

restore hyper wellness garden city

Restore Hyper Wellness Garden City: Your Journey to Optimal Health

Are you feeling burnt out, sluggish, or just not quite yourself? Do you crave a deeper level of wellness that goes beyond simply feeling "okay"? If so, you're not alone. Many people in Garden City are seeking a more holistic approach to health, and Restore Hyper Wellness is here to help. This comprehensive guide explores Restore Hyper Wellness Garden City, outlining its services, benefits, and how it can pave your way to a healthier, happier you. We'll cover everything you need to know before booking your first appointment, ensuring you're fully informed and ready to embark on your personalized wellness journey.

Understanding Restore Hyper Wellness: More Than Just a Clinic

Restore Hyper Wellness isn't your typical doctor's office. It's a proactive wellness center focused on optimizing your health and performance using cutting-edge therapies and personalized plans. Forget reactive medicine; Restore emphasizes preventative care and empowers you to take control of your well-being. They provide a range of services designed to address various health concerns, boosting energy levels, improving sleep, enhancing cognitive function, and much more. Instead of solely treating symptoms, Restore delves into the root causes of imbalances, offering tailored solutions for long-term wellness.

Restore Hyper Wellness Garden City: Services Offered

The Garden City location boasts a comprehensive menu of services catering to diverse needs. Let's explore some of their key offerings:

1. IV Drip Therapy: Restore's IV drips deliver a potent cocktail of vitamins, minerals, and antioxidants directly into your bloodstream, bypassing the digestive system for maximum absorption. This is ideal for boosting immunity, combating fatigue, improving hydration, and accelerating recovery after illness or strenuous activity. They offer various customized drips to address specific needs, from energy boosts to immune support.
1. NAD⁺ Therapy: Nicotinamide adenine dinucleotide (NAD⁺) is a coenzyme vital for cellular function and energy production. As we age, NAD⁺ levels naturally decline, potentially contributing to fatigue, cognitive decline, and other age-related issues. Restore offers NAD⁺ IV therapy to replenish these crucial levels, potentially reversing some of the negative effects of aging and boosting overall vitality.
1. Peptide Therapy: Peptides are short chains of amino acids that act as messengers in the body, influencing various physiological processes. Restore utilizes peptide therapy to stimulate collagen production, improve muscle mass, enhance hormone balance, and support weight management. This innovative therapy is tailored to your individual needs and goals.
1. Nutritional Guidance: A crucial element of holistic wellness, Restore provides personalized nutritional guidance to help you optimize your diet for improved health and well-being. They work with you to create a sustainable eating plan that supports your lifestyle and health goals, ensuring you have the tools you need for lasting success.

1. **Wellness Shots:** Quick and convenient, Restore's wellness shots offer targeted boosts of essential nutrients and vitamins, perfect for a quick energy lift or immune support. These are a great option for those seeking a simple and effective way to enhance their daily wellness routine.

1. **Red Light Therapy:** Harnessing the power of light, red light therapy stimulates cellular regeneration and reduces inflammation. It can be used to address various conditions, including skin issues, muscle pain, and joint discomfort. Restore incorporates this effective modality into its holistic approach to wellness.

The Restore Hyper Wellness Experience: What to Expect

Booking an appointment at Restore Hyper Wellness Garden City is straightforward. Their website provides detailed information on services, pricing, and scheduling. Once you arrive, you'll be greeted by a friendly and knowledgeable team dedicated to your well-being. A thorough consultation will ensure that the treatments are tailored specifically to your individual needs and goals. Expect a relaxing and comfortable environment, conducive to promoting overall relaxation and rejuvenation.

Is Restore Hyper Wellness Garden City Right For You?

Restore Hyper Wellness Garden City is an excellent choice for individuals seeking a proactive, holistic approach to wellness. Whether you're aiming to enhance your energy levels, improve your athletic performance, address specific health concerns, or simply optimize your overall well-being, Restore provides the tools and expertise to help you achieve your goals. It's an investment in your health and happiness, leading to a more vibrant and fulfilling life.

Conclusion

Restore Hyper Wellness Garden City offers a unique and comprehensive approach to wellness, combining cutting-edge therapies with a personalized touch. By addressing the root causes of imbalances, rather than simply treating symptoms, Restore empowers you to take control of your health and embark on a journey toward optimal well-being. Schedule a consultation today and experience the transformative power of proactive wellness.

FAQs

1. What is the cost of services at Restore Hyper Wellness Garden City? Pricing varies depending on the specific service selected. It's best to visit their website or contact the clinic directly for detailed pricing information.
1. Do I need a doctor's referral to receive services at Restore? No, a doctor's referral isn't typically required for most services. However, it's always advisable to discuss your health goals and any pre-existing conditions with your physician before starting any new wellness program.
1. How long do the effects of IV drip therapy last? The duration of the effects varies depending on the specific drip and individual factors. Many individuals experience noticeable improvements within hours, while others report sustained benefits for several days or even weeks.

1. Is Restore Hyper Wellness Garden City covered by insurance? Currently, most services are not covered by insurance. However, it's recommended to check with your insurance provider to confirm coverage.

1. What are the potential side effects of the treatments offered? While generally safe, some individuals may experience mild side effects such as bruising, slight discomfort at the injection site, or temporary fatigue. These are typically temporary and subside quickly. Always discuss any concerns with the Restore team before your treatment.

restore hyper wellness garden city: A City in Blue and Green Peter G. Rowe, Limin Hee, 2019-08-30 This open access book highlights Singapore's development into a city in which water and greenery, along with associated environmental, technical, social and political aspects have been harnessed and cultivated into a liveable sustainable way of life. It is also a story about a unique and thoroughgoing approach to large-scale and potentially transferable water sustainability, within largely urbanized circumstances, which can be achieved, along with complementary roles of environmental conservation, ecology, public open-space management and the greening of buildings, together with infrastructural improvements.

restore hyper wellness garden city: Prescription for Happiness Robin Berzin, 2023-03-14 A "compassionate, authoritative, and wise" (Mark Hyman, MD, New York Times bestselling author of The Pegan Diet) 30-day program that "will shift the way you think about your body and your health" (Gabrielle Bernstein, #1 New York Times bestselling author and international speaker) based on a paradigm-shifting idea: You have to change your body to change your mind and mood. Prescription for Happiness offers a 30-day program for reaching a new level of energy, clarity, and calm. Too often, conventional medicine treats the mind as separate from the body. However, science shows that physical issues, such as chronic illness and weight fluctuation, are oftentimes intricately entwined with mental health conditions like depression, anxiety, fatigue, and more. This must-read book explores the new science of optimizing the body in ways that will help anyone attain a new baseline for energy, calm, and optimism. Dr. Berzin draws on cutting-edge research and her work with thousands of patients to tell the complete story of how our physical health influences our energy level, mood, focus, and emotional wellbeing. This builds on her work at her nationally renowned holistic health service Parsley Health, where Dr. Berzin and her team of over 100 highly trained medical providers focus on treating the whole patient, yielding extraordinary results for those dealing with gastrointestinal, hormone-related, autoimmune, and mental health conditions. Leveraging Parsley's unique patient data and successful proprietary protocols, Prescription for Happiness is the ultimate gateway to creating your new baseline for peak physical and mental health.

restore hyper wellness garden city: Lifetime Health , 2009

restore hyper wellness garden city: 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 garden city: Can Financial Markets be Controlled? Howard Davies, 2015-03-06 The Global Financial Crisis overturned decades of received wisdom on how financial markets work, and how best to keep them in check. Since then a wave of reform and re-regulation has crashed over banks and markets. Financial firms are regulated as never before. But have these measures been successful, and do they go far enough? In this smart new polemic, former central banker and financial regulator, Howard Davies, responds with a resounding 'no'. The problems at the heart of the financial crisis remain. There is still no effective co-ordination of international monetary policy. The financial sector is still too big and, far from protecting the economy and the tax payer, recent government legislation is exposing both to even greater risk. To address these key challenges, Davies offers a radical alternative manifesto of reforms to restore market discipline and create a safer economic future for us all.

restore hyper wellness garden city: Dogs Mark Alizart, 2019-11-01 Man's best friend, domesticated since prehistoric times, a travelling companion for explorers and artists, thinkers and walkers, equally happy curled up by the fire and bounding through the great outdoors—dogs matter to us because we love them. But is that all there is to the canine's good-natured voracity and affectionate dependency? Mark Alizart dispenses with the well-worn clichés concerning dogs and their masters, seeing them not as submissive pets but rather as unexpected life coaches, ready to teach us the elusive recipes for contentment and joy. Dogs have faced their fate in life with a certain detachment that is not easy to understand. Unlike other animals in a similar situation, they have not become hardened, nor have they let themselves die a little inside. On the contrary, they seem to have softened. This book is devoted to understanding this miracle, the miracle of the joy of dogs – to understanding it and, if at all possible, to learning how it's done. Weaving elegantly and eruditely between historical myth and pop-culture anecdote, between the peculiar views of philosophers and the even more bizarre findings of science, Alizart offers us a surprising new portrait of the dog as thinker—a thinker who may perhaps know the true secret of our humanity.

restore hyper wellness garden city: Russia's Military Revival Bettina Renz, 2018-04-27 Russian annexation of Crimea and the subsequent air campaign over Syria took the world by surprise. The capabilities and efficiency of Moscow's armed forces during both operations signalled to the world that Russia was back in business as a significant military actor on the international stage. In this cutting-edge study, Bettina Renz provides an in-depth and comprehensive analysis of Russia's military revival under Putin's leadership. Whilst the West must adjust to the reality of a modernised and increasingly powerful Russian military, she argues that the renaissance of Russian military might and its implications for the balance of global power can only be fully understood within a wider historical context. Assessing developments in Russian Great Power thinking, military capabilities, Russian strategic thought and views on the use of force throughout the post-Soviet era, the book shows that, rather than signifying a sudden Russian military resurgence, recent developments are consistent with longstanding trends in Russian military strategy and foreign policy.

restore hyper wellness garden city: Emotional Inflammation Lise Van Susteren, MD, Stacey Colino, 2020-04-28 A Powerful Guide for Overcoming the Emotional Challenges of Our Turbulent Times. A rising number of people today are troubled by a phenomenon for which they don't know there's a name. This condition is called emotional inflammation—a state not unlike post-traumatic stress disorder, but one that stems from simply living in today's anxious,

overwhelming, and tumultuous world. If you've suffered from sleep problems, hyperreactivity, persistent grief, or inescapable worry about the future—especially triggered by the nonstop news cycle—then you're probably dealing with emotional inflammation. The good news is: there's something you can do about it. With *Emotional Inflammation*, general and forensic psychiatrist Dr. Lise Van Susteren joins writer Stacey Colino to present a breakthrough guide to help you become grounded and resilient in these turbulent times. You'll begin by determining your "reactor type" to better understand how your body and mind respond to stress overload. Then you'll learn the vital steps of the powerful RESTORE program for recovering inner balance, personal effectiveness, and joy in your life:

- Recognize Your Feelings: how to identify, unpack, and learn from difficult emotions
- Evaluate Your Triggers: pinpoint what sets you off and how you can moderate your reactivity
- Steady Your Body's Natural Rhythms: keys for restoring your natural, healthy internal equilibrium
- Think Yourself into a Safe Space: work with your mind to remain flexible, thoughtful, and adaptable
- Obey Your Body: essential self-care practices for diet, exercise, stress management, and more
- Reclaim the Gifts of Nature: revitalize your healing connection to the natural world and its awe-inspiring benefits
- Exercise Your Power: become an "upstander" who takes effective action from a place of compassion, hope, and love

Completing the basics of this method, the authors share key insights on how to personalize RESTORE to fit into your life based on which of the four reactor types you identify with—Nervous, Revved, Molten, or Retreating. You can't always control the crises and catastrophes that are swirling around you. But that does not mean you're powerless against the status quo—nor do you need to be at the mercy of the physiological, psychological, and spiritual stress responses inside you. With *Emotional Inflammation*, you now have an invaluable guide to help you cope with the challenges of a turbulent world, calm your body and mind, and reclaim a sense of peace, purpose, and connection to others.

restore hyper wellness garden city: *Smart cities* Netexplo,

restore hyper wellness garden city: *Death of a Traveller* Didier Fassin, 2021-05-04 It is a simple story. A 37-year-old man belonging to the Traveller community is shot dead by a special unit of the French police on the family farm where he was hiding since he failed to return to prison after temporary release. The officers claim self-defense. The relatives, present at the scene, contest that claim. A case is opened, and it concludes with a dismissal that is upheld on appeal. Dismayed by these decisions, the family continues the struggle for truth and justice. Giving each account of the event the same credit, Didier Fassin conducts a counter-investigation, based on the re-examination of all the available details and on the interviews of its protagonists. A critical reflection on the work of police forces, the functioning of the justice system, and the conditions that make such tragedies possible and seldom punished, *Death of a Traveller* is also an attempt to restore to these marginalized communities what they are usually denied: respectability.

restore hyper wellness garden city: Economic Security: Neglected Dimension of National Security ? National Defense University (U S), National Defense University (U.S.), Institute for National Strategic Studies (U S, Sheila R. Ronis, 2011-12-27 On August 24-25, 2010, the National Defense University held a conference titled "Economic Security: Neglected Dimension of National Security?" to explore the economic element of national power. This special collection of selected papers from the conference represents the view of several keynote speakers and participants in six panel discussions. It explores the complexity surrounding this subject and examines the major elements that, interacting as a system, define the economic component of national security.

restore hyper wellness garden city: Is Inequality in America Irreversible? Chuck Collins, 2018-05-29 We are living in a time of extreme inequality: America's three richest people now own as much wealth as the bottom half of the population. Although most accept that this is grotesque, many politicians accept it as irreversible. In this book, leading US researcher and activist Chuck Collins succinctly diagnoses the drivers of rampant inequality, arguing that such disparities have their roots in 40 years of the powerful rigging the system in their favor. He proposes a far-reaching policy agenda, analyzes the barriers to progress, and shows how transformative local campaigns can

become a national movement for change. This book is a powerful analysis of how the plutocracy sold us a toxic lie, and what we can do to reverse inequality.

restore hyper wellness garden city: *Heterotopia and the City* Michiel Dehaene, Lieven De Cauter, 2008-05-15 Heterotopia, literally meaning 'other place', is a rich concept in urban design that describes a space that is on the margins of ordered or civil society, and one that possesses multiple, fragmented or even incompatible meanings. The term has had an impact on architectural and urban theory since it was coined by Foucault in the late 1960s but it has remained a source of confusion and debate since. *Heterotopia and the City* seeks to clarify this concept and investigates the heterotopias which exist throughout our contemporary world: in museums, theme parks, malls, holiday resorts, gated communities, wellness hotels and festival markets. With theoretical contributions on the concept of heterotopia, including a new translation of Foucault's influential 1967 text, *Of Other Space* and essays by well-known scholars, the book comprises a series of critical case studies, from Beaubourg to Bilbao, which probe a range of (post)urban transformations and which redirect the debate on the privatization of public space. Wastelands and terrains vagues are studied in detail in a section on urban activism and transgression and the reader gets a glimpse of the extremes of our dualized, postcivil condition through case studies on Jakarta, Dubai, and Kinshasa. *Heterotopia and the City* provides a collective effort to reposition heterotopia as a crucial concept for contemporary urban theory. The book will be of interest to all those wishing to understand the city in the emerging postcivil society and post-historical era. Planners, architects, cultural theorists, urbanists and academics will find this a valuable contribution to current critical argument.

restore hyper wellness garden city: *Urban Resilience in a Global Context* Dorothee Brantz, Avi Sharma, 2020-10-31 Urban Resilience is seen by many as a tool to mitigate harm in times of extreme social, political, financial, and environmental stress. Despite its widespread usage, however, resilience is used in different ways by policy makers, activists, academics, and practitioners. Some see it as a key to unlocking a more stable and secure urban future in times of extreme global insecurity; for others, it is a neoliberal technology that marginalizes the voices of already marginal peoples. This volume moves beyond praise and critique by focusing on the actors, narratives and temporalities that define urban resilience in a global context. By exploring the past, present, and future of urban resilience, this volume unlocks the potential of this concept to build more sustainable, inclusive, and secure cities in the 21st century.

restore hyper wellness garden city: *Beyond the Two-State Solution* Yehouda Shenhav, 2013-04-18 For over two decades, many liberals in Israel have attempted, with wide international support, to implement the two-state solution: Israel and Palestine, partitioned on the basis of the Green Line - that is, the line drawn by the 1949 Armistice Agreements that defined Israel's borders until 1967, before Israel occupied the West Bank and Gaza following the Six-Day War. By going back to Israel's pre-1967 borders, many people hope to restore Israel to what they imagine was its pristine, pre-occupation character and to provide a solid basis for a long-term solution to the Israeli-Palestinian conflict. In this original and controversial essay, Yehouda Shenhav argues that this vision is an illusion that ignores historical realities and offers no long-term solution. It fails to see that the real problem is that a state was created in most of Palestine in 1948 in which Jews are the privileged ethnic group, at the expense of the Palestinians - who also must live under a constant state of emergency. The issue will not be resolved by the two-state solution, which will do little for the millions of Palestinian refugees and will also require the uprooting of hundreds of thousands of Jews living across the Green Line. All these obstacles require a bolder rethinking of the issues: the Green Line should be abandoned and a new type of polity created on the complete territory of mandatory Palestine, with a new set of constitutional arrangements that address the rights of both Palestinians and Jews, including the settlers.

restore hyper wellness garden city: *The Liz Taylor Ring* Brenda Janowitz, 2022-02-01 "Brenda Janowitz writes with extraordinary humor and heart." —JANE GREEN, New York Times bestselling author *Three siblings. A priceless family ring. One legendary love story. In 1978, Lizzie*

Morgan and Ritchie Schneider embark on a whirlwind romance on the bright beaches and glamorous yachts of Long Island. Over the years, their relationship has its share of ups and downs, including a nine-month hiatus that ends with a stunning eleven-carat ring—one that looks just like the diamond Richard Burton gifted Liz Taylor after their own separation. Like the famous couple, despite the drama that would unfold throughout the Schneiders' marriage, the ring would be there as a symbol of their love...until it wasn't. Decades later, when the lost ring unexpectedly resurfaces, the Schneiders' three children gather under one roof for the first time in years, eager to get their hands on this beloved, expensive reminder of their departed parents. But determining the fate of the heirloom is no simple task, unearthing old wounds and heartaches the siblings can't ignore. And when the ring reveals a secret that challenges everything they thought they knew about their parents' epic love story, they'll have to decide whether to move forward as a family or let the ring break them once and for all. *Don't miss *The Audrey Hepburn Estate*, Brenda Janowitz's next novel. On sale in April 2023 and available now to preorder! Look for these other multigenerational family dramas from author Brenda Janowitz: *The Grace Kelly Dress*

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

restore hyper wellness garden city: *Forged* Jonathon Keats, 2013 According to Vasari, the young Michelangelo often borrowed drawings of past masters, which he copied, returning his imitations to the owners and keeping originals. Half a millennium later, Andy Warhol made a game of forging the Mona Lisa, questioning the entire concept of originality. *Forged* explores art forgery from ancient times to the present. In chapters combining lively biography with insightful art criticism, Jonathon Keats profiles individual art forgers and connects their stories to broader themes about the role of forgeries in society. From the Renaissance master Andrea del Sarto who faked a Raphael masterpiece at the request of his Medici patrons, to the Vermeer counterfeiter Han van Meegeren who duped the avaricious Hermann Göring, to the frustrated British artist Eric Hebborn, who began forging to expose the ignorance of experts, art forgers have challenged legitimate art in

their own time, breaching accepted practices and upsetting the status quo. They have also provocatively confronted many of the present-day cultural anxieties that are major themes in the arts. Keats uncovers what forgeries—and our reactions to them—reveal about changing conceptions of creativity, identity, authorship, integrity, authenticity, success, and how we assign value to works of art. The book concludes by looking at how artists today have appropriated many aspects of forgery through such practices as street-art stenciling and share-and-share-alike licensing, and how these open-source copyleft strategies have the potential to make legitimate art meaningful again. Forgery has been much discussed—and decried—as a crime. *Forged* is the first book to assess great forgeries as high art in their own right.

restore hyper wellness garden city: *The Dignity of Labour* Jon Cruddas, 2021-04-08 Does work give our lives purpose, meaning and status? Or is it a tedious necessity that will soon be abolished by automation, leaving humans free to enjoy a life of leisure and basic income? In this erudite and highly readable book, Jon Cruddas MP argues that it is imperative that the Left rejects the siren call of technological determinism and roots it politics firmly in the workplace. Drawing from his experience of his own Dagenham and Rainham constituency, he examines the history of Marxist and social democratic thinking about work in order to critique the fatalism of both Blairism and radical left techno-utopianism, which, he contends, have more in common than either would like to admit. He argues that, especially in the context of COVID-19, socialists must embrace an ethical socialist politics based on the dignity and agency of the labour interest. This timely book is a brilliant intervention in the highly contentious debate on the future of work, as well as an ambitious account of how the left must rediscover its animating purpose or risk irrelevance.

restore hyper wellness garden city: *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 garden city: *Grief Works* Julia Samuel, 2018-01-16 “An honest, practical, as well as emotional guide to working through the processing of mourning” (Vogue), *Grief Works* is a lifeline for all of us dealing with loss and a handbook to help others—from the “expected” death of a parent to the sudden and unexpected death of a child or spouse. Death affects us all. Yet it is still the last taboo in our society, and grief is still profoundly misunderstood. Julia Samuel, a grief psychotherapist, has spent twenty-five years working with the bereaved and understanding the full repercussions of loss. In *Grief Works*, Samuel shares case studies from those who have experienced great love and great loss—and survived. People need to understand that grief is a process that has to be worked through, and Samuel shows if we do the work, we can begin to heal. “As a guide for the newly grieving, *Grief Works* succeeds on many levels, and the author’s compassionate storytelling skills provide even broader appeal...and consistently hit an authentically inspiring note” (Kirkus Reviews, starred review). “Illuminating” (The New York Times), intimate, warm, and helpful, Samuel is a caring and deeply experienced guide through the shadowy and mutable land of grief, and her book is as invaluable to those who are grieving as it is to those around them. She adroitly unpacks the psychological tangles of grief in a voice that is compassionate, grounded, real, and observant of those in mourning. Divided into case histories grouped by who has died—a partner, a parent, a sibling, a child, as well section dealing with terminal illness and suicide—*Grief Works* shows us how to live and learn from great loss. This important book is “essential for anyone who has ever experienced grief or wanted to comfort a bereaved friend” (Helen Fielding, author of *Bridget Jones’s Diary*).

restore hyper wellness garden city: *The Briefing* Sean Spicer, 2018 As a key player during the election campaign and transition, and Donald Trump’s press secretary for the first seven months in the White House, Sean Spicer found himself on the front line between Trump and the press - regularly jousting with the media and having to explain the President’s policy decisions and comments to America and the world. *The Briefing* taps into Spicer’s first-hand experience in the front row of the Trump campaign and presidency, shedding new light on the most controversial moments, sharing stories of the personalities involved and, ultimately, setting the record straight.

restore hyper wellness garden city: 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 garden city: Touch in the Helping Professions Martin Rovers, Judith Malette, Manal Guirguis-Younger, 2018-04-10 Touch may well be one of the least understood or talked about subjects in the helping professions. A discussion on the importance and ethics of positive, caring, and appropriate touch in professions such as teaching, nursing and counselling is long overdue. Touch in the Helping Professions delivers just that, weaving together scholarly evidence, research and clinical practice from a wide range of perspectives encompassing philosophy, theology, psychology, and anthropology to challenge assumptions about the role of touch in the helping professions. The contributors to the volume focus not only on the overarching roles of gender, age, culture and life experience, but go beyond to encompass canine-assisted therapy, touch deprivation, sacred objects, as well as key ethical considerations. The prevailing lack of dialogue, due to fear of contravening ethical boundaries, has stood in the way of an open and responsible discussion on the use of touch in therapy. Touch in the Helping Professions is a welcome and much needed contribution to the field—a window onto a fundamental need. This book is published in English. - Cet ouvrage offre un ensemble de données probantes et de résultats cliniques à l'appui du toucher dans le développement physique et émotionnel. Il est structuré selon trois axes : la théorie sur le toucher; la pratique du toucher dans un contexte de thérapie, et les questions éthiques. Il aborde la question du rôle du genre, de l'âge, de la culture et de l'expérience de vie, des sujets comme la zoothérapie, la privation sensorielle, des objets sacrés, et des considérations d'ordre éthique. Les approches variées - philosophie, théologie, psychologie, anthropologie - remettent en question les présuppositions, offrent un contexte historico-culturel professionnel, et font appel à des données primaires. Les collaborateurs soutiennent que le toucher sain et non sexuel n'est pas suffisamment enseigné dans le cadre de la formation professionnelle. Cette absence de dialogue - engendrée par la crainte de dépasser des bornes éthiques, fait en sorte qu'une discussion ouverte et responsable sur l'utilisation du toucher dans un cadre thérapeutique ne peut avoir lieu, alors même qu'elle contribuerait aux balises théoriques de notre compréhension de cet enjeu fondamental. Ce livre est publié en anglais.

restore hyper wellness garden city: The Wealth Hoarders Chuck Collins, 2021-03-08 For decades, a secret army of tax attorneys, accountants and wealth managers has been developing into the shadowy Wealth Defence Industry. These 'agents of inequality' are paid millions to hide trillions for the richest 0.01%. In this book, inequality expert Chuck Collins, who himself inherited a fortune, interviews the leading players and gives a unique insider account of how this industry is doing everything it can to create and entrench hereditary dynasties of wealth and power. He exposes the inner workings of these "agents of inequality", showing how they deploy anonymous shell companies, family offices, offshore accounts, opaque trusts, and sham transactions to ensure the world's richest pay next to no tax. He ends by outlining a robust set of policies that democratic nations can implement to shut down the Wealth Defence Industry for good. This shocking exposé of the insidious machinery of inequality is essential reading for anyone wanting the inside story of our age of plutocratic plunder and stashed cash.

restore hyper wellness garden city: Oculus Sally Wen Mao, 2019-01-15 FINALIST FOR THE LOS ANGELES TIMES BOOK PRIZE FOR POETRY A brilliant second collection by Sally Wen Mao on the violence of the spectacle—starring the film legend Anna May Wong In Oculus, Sally Wen Mao explores exile not just as a matter of distance and displacement but as a migration through time and a reckoning with technology. The title poem follows a nineteen-year-old girl in Shanghai who

uploaded her suicide onto Instagram. Other poems cross into animated worlds, examine robot culture, and haunt a necropolis for electronic waste. A fascinating sequence spanning the collection speaks in the voice of the international icon and first Chinese American movie star Anna May Wong, who travels through the history of cinema with a time machine, even past her death and into the future of film, where she finds she has no progeny. With a speculative imagination and a sharpened wit, Mao powerfully confronts the paradoxes of seeing and being seen, the intimacies made possible and ruined by the screen, and the many roles and representations that women of color are made to endure in order to survive a culture that seeks to consume them.

restore hyper wellness garden city: Black Spartacus Sudhir Hazareesingh, 2020-09-01
Winner of the 2021 Wolfson History Prize "Black Spartacus is a tour de force: by far the most complete, authoritative and persuasive biography of Toussaint that we are likely to have for a long time . . . An extraordinarily gripping read." —David A. Bell, *The Guardian* A new interpretation of the life of the Haitian revolutionary Toussaint Louverture Among the defining figures of the Age of Revolution, Toussaint Louverture is the most enigmatic. Though the Haitian revolutionary's image has multiplied across the globe—appearing on banknotes and in bronze, on T-shirts and in film—the only definitive portrait executed in his lifetime has been lost. Well versed in the work of everyone from Machiavelli to Rousseau, he was nonetheless dismissed by Thomas Jefferson as a "cannibal." A Caribbean acolyte of the European Enlightenment, Toussaint nurtured a class of black Catholic clergymen who became one of the pillars of his rule, while his supporters also believed he communicated with vodou spirits. And for a leader who once summed up his *modus operandi* with the phrase "Say little but do as much as possible," he was a prolific and indefatigable correspondent, famous for exhausting the five secretaries he maintained, simultaneously, at the height of his power in the 1790s. Employing groundbreaking archival research and a keen interpretive lens, Sudhir Hazareesingh restores Toussaint to his full complexity in *Black Spartacus*. At a time when his subject has, variously, been reduced to little more than a one-dimensional icon of liberation or criticized for his personal failings—his white mistresses, his early ownership of slaves, his authoritarianism —Hazareesingh proposes a new conception of Toussaint's understanding of himself and his role in the Atlantic world of the late eighteenth century. *Black Spartacus* is a work of both biography and intellectual history, rich with insights into Toussaint's fundamental hybridity—his ability to unite European, African, and Caribbean traditions in the service of his revolutionary aims. Hazareesingh offers a new and resonant interpretation of Toussaint's racial politics, showing how he used Enlightenment ideas to argue for the equal dignity of all human beings while simultaneously insisting on his own world-historical importance and the universal pertinence of blackness—a message which chimed particularly powerfully among African Americans. Ultimately, *Black Spartacus* offers a vigorous argument in favor of "getting back to Toussaint"—a call to take Haiti's founding father seriously on his own terms, and to honor his role in shaping the postcolonial world to come. Shortlisted for the Baillie Gifford Prize | Finalist for the PEN / Jacqueline Bograd Weld Award for Biography Named a best book of the year by the *The Economist* | *Times Literary Supplement* | *New Statesman*

restore hyper wellness garden city: 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 garden city: Ecosystems and Human Well-being Joseph Alcamo, Millennium Ecosystem Assessment (Program), 2003 *Ecosystems and Human Well-Being* is the first

product of the Millennium Ecosystem Assessment, a four-year international work program designed to meet the needs of decisionmakers for scientific information on the links between ecosystem change and human well-being. The book offers an overview of the project, describing the conceptual framework that is being used, defining its scope, and providing a baseline of understanding that all participants need to move forward. The Millennium Assessment focuses on how humans have altered ecosystems, and how changes in ecosystem services have affected human well-being, how ecosystem changes may affect people in future decades, and what types of responses can be adopted at local, national, or global scales to improve ecosystem management and thereby contribute to human well-being and poverty alleviation. The program was launched by United Nations Secretary-General Kofi Annan in June 2001, and the primary assessment reports will be released by Island Press in 2005. Leading scientists from more than 100 nations are conducting the assessment, which can aid countries, regions, or companies by: providing a clear, scientific picture of the current sta

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restore hyper wellness garden city: Postcapitalism Paul Mason, 2016-02-09 Originally published in 2015 by Allen Lane, an imprint of Penguin Random House, Great Britain--Title page verso.

restore hyper wellness garden city: Functional Somatic Symptoms in Children and Adolescents Kasia Kozłowska, Stephen Scher, Helene Helgeland, 2020-09-30 This open access book sets out the stress-system model for functional somatic symptoms in children and adolescents. The book begins by exploring the initial encounter between the paediatrician, child, and family, moves through the assessment process, including the formulation and the treatment contract, and then describes the various forms of treatment that are designed to settle the child's dysregulated stress system. This approach both provides a new understanding of how such symptoms emerge - typically, through a history of recurrent or chronic stress, either physical or psychological - and points the way to effective assessment, management, and treatment that put the child (and family) back on the road to health and well-being.

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restore hyper wellness garden city: Cognitive Hyperconnected Digital Transformation Ovidiu Vermesan, Joël Bacquet, 2017-06-23 Cognitive Hyperconnected Digital Transformation provides an overview of the current Internet of Things (IoT) landscape, ranging from research, innovation and development priorities to enabling technologies in a global context. It is intended as a standalone book in a series that covers the Internet of Things activities of the IERC-Internet of Things European Research Cluster, including both research and technological innovation, validation and deployment. The book builds on the ideas put forward by the European Research Cluster, the IoT European Platform Initiative (IoT-EPI) and the IoT European Large-Scale Pilots Programme, presenting global views and state-of-the-art results regarding the challenges facing IoT research, innovation, development and deployment in the next years. Hyperconnected environments integrating industrial/business/consumer IoT technologies and applications require new IoT open systems architectures integrated with network architecture (a knowledge-centric network for IoT), IoT system design and open, horizontal and interoperable platforms managing things that are digital, automated and connected and that function in real-time with remote access and control based on

Internet-enabled tools. The IoT is bridging the physical world with the virtual world by combining augmented reality (AR), virtual reality (VR), machine learning and artificial intelligence (AI) to support the physical-digital integrations in the Internet of mobile things based on sensors/actuators, communication, analytics technologies, cyber-physical systems, software, cognitive systems and IoT platforms with multiple functionalities. These IoT systems have the potential to understand, learn, predict, adapt and operate autonomously. They can change future behaviour, while the combination of extensive parallel processing power, advanced algorithms and data sets feed the cognitive algorithms that allow the IoT systems to develop new services and propose new solutions. IoT technologies are moving into the industrial space and enhancing traditional industrial platforms with solutions that break free of device-, operating system- and protocol-dependency. Secure edge computing solutions replace local networks, web services replace software, and devices with networked programmable logic controllers (NPLCs) based on Internet protocols replace devices that use proprietary protocols. Information captured by edge devices on the factory floor is secure and accessible from any location in real time, opening the communication gateway both vertically (connecting machines across the factory and enabling the instant availability of data to stakeholders within operational silos) and horizontally (with one framework for the entire supply chain, across departments, business units, global factory locations and other markets). End-to-end security and privacy solutions in IoT space require agile, context-aware and scalable components with mechanisms that are both fluid and adaptive. The convergence of IT (information technology) and OT (operational technology) makes security and privacy by default a new important element where security is addressed at the architecture level, across applications and domains, using multi-layered distributed security measures. Blockchain is transforming industry operating models by adding trust to untrusted environments, providing distributed security mechanisms and transparent access to the information in the chain. Digital technology platforms are evolving, with IoT platforms integrating complex info

restore hyper wellness garden city: 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 garden city: The Herbal Medicine-Maker's Handbook James Green, 2000-09-01 THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

restore hyper wellness garden city: 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.

restore hyper wellness garden city: Burnout, Fatigue, Exhaustion Sighard Neckel, Anna Katharina Schaffner, Greta Wagner, 2017-06-19 This interdisciplinary book explores both the connections and the tensions between sociological, psychological, and biological theories of exhaustion. It examines how the prevalence of exhaustion – both as an individual experience and as a broader socio-cultural phenomenon – is manifest in the epidemic rise of burnout, depression, and chronic fatigue. It provides innovative analyses of the complex interplay between the processes involved in the production of mental health diagnoses, socio-cultural transformations, and subjective illness experiences. Using many of the existing ideologically charged exhaustion theories as case studies, the authors investigate how individual discomfort and wider social dynamics are interrelated. Covering a broad range of topics, this book will appeal to those working in the fields of psychology, sociology, medicine, psychiatry, literature, and history.

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