitoring:** You'll undergo your chosen treatments, with ongoing

monitoring to track progress and make any necessary adjustments.

5. **Maintenance and Lifestyle Integration:** To sustain the benefits, Restore often provides guidance on maintaining healthy habits and integrating wellness practices into your daily life.

Conclusion: Embrace Your Best Self with Restore Hyper Wellness Chapel Hill

Restore Hyper Wellness Chapel Hill offers a transformative approach to healthcare, focusing on proactive wellness and personalized care. By combining advanced treatments, experienced practitioners, and a commitment to individualized plans, Restore empowers you to take control of your health and achieve optimal well-being. Schedule a consultation today and begin your journey toward a healthier, happier, and more energetic you.

Frequently Asked Questions (FAQs)

1. Does Restore Hyper Wellness Chapel Hill accept insurance? While insurance coverage varies, Restore often works with patients to determine available options and may offer payment plans to make services more accessible. It's best to contact them directly to discuss your specific insurance provider.
1. What are the potential side effects of IV drips and injections? Minor side effects like temporary bruising or mild discomfort at the injection site are possible. However, Restore takes precautions to minimize risks, and experienced practitioners are readily available to address any concerns. A full discussion of potential side effects occurs during the initial consultation.
1. How long does a typical treatment session take? The duration of each session depends on the specific service. A consultation may take 30-60 minutes, while IV drips can range from 30 minutes to an hour or more.
1. What is the cost of services at Restore Hyper Wellness Chapel Hill? Pricing varies depending on the chosen services and packages. Detailed pricing information is available on their website or by contacting the clinic directly. They often offer packages designed for cost-effectiveness.
1. Is Restore Hyper Wellness Chapel Hill suitable for everyone? While Restore caters to a broad range of individuals, it's essential to consult with a healthcare professional to determine if

their services are appropriate for your specific health status and conditions. Pre-existing medical conditions may require additional considerations.

restore hyper wellness chapel hill: Handbook of Developmental Disabilities Samuel L. Odom, Robert H. Horner, Martha E. Snell, 2009-01-21 This authoritative handbook reviews the breadth of current knowledge about developmental disabilities: neuroscientific and genetic foundations; the impact on health, learning, and behavior; and effective educational and clinical practices. Leading authorities analyze what works in intervening with diverse children and families, from infancy through the school years and the transition to adulthood. Chapters present established and emerging approaches to promoting communication and language abilities, academic skills, positive social relationships, and vocational and independent living skills. Current practices in positive behavior support are discussed, as are strategies for supporting family adaptation and resilience.

restore hyper wellness chapel hill: Khobar Towers: Tragedy and Response Perry D. Jamieson, 2008 This account of the Khobar Towers bombing tells the story of the horrific attack and the magnificent response of airmen doing their duty under nearly impossible circumstances. None of them view their actions as heroic, yet the reader will marvel at their calm professionalism. All of them say it was just their job, but the reader will wonder how they could be so well trained to act almost instinctively to do the right thing at the right time. None of them would see their actions as selfless, yet countless numbers refused medical attention until the more seriously injured got treatment. Throughout this book, the themes of duty, commitment, and devotion to comrades resoundingly underscore the notion that America's brightest, bravest, and best wear her uniforms in service to the nation. This book is more than heroic actions, though, for there is also controversy. Were commanders responsible for not adequately protecting their people? What should one make of the several conflicting investigations following the attack? Dr. Jamieson has not shied away from these difficult questions, and others, but has discussed them and other controversial judgments in a straightforward and dispassionate way that will bring them into focus for everyone. It is clear from this book that there is a larger issue than just the response to the bombing. It is the issue of the example set by America's airmen. Future airmen who read this book will be stronger and will stand on the shoulders of those who suffered and those who made the ultimate sacrifice.

restore hyper wellness chapel hill: Maternal Child Nursing Care - E-Book Shannon E. Perry, Marilyn J. Hockenberry, Kitty Cashion, Kathryn Rhodes Alden, Ellen Olshansky, Deitra Leonard Lowdermilk, 2022-03-05 Master the essentials of maternity and pediatric nursing with this comprehensive, all-in-one text! Maternal Child Nursing Care, 7th Edition covers the issues and concerns of women during their childbearing years and children during their developing years. It uses a family-centered, problem-solving approach to patient care, with guidelines supported by evidence-based practice. New to this edition is an emphasis on clinical judgment skills and a new chapter on children with integumentary dysfunction. Written by a team of experts led by Shannon E. Perry and Marilyn J. Hockenberry, this book provides the accurate information you need to succeed in the classroom, the clinical setting, and on the Next Generation NCLEX-RN® examination. - Focus on the family throughout the text emphasizes the influence of the entire family in health and illness. - Expert authors of the market-leading maternity and pediatric nursing textbooks combine to ensure delivery of the most accurate, up-to-date content. - Information on victims of sexual abuse as parents and human trafficking helps prepare students to handle these delicate issues. - Nursing Alerts highlight critical information that could lead to deteriorating or emergency situations. - Guidelines boxes outline nursing procedures in an easy-to-follow format. - Evidence-Based Practice boxes include findings from recent clinical studies. - Emergency Treatment boxes describe the signs and symptoms of emergency situations and provide step-by-step interventions. - Atraumatic Care boxes

teach students how to manage pain and provide competent care to pediatric patients with the least amount of physical or psychological stress. - Community Focus boxes emphasize community issues, provide resources and guidance, and illustrate nursing care in a variety of settings. - Patient Teaching boxes highlight important information nurses need to communicate to patients and families. - Cultural Considerations boxes describe beliefs and practices relating to pregnancy, labor and birth, parenting, and women's health. - Family-Centered Care boxes draw attention to the needs or concerns of families that students should consider to provide family-centered care.

restore hyper wellness chapel hill: Confronting Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States National Research Council, Institute of Medicine, Committee on Law and Justice, Board on Children, Youth, and Families, Committee on the Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States, 2013-11-12 Every day in the United States, children and adolescents are victims of commercial sexual exploitation and sex trafficking. Despite the serious and long-term consequences for victims as well as their families, communities, and society, efforts to prevent, identify, and respond to these crimes are largely under supported, inefficient, uncoordinated, and unevaluated. *Confronting Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States* examines commercial sexual exploitation and sex trafficking of U.S. citizens and lawful permanent residents of the United States under age 18. According to this report, efforts to prevent, identify, and respond to these crimes require better collaborative approaches that build upon the capabilities of people and entities from a range of sectors. In addition, such efforts need to confront demand and the individuals who commit and benefit from these crimes. The report recommends increased awareness and understanding, strengthening of the law's response, strengthening of research to advance understanding and to support the development of prevention and intervention strategies, support for multi-sector and interagency collaboration, and creation of a digital information-sharing platform. A nation that is unaware of these problems or disengaged from solutions unwittingly contributes to the ongoing abuse of minors. If acted upon in a coordinated and comprehensive manner, the recommendations of *Confronting Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States* can help advance and strengthen the nation's emerging efforts to prevent, identify, and respond to commercial sexual exploitation and sex trafficking of minors in the United States.

restore hyper wellness chapel hill: Engaged Fatherhood for Men, Families and Gender Equality Marc Grau Grau, Mireia las Heras Maestro, Hannah Riley Bowles, 2022 This aim of this open access book is to launch an international, cross-disciplinary conversation on fatherhood engagement. By integrating perspective from three sectors -- Health, Social Policy, and Work in Organizations -- the book offers a novel perspective on the benefits of engaged fatherhood for men, for families, and for gender equality. The chapters are crafted to engaged broad audiences, including policy makers and organizational leaders, healthcare practitioners and fellow scholars, as well as families and their loved ones.

restore hyper wellness chapel hill: Final Report of the Truth and Reconciliation Commission of Canada, Volume One: Summary Truth and Reconciliation Commission of Canada, 2015-07-22 This is the Final Report of Canada's Truth and Reconciliation Commission and its six-year investigation of the residential school system for Aboriginal youth and the legacy of these schools. This report, the summary volume, includes the history of residential schools, the legacy of that school system, and the full text of the Commission's 94 recommendations for action to address that legacy. This report lays bare a part of Canada's history that until recently was little-known to most non-Aboriginal Canadians. The Commission discusses the logic of the colonization of Canada's territories, and why and how policy and practice developed to end the existence of distinct societies of Aboriginal peoples. Using brief excerpts from the powerful testimony heard from Survivors, this report documents the residential school system which forced children into institutions where they were forbidden to speak their language, required to discard their clothing in favour of institutional wear, given inadequate food, housed in inferior and fire-prone buildings, required to work when they should have been studying, and subjected to emotional, psychological and often physical abuse. In

this setting, cruel punishments were all too common, as was sexual abuse. More than 30,000 Survivors have been compensated financially by the Government of Canada for their experiences in residential schools, but the legacy of this experience is ongoing today. This report explains the links to high rates of Aboriginal children being taken from their families, abuse of drugs and alcohol, and high rates of suicide. The report documents the drastic decline in the presence of Aboriginal languages, even as Survivors and others work to maintain their distinctive cultures, traditions, and governance. The report offers 94 calls to action on the part of governments, churches, public institutions and non-Aboriginal Canadians as a path to meaningful reconciliation of Canada today with Aboriginal citizens. Even though the historical experience of residential schools constituted an act of cultural genocide by Canadian government authorities, the United Nation's declaration of the rights of aboriginal peoples and the specific recommendations of the Commission offer a path to move from apology for these events to true reconciliation that can be embraced by all Canadians.

restore hyper wellness chapel hill: Mohs Micrographic Surgery Keyvan Nouri, 2012-03-07 This book is written for dermatologists, otolaryngologists, facial plastic surgeons and any physician who want to provide state of the art treatment for skin cancer patients. Considering the high incidence of non-melanoma skin cancers such as Basal Cell Carcinoma and Squamous Cell Carcinoma (accounting for over one million cases per year in the United States) and since Mohs Micrographic Surgery has become the treatment of choice for these skin cancers, the popularity of this technique has been increasing dramatically, worldwide.

restore hyper wellness chapel hill: Kotch's Maternal and Child Health Russell S. Kirby, Sarah Verbiest, 2021-03-15 The 4th edition of Maternal and Child Health will continue to offer a comprehensive, trusted introduction to the field of Maternal and Child Health, however this new edition, with a new author team and new MCH expert contributors, will present the traditional MCH topics in a modern context that addresses race/ethnicity, an expanded family focus (including fathers), and a broadened approach that will appeal not only to public health professionals, but also to health professionals outside public health practice--

restore hyper wellness chapel hill: Returning Home from Iraq and Afghanistan Institute of Medicine, Board on the Health of Select Populations, Committee on the Initial Assessment of Readjustment Needs of Military Personnel, Veterans, and Their Families, 2010-03-31 Nearly 1.9 million U.S. troops have been deployed to Afghanistan and Iraq since October 2001. Many service members and veterans face serious challenges in readjusting to normal life after returning home. This initial book presents findings on the most critical challenges, and lays out the blueprint for the second phase of the study to determine how best to meet the needs of returning troops and their families.

restore hyper wellness chapel hill: The Leader Assistant Jeremy Burrows, 2020-06-23 Assistant, you are a leader. As an assistant, you constantly face obstacles that hold you back from accomplishing your career goals. Whether it's a job change, shifting deadlines, a micromanaging executive, a toxic co-worker, a high-pressure project, or an intense negotiation with a vendor, the administrative profession is not for the faint of heart. If you're looking to maintain the status quo and be just an assistant, this book is not for you. But, if you want the confidence and ability to conquer the challenges that most try to avoid, then you're in the right place. The Leader Assistant outlines four pillars-embodiment the characteristics, employ the tactics, engage in relationships, and exercise self-care-that will help you rediscover your passion for the profession and become a confident, future-proof, game-changing Leader Assistant. If you neglect even one pillar, you'll head for burnout, stagnation, and anonymity. You are meant for so much more. Are you ready to be the Leader Assistant the world needs?

restore hyper wellness chapel hill: Little Bear Sees Aubri Tallent, Andrei Tallent, Fredy Bush, 2012 Cortical visual impairment (CVI), the leading cause of visual impairment in children today, is caused by damage to visual centers of the brain. Unfortunately, CVI is very often misdiagnosed or undiagnosed because many doctors, therapists and educators simply do not know about it. What we want you to know, first and foremost, is that there is hope! Children with CVI can learn to see, their

vision can get better! As parents of a child with CVI, we know how daunting it can be to raise a child with visual impairment. **LITTLE BEAR SEES** is the first book about CVI written by parents for parents. As you read **LITTLE BEAR SEES**, you will meet other families facing the many challenges that come with a diagnosis of CVI. This book was written for parents, but it our sincere hope that it will be shared with doctors, therapists, family, friends and all those whose lives are touched by a child with CVI. Together we can raise awareness and improve the lives of children with cortical visual impairment. In **LITTLE BEAR SEES** you will learn: Exactly what CVI is What common characteristics to look for to determine if your child has CVI How the eyes and brain work together to facilitate vision Strategies and ideas for helping your child learn to see from the leading experts in cortical visual impairment

restore hyper wellness chapel hill: The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative Florence Williams, 2017-02-07 Highly informative and remarkably entertaining. —Elle From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature's positive effects on the brain. Delving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.

restore hyper wellness chapel hill: Transgender Medicine Leonid Poretsky, Wylie C. Hembree, 2019-02-22 Although transgender persons have been present in various societies throughout human history, it is only during the last several years that they have become widely acknowledged in our society and their right to quality medical care has been established. In the United States, endocrinologists have been providing hormonal therapy for transgender individuals for decades; however, until recently, there has been only limited literature on this subject, and non-endocrine aspects of medical care for transgender individual have not been well addressed in the endocrine literature. The goal of this volume is not only to address the latest in hormonal therapy for transgender individuals (including pediatric and geriatric age groups), but also to familiarize the reader with other aspects of transgender care, including primary and surgical care, fertility preservation, and the management of HIV infection. In addition to medical issues, psychological, social, ethical and legal issues pertinent to transgender individuals add to the complexities of successful treatment of these patients. A final chapter includes extensive additional resources for both transgender patients and providers. Thus, an endocrinologist providing care to a transgender person will be able to use this single resource to address most of the patient's needs. While Transgender Medicine is intended primarily for endocrinologists, this book will be also useful to primary care physicians, surgeons providing gender-confirming procedures, mental health professionals participating in the care of transgender persons, and medical residents and students.

restore hyper wellness chapel hill: Welcoming Children with Special Needs Sally Patton, 2004

restore hyper wellness chapel hill: The Man Who Mistook His Wife For A Hat: And Other Clinical Tales Oliver Sacks, 1998 Explores neurological disorders and their effects upon the minds and lives of those affected with an entertaining voice.

restore hyper wellness chapel hill: Substance Abuse Among Older Adults , 1998

restore hyper wellness chapel hill: Blood and Marrow Transplant Handbook Richard T. Maziarz, Susan Schubach Slater, 2015-04-20 This updated and expanded edition developed by the Blood and Marrow Stem Cell Transplant team at Oregon Health & Science University Knight Cancer Institute features the latest medical management guidelines and standards of care for hematopoietic stem cell transplant patients. Spanning the timeline from the initial consultation throughout the transplant process, this handbook includes indications for transplantation and donor selection, treatment guidelines for addressing complications during and after transplant, and recommendations for long-term follow up care. Concise, comprehensive, and easy-to-use, Blood and Marrow Transplant Handbook, 2nd Edition presents a multidisciplinary approach to information for physicians and advanced practice medical providers who care for transplant patients, and also

residents, fellows, and other trainees.

restore hyper wellness chapel hill: *Imagining the Internet* Janna Quitney Anderson, 2005-07-21 In the early 1990s, people predicted the death of privacy, an end to the current concept of 'property,' a paperless society, 500 channels of high-definition interactive television, world peace, and the extinction of the human race after a takeover engineered by intelligent machines. *Imagining the Internet* zeroes in on predictions about the Internet's future and revisits past predictions—and how they turned out. It gives the history of communications in a nutshell, illustrating the serious impact of pervasive networks and how they will change our lives over the next century.

restore hyper wellness chapel hill: *Minds Online* Michelle D. Miller, 2014-10-20 From wired campuses to smart classrooms to massive open online courses (MOOCs), digital technology is now firmly embedded in higher education. But the dizzying pace of innovation, combined with a dearth of evidence on the effectiveness of new tools and programs, challenges educators to articulate how technology can best fit into the learning experience. *Minds Online* is a concise, nontechnical guide for academic leaders and instructors who seek to advance learning in this changing environment, through a sound scientific understanding of how the human brain assimilates knowledge. Drawing on the latest findings from neuroscience and cognitive psychology, Michelle Miller explores how attention, memory, and higher thought processes such as critical thinking and analytical reasoning can be enhanced through technology-aided approaches. The techniques she describes promote retention of course material through frequent low-stakes testing and practice, and help prevent counterproductive cramming by encouraging better spacing of study. Online activities also help students become more adept with cognitive aids, such as analogies, that allow them to apply learning across situations and disciplines. Miller guides instructors through the process of creating a syllabus for a cognitively optimized, fully online course. She presents innovative ideas for how to use multimedia effectively, how to take advantage of learners' existing knowledge, and how to motivate students to do their best work and complete the course. For a generation born into the Internet age, educational technology designed with the brain in mind offers a natural pathway to the pleasures and rewards of deep learning.

restore hyper wellness chapel hill: *The Well of Loneliness* Radclyffe Hall, 2015-04-24 This early work by Radclyffe Hall was originally published in 1928 and we are now republishing it with a brand new introductory biography. 'The Well of Loneliness' is a novel that follows an upper-class Englishwoman who falls in love with another woman while serving as an ambulance driver in World War I. Marguerite Radclyffe Hall was born on 12th August 1880, in Bournemouth, England. Hall's first novel *The Unlit Lamp* (1924) was a lengthy and grim tale that proved hard to sell. It was only published following the success of the much lighter social comedy *The Forge* (1924), which made the best-seller list of John O'London's Weekly. Hall is a key figure in lesbian literature for her novel *The Well of Loneliness* (1928). This is her only work with overt lesbian themes and tells the story of the life of a masculine lesbian named Stephen Gordon.

restore hyper wellness chapel hill: *Getting Over OCD* Jonathan S. Abramowitz, 2018-01-04 Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors--and live a freer, happier life. Leading OCD specialist Dr. Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT), the most effective treatment for the disorder. Vivid stories and numerous practical tools (which you can download and print for repeated use) help you:
*Understand how OCD affects your mind and body. *Develop a customized plan for change. *Find relief from distressing intrusive thoughts. *Confront the situations you avoid--and discover a new sense of safety. *Break free of compulsive rituals. *Reduce anxiety and improve your relationships. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research. Ready to get over OCD? Your journey starts here. Mental health professionals, see also *Cognitive-Behavioral Therapy for OCD and Its Subtypes*, Second Edition, by David A. Clark, a state-of-the-art treatment guide.

restore hyper wellness chapel hill: Total Water and Tapwater Intake in the United States Abby G. Ershow, 1989 Presents estimates of total water and tap water intake in the population of the continental United States, based on data collected during the 1977-78 Nationwide Food Consumption Survey of the U.S. Department of Agriculture. Describes in detail the methods used to derive the estimates. Data are presented by age group, sex, season and geographic region, and separately for pregnant women, lactating women, and breast-fed children.

restore hyper wellness chapel hill: Health Issues in the Black Community Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 Health Issues in the Black Community THIRD EDITION The outstanding editors and authors of Health Issues in the Black Community have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. Health Issues in the Black Community makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League Health Issues in the Black Community illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend Health Issues in the Black Community as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

restore hyper wellness chapel hill: Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Panel on Dietary Reference Intakes for Electrolytes and Water, 2005-06-18 Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate The Dietary Reference Intakes (DRIs) are quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people. This new report, the sixth in a series of reports presenting dietary reference values for the intakes of nutrients by Americans and Canadians, establishes nutrient recommendations on water, potassium, and salt for health maintenance and the reduction of chronic disease risk. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate discusses in detail the role of water, potassium, salt, chloride, and sulfate in human physiology and health. The major findings in this book include the establishment of Adequate Intakes for total water (drinking water, beverages, and food), potassium, sodium, and chloride and the establishment of Tolerable Upper Intake levels for sodium and chloride. The book makes research recommendations for information needed to advance the understanding of human requirements for water and electrolytes, as well as adverse effects associated with the intake of excessive amounts of water, sodium, chloride, potassium, and sulfate. This book will be an invaluable reference for nutritionists, nutrition researchers, and food manufacturers.

restore hyper wellness chapel hill: Research on Women's Health , 1997

restore hyper wellness chapel hill: Human Autonomy in Cross-Cultural Context Valery I. Chirkov, Richard Ryan, Kennon M. Sheldon, 2010-12-02 This volume presents the reader with a stimulating tapestry of essays exploring the nature of personal autonomy, self-determination, and

agency, and their role in human optimal functioning at multiple levels of analysis from personal to societal and cross-cultural. The starting point for these explorations is self-determination theory, an integrated theory of human motivation and healthy development which has been under development for more than three decades (Deci & Ryan, 2000). As the contributions will make clear, psychological autonomy is a concept that forms the bridge between the dependence of human behavior on biological and socio-cultural determinants on the one side, and people's ability to be free, reflective, and transforming agents who can challenge these dependencies, on the other. The authors within this volume share a vision that human autonomy is a fundamental pre-condition for both individuals and groups to thrive, and that without understanding the nature and mechanisms of autonomous agency vital social and human problems cannot be satisfactorily addressed. This multidisciplinary team of researchers will collectively explore the nature of personal autonomy, considering its developmental origins, its expression within relationships, its importance within groups and organizational functioning, and its role in promoting the democratic and economic development of societies. The book is aimed toward developmental, social, personality, and cross-cultural psychologists, towards researchers and practitioners' in the areas of education, health and medicine, social work and, economics, and also towards all interested in creating a more sustainable and just world society through promoting individual freedom and agency. This volume will provide a theoretical and conceptual account of the nature and psychological mechanisms of personal motivational autonomy and human agency; rich multidisciplinary empirical evidence supporting the claims and propositions about the nature of human autonomy and capacities for self-regulation; explanations of how and why different psychological and socio-cultural conditions may play a role in promoting or undermining people's autonomous motivation and well-being, discussions of how the promotion of human autonomy can positively influence environmental protection, democracy promotion and economic prosperity.

restore hyper wellness chapel hill: The Trauma and the Triumph Jasodhara Bagchi, Subhoranjan Dasgupta, 2003 Drawing Upon Interviews With Women Who Were Uprooted From Old East Bengal, On Diaries, Memoirs, And Creative Literature, The Editors Lift The 'Veil Of Silence' That Has Surrounded The Bengal Partition Of 1947.

restore hyper wellness chapel hill: Child Language Michelle Aldridge, 1996 Comprises 17 papers presented at the Child Language Seminar, Bangor 1994, with contributions in areas as diverse as bilingual development, phonological disorders, sign language development, and the language of Down's syndrome children.

restore hyper wellness chapel hill: Animacies Mel Y. Chen, 2012-07-10 Rethinks the criteria governing agency and receptivity, health and toxicity, productivity and stillness

restore hyper wellness chapel hill: Life Blood Thomas Hoover, 2010-08-19 Pinnacle 2000 New York filmmaker Morgan James is about to journey straight into the heart of a dark conspiracy, hidden deep in the mist-shrouded Maya rain forest of Central America, where a bizarre human experiment (including a baby factory) comes at a terrible price. In Vitro, Independent Film, Adoption, Fertility, Human Eggs, Guatemala, Peten, Maya, Mayan Pyramid, Vision Serp

restore hyper wellness chapel hill: Medical Bondage Deirdre Cooper Owens, 2017-11-15 The accomplishments of pioneering doctors such as John Peter Mettauer, James Marion Sims, and Nathan Bozeman are well documented. It is also no secret that these nineteenth-century gynecologists performed experimental caesarean sections, ovariectomies, and obstetric fistula repairs primarily on poor and powerless women. Medical Bondage breaks new ground by exploring how and why physicians denied these women their full humanity yet valued them as "medical superbodies" highly suited for medical experimentation. In Medical Bondage, Cooper Owens examines a wide range of scientific literature and less formal communications in which gynecologists created and disseminated medical fictions about their patients, such as their belief that black enslaved women could withstand pain better than white "ladies." Even as they were advancing medicine, these doctors were legitimizing, for decades to come, groundless theories related to whiteness and blackness, men and women, and the inferiority of other races or nationalities. Medical Bondage

moves between southern plantations and northern urban centers to reveal how nineteenth-century American ideas about race, health, and status influenced doctor-patient relationships in sites of healing like slave cabins, medical colleges, and hospitals. It also retells the story of black enslaved women and of Irish immigrant women from the perspective of these exploited groups and thus restores for us a picture of their lives.

restore hyper wellness chapel hill: A Brief History of Psychology Michael Wertheimer, 2012 This edition approaches psychology as a discipline with antecedents in philosophical speculation and early scientific experimentation. It covers these early developments, 19th-century German experimental psychology and empirical psychology in tradition of William James, the 20th century dubbed the age of schools and dominated by psychoanalysis, behavioralism, structuralism, and Gestalt psychology, as well as the return to empirical methods and active models of human agency. Finally it evaluates psychology in the new millennium and developments in terms of women in psychology, industrial psychology and social justice

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concerns of the world today.

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Elmendorf, Joan Riley, James Pawelski, Jonathan Metzl, Amanda Hyberger, John Wilson, Theodore Long, Kevin Kruger, Stephanie Gordon, Robert Frank, Eric Lister, Peter Leyden, Carol Geary Schneider, Randall Bass, 2016-08-16 Well-Being and Higher Education explores the multiple connections of well-being to higher education and why those connections matter—for the individual lives of students and those who teach; for the institution; and for whether or not the unique promise of higher education to a democratic society can be advanced and realized. The publication's thirty-five original essays and provocations—by some of the most highly respected voices within and beyond the academy—address the theoretical underpinnings and practical expressions of these connections. Well-Being and Higher Education opens the discussion on learning's connection to well-being; responds to current challenges against the state of higher education today; and brings to the forefront a conversation considering the greater purposes of higher education and the need to preserve and revive the institution's role to look beyond itself to a greater good.

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