

root to rise wellness cafe

Root to Rise Wellness Cafe: Your Oasis of Nourishment and Wellbeing

Are you tired of the same old, hurried lunches? Do you crave a place where you can nourish your body and soul, surrounded by a vibrant community? Then let's dive into the world of Root to Rise Wellness Cafe, a haven designed to revitalize you from the inside out. This comprehensive guide will explore everything this unique cafe offers, from its delectable, healthy menu to its commitment to community and wellbeing. We'll uncover what makes Root to Rise stand out and why it's become a favorite destination for health-conscious individuals seeking a truly enriching experience. Get ready to discover your new favorite wellness haven!

A Menu Rooted in Goodness: Exploring the Culinary Delights of Root to Rise

The heart of Root to Rise Wellness Cafe beats with its incredibly diverse and thoughtfully curated menu. Forget bland, tasteless "healthy" food – here, healthy is delicious! The chefs use only the freshest, locally sourced ingredients whenever possible, ensuring maximum flavor and nutritional value. Think vibrant salads bursting with organic greens and seasonal vegetables, hearty bowls brimming with protein and wholesome grains, and smoothies packed with superfoods that will leave you feeling energized and invigorated.

Beyond the standard fare, Root to Rise offers a rotating selection of seasonal specials, keeping the menu exciting and reflective of nature's bounty. Whether you're a vegetarian, vegan, gluten-free, or following a specific dietary plan, you'll find plenty of options to satisfy your cravings and nourish your body. Their commitment to accommodating various dietary needs is a testament to their dedication to

inclusivity and wellbeing. You'll find clear and detailed descriptions of each dish, highlighting the ingredients and nutritional benefits, allowing you to make informed choices that align perfectly with your personal wellness goals.

More Than Just Food: The Root to Rise Experience

Root to Rise is more than just a cafe; it's a community hub. The ambiance is designed to promote relaxation and well-being. Imagine soft lighting, calming music, comfortable seating, and a welcoming atmosphere that invites you to linger and connect. They often host workshops, yoga classes, and wellness events, providing opportunities for personal growth and community building.

This focus on community fosters a sense of belonging and connection, which is crucial for overall wellness. The staff are genuinely passionate about health and well-being, creating a supportive and informative environment. They are happy to answer your questions about the menu, provide recommendations based on your dietary needs, and share their knowledge about healthy living.

Sustainability and Ethical Sourcing: A Commitment to the Planet

Root to Rise Wellness Cafe is deeply committed to sustainability and ethical sourcing. Their dedication extends beyond the food itself, encompassing their packaging, waste reduction practices, and relationships with local farmers and suppliers. By supporting local businesses and minimizing their environmental impact, they demonstrate a commitment to a healthier planet and a more sustainable future. This commitment resonates with environmentally conscious consumers and contributes to the overall positive impact of the cafe. Knowing that your meal is not only healthy but also ethically sourced adds another layer of satisfaction to your dining experience.

The Perfect Spot for Every Occasion: From Work to Wellness

Whether you're looking for a quick and healthy lunch break, a relaxing afternoon tea with friends, or a celebratory dinner, Root to Rise Wellness Cafe offers a welcoming and versatile space. The cafe's

design is both functional and inviting, making it equally suitable for a quiet solo retreat or a lively gathering with friends and family. The Wi-Fi is reliable, making it a convenient spot for remote workers or students, and the atmosphere is conducive to both productivity and relaxation. It's a place where you can seamlessly blend your work life with your wellness journey.

Why Choose Root to Rise?

Root to Rise Wellness Cafe distinguishes itself through its holistic approach to wellbeing. It's not just about providing healthy food; it's about creating a supportive environment that nurtures the mind, body, and spirit. Their commitment to using fresh, local ingredients, their dedication to sustainability, and their focus on community building are what set them apart from other cafes. Choosing Root to Rise is choosing a commitment to your well-being and the well-being of the planet. It's a conscious choice that reflects your values and contributes to a healthier, more vibrant community.

Conclusion

Root to Rise Wellness Cafe is more than just a place to eat; it's a journey towards a healthier and happier you. From its delicious, nutritious menu to its welcoming atmosphere and commitment to sustainability, Root to Rise offers a holistic experience that nourishes the body, mind, and soul. It's a space designed for connection, growth, and the celebration of a vibrant, healthy lifestyle. Visit Root to Rise Wellness Cafe today and discover the difference!

Frequently Asked Questions (FAQs)

1. Does Root to Rise Wellness Cafe offer catering services?

Yes, Root to Rise offers catering services for various events. Contact them directly to discuss your needs and menu options.

1. What are the cafe's hours of operation?

The cafe's hours of operation vary depending on the day of the week and season. Check their website or social media pages for the most up-to-date information.

1. Is Root to Rise Wellness Cafe accessible to people with disabilities?

Yes, Root to Rise is committed to accessibility. Their location is designed to be welcoming and inclusive to all. However, it's always best to contact them directly to discuss any specific accessibility needs.

1. Do you offer online ordering and delivery?

Yes, Root to Rise offers online ordering and, depending on your location, potentially delivery through a third-party service. Details are available on their website.

1. What types of payment methods do you accept?

Root to Rise accepts most major credit cards and debit cards, as well as possibly mobile payment options. It's always best to check their website or contact them directly to confirm accepted payment methods.

root to rise wellness cafe: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

root to rise wellness cafe: The Future of Public Health Committee for the Study of the Future of Public Health, Division of Health Care Services, Institute of Medicine, 1988-01-15 The Nation has lost sight of its public health goals and has allowed the system of public health to fall into 'disarray', from The Future of Public Health. This startling book contains proposals for ensuring that public health service programs are efficient and effective enough to deal not only with the topics of today, but also with those of tomorrow. In addition, the authors make recommendations for core functions in public health assessment, policy development, and service assurances, and identify the level of government--federal, state, and local--at which these functions would best be handled.

root to rise wellness cafe: The Food of Italy Waverley Root, 1992-06-02 In this thoroughly comprehensive, utterly captivating culinary guidebook, acclaimed food writer Waverley Root traverses Italy from Lombardy to Sicily, and across 3,000 years of invasions. An exhaustive catalog of the country's gastronomic legacy, The Food of Italy explains the regional delicacies, the traditions, and the history that define the way Italians eat. From the legally enforced frugality of the Renaissance table to the enduring Saracen luxury of Sicilian desserts, from the lasagna of Bologna to the saltimbocca of Rome, Root explores the secrets and customs of a cuisine so nuanced that even the basic ragu Bolognese has some two hundred variations. A culinary adventurer who made his mark decades before Anthony Bourdain appeared on the scene, Root shares the stories of an elephant forced to spend the winter of 1551 in the South Tyrol and the dishes named after him, the proper way to bottle Chianti, and the mysteries surrounding the origin of tortellini. Essential reading for travelers—of the armchair and ticketed variety, alike—The Food of Italy, which features decorative maps (that may not be legible for all readers) and illustrations, brings the subtleties of the Italian palate into any home.

root to rise wellness cafe: The Sustainable Chef Stefan Gössling, C. Michael Hall, 2021-12-09 This book provides the first systematic and accessible text for students of hospitality and the culinary arts that directly addresses how more sustainable restaurants and commercial food services can be achieved. Food systems receive growing attention because they link various sustainability dimensions. Restaurants are at the heart of these developments, and their decisions to purchase regional foods, or to prepare menus that are healthier and less environmentally problematic, have great influence on food production processes. This book is systematically designed around understanding the inputs and outputs of the commercial kitchen as well as what happens in the restaurant from the perspective of operators, staff and the consumer. The book considers different management approaches and further looks at the role of restaurants, chefs and staff in the wider community and the positive contributions that commercial kitchens can make to promoting sustainable food ways. Case studies from all over the world illustrate the tools and techniques helping to meet environmental and economic bottom lines. This will be essential reading for all students of hospitality and the culinary arts.

root to rise wellness cafe: Health Care Comes Home National Research Council, Division of Behavioral and Social Sciences and Education, Board on Human-Systems Integration, Committee on the Role of Human Factors in Home Health Care, 2011-06-22 In the United States, health care devices, technologies, and practices are rapidly moving into the home. The factors driving this migration include the costs of health care, the growing numbers of older adults, the increasing prevalence of chronic conditions and diseases and improved survival rates for people with those conditions and diseases, and a wide range of technological innovations. The health care that results varies considerably in its safety, effectiveness, and efficiency, as well as in its quality and cost. *Health Care Comes Home* reviews the state of current knowledge and practice about many aspects of health care in residential settings and explores the short- and long-term effects of emerging trends and technologies. By evaluating existing systems, the book identifies design problems and imbalances between technological system demands and the capabilities of users. *Health Care Comes Home* recommends critical steps to improve health care in the home. The book's recommendations cover the regulation of health care technologies, proper training and preparation for people who provide in-home care, and how existing housing can be modified and new accessible housing can be better designed for residential health care. The book also identifies knowledge gaps in the field and how these can be addressed through research and development initiatives. *Health Care Comes Home* lays the foundation for the integration of human health factors with the design and implementation of home health care devices, technologies, and practices. The book describes ways in which the Agency for Healthcare Research and Quality (AHRQ), the U.S. Food and Drug Administration (FDA), and federal housing agencies can collaborate to improve the quality of health care at home. It is also a valuable resource for residential health care providers and caregivers.

root to rise wellness cafe: The Honest Life Jessica Alba, 2013-03-12 The Golden Globe-nominated actress and the co-founder of The Honest Company counsels busy moms on how to make affordable and healthy choices for their families without sacrificing style, sharing a variety of family-friendly recipes, eco-friendly decorating tips and natural beauty-care advice. Original. 150,000 first printing.

root to rise wellness cafe: Recommended Minimum Requirements for Plumbing United States. Dept. of commerce. Building code committee, 1929

root to rise wellness cafe: Congressional Record United States. Congress, 2012

root to rise wellness cafe: We Were the Lucky Ones Georgia Hunter, 2023-11-28 The New York Times bestseller with more than 1 million copies sold worldwide | Now a Hulu limited series starring Joey King and Logan Lerman Inspired by the incredible true story of one Jewish family separated at the start of World War II, determined to survive—and to reunite—*We Were the Lucky Ones* is a tribute to the triumph of hope and love against all odds. “Love in the face of global adversity? It couldn't be more timely.” —Glamour It is the spring of 1939 and three generations of the Kurc family are doing their best to live normal lives, even as the shadow of war grows closer. The talk around the family Seder table is of new babies and budding romance, not of the increasing hardships threatening Jews in their hometown of Radom, Poland. But soon the horrors overtaking Europe will become inescapable and the Kurcs will be flung to the far corners of the world, each desperately trying to navigate his or her own path to safety. As one sibling is forced into exile, another attempts to flee the continent, while others struggle to escape certain death, either by working grueling hours on empty stomachs in the factories of the ghetto or by hiding as gentiles in plain sight. Driven by an unwavering will to survive and by the fear that they may never see one another again, the Kurcs must rely on hope, ingenuity, and inner strength to persevere. An extraordinary, propulsive novel, *We Were the Lucky Ones* demonstrates how in the face of the twentieth century's darkest moment, the human spirit can endure and even thrive.

root to rise wellness cafe: *The Places Where Community Is Practiced* Anna Steigemann, 2019-02-25 In this open access publication, the social cohesion of urban neighborhoods and their residents is examined, which is often viewed as vulnerable since increased mobility, individualization, wider socio-economic and demographic changes have fundamentally altered the

basis for everyday social interaction in urban neighborhoods. Anna Steigemann gives scholarly attention to the concrete places where neighborly interactions still take place and to how these interactions affect local community building. She illuminates and explores the ordinary everyday interactions and social practices in and around shops and gastronomic facilities on a shopping street in Berlin-Neukölln, revealing how these businesses are important places where community is practiced, but also why they are increasingly threatened by commercial and residential gentrification.

root to rise wellness cafe: *Bridging the Evidence Gap in Obesity Prevention* Institute of Medicine, Food and Nutrition Board, Committee on an Evidence Framework for Obesity Prevention Decision Making, 2010-12-24 To battle the obesity epidemic in America, health care professionals and policymakers need relevant, useful data on the effectiveness of obesity prevention policies and programs. *Bridging the Evidence Gap in Obesity Prevention* identifies a new approach to decision making and research on obesity prevention to use a systems perspective to gain a broader understanding of the context of obesity and the many factors that influence it.

root to rise wellness cafe: *Introductory Statistics 2e* Barbara Illowsky, Susan Dean, 2023-12-13 *Introductory Statistics 2e* provides an engaging, practical, and thorough overview of the core concepts and skills taught in most one-semester statistics courses. The text focuses on diverse applications from a variety of fields and societal contexts, including business, healthcare, sciences, sociology, political science, computing, and several others. The material supports students with conceptual narratives, detailed step-by-step examples, and a wealth of illustrations, as well as collaborative exercises, technology integration problems, and statistics labs. The text assumes some knowledge of intermediate algebra, and includes thousands of problems and exercises that offer instructors and students ample opportunity to explore and reinforce useful statistical skills. This is an adaptation of *Introductory Statistics 2e* by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

root to rise wellness cafe: *Access to Health Care in America* Institute of Medicine, Committee on Monitoring Access to Personal Health Care Services, 1993-02-01 Americans are accustomed to anecdotal evidence of the health care crisis. Yet, personal or local stories do not provide a comprehensive nationwide picture of our access to health care. Now, this book offers the long-awaited health equivalent of national economic indicators. This useful volume defines a set of national objectives and identifies indicators—measures of utilization and outcome—that can sense when and where problems occur in accessing specific health care services. Using the indicators, the committee presents significant conclusions about the situation today, examining the relationships between access to care and factors such as income, race, ethnic origin, and location. The committee offers recommendations to federal, state, and local agencies for improving data collection and monitoring. This highly readable and well-organized volume will be essential for policymakers, public health officials, insurance companies, hospitals, physicians and nurses, and interested individuals.

root to rise wellness cafe: *Thus Spoke the Plant* Monica Gagliano, 2018-11-13 A research scientist's fascinating study of plant communication reveals how we "have been misunderstanding plants, and ourselves, for all of history" (The Paris Review). "A compelling story of discovery . . . [that] will change the way you see the world"—for fans of *The Hidden Life of Trees* (Robin Wall Kimmerer, author of *Braiding Sweetgrass*) In this "phytobiography"—a collection of stories written in partnership with a plant—research scientist Monica Gagliano shares genuine first-hand accounts from her research into plant communication and cognition. By transcending the view of plants as the objects of scientific materialism, Gagliano encourages us to rethink plants as people—beings with subjectivity, consciousness, and volition, and hence having the capacity for their own perspectives and voices. The book draws on up-close-and-personal encounters with the plants themselves, as well as plant shamans, indigenous elders, and mystics from around the world and integrates these

experiences with an incredible research journey and the groundbreaking scientific discoveries that emerged from it. Gagliano has published numerous peer-reviewed scientific papers on how plants have a Pavlov-like response to stimuli and can learn, remember, and communicate to neighboring plants. She has pioneered the brand-new research field of plant bioacoustics, for the first time experimentally demonstrating that plants emit their own 'voices' and, moreover, detect and respond to the sounds of their environments. By demonstrating experimentally that learning is not the exclusive province of animals, Gagliano has re-ignited the discourse on plant subjectivity and ethical and legal standing. This is the story of how she made those discoveries and how the plants helped her along the way.

root to rise wellness cafe: *Gayellow Pages* , 2007

root to rise wellness cafe: **Nancy Clark's Sports Nutrition Guidebook** Nancy Clark, 2013-10-11 Boost your energy, manage stress, build muscle, lose fat, and improve your performance. The best-selling nutrition guide is now better than ever! Nancy Clark's Sports Nutrition Guidebook will help you make the right choices in cafes, convenience stores, drive-throughs, and your own kitchen. Whether you're preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You'll learn what to eat before and during exercise and events, how to refuel for optimal recovery, and how to put into use Clark's family-friendly recipes and meal plans. You'll find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you're seeking advice on getting energized for exercise or improving your health and performance, Nancy Clark's Sports Nutrition Guidebook has the answers you can trust.

root to rise wellness cafe: **The Sweetest Little Life** Courtney Hanson, 2018-08-14 Do you know the path you're on? Is it a clear, freshly paved cement road? Is it more of a dusty desert storm with tumble weeds blowing everywhere and smacking you in the face as you try to walk? Either way, this book is for you. Finding your direction is crucial in creating your personal brand or small business. How do we know which way to run if we can't even walk properly first? Do you know how you work best? How you thrive? By the end of this journey my goal is to have you feeling inspired, motivated, and excited to wake up each day and live the life you've always dreamed of creating for yourself. The questions that are hard to answer when your mind feels cluttered - were sweeping the storm.

root to rise wellness cafe: **The Coding Manual for Qualitative Researchers** Johnny Saldana, 2009-02-19 The Coding Manual for Qualitative Researchers is unique in providing, in one volume, an in-depth guide to each of the multiple approaches available for coding qualitative data. In total, 29 different approaches to coding are covered, ranging in complexity from beginner to advanced level and covering the full range of types of qualitative data from interview transcripts to field notes. For each approach profiled, Johnny Saldaña discusses the method's origins in the professional literature, a description of the method, recommendations for practical applications, and a clearly illustrated example.

root to rise wellness cafe: *Channel Kindness: Stories of Kindness and Community* Born This Way Foundation Reporters, Lady Gaga, 2020-09-22 A New York Times Bestseller For Lady Gaga, kindness is the driving force behind everything she says and does. The quiet power of kindness can change the way we view one another, our communities, and even ourselves. She embodies this mission, and through her work, brings more kindness into our world every single day. Lady Gaga has always believed in the importance of being yourself, being kind to yourself, and being kind to others, no matter who they are or where they come from. With that sentiment in mind, she and her mother, Cynthia Germanotta, founded Born This Way Foundation, a nonprofit organization dedicated to making the world a kinder and braver place. Through the years, they've collected stories of kindness, bravery and resilience from young people all over the world, proving that kindness truly is the universal language. And now, we invite you to read these stories and follow along as each and every young author finds their voice just as Lady Gaga has found hers. Within these pages, you'll

meet young changemakers who found their inner strength, who prevailed in the face of bullies, who started their own social movements, who decided to break through the mental health stigma and share how they felt, who created safe spaces for LGBTQ+ youth, and who have embraced kindness with every fiber of their being by helping others without the expectation of anything in return. In one story, you'll read about a young person with an autoimmune disease, who after being bullied at school, learned how to practice self-love and started an organization with the mission of educating others about the importance of self-love, too; and in another story, you'll meet a young person who decided to start a movement to help eliminate the stigma surrounding mental health and encouraged others to talk about their feelings openly and honestly, a reminder that kindness and mental wellness go hand in hand. Not only were we moved by these individual acts of kindness, but we were also touched by the many stories of organizations, neighborhoods, and entire communities that fully dedicated themselves to helping those in need and found new, innovative ways to make our world a kinder and braver place. Individually and collectively, these stories prove that kindness not only saves lives but builds community. Kindness is inclusion, it is pride, it is empathy, it is compassion, it is self-respect and it is the guiding light to love. Kindness is always transformational, and its never-ending ripples result in even more kind acts that can change our lives, our communities, and our world.

root to rise wellness cafe: [The Book of Greens](#) Jenn Louis, Kathleen Squires, 2017-04-11 From one of Portland, Oregon's most acclaimed chefs comes an IACP award-winning encyclopedic reference to the world of greens, with more than 175 creative recipes for every meal of the day. For any home cook who is stuck in a "three-green rut"—who wants to cook healthy, delicious, vegetable-focused meals, but is tired of predictable salads with kale, lettuce, cabbage, and the other usual suspects—The Book of Greens has the solution. Chef Jenn Louis has compiled more than 175 recipes for simple, show-stopping fare, from snacks to soups to mains (and even breakfast and dessert) that will inspire you to reach for new greens at the farmers' market, or use your old standbys in new ways. Organized alphabetically by green, each entry features information on seasonality, nutrition, and prep and storage tips, along with recipes like Grilled Cabbage with Miso and Lime, Radish Greens and Mango Smoothie, and Pasta Dough with Tomato Leaves. Winner of the 2018 International Association of Culinary Professionals (IACP) Cookbook Award for Health & Special Diet category Finalist for the 2018 James Beard Foundation Book Awards for Vegetable-Focused Cooking category

root to rise wellness cafe: *The Paradox of Choice* Barry Schwartz, 2009-10-13 Whether we're buying a pair of jeans, ordering a cup of coffee, selecting a long-distance carrier, applying to college, choosing a doctor, or setting up a 401(k), everyday decisions—both big and small—have become increasingly complex due to the overwhelming abundance of choice with which we are presented. As Americans, we assume that more choice means better options and greater satisfaction. But beware of excessive choice: choice overload can make you question the decisions you make before you even make them, it can set you up for unrealistically high expectations, and it can make you blame yourself for any and all failures. In the long run, this can lead to decision-making paralysis, anxiety, and perpetual stress. And, in a culture that tells us that there is no excuse for falling short of perfection when your options are limitless, too much choice can lead to clinical depression. In *The Paradox of Choice*, Barry Schwartz explains at what point choice—the hallmark of individual freedom and self-determination that we so cherish—becomes detrimental to our psychological and emotional well-being. In accessible, engaging, and anecdotal prose, Schwartz shows how the dramatic explosion in choice—from the mundane to the profound challenges of balancing career, family, and individual needs—has paradoxically become a problem instead of a solution. Schwartz also shows how our obsession with choice encourages us to seek that which makes us feel worse. By synthesizing current research in the social sciences, Schwartz makes the counter intuitive case that eliminating choices can greatly reduce the stress, anxiety, and busyness of our lives. He offers eleven practical steps on how to limit choices to a manageable number, have the discipline to focus on those that are important and ignore the rest, and ultimately derive greater satisfaction from the

choices you have to make.

root to rise wellness cafe: Food at Work Christopher Wanjek, 2005 This volume establishes a clear link between good nutrition and high productivity. It demonstrates that ensuring that workers have access to nutritious, safe and affordable food, an adequate meal break, and decent conditions for eating is not only socially important and economically viable but a profitable business practice, too. Food at Work sets out key points for designing a meal program, presenting a multitude of food solutions including canteens, meal or food vouchers, mess rooms and kitchenettes, and partnerships with local vendors. Through case studies from a variety of enterprises in twenty-eight industrialized and developing countries, the book offers valuable practical food solutions that can be adapted to workplaces of different sizes and with different budgets.

root to rise wellness cafe: Why Does He Do That? Lundy Bancroft, 2003-09-02 In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about: • The early warning signs of abuse • The nature of abusive thinking • Myths about abusers • Ten abusive personality types • The role of drugs and alcohol • What you can fix, and what you can't • And how to get out of an abusive relationship safely "This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives."—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

root to rise wellness cafe: One Day in December Josie Silver, 2020-11-10 #1 NEW YORK TIMES BESTSELLER • "Get ready to be swept up in a whirlwind romance. It absolutely charmed me."—Reese Witherspoon (A Reese Witherspoon Book Club Pick) "The perfect book to get lost in . . . Josie Silver's characters sneak their way into your heart and stay."—Jill Santopolo, author of *The Light We Lost* Two people. Ten chances. One unforgettable love story. Laurie is pretty sure love at first sight doesn't exist anywhere but the movies. But then, through a misted-up bus window one snowy December day, she sees a man who she knows instantly is the one. Their eyes meet, there's a moment of pure magic...and then her bus drives away. Certain they're fated to find each other again, Laurie spends a year scanning every bus stop and cafe in London for him. But she doesn't find him, not when it matters anyway. Instead they reunite at a Christmas party, when her best friend Sarah giddily introduces her new boyfriend to Laurie. It's Jack, the man from the bus. It would be. What follows for Laurie, Sarah and Jack is ten years of friendship, heartbreak, missed opportunities, roads not taken, and destinies reconsidered. *One Day in December* is a joyous, heartwarming and immensely moving love story to escape into and a reminder that fate takes inexplicable turns along the route to happiness.

root to rise wellness cafe: Digital and Social Media Marketing Nripendra P. Rana, Emma L. Slade, Ganesh P. Sahu, Hatice Kizgin, Nitish Singh, Bidit Dey, Anabel Gutierrez, Yogesh K. Dwivedi, 2019-11-11 This book examines issues and implications of digital and social media marketing for emerging markets. These markets necessitate substantial adaptations of developed theories and approaches employed in the Western world. The book investigates problems specific to emerging markets, while identifying new theoretical constructs and practical applications of digital marketing. It addresses topics such as electronic word of mouth (eWOM), demographic differences in digital marketing, mobile marketing, search engine advertising, among others. A radical increase in both temporal and geographical reach is empowering consumers to exert influence on brands, products, and services. Information and Communication Technologies (ICTs) and digital media are having a significant impact on the way people communicate and fulfil their socio-economic, emotional and material needs. These technologies are also being harnessed by businesses for various purposes including distribution and selling of goods, retailing of consumer services,

customer relationship management, and influencing consumer behaviour by employing digital marketing practices. This book considers this, as it examines the practice and research related to digital and social media marketing.

root to rise wellness cafe: The Fourth Industrial Revolution Klaus Schwab, 2017-01-03 World-renowned economist Klaus Schwab, Founder and Executive Chairman of the World Economic Forum, explains that we have an opportunity to shape the fourth industrial revolution, which will fundamentally alter how we live and work. Schwab argues that this revolution is different in scale, scope and complexity from any that have come before. Characterized by a range of new technologies that are fusing the physical, digital and biological worlds, the developments are affecting all disciplines, economies, industries and governments, and even challenging ideas about what it means to be human. Artificial intelligence is already all around us, from supercomputers, drones and virtual assistants to 3D printing, DNA sequencing, smart thermostats, wearable sensors and microchips smaller than a grain of sand. But this is just the beginning: nanomaterials 200 times stronger than steel and a million times thinner than a strand of hair and the first transplant of a 3D printed liver are already in development. Imagine “smart factories” in which global systems of manufacturing are coordinated virtually, or implantable mobile phones made of biosynthetic materials. The fourth industrial revolution, says Schwab, is more significant, and its ramifications more profound, than in any prior period of human history. He outlines the key technologies driving this revolution and discusses the major impacts expected on government, business, civil society and individuals. Schwab also offers bold ideas on how to harness these changes and shape a better future—one in which technology empowers people rather than replaces them; progress serves society rather than disrupts it; and in which innovators respect moral and ethical boundaries rather than cross them. We all have the opportunity to contribute to developing new frameworks that advance progress.

root to rise wellness cafe: Medical Medium Anthony William, 2015-11-10 HEALING WISDOM THAT’S DECADES AHEAD OF ITS TIME Anthony William, the one and only Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated or that doctors can’t resolve. He’s done this by listening to a divine voice that literally speaks into his ear, telling him what lies at the root of people’s pain or illness and what they need to do to restore their health. His methods achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. Now, in this revolutionary book, he opens the door to all he has learned in over 25 years of bringing people’s lives back: a massive amount of healing information, much of which science won’t discover for decades, and most of which has never appeared anywhere before. Medical Medium reveals the root causes of diseases and conditions that medical communities either misunderstand or struggle to understand at all. It explores all-natural solutions for dozens of the illnesses that plague us, including: · Lyme disease · Fibromyalgia · Adrenal fatigue · Chronic fatigue syndrome · Hormonal imbalances · Hashimoto’s disease · Multiple sclerosis · Depression · Neurological conditions · Chronic inflammation · Autoimmune disease · Blood sugar imbalances · Colitis and other digestive disorders · And more It also offers solutions for restoring the soul and spirit after illness has torn at our emotional fabric. Whether you’ve been given a diagnosis you don’t understand, or you have symptoms you don’t know how to name, or someone you love is sick, or you want to care for your own patients better, Medical Medium offers the answers you need. It’s also a guidebook for everyone seeking the secrets to living longer, healthier lives. The truth about the world, ourselves, life, purpose—it all comes down to healing, Anthony William writes. And the truth about healing is now in your hands.

root to rise wellness cafe: The Kripalu Kitchen Jeremy Rock Smith, David Joachim, 2019-04-16 A lavishly illustrated cookbook featuring 125 delicious, easy-to-prepare, revitalizing, and detoxifying recipes from the executive chef at North America’s largest yoga-based healing and education center NAMED ONE OF THE “NEW COOKBOOKS TO BUY THIS SPRING” BY EPICURIOUS • “An eminently useful resource for those looking to expand their repertoire of healthy dishes.”—Publishers Weekly The Kripalu Center for Yoga & Health, nestled in the Berkshire

mountains of western Massachusetts, attracts more than fifty thousand people a year. Guests flock there not only to deepen their yoga practice but also to experience the healing power of its famously delicious food. Now you can bring Kripalu's most popular dishes to your own table. Kripalu's longtime and popular executive chef, Jeremy Rock Smith, embraces a mindful approach to eating and a seasonal approach to cooking. In *The Kripalu Kitchen*, he offers 125 easy-to-follow mouthwatering recipes, dozens of variations, and countless smart eating strategies designed for a variety of dietary preferences—from vegan and vegetarian to gluten-free, grain-free, dairy-free, and sugar-free. The 5-ingredient and 30-minute recipes ensure that even the busiest of us can enjoy this phenomenal food. Inside you'll discover • Bountiful breakfasts: from Coconut French Toast with Thai Ginger Maple Syrup to Vegan Ginger Scones • Restorative preparations: from Kripalu's famed Morning Broth to the traditional south Indian porridge Upma • Satisfying suppers: from Linguine with Pumpkin Sage "Alfredo" and Kale Pesto to Mushroom Cheesesteaks • Decadent desserts: from Gluten-Free Salted Double Chocolate Chip Cookies to Gluten-Free Whole-Grain Vegan Brownies to Gluten-Free Vegan Swami Kripalu Birthday Cake Honoring the wisdom of Ayurvedic healing practices, *The Kripalu Kitchen* also includes a simple test to determine your personal nutrition profile, or dosha, and every recipe is marked to guide you toward the optimal diet for your type. More than just a healthy cookbook, *The Kripalu Kitchen* will revitalize your body and nourish your soul.

root to rise wellness cafe: Understanding Media Marshall McLuhan, 2016-09-04 When first published, Marshall McLuhan's *Understanding Media* made history with its radical view of the effects of electronic communications upon man and life in the twentieth century.

root to rise wellness cafe: *Nature Inside* William D. Browning, Catherine O. Ryan, 2020-10-09 Written by a leading proponent of biophilic design, this is the only practical guide to biophilic design principles for interior designers. Describing the key benefits, principles and processes of biophilic design, *Nature Inside* illustrates the implementation of biophilic design in interior design practice, across a range of international case studies – at different scales, and different typologies. Starting with the principles of biophilic design, and the principles and processes in practice, the book then showcases a variety of interior spaces – residential, retail, workplace, hospitality, education, healthcare and manufacturing. The final chapter looks 'outside the walls', giving a case study at the campus and city scale. With practical guidance and real-world solutions that can be directly-applied in day-to-day practice, this is a must-have for designers interested in applying biophilic principles.

root to rise wellness cafe: *Let Me Tell You* Shirley Jackson, 2015-08-04 NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR • From the renowned author of "The Lottery" and *The Haunting of Hill House*, a spectacular volume of previously unpublished and uncollected stories, essays, and other writings. Features "Family Treasures," nominated for the Edgar Award for Best Short Story Shirley Jackson is one of the most important American writers of the last hundred years. Since her death in 1965, her place in the landscape of twentieth-century fiction has grown only more exalted. As we approach the centenary of her birth comes this astonishing compilation of fifty-six pieces—more than forty of which have never been published before. Two of Jackson's children co-edited this volume, culling through the vast archives of their mother's papers at the Library of Congress, selecting only the very best for inclusion. *Let Me Tell You* brings together the deliciously eerie short stories Jackson is best known for, along with frank, inspiring lectures on writing; comic essays about her large, boisterous family; and whimsical drawings. Jackson's landscape here is most frequently domestic: dinner parties and bridge, household budgets and homeward-bound commutes, children's games and neighborly gossip. But this familiar setting is also her most subversive: She wields humor, terror, and the uncanny to explore the real challenges of marriage, parenting, and community—the pressure of social norms, the veins of distrust in love, the constant lack of time and space. For the first time, this collection showcases Shirley Jackson's radically different modes of writing side by side. Together they show her to be a magnificent storyteller, a sharp, sly humorist, and a powerful feminist. This volume includes a Foreword by the celebrated literary critic and

Jackson biographer Ruth Franklin. Praise for *Let Me Tell You* “Stunning.”—O: The Oprah Magazine “Let us now—at last—celebrate dangerous women writers: how cheering to see justice done with [this collection of] Shirley Jackson’s heretofore unpublished works—uniquely unsettling stories and ruthlessly barbed essays on domestic life.”—Vanity Fair “Feels like an uncanny dollhouse: Everything perfectly rendered, but something deliciously not quite right.”—NPR “There are . . . times in reading [Jackson’s] accounts of desperate women in their thirties slowly going crazy that she seems an American Jean Rhys, other times when she rivals even Flannery O’Connor in her cool depictions of inhumanity and insidious cruelty, and still others when she matches Philip K. Dick at his most hallucinatory. At her best, though, she’s just incomparable.”—The Washington Post “Offers insights into the vagaries of [Jackson’s] mind, which was ruminant and generous, accommodating such diverse figures as Dr. Seuss and Samuel Richardson.”—The New York Times Book Review “The best pieces clutch your throat, gently at first, and then with growing strength. . . . The whole collection has a timelessness.”—The Boston Globe “[Jackson’s] writing, both fiction and nonfiction, has such enduring power—she brings out the darkness in life, the poltergeists shut into everyone’s basement, and offers them up, bringing wit and even joy to the examination.”—USA Today “The closest we can get to sitting down and having a conversation with . . . one of the most original voices of her generation.”—The Huffington Post

root to rise wellness cafe: Hippy Food Jonathan Kauffman, 2018-01-23 An enlightening narrative history—an entertaining fusion of Tom Wolfe and Michael Pollan—that traces the colorful origins of once unconventional foods and the diverse fringe movements, charismatic gurus, and counterculture elements that brought them to the mainstream and created a distinctly American cuisine. Food writer Jonathan Kauffman journeys back more than half a century—to the 1960s and 1970s—to tell the story of how a coterie of unusual men and women embraced an alternative lifestyle that would ultimately change how modern Americans eat. Impeccably researched, *Hippy Food* chronicles how the longhairs, revolutionaries, and back-to-the-landers rejected the square establishment of President Richard Nixon’s America and turned to a more idealistic and wholesome communal way of life and food. From the mystical rock-and-roll cult known as the Source Family and its legendary vegetarian restaurant in Hollywood to the Diggers’ brown bread in the Summer of Love to the rise of the co-op and the origins of the organic food craze, Kauffman reveals how today’s quotidian whole-foods staples—including sprouts, tofu, yogurt, brown rice, and whole-grain bread—were introduced and eventually became part of our diets. From coast to coast, through Oregon, Texas, Tennessee, Minnesota, Michigan, Massachusetts, and Vermont, Kauffman tracks hippie food’s journey from niche oddity to a cuisine that hit every corner of this country. A slick mix of gonzo playfulness, evocative detail, skillful pacing, and elegant writing, *Hippy Food* is a lively, engaging, and informative read that deepens our understanding of our culture and our lives today.

root to rise wellness cafe: Smart cities Netexplo,

root to rise wellness cafe: *The Deepest Well* Nadine Burke Harris, 2018 A pioneering physician reveals how childhood stress leads to lifelong health problems, and what we can do to break the cycle.

root to rise wellness cafe: *Los Angeles Magazine* , 2003-11 *Los Angeles magazine* is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, *Los Angeles magazine* has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

root to rise wellness cafe: *The Food Babe Way* Vani Hari, 2015-02-10 Eliminate toxins from your diet and transform the way you feel in just 21 days with this national bestseller full of shopping lists, meal plans, and mouth-watering recipes. Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are

safe to eat. But much of what we're putting into our bodies is either tainted with chemicals or processed in a way that makes us gain weight, feel sick, and age before our time. Luckily, Vani Hari -- aka the Food Babe -- has got your back. A food activist who has courageously put the heat on big food companies to disclose ingredients and remove toxic additives from their products, Hari has made it her life's mission to educate the world about how to live a clean, organic, healthy lifestyle in an overprocessed, contaminated-food world, and how to look and feel fabulous while doing it. In *The Food Babe Way*, Hari invites you to follow an easy and accessible plan that will transform the way you feel in three weeks. Learn how to: Remove unnatural chemicals from your diet Rid your body of toxins Lose weight without counting calories Restore your natural glow Including anecdotes of her own transformation along with easy-to-follow shopping lists, meal plans, and tantalizing recipes, *The Food Babe Way* will empower you to change your food, change your body, and change the world.

root to rise wellness cafe: 100 Projects UK CLT Waugh Thistleton Architects, 2018 The benefits of cross-laminated timber (CLT) are clear: building in timber is quick, clean, and easy. It can be achieved with a measured accuracy and lack of noise, waste, or need for material storage space. This book is a study of the 100 of the most significant buildings constructed from CLT in the United Kingdom over the past 15 years. Authors Andrew Waugh and Anthony Thistleton of Waugh Thistleton Architects have contacted a wide range of individuals and businesses to interview them about their experiences building in CLT to help inform this book. -- Thinkwood.com.

root to rise wellness cafe: Scandinavian Comfort Food Trine Hahnemann, 2016-10-20 The Scandinavians excel in comfort – family, friends, a good atmosphere, long meals, relaxation and an emphasis on simple pleasures. They even have a word for this kind of cosiness that comes with spending quality time in hearth and home when the days are short: hygge. Trine Hahnemann is the doyenne of Scandinavian cooking and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live.

root to rise wellness cafe: Work and Family , 1991

root to rise wellness cafe: The Coffee Guide United Nations Publications, 2021-12-09 The Coffee Guide is the world's most extensive, hands-on, and neutral source of information on the international coffee trade.

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