

rex wellness cary nc

Rex Wellness Cary NC: Your Guide to Holistic Health and Wellness

Are you searching for a holistic wellness center in Cary, NC, that truly understands your needs? Feeling overwhelmed by the sheer number of options? This comprehensive guide to Rex Wellness Cary NC will equip you with all the information you need to decide if it's the right fit for your wellness journey. We'll explore their services, philosophy, and what sets them apart from other wellness centers in the area, so you can make an informed choice. Let's dive in!

Understanding Rex Wellness Cary NC: More Than Just a Gym

Rex Wellness Cary NC isn't your typical gym or fitness center. It's a comprehensive wellness destination offering a wide array of services designed to improve your physical, mental, and emotional well-being. They take a holistic approach, recognizing that true wellness encompasses all aspects of your life. Forget the cookie-cutter fitness plans; Rex Wellness focuses on personalized care tailored to your individual goals and needs.

A Deep Dive into Rex Wellness Cary NC Services:

Rex Wellness boasts a diverse range of services, catering to a broad spectrum of wellness needs. Here's a closer look at what they offer:

1. **State-of-the-Art Fitness Center:** This isn't just a collection of machines; it's a thoughtfully designed space with cutting-edge equipment, designed to maximize your workout efficiency and safety. Expect a variety of cardio machines, strength training equipment, and free weights.
1. **Expert Personal Training:** One-on-one personal training sessions are a cornerstone of the Rex Wellness experience. Their certified trainers develop personalized fitness plans, provide expert guidance, and offer ongoing support to help you achieve your fitness goals, whether it's weight loss, muscle gain, or improved overall fitness.
1. **Group Fitness Classes:** Prefer a more social workout environment? Rex Wellness offers a dynamic schedule of group fitness classes, catering to all fitness levels. From high-intensity interval training (HIIT) to yoga and Pilates, there's something for everyone. Check their schedule online to find classes that fit your preferences and schedule.

1. **Wellness Programs and Workshops:** Beyond fitness, Rex Wellness focuses on holistic wellness. They regularly host workshops and seminars covering topics like nutrition, stress management, mindfulness, and sleep hygiene. These programs provide valuable tools and techniques to support your overall well-being.
1. **Nutrition Counseling:** Proper nutrition is key to overall wellness. Rex Wellness offers nutrition counseling services to help you develop a personalized eating plan that supports your health goals. Registered dietitians provide guidance and support, helping you make informed food choices.
1. **Physical Therapy and Rehabilitation:** Recovering from an injury or surgery? Rex Wellness provides physical therapy services to help you regain strength, mobility, and function. Their experienced physical therapists work with you to develop a customized rehabilitation plan.
1. **Spa Services (Potentially):** While not all Rex Wellness locations offer spa services, it's worth checking their Cary location's website or contacting them directly to inquire about potential offerings like massage therapy, which complements their holistic approach.

What Sets Rex Wellness Cary NC Apart?

Several factors distinguish Rex Wellness Cary NC from other wellness centers in the area:

Personalized Approach: They prioritize individualized care, recognizing that each person's wellness journey is unique. They take the time to understand your needs and goals, creating a customized plan to help you achieve success.

Experienced Professionals: Their team consists of highly qualified and experienced professionals in fitness, nutrition, and wellness. You can trust that you're receiving expert guidance and support.

Community Focus: Rex Wellness fosters a strong sense of community among its members. The supportive and encouraging atmosphere contributes to a positive and motivating wellness experience.

Holistic Perspective: Their approach extends beyond just physical fitness, incorporating mental and emotional well-being into their comprehensive wellness programs.

Convenience and Accessibility: Located in a convenient location in Cary, Rex Wellness is easily accessible for residents in the surrounding area.

Finding Rex Wellness Cary NC: Contact Information and Location

To find the exact address, hours of operation, and contact information for the Rex Wellness Cary NC location, visit their official website. Their website often provides online booking capabilities for classes and appointments.

Conclusion: Investing in Your Well-being at Rex Wellness Cary NC

Choosing the right wellness center is a significant decision. If you're seeking a comprehensive, personalized, and holistic approach to wellness, Rex Wellness Cary NC is worth exploring. Their dedication to individual needs, coupled with their diverse range of services and experienced professionals, makes them a strong contender for your wellness journey. Remember to check their website for the most up-to-date information on services, pricing, and scheduling.

FAQs:

1. Does Rex Wellness Cary NC offer child care services? This varies by location; check their Cary location's website or call to confirm.
1. What are the membership options available at Rex Wellness Cary NC? Membership options and pricing vary. Visit their website or contact them directly for details.
1. Do I need a referral to see a physical therapist at Rex Wellness Cary NC? This depends on your insurance; contact them or your insurance provider for clarification.
1. What is the cancellation policy for classes and appointments? Cancellation policies are typically detailed on their website or provided during booking.
1. How do I book a personal training session at Rex Wellness Cary NC? Booking can often be done online through their website, or by contacting them directly via phone or email.

rex wellness cary nc: Continuous Quality Improvement in Health Care Curtis P.

McLaughlin, Arnold D. Kaluzny, 2006 Through a unique interdisciplinary perspective on quality management in health care, this text covers the subjects of operations management, organizational behavior, and health services research. With a particular focus on Total Quality Management and Continuous Quality Improvement, the challenges of implementation and institutionalization are addressed using examples from a variety of health care organizations. Updated material includes a new focus on reducing medical errors, the introduction of CPOE, Baldrige Award criteria, and seven new case studies.

rex wellness cary nc: *The Insiders' Guide to the Triangle* J. Barlow Herget, Katherine Kopp, 1996 *The Insiders' Guide To The Triangle* is packed with interesting editorial about life in the Triangle area of North Carolina -- Raleigh, Durham, Chapel Hill, Cary, Research Triangle Park and neighboring towns. Going well beyond the typical guidebook, it provides in-depth information on accommodations, arts, attractions, neighborhoods, restaurants, schools and much more Updated annually, this timely guide is a must for visitors and newcomers, and is an informative and helpful resource for local residents.

rex wellness cary nc: *The Directory of Hospital Personnel* , 2006

rex wellness cary nc: *The 2010 Raleigh North Carolina Area Real Estate Guide* Michael Regan, 2009-12-15 Everything you need to know about Raleigh area real estate. Insider tips about buying and selling real estate in the Raleigh, NC area. Information about surrounding towns, and which is best for you and your family, including interviews with buyers who moved to the area within the last five years. Insight into employment opportunities, schools, health care, recreational and cultural activities, shopping, places of worship, climate, transportation, and more!

rex wellness cary nc: *Mammography Centers Directory* Henry A. Rose, 2005 This guide to over 9,000 mammography facilities includes names, addresses, telephone and fax numbers, and geographical and alphabetical sections. From the publishers of the Hospital Telephone Directory.

rex wellness cary nc: *Lower Extremity Arterial Disease* Dennis G. Caralis, George L. Bakris, 2007-11-15 A comprehensive review the state-of-the-art in atherosclerosis of the arteries of the legs and feet. The authors discuss in detail the primary symptom-claudication-an intermittent pain in the leg or foot while walking, its predisposing factors, the current diagnostic methodologies, the impressive advances in the therapeutic armamentarium, and the need to screen for co-existing coronary artery disease. Additional chapters describe cutting-edge noninvasive angiography and vascular flow studies, specific drug therapy for claudication, regression of atherosclerosis therapy, gene therapy, and drug eluting stents for peripheral arterial disease. The authors also examine the epidemiology of LEAD, the effects of smoking and effective smoking cessation programs, its pathogenesis and its association with lipid abnormalities and hypertension, aggressive risk factor modification, and the need to measure the ankle brachial index of every patient over 45.

rex wellness cary nc: *The Foundation Grants Index* , 1994

rex wellness cary nc: *Insiders' Guide® to Raleigh, Durham & Chapel Hill* Amber Nimocks, 2010-07-01 A first edition, *Insiders' Guide to Raleigh, Durham & Chapel Hill* is the essential source for in-depth travel and relocation information to what is one of the fastest growing regions in the United States. Written by a local (and true insider), this guide offers a personal and practical perspective of the Raleigh, Durham, and Chapel Hill area.

rex wellness cary nc: *Nutrition and Bariatric Surgery* Robert F. Kushner, Christopher D. Still, 2014-08-21 Bariatric surgery has led to improved health outcomes including significant weight loss and reduction in co-morbidities among patients with obesity. Clinical practice guidelines recommend that patients considering bariatric surgery undergo a comprehensive nutritional assessment. *Nutrition and Bariatric Surgery* is the first comprehensive book that u

rex wellness cary nc: *Empower* Tareq Azim, Seth Davis, 2024-08-06 If you knock on Wakil's door, he's going to kill you. That's what Tareq Azim's guide told him, as they stood at the foot of the local Taliban warlord's home. Most people would let fear get the better of them. However, Tareq had already conquered fear. He walked up to the door by himself, and gave three loud knocks. Azim's

family descended from Afghan royalty, but were forced to flee in 1979, after the Soviet Union invasion. They eventually settled as refugees in San Francisco. In the span of weeks, Azim's family went from living a life of privilege to Section 8 housing in the East Bay. Tareq assimilated into American life through sports, excelling in wrestling, boxing, and football. After graduating and playing football at Fresno State, Tareq's unease with how his family was forced from their ancestral land still bothered him. He decided to travel home and reclaim his ancestral land. Upon arriving in Afghanistan, Tareq quickly discovered there was no land to reclaim. His childhood home had been blown to high hell over the course of 20 years of fighting. What Tareq did discover were dozens of children wandering aimlessly, waiting for inevitable recruitment into the Taliban or to be trafficked into a world of darkness. Tareq had found salvation in sports; these kids could, too. Specifically, Tareq thought the young women he met could benefit from boxing. Getting permission to train them meant a conversation with the local warlord. And that meant walking up to his home, and knocking on that door. Azim would get that approval. He would go on to train the first and only Afghani female boxer in Olympic history. He was 24 years old. Tareq returned to San Francisco and opened up a number of gyms to help others. Coming up with a name was easy: Empower. EMPOWER: Conquering the Disease of Fear is part memoir, part game plan. Reader's will draw strength from Azim's personal journey (a reflection of so many immigrants), and from the actionable ways in which he mentally and emotionally overcame fear, and not just quelling it-rather, harnessing its power to his advantage. Balancing Azim's narrative are a vibrant cast of characters and of case studies, each highlighting one of Azim's seven principles. They include Governor Gavin Newsome, former NFL star running back Marshawn Lynch, Representative Tulsi Gabbard, MMA star Jake Shields, and the owner of the San Francisco 49ers, Jed York, among others. Whether it's beating addiction, getting out of toxic relationships, or the pursuit of mental, spiritual, and physical strength, Azim can help readers identify their fears, and how to conquer them--

rex wellness cary nc: Standard Directory of Advertising Agencies ,

rex wellness cary nc: *Drug Induced Movement Disorders* Stewart Factor, Anthony Lang, William Weiner, 2008-04-15 The second revised edition of this text will update and present current state of the art clinical approaches to this subject. This book will continue to be the source text of information on drug-induced movement disorders authored and edited by the pioneers in the field. It will be an invaluable addition to the library of any neurologist.

rex wellness cary nc: **Don't Mom Alone** Heather MacFadyen, 2021-10-12 Being a good mom isn't about doing everything right to create a set of perfect trophy children--though every mom has felt the pressure to do just that and to do it all on her own. To ask for help feels like defeat. Yet when we try to do it all by our own strength, we end up depleted, lonely, and ineffective. Heather MacFadyen wants you to know that you are not meant to go it alone. Sharing her most vulnerable, hard mom moments, she shows how moms can be empowered by God, supported by others, and connected with their children. With encouragement and insight, she helps you foster the key relationships you need to be the mom you want to be. Whether you work or stay home, whether you have teenagers or babes in arms, you'll find here a compassionate friend who wants the best--not just for your kids but for you.

rex wellness cary nc: **Without Precedent** Anna R. Hayes, 2009-06-01 The first woman judge in the state of North Carolina and the first woman in the United States to be elected chief justice of a state supreme court, Susie Marshall Sharp (1907-1996) broke new ground for women in the legal profession. When she retired in 1979, she left a legacy burnished by her tireless pursuit of lucidity in the law, honesty in judges, and humane conditions in prisons. Anna Hayes presents Sharp's career as an attorney, distinguished judge, and politician within the context of the social mores, the legal profession, and the political battles of her day, illuminated by a careful and revealing examination of Sharp's family background, private life, and personality. Judge Sharp was viewed by contemporaries as the quintessential spinster, who had sacrificed marriage and family life for a successful career. The letters and journals she wrote throughout her life, however, reveal that Sharp led a rich private life in which her love affairs occupied a major place, unsuspected by the public or even her closest

friends and family. With unrestricted access to Sharp's abundant journals, papers, and notes, Anna Hayes uncovers the story of a brilliant woman who transcended the limits of her times, who opened the way for women who followed her, and who improved the quality of justice for the citizens of her state. Without Precedent also tells the story of a complicated woman, at once deeply conservative and startlingly modern, whose intriguing self-contradictions reflect the complexity of human nature.

rex wellness cary nc: Poetic Expressions in Nursing Susan J. Felice-Farese, Susan J. Farese, 1993

rex wellness cary nc: *Sacred & Delicious* Lisa Joy Mitchell, 2018-10-16 Sacred & Delicious is an award-winning vegetarian cookbook, a primer on Ayurveda (India's ancient wellness system), and a gorgeous food memoir that celebrates the healing power of food. Author Lisa Mitchell writes inspiring and clear prose about the power of the Ayurvedic system to sustain good health and reverse chronic health problems, recounting her own recovery. The book includes 108 recipes and more than 60 full-page color photos. Most of the dishes include vegan options, and all but two are gluten-free. Only ten of the recipes reflect traditional Indian cooking. The rest demonstrate how to apply the balancing principles of Ayurveda and the creative (yet subtle) use of spices to modern Western cuisines that many Westerners prefer. Mitchell shares the Vedic perspective on why food is sacred and how cooks can bring a sacred intention to their kitchen labors to approach food preparation as spiritual practice. Traditional blessings for food from various cultures are sprinkled throughout the book. In April 2019, Sacred & Delicious won silver medals in two prestigious book industry awards competitions: the IBPA Benjamin Franklin Awards (in the Body, Mind, Spirit category) and the Nautilus Awards (in the Food, Cooking, and Healthy Eating category). It also won the cookbook category in the Body, Mind, Spirit Book Awards and is a finalist in the Foreword INDIES Book of the Year Awards (to be announced in June).

rex wellness cary nc: Official Congressional Directory United States. Congress, 2012-01-18 Contains biographies of Senators, members of Congress, and the Judiciary. Also includes committee assignments, maps of Congressional districts, a directory of officials of executive agencies, addresses, telephone and fax numbers, web addresses, and other information.

rex wellness cary nc: *Patient Advocacy for Health Care Quality: Strategies for Achieving Patient-Centered Care* Jo Anne L. Earp, Elizabeth French, Melissa Gilkey, 2008-05-02 As a contribution to the emerging healthcare quality movement, Patient Advocacy for Healthcare Quality: Strategies for Achieving Patient-Centered Care is distinct from any others of its kind in its focus on the consumer's perspective and in its emphasis on how advocacy can influence change at multiple social levels. This introductory volume synthesizes patient advocacy from a multi-level approach and is an ideal text for graduate and professional students in schools of public health, nursing and social work.

rex wellness cary nc: **Hospital Blue Book** , 2010

rex wellness cary nc: Colorectal Cancer Screening Joseph Anderson, MD, Charles Kahi, MD, 2011-04-23 Colorectal Cancer Screening provides a complete overview of colorectal cancer screening, from epidemiology and molecular abnormalities, to the latest screening techniques such as stool DNA and FIT, Computerized Tomography (CT) Colonography, High Definition Colonoscopes and Narrow Band Imaging. As the text is devoted entirely to CRC screening, it features many facts, principles, guidelines and figures related to screening in an easy access format. This volume provides a complete guide to colorectal cancer screening which will be informative to the subspecialist as well as the primary care practitioner. It represents the only text that provides this up to date information about a subject that is continually changing. For the primary practitioner, information on the guidelines for screening as well as increasing patient participation is presented. For the subspecialist, information regarding the latest imaging techniques as well as flat adenomas and chromoendoscopy are covered. The section on the molecular changes in CRC will appeal to both groups. The text includes up to date information about colorectal screening that encompasses the entire spectrum of the topic and features photographs of polyps as well as diagrams of the morphology of polyps as well as photographs of CT colonography images. Algorithms are presented

for all the suggested guidelines. Chapters are devoted to patient participation in screening and risk factors as well as new imaging technology. This useful volume explains the rationale behind screening for CRC. In addition, it covers the different screening options as well as the performance characteristics, when available in the literature, for each test. This volume will be used by the subspecialists who perform screening tests as well as primary care practitioners who refer patients to be screened for colorectal cancer.

rex wellness cary nc: A Degraded Caste of Society Andrew T. Fede, 2024-10 A Degraded Caste of Society traces the origins of twenty-first-century cases of interracial violence to the separate and unequal protection principles of the criminal law of enslavement in the southern United States. Andrew T. Fede explains how antebellum appellate court opinions and statutes, when read in a context that includes newspaper articles and trial court and census records, extended this doctrine to the South's free Black people, consigning them to what South Carolina justice John Belton O'Neill called "a degraded caste of society," in which they were "in no respect, on a perfect equality with the white man." This written law either criminalized Black insolence or privileged private white interracial violence, which became a badge of slavery that continued to influence the law in action, contrary to the Constitution's mandate of equal protection of the criminal law. The U.S. Supreme Court enabled this denial of equal justice, as did Congress, which did not make all private white racially motivated violence a crime until 2009, when it adopted the Matthew Shepard and James Byrd Jr. Hate Crimes Prevention Act. Fede's analysis supports that law's constitutionality under the Thirteenth Amendment, while suggesting why—during the Jim Crow era and beyond—equal protection of the criminal law was not always realized, and why the curse of interracial violence has been a lingering badge of slavery.

rex wellness cary nc: Veterinary Surgery, 2012

rex wellness cary nc: Medicine Phil R. Manning, Lois DeBakey, 2004 This book has helped and inspired physicians at all stages of their careers to get the most out of their professional and personal lives. This edition addresses how professionals are coping with changes in the practice of medicine effected by managed care. Through the eyes of these celebrated figures, readers will find ways of making their work both more effective and more enjoyable. This one-of-a-kind book will fascinate physicians, residents, and medical students seeking to preserve and enhance their passion for medicine.

rex wellness cary nc: Handbook of Occupational Health and Wellness Robert J. Gatchel, Izabela Z. Schultz, 2012-12-21 This book integrates the growing clinical research evidence related to the emerging transdisciplinary field of occupational health and wellness. It includes a wide range of important topics, ranging from current conceptual approaches to health and wellness in the workplace, to common problems in the workplace such as presenteeism/abstenteeism, common illnesses, job-related burnout, to prevention and intervention methods. It consists of five major parts. Part I, "Introduction and Overviews," provides an overview and critical evaluation of the emerging conceptual models that are currently driving the clinical research and practices in the field. This serves as the initial platform to help better understand the subsequent topics to be discussed. Part II, "Major Occupational Symptoms and Disorders," exposes the reader to the types of critical occupational health risks that have been well documented, as well as the financial and productivity losses associated with them. In Part III, "Evaluation of Occupational Causes and Risks to Workers' Health," a comprehensive evaluation of these risks and causes of such occupational health threats is provided. This leads to Part IV, "Prevention and Intervention Methods," which delineates methods to prevent or intervene with these potential occupational health issues. Part V, "Research, Evaluation, Diversity and Practice," concludes the book with the review of epidemiological, measurement, diversity, policy, and practice issues—with guidelines on changes that are needed to decrease the economic and health care impact of illnesses in the workplace, and recommendations for future. All chapters provide a balance among theoretical models, current best-practice guidelines, and evidence-based documentation of such models and guidelines. The contributors were carefully selected for their unique knowledge, as well as their ability to meaningfully present this information

in a comprehensive manner. As such, this Handbook is of great interest and use to health care and rehabilitation professionals, management and human resource personnel, researchers and academicians alike.

rex wellness cary nc: *Contested Waters* Jeff Wiltse, 2009-11-30 From nineteenth-century public baths to today's private backyard havens, swimming pools have long been a provocative symbol of American life. In this social and cultural history of swimming pools in the United States, Jeff Wiltse relates how, over the years, pools have served as asylums for the urban poor, leisure resorts for the masses, and private clubs for middle-class suburbanites. As sites of race riots, shrinking swimsuits, and conspicuous leisure, swimming pools reflect many of the tensions and transformations that have given rise to modern America.

rex wellness cary nc: *Endovascular Interventions* Robert S. Dieter, Raymond A. Dieter, Jr., Raymond A. Dieter, III, 2013-08-27 Endovascular Interventions uses a case-based approach to present the current methodology used for the treatment of peripheral arterial and venous diseases. Utilizing a series of case studies, the book presents readers with a range of complexities and complications encountered in daily practice, along with tips and tricks for overcoming them. Chapters are organized to give a comprehensive look at conditions involved in endovascular interventions, including intracranial strokes, lower extremity artery disease, access-related pseudoaneurysm, complications of intra-aortic balloon pumps, aortic dissections, and septic arteritis. Endovascular Interventions: A Case-Based Approach is a practical guide and valuable resource for the practicing interventional cardiologist, interventional radiologist, vascular surgeon and cardiothoracic surgeon.

rex wellness cary nc: *Deadly Dose* Amanda Lamb, 2008-06-03 The crime was unforgivable. The suspected murderer—unbelievable. One man's pursuit of justice—unstoppable. The death of promising young pediatric AIDS researcher Eric Miller stunned the Raleigh, North Carolina, community, largely because of the horrific way he was killed. For months, Eric was slowly tortured as arsenic consumed his body. No one thought that Eric Miller's wife, Ann—an attractive, demure, educated scientist—could be capable of such a horrible crime. No one except for veteran homicide investigator Chris Morgan, a man in the twilight of his career. But from the moment Morgan saw the thirty-year-old widow in the interview room at the police department, he knew he was seeing pure evil. Now, journalist Amanda Lamb details Morgan's dogged investigation—a quest for the truth that would last four years and see another life taken before Ann Miller's tangled web of death and deceit finally came to light.

rex wellness cary nc: *Mind Over Meds* Andrew Weil, 2017-04-25 Too many Americans are taking too many drugs -- and it's costing us our health, happiness, and lives. Prescription drug use in America has increased tenfold in the past 50 years, and over-the-counter drug use has risen just as dramatically. In addition to the dozens of medications we take to treat serious illnesses, we take drugs to help us sleep, to keep us awake, to keep our noses from running, our backs from aching, and our minds from racing. Name a symptom, there's a pill to suppress it. Modern drugs can be miraculously life-saving, and many illnesses demand their use. But what happens when our reliance on powerful pharmaceuticals blinds us to their risks? Painful side effects and dependency are common, and adverse drug reactions are America's fourth leading cause of death. In *Mind over Meds*, bestselling author Dr. Andrew Weil alerts readers to the problem of overmedication, and outlines when medicine is necessary, and when it is not. Dr. Weil examines how we came to be so drastically overmedicated, presents science that proves drugs aren't always the best option, and provides reliable integrative medicine approaches to treating common ailments like high blood pressure, allergies, depression, and even the common cold. With case histories, healthy alternative treatments, and input from other leading physicians, *Mind over Meds* is the go-to resource for anyone who is sick and tired of being sick and tired.

rex wellness cary nc: *Who's Who in Medicine and Healthcare* Marquis Who's Who, Inc, 1998 Recognizing today's leaders in the teaching, practice, planning, financing, and delivery of healthcare Across the country, healthcare professionals are facing new demands for accessible, high-quality

care at a reasonable cost. Who's Who in Medicine and Healthcare™ recognizes those whose achievements place them at the forefront of an evolving healthcare system. The current edition provides vital biographical background on approximately 22,700 successful medical professionals, administrators, educators, researchers, clinicians, and industry leaders from across the diverse fields of medicine and healthcare: -- Association administration -- Dentistry -- Medical education -- Geriatrics -- Gynecology -- Healthcare products -- Hospital administration -- Internal medicine -- Mental health -- Nursing -- Optometry -- Pediatrics -- Pharmaceuticals -- Public health -- Research -- Social work -- Speech pathology -- Substance abuse -- Surgery

rex wellness cary nc: Laparoscopic Gastric Sleeve Rudolf A. Weiner, Ralph Peterli, 2012-04-23 This operation primer provides excellent photographic step-by-step guidance to this surgical procedure. It has been designed to describe the operation in the simplest manner possible without over-simplifying the complexities involved. Nodal points are at the core of the operation primer, describing the key surgical steps in detail. This surgical guidebook provides essential reference material for surgeons wishing to improve and update their knowledge in this specific area. The operation primer Laparoscopic Sleeve Gastrectomy is specially created for surgeons wishing to familiarize themselves with minimally invasive stomach-restrictive surgical techniques. The worldwide use of laparoscopic sleeve gastrectomy (vertical sleeve gastrectomy) is consistently increasing in popularity. This type of surgery can be safely integrated into obesity and metabolic treatment programs resulting in weight loss, reduction in co-morbidities and increased quality of life. This operation primer is an excellent teaching tool, accurately describing the steps of this standardized technique in a manner suitable for both beginners and experienced surgeons. It provides a detailed overview of patient preparation, key surgical steps and common pitfalls of Laparoscopic Sleeve Gastrectomy. This operation primer will provide surgeons with a reliable and systematic approach to performing Laparoscopic Sleeve Gastrectomy.

rex wellness cary nc: Annual Review of Nursing Research, Volume 25, 2007, 2007-06-11 This 25th anniversary edition of the Annual Review of Nursing Research is focused on nursing science in vulnerable populations. Identified as a priority in the nursing discipline, vulnerable populations are discussed in terms of the development of nursing science, diverse approaches in building the state of the science research, integrating biologic methods in the research, and research in reducing health disparities. Topics include: Measurement issues Prevention of infectious diseases among vulnerable populations Genomics and proteomics methodologies for research Promoting culturally appropriate interventions Community-academic research partnerships with vulnerable populations Vulnerable populations in Thailand: women living with HIV/AIDS As in all volumes of the Annual Reviews, leading nurse researchers provide students, other researchers, and clinicians with the foundations for evidence-based practice and further research.

rex wellness cary nc: The Lady Tasting Tea David Salsburg, 2002-05-01 An insightful, revealing history of the magical mathematics that transformed our world. The Lady Tasting Tea is not a book of dry facts and figures, but the history of great individuals who dared to look at the world in a new way. At a summer tea party in Cambridge, England, a guest states that tea poured into milk tastes different from milk poured into tea. Her notion is shouted down by the scientific minds of the group. But one man, Ronald Fisher, proposes to scientifically test the hypothesis. There is no better person to conduct such an experiment, for Fisher is a pioneer in the field of statistics. The Lady Tasting Tea spotlights not only Fisher's theories but also the revolutionary ideas of dozens of men and women which affect our modern everyday lives. Writing with verve and wit, David Salsburg traces breakthroughs ranging from the rise and fall of Karl Pearson's theories to the methods of quality control that rebuilt postwar Japan's economy, including a pivotal early study on the capacity of a small beer cask at the Guinness brewing factory. Brimming with intriguing tidbits and colorful characters, The Lady Tasting Tea salutes the spirit of those who dared to look at the world in a new way.

rex wellness cary nc: Gastrointestinal Motility Satish S.C. Rao, 2012-12-06 Gastrointestinal motility has evolved from an esoteric laboratory tool into a sophisticated diagnostic technique that

is now widely used clinically to guide in management of complex gastrointestinal problems. Today, it is the most rapidly growing subspecialty within gastroenterology. Previously, many of the gastrointestinal motility problems were either ignored or attributed to a disturbance of psyche. But with the growing knowledge and understanding of how a dysfunction of the gastrointestinal muscle and nerves can cause disease, we are at the threshold of a revolution in our approach to the diagnosis and treatment of gastrointestinal motility disorders. The purpose of this book is to serve as a useful, up-to-date reference manual and guide for the diagnostic and therapeutic approach towards common adult and pediatric gastrointestinal motility problems. In order to enhance the understanding of these disorders, a problem-oriented approach has been chosen, and wherever possible the authors have provided clinical case scenarios to illustrate their message. The emphasis has been on how to diagnose and treat motility disorders rather than to provide an encyclopedic information. The reference list at the end of each chapter should enable the enthusiast to seek further information. Some of the material presented in this book has been derived from the proceedings of the annual University of Iowa College of Medicine GI Motility Symposia.

rex wellness cary nc: NP Notes ruth McCaffrey, 2017-10-23 Put this handy guide to work in class, in clinical, and in practice. From screening and assessment tools and differential diagnosis through the most commonly ordered drugs and billing and coding, this volume in the Davis Notes Series presents the information you need every day in a pocket-sized resource.

rex wellness cary nc: *The Marriage First Aid Kit*, 2009-08 In his 35] years as a therapist and marriage counselor, Bryce Kaye has come to know that problems in marriages are not going to be overcome by a self help book, a Marriage For Idiots handbook, or a couple of episodes of Dr. Phil in the afternoon. His work, *The Marriage First Aid Kit*, is just what the title suggests, a temporary help for couples until more permanent care can be obtained. Dr. Kaye helps his audience work on issues resulting from communication avoidance by showing how to balance the conflicting needs of attachment and autonomy in a relationship. This vital balance is endangered not only by the obvious assassins abuse, affairs, and addictions, but also what Kaye terms hedonic inhibitions the inability by some partners to seek and enjoy fun in a couple's life together. Kaye employs everyday wisdom and therapeutic theory to show individuals in a relationship how to establish autonomy while affirming attachment, how to manage inevitable and healthy conflicts, and how to share power and responsibility throughout their marriage. Incorporating examples culled from his years of helping clients, Kaye peppers his book with problem scenarios to which readers can relate as well as with a useful variety of measurement tools and viable exercises to help couples through the common issues faced in intimate relationships. Rising above the plethora of quick-fix, relationship-help manuals, *The Marriage First Aid Kit* by Bryce Kaye, PhD offers professional, intelligent suggestions to couples to be employed, not as panaceas, but as temporary help while they work their way through the difficulties of life together.

rex wellness cary nc: **Managing and Leading** Paul W. Bush, Stuart G. Walesh, 2008 This essential guide features 44 essays, each focused on an idea or principle to help health-system pharmacists and residents improve management and leadership skills.

rex wellness cary nc: Overcoming Necessity Thomas P. Crocker, 2020-07-14 An argument for why emergencies are no excuse for extralegal action by presidents Using emergency as a cause for action ultimately leads to an almost unnoticed evolution in the political understanding of presidential powers. The Constitution, however, was designed to function under states of exception, most notably through the separation of powers, and provides ample internal checks on emergency actions taken under claims of necessity. Thomas Crocker urges Congress, the courts, and other bodies to put those checks into practice.

rex wellness cary nc: The Expectant Father Armin A. Brott, Jennifer Ash, 2001 The expectant father: facts, tips and advice for dads-to-be.

rex wellness cary nc: *Women's Mood Disorders* Elizabeth Cox, 2021-05-25 This text provides background on the history of perinatal psychiatry, and discusses future directions in the field. It clearly defines perinatal mood and anxiety disorders (PMADs), which are the most common

complication of pregnancy. When left untreated, PMADs are morbid and devastating for both the patient and their entire family. It reviews gold standard recommendations for the treatment of PMADs, including evidence-based psychotherapies, as well as risk-benefit analysis of psychotropic medication use in pregnancy and lactation. Additionally, common presentations of depression, anxiety, and trauma in pregnancy and postpartum women, as well as mania, psychosis, suicidal and homicidal thoughts are reviewed. *Women's Mood Disorders: A Clinician's Guide to Perinatal Psychiatry* highlights special considerations in pregnancy, including teenage pregnancies, hyperemesis gravidum, eating disorders, substance abuse disorders, as well as infertility, miscarriage and loss. The text concludes with outlining the importance of collaborative care in providing gold standard treatment of perinatal women and review documentation and legal considerations. This handbook will help educate and train future psychiatrists and OBGYNs in feeling confident and comfortable assessing and treating pregnant women who suffer from PMADs.

rex wellness cary nc: Fire by Night Melissa Florer-Bixler, 2019-04-09 What do we do with the Old Testament? How do we read words written in a world so different from ours, stories so ruthless and so filled with grace? In *Fire by Night*, pastor Melissa Florer-Bixler invites readers to marvel at the Old Testament. Page after page, in stories and poems and prophecies, the Hebrew Scripture introduces us to a God who is unwieldy and uncontrollable, common and extraordinary, and who brings both life and death. Using stories from Scripture and from her ministry, Florer-Bixler braids together the text with the sometimes ordinary, sometimes radical grace of God. The same passages that confuse and horrify and baffle us can, if we are paying attention, lure us closer toward God. This God has traveled with people through cloud and fire, by day and by night, since the beginning of time. The Old Testament is a perplexing book of profound grace, hope, and beauty. It's a book of fire. To read the Old Testament is to draw close to God's love, which continues to burn away our expectations and set us ablaze. This God has traveled with people through pillars of cloud and fire, by day and by night, since the days of the exodus.

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