

SERVICES OFFERED BY ROOT CAUSE INTEGRATIVE WELLNESS

SERVICES OFFERED BY ROOT CAUSE INTEGRATIVE WELLNESS: UNLOCKING YOUR BODY'S POTENTIAL

ARE YOU TIRED OF CHASING SYMPTOMS INSTEAD OF ADDRESSING THE ROOT CAUSE OF YOUR HEALTH PROBLEMS? DO YOU CRAVE A MORE HOLISTIC AND PERSONALIZED APPROACH TO WELLNESS? THEN YOU'VE COME TO THE RIGHT PLACE. THIS COMPREHENSIVE GUIDE DIVES DEEP INTO THE DIVERSE SERVICES OFFERED BY ROOT CAUSE INTEGRATIVE WELLNESS, EXPLAINING HOW OUR UNIQUE APPROACH CAN HELP YOU ACHIEVE LASTING HEALTH AND VITALITY. WE'LL EXPLORE THE VARIOUS MODALITIES WE USE, OUTLINING WHO MIGHT BENEFIT FROM EACH AND SHOWCASING THE TRANSFORMATIVE POTENTIAL OF INTEGRATIVE WELLNESS. GET READY TO DISCOVER A PATH TOWARDS TRUE, SUSTAINABLE WELL-BEING.

UNDERSTANDING ROOT CAUSE INTEGRATIVE WELLNESS: A HOLISTIC APPROACH

AT ROOT CAUSE INTEGRATIVE WELLNESS, WE BELIEVE THAT TRUE HEALTH ISN'T JUST THE ABSENCE OF DISEASE; IT'S A STATE OF VIBRANT WELL-BEING ENCOMPASSING PHYSICAL, MENTAL, AND EMOTIONAL HARMONY. UNLIKE CONVENTIONAL MEDICINE, WHICH OFTEN FOCUSES ON TREATING SYMPTOMS, WE DELVE DEEP TO IDENTIFY AND ADDRESS THE UNDERLYING CAUSES OF YOUR HEALTH CHALLENGES. THIS HOLISTIC APPROACH CONSIDERS THE INTERCONNECTEDNESS OF YOUR BODY SYSTEMS, LIFESTYLE, AND ENVIRONMENT TO CREATE A PERSONALIZED WELLNESS PLAN TAILORED TO YOUR UNIQUE NEEDS. WE LOOK BEYOND THE SURFACE, INVESTIGATING FACTORS LIKE DIET, STRESS LEVELS, GUT HEALTH, AND HORMONAL IMBALANCES TO CREATE A COMPREHENSIVE PICTURE OF YOUR WELL-BEING.

CORE SERVICES OFFERED: A BLEND OF TRADITIONAL AND MODERN TECHNIQUES

OUR RANGE OF SERVICES IS DESIGNED TO PROVIDE A COMPREHENSIVE AND INTEGRATED APPROACH TO WELLNESS. HERE'S A CLOSER LOOK AT SOME OF OUR CORE OFFERINGS:

1. FUNCTIONAL MEDICINE CONSULTATIONS: THIS IS THE CORNERSTONE OF OUR PRACTICE. DURING THESE CONSULTATIONS, WE CONDUCT THOROUGH ASSESSMENTS, REVIEWING YOUR MEDICAL HISTORY, LIFESTYLE, AND CURRENT SYMPTOMS. WE UTILIZE ADVANCED DIAGNOSTIC TESTING WHEN NECESSARY TO PINPOINT THE ROOT CAUSE OF YOUR HEALTH CONCERNS. THIS MIGHT INVOLVE LAB TESTS TO ANALYZE GUT HEALTH, HORMONE LEVELS, NUTRIENT DEFICIENCIES, AND OTHER VITAL INDICATORS. THE GOAL IS TO CREATE A CUSTOMIZED TREATMENT PLAN ADDRESSING THE UNDERLYING IMBALANCES CONTRIBUTING TO YOUR SYMPTOMS.
1. NUTRITIONAL COUNSELING: FOOD IS MEDICINE. WE BELIEVE THAT OPTIMIZING YOUR DIET IS CRUCIAL FOR ACHIEVING OPTIMAL HEALTH. OUR REGISTERED DIETITIANS WORK WITH YOU TO CREATE PERSONALIZED NUTRITION PLANS TAILORED TO YOUR INDIVIDUAL NEEDS AND GOALS. WE ADDRESS FOOD SENSITIVITIES, ALLERGIES, AND DIGESTIVE ISSUES, GUIDING YOU TOWARDS A NUTRIENT-RICH DIET THAT SUPPORTS YOUR BODY'S HEALING PROCESS. THIS MAY INCLUDE STRATEGIES TO REDUCE INFLAMMATION, IMPROVE GUT HEALTH, AND OPTIMIZE NUTRIENT ABSORPTION.
1. HERBAL MEDICINE AND BOTANICAL THERAPIES: WE LEVERAGE THE POWER OF NATURE TO SUPPORT YOUR BODY'S NATURAL HEALING CAPABILITIES. OUR PRACTITIONERS ARE EXPERIENCED IN UTILIZING HERBAL MEDICINE TO ADDRESS SPECIFIC HEALTH CONCERNS, WORKING IN CONJUNCTION WITH OTHER THERAPIES FOR OPTIMAL RESULTS. WE CAREFULLY SELECT HIGH-QUALITY HERBS AND SUPPLEMENTS, CONSIDERING POTENTIAL INTERACTIONS WITH OTHER MEDICATIONS OR SUPPLEMENTS YOU MAY BE TAKING.

1. **DETOXIFICATION PROGRAMS:** MODERN LIFE EXPOSES US TO AN ARRAY OF TOXINS THAT CAN BURDEN OUR SYSTEMS. OUR DETOXIFICATION PROGRAMS HELP SUPPORT YOUR BODY'S NATURAL DETOXIFICATION PROCESSES, ELIMINATING ACCUMULATED TOXINS AND PROMOTING CELLULAR REJUVENATION. THESE PROGRAMS ARE CAREFULLY DESIGNED, CONSIDERING YOUR INDIVIDUAL NEEDS AND HEALTH STATUS, AND MAY INCORPORATE DIETARY MODIFICATIONS, HERBAL REMEDIES, AND OTHER SUPPORTIVE THERAPIES.

1. **STRESS MANAGEMENT TECHNIQUES:** CHRONIC STRESS SIGNIFICANTLY IMPACTS OUR HEALTH. WE OFFER A VARIETY OF STRESS MANAGEMENT TECHNIQUES, INCLUDING MINDFULNESS PRACTICES, MEDITATION GUIDANCE, AND BREATHWORK EXERCISES. THESE TECHNIQUES HELP TO REGULATE THE NERVOUS SYSTEM, REDUCE CORTISOL LEVELS, AND PROMOTE OVERALL WELL-BEING. WE CAN ALSO INTEGRATE OTHER THERAPIES, SUCH AS YOGA OR TAI CHI, TO SUPPORT STRESS REDUCTION.

1. **HORMONE BALANCING:** HORMONAL IMBALANCES CAN MANIFEST IN A MYRIAD OF SYMPTOMS, AFFECTING BOTH MEN AND WOMEN. WE OFFER COMPREHENSIVE HORMONE TESTING AND TAILORED TREATMENT PLANS TO RESTORE HORMONAL BALANCE AND ADDRESS RELATED ISSUES SUCH AS FATIGUE, WEIGHT GAIN, MOOD SWINGS, AND SLEEP DISTURBANCES.

WHO BENEFITS FROM ROOT CAUSE INTEGRATIVE WELLNESS?

OUR SERVICES BENEFIT INDIVIDUALS SEEKING A MORE PROACTIVE AND PERSONALIZED APPROACH TO THEIR HEALTH. THIS INCLUDES:

INDIVIDUALS EXPERIENCING CHRONIC HEALTH CONDITIONS THAT HAVEN'T RESPONDED TO CONVENTIONAL TREATMENTS.
THOSE SEEKING PREVENTATIVE HEALTHCARE MEASURES TO MAINTAIN OPTIMAL HEALTH AND WELL-BEING.
PEOPLE INTERESTED IN EXPLORING HOLISTIC AND NATURAL APPROACHES TO HEALING.
INDIVIDUALS LOOKING FOR PERSONALIZED GUIDANCE ON DIET, LIFESTYLE, AND STRESS MANAGEMENT.
THOSE EXPERIENCING HORMONAL IMBALANCES OR DIGESTIVE ISSUES.

THE TRANSFORMATIVE POWER OF INTEGRATIVE WELLNESS

BY ADDRESSING THE ROOT CAUSE OF YOUR HEALTH CONCERNS, WE EMPOWER YOU TO TAKE CONTROL OF YOUR WELL-BEING. OUR INTEGRATIVE APPROACH MOVES BEYOND SYMPTOMATIC RELIEF, FOSTERING LASTING CHANGE AND EQUIPPING YOU WITH THE TOOLS AND KNOWLEDGE TO SUSTAIN OPTIMAL HEALTH LONG-TERM. THE JOURNEY TO WELLNESS IS UNIQUE TO EACH INDIVIDUAL, AND OUR DEDICATED TEAM IS COMMITTED TO SUPPORTING YOU EVERY STEP OF THE WAY.

CONCLUSION:

AT ROOT CAUSE INTEGRATIVE WELLNESS, WE ARE DEDICATED TO HELPING YOU UNLOCK YOUR BODY'S INHERENT HEALING POTENTIAL. OUR COMPREHENSIVE RANGE OF SERVICES PROVIDES A PERSONALIZED PATHWAY TO VIBRANT HEALTH, EMPOWERING YOU TO LIVE A LIFE FILLED WITH ENERGY, VITALITY, AND WELL-BEING. CONTACT US TODAY TO SCHEDULE A CONSULTATION AND BEGIN YOUR JOURNEY TOWARDS LASTING HEALTH.

FAQs:

1. **DO YOU ACCEPT INSURANCE?** WE DO NOT DIRECTLY ACCEPT INSURANCE, BUT WE CAN PROVIDE YOU WITH A DETAILED RECEIPT FOR SUBMISSION TO YOUR INSURANCE PROVIDER FOR POTENTIAL REIMBURSEMENT. PLEASE CHECK WITH YOUR INSURANCE COMPANY REGARDING COVERAGE FOR INTEGRATIVE WELLNESS SERVICES.

1. WHAT TYPES OF DIAGNOSTIC TESTS DO YOU UTILIZE? WE UTILIZE A VARIETY OF TESTS DEPENDING ON YOUR INDIVIDUAL NEEDS. THESE MAY INCLUDE BLOOD TESTS, STOOL TESTS, HORMONE TESTS, FOOD SENSITIVITY TESTS, AND GENETIC TESTING.
1. HOW LONG DOES A TYPICAL TREATMENT PLAN LAST? THE LENGTH OF A TREATMENT PLAN VARIES DEPENDING ON THE INDIVIDUAL'S HEALTH CONCERNS AND PROGRESS. WE TYPICALLY SCHEDULE FOLLOW-UP APPOINTMENTS TO MONITOR PROGRESS AND ADJUST THE TREATMENT PLAN AS NEEDED.
1. ARE YOUR HERBAL REMEDIES SAFE? WE USE ONLY HIGH-QUALITY, ETHICALLY SOURCED HERBAL REMEDIES. WE CAREFULLY ASSESS POTENTIAL INTERACTIONS WITH OTHER MEDICATIONS AND ADVISE CLIENTS ON PROPER USAGE AND POTENTIAL SIDE EFFECTS.
1. WHAT IF I'M NOT SURE WHICH SERVICE IS RIGHT FOR ME? WE OFFER A COMPLIMENTARY 15-MINUTE CONSULTATION TO DISCUSS YOUR HEALTH CONCERNS AND DETERMINE WHICH SERVICES BEST MEET YOUR NEEDS. WE ARE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE AND GUIDE YOU TOWARDS THE MOST APPROPRIATE PATH TO WELLNESS.

📖 **services offered by root cause integrative wellness: Communities in Action** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

services offered by root cause integrative wellness: *Your Longevity Blueprint* Stephanie Gray, 2017-12-19 Your Body Is Your Home, Build It With Functional Medicine How well are you aging? Were you told your labs are normal but you don't feel normal? Has conventional medicine been nothing but a Band-Aid? Are you ready to try something different? Many health care providers want to help their patients but don't know how, and many patients wait until their symptoms are causing problems before they see a provider. Both patients and providers can benefit from a guide to aging well. In Dr. Stephanie Gray's *Your Longevity Blueprint*, you'll learn how you can use functional medicine to: - RESTORE YOUR GUT HEALTH - KEEP YOUR SPINE IN LINE -

INFLUENCE YOUR GENETICS - REPLETE NUTRITIONAL DEFICIENCIES - DETOXYFY YOUR BODY - OPTIMIZE YOUR HORMONES - REDUCE CARDIOVASCULAR DISEASE - STRENGTHEN YOUR IMMUNE SYSTEM Your body is your home, and your functional medicine provider will act as your body's contractor and builder--giving your body the foundation, framework, and electricity it's always needed. Where conventional medicine treats symptoms, functional medicine discovers the root cause. This is determined by your test results, what Dr. Stephanie Gray calls your fingerprint. Learn how functional medicine assesses the interaction of nutrition, genetics, hormones, toxins, and infections to improve your health and overall longevity. Imagine what life would be like with true health. Let's live long together! Wellness is Waiting(TM)!

services offered by root cause integrative wellness: Body on Fire Monica Aggarwal MD, Jyothi Rao, MD, 2020-08-19 Inflammation is the body's natural response to injury or illness, but long-term inflammation can silently turn on us, becoming a danger to our health. This guide explains how chronic inflammation damages cells and can lead to asthma, cancer, diabetes, heart disease, rheumatoid arthritis, and even Alzheimer's disease. Fortunately, there are natural solutions to keep chronic inflammation in check. Our food choices can make a crucial difference. Learn how to design an anti-inflammatory diet based on health-protective plant-based foods with high concentrations of phytochemicals and other essential inflammation-fighting nutrients. Then enjoy a few delicious, easy-to-prepare recipes that reveal how to incorporate a wide variety of these power-packed foods into everyday dishes.

services offered by root cause integrative wellness: The Immunotype Breakthrough Heather Moday, 2021-12-21 A respected immunologist, allergist, and functional medicine doctor breaks down the latest science on immunity, offering "the most important guide available" (Mark Hyman, MD) to balancing your system for optimal health and longevity. To most of us, the immune system is seemingly unknowable—it's an invisible, complex network of cells, receptors, and messengers, and there's no standard way to see if it's functioning as it should. Yet in spite of this, it affects every aspect of our health, influencing (and sometimes even causing) nearly every disease known to humanity. Much has been made about "boosting" immunity, but what exactly does that mean, and what if boosting isn't really what your unique system needs? In The Immunotype Breakthrough, Dr. Heather Moday explains that for most, immune system balance is key. Drawing on a wealth of cutting edge research and fascinating case studies, Dr. Moday explains that the immune system is fluid and significantly influenced by our behaviors, diet, habits, and environment. She identifies four primary Immunotypes—Smoldering, Weak, Hyperactive, and Misguided—that underlie the immune imbalances that commonly lead to disease, chronic inflammation, infection, allergies, and autoimmunity. By identifying your personal immunotype—where you fall on this immunity spectrum—you can intervene by making focused, individualized, natural lifestyle changes to ensure it functions optimally Featuring engaging and accessible science, practical and customizable takeaways, and interactive quizzes to help you zero in on your specific needs, The Immunotype Breakthrough is a revolutionary program for creating an individualized lifestyle and diet that will lead to immune resilience, vitality, and longevity.

services offered by root cause integrative wellness: Total Recovery Gary Kaplan, 2014-05-06 About 100 million Americans live with some form of chronic pain—more than the combined number who suffer from diabetes, heart disease, and cancer. But chronic pain has always been a mystery. It often returns at the slightest provocation, even when doctors can't find anything wrong. Oddly enough, whether the pain is physical or emotional, traumatic or slight, our brains register all pain as the same thing, and these signals can keep firing in the nervous system for months, even years. In Total Recovery, Dr. Gary Kaplan argues that we've been thinking about disease all wrong. Drawing on dramatic patient stories and cutting-edge research, the book reveals that chronic physical and emotional pain are two sides of the same coin. New discoveries show that disease is not the result of a single event but an accumulation of traumas. Every injury, every infection, every toxin, and every emotional blow generates the same reaction: inflammation, activated by tiny cells in the brain, called microglia. Turned on too often from too many assaults, it

can have a devastating cumulative effect. Conventional treatment for these conditions is focused on symptoms, not causes, and can leave patients locked into a lifetime of pain and suffering. Dr. Kaplan's unified theory of chronic pain and depression helps us understand not only the cause of these conditions but also the issues we must address to create a pathway to healing. With this revolutionary new framework in place, we have been given the keys to recover.

services offered by root cause integrative wellness: ETERNALLY YOUNG DAVID SANDUA, 2023-07-04 Eternally Young is a book that explores the various factors that contribute to a long and healthy life. While acknowledging the importance of genetics, the book stresses that longevity is not determined solely by our genes. Instead, it proposes a holistic approach to health and wellness, highlighting the importance of a balanced diet, regular exercise, emotional well-being and positive social relationships. The author argues that we have the power to take control of our own health and well-being. Through research and personal anecdotes, the book explores a wide range of topics related to longevity, from the benefits of a plant-based diet to the importance of social connection and community. The book also addresses the topic of aging, presenting it as a complex, multidimensional process that can have both positive and negative aspects. Rather than focusing on the negative aspects of aging, the book focuses on how to maximize our chances of aging healthily, to live longer, happier and fuller lives. Eternally Young offers a holistic and hopeful approach to longevity and wellness, empowering readers to take charge of their health and contribute to a healthier world.

services offered by root cause integrative wellness: Handbook of Complementary, Alternative, and Integrative Medicine Yaser Mohammed Al-Worafi, 2024-10-10 Six volumes combine to make up the Handbook of Complementary, Alternative, and Integrative Medicine: Education, Practice and Research, which describes the education, practice, and research-related issues of complementary, alternative, and integrative medicine; and its efficacy and safety in treating diseases and health conditions. Further the volumes review integrative medicine around the world to share the best practices and experiences in terms of education, practice and research; and identify the challenges and suggest recommendations to overcome them. The 20 chapters of Volume 2 focus on complementary, alternative, and integrative medicine practice-related issues. It begins with a history of complementary, alternative, and integrative medicine practice and continues with coverage of terminologies and types of complementary and alternative medicine and addresses regulations and laws around the world. It introduces integrative medicine-related issues and discusses herbal medicines and the herbal industry, including safety. Key Features: Explains the quality of complementary and alternative medicine practice and services Describes the continuous professional development (CPD) for CAM practitioners, facilitators, and barriers of online CPD Covers the technology-related issues in complementary and alternative medicine practice and services Describes the challenges of complementary, alternative, and integrative medicine practice and suggests recommendations to overcome them

services offered by root cause integrative wellness: Cu-RE Your Fatigue: The Root Cause and How To Fix It On Your Own Morley Robbins, 2021-11-01 The leading cause of death on Planet Earth is Metabolic Syndrome. Some 40% of all Earthlings now suffer from this condition which covers the gamut of Heart Disease, Cancer, Neurodegeneration, Liver disease, and PCOS. What is worth knowing is that ALL of these and related conditions start with Fatigue, known in scientific circles as energy deficiency. 40% of the Earth's population has a formal clinical diagnosis that their mitochondria cannot make adequate levels of energy. [Cu]re Fatigue is a book devoted to educating the masses and their doctors exactly how and why this is happening. Our mitochondria make energy by a series of enzymes to work synergistically to create ATP, the cellular currency of energy. These mitochondrial enzyme reactions rely on minerals that are easily lost to stress. This book explains these concepts, how these challenges can be overcome and introduces the reader to a simple, proven Root Cause Protocol that is designed to generate more energy and end fatigue. This book is designed for those seeking the truth in human metabolism and those wanting to take back control of their health. It is one part textbook and one part user's guide based on a decade of

research and client experience.

services offered by root cause integrative wellness: The Lupus Solution Tiffany Caplan, Brent Caplan, 2019-11 Millions of people worldwide suffer needlessly with the symptoms of systemic lupus erythematosus. Standard medical treatment for this mysterious disease is limited to symptom management and doesn't address the underlying reasons for why the person developed this devastating, life altering condition or do anything to actually fix the problem. But it doesn't have to be this way. The Lupus Solution is a patient's guide to understanding the why behind their symptoms and their autoimmune condition so that they may achieve remission. You will learn: How to identify and address your hidden causes of lupus and autoimmunity The simple dietary and lifestyle changes to achieve remission Steps to regain your health and live a symptom free life!

services offered by root cause integrative wellness: Principles of Integrative Health United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions, 2010

services offered by root cause integrative wellness: Integrative Women's Health Victoria Maizes, Tieraona Low Dog, 2010-02-26 Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care. Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

services offered by root cause integrative wellness: Integrative Men's Health MD, MPH Myles D. Spar, MD George E. Munoz, 2014-02-05 As a field, men's health is far behind women's health in terms of the availability of reliable, scientifically based information that men, their partners, and health care providers can rely on when seeking information and treatment. Moreover, integrative approaches are becoming more popular with men whose healthcare providers understand that most of the leading causes of morbidity and mortality in men, including cardiovascular disease, cancer, urologic disease, and sexual dysfunction, can be ameliorated using an integrative approach, with more emphasis on the patient-provider relationship, lifestyle change, and the use of proven complementary modalities. Integrative Men's Health provides an evidence-based perspective on the health problems that affect men and the ways in which such problems may be prevented or treated utilizing a broad armamentarium of approaches - from conventional tools to complementary modalities. All chapters take into consideration of all the factors that influence men's health including body, mind, and spirit in a way that neither rejects alternative approaches nor accepts any of them uncritically.

services offered by root cause integrative wellness: Radical Medicine Louisa L. Williams, 2011-07-12 A "radical" approach to holistic healing that examines the root causes and cures for ailments such as Alzheimer's disease, breast cancer, and heart attacks • Offers cutting-edge detoxification and draining therapies to address the tremendous chemical onslaught of modern life • Explains the profound health problems caused by dental amalgams, vaccinations, antibiotics, cosmetics With the historic use of toxic mercury amalgam fillings, excessive courses of antibiotics, damaging childhood vaccines, and the many industrial pollutants and chemicals that have been spread into our air, water, and food over the past century, general holistic health guidelines are simply no longer adequate for most people. Only through radical measures--that is, getting to the

true root or underlying cause of disease--can effective healing occur. In Radical Medicine, naturopathic physician Louisa Williams describes how to treat these and other modern-day "obstacles to cure," in order to ensure against future degenerative disease and achieve the optimal health that is our birthright. Examining the many health problems triggered by dental amalgams and poor dentistry, Dr. Williams explains that our teeth are focal points for health issues that arise elsewhere in the body. She explores the impact of vaccinations, the excessive use of antibiotics, and the chemical-laden products used as health and beauty aids--which are linked to Alzheimer's disease, heart attacks, and breast and other cancers--and provides information on cutting-edge detoxification treatments as well as drainage and nutritional therapies. A practical guide for practitioners and patients alike, Radical Medicine offers a wealth of holistic, natural therapies for overcoming what is poisoning us and our world so we can achieve optimal health and well-being.

services offered by root cause integrative wellness: The Integrative Medicine Solution

Cathy Ochs PA-C, 2015-07-28 Get out of the health-care trap. Transition into an integrative medicine practice. Return to practicing medicine the way you always dreamt it could be. The United States spends the most health-care dollars per person in the world. Yet we are a sick, fat, and tired nation. Both patients and health-care providers are dissatisfied with our health-care system. We have a diseased management system masquerading as a health-care system. This system is broken! Integrative medicine is a solution to heal our broken system. The Integrative Medicine Solution is a practical guidebook for physician assistants, supervising physicians, nurse practitioners, and other health-care providers who want to transition from treating symptoms to the root causes. Patients are healthier, happier, and less dependent on drugs. Providers are rewarded for spending more time with their patients. It will restore balance and joy in your practice and life. This book is a great introduction and practical guide for PAs or any other health-care providers who are wanting to start their own integrative practice. Jana Pratt, PA-C, Womens Integrative Health Specialist This is an awesome read and a great education piece for all health care providers to read. I think it is a must read. Nathan S. Bryant, PhD, author of The Nitric Oxide (NO) Solution Excellent job . . . your book will shed light on what patients need to know. Mark Starr, MD, author of Hypothyroidism Type 2: The Epidemic

services offered by root cause integrative wellness: The End of Alzheimer's Dale

Bredesen, 2017-08-22 The instant New York Times and Wall Street Journal bestseller A groundbreaking plan to prevent and reverse Alzheimer's Disease that fundamentally changes how we understand cognitive decline. Everyone knows someone who has survived cancer, but until now no one knows anyone who has survived Alzheimer's Disease. In this paradigm shifting book, Dale Bredesen, MD, offers real hope to anyone looking to prevent and even reverse Alzheimer's Disease and cognitive decline. Revealing that AD is not one condition, as it is currently treated, but three, The End of Alzheimer's outlines 36 metabolic factors (micronutrients, hormone levels, sleep) that can trigger downsizing in the brain. The protocol shows us how to rebalance these factors using lifestyle modifications like taking B12, eliminating gluten, or improving oral hygiene. The results are impressive. Of the first ten patients on the protocol, nine displayed significant improvement with 3-6 months; since then the protocol has yielded similar results with hundreds more. Now, The End of Alzheimer's brings new hope to a broad audience of patients, caregivers, physicians, and treatment centers with a fascinating look inside the science and a complete step-by-step plan that fundamentally changes how we treat and even think about AD.

services offered by root cause integrative wellness: Integrative Medicine, An Issue of Primary Care: Clinics in Office Practice Deborah S. Clements, Melinda Ring, Anuj Shah, 2017-06-28 This issue of Primary Care: Clinics in Office Practice, guest edited by Drs. Deborah Clements and Melinda Ring, is devoted to Integrative Medicine. Articles in this issue include: Introduction to Integrative Medicine; Phytotherapy; Lifestyle Medicine; Chronic Pain; GI Disorders; Mental Health; Endocrine Disorders; Oncology and Survivorship; Pediatrics; Cardiovascular Disorders; Women's Health; Men's Health; and Ethical and Legal Considerations.

services offered by root cause integrative wellness: Mind the Science Jonathan N. Stea,

PhD, 2024-09-03 A clinical psychologist who regularly deals with some of society's most vulnerable exposes and debunks the predatory pseudoscience and grift of the multi-trillion-dollar wellness industry and points us towards a better way to take care of our mental health. Can the unbroken gaze of a lone man on a stage in front of hundreds of people truly alleviate their mental distress? Can Berlin Wall pills or a coffee enema cure depression? Can we improve our mental health with past-life regression therapy, cold-water shock therapy, rebirthing therapy? Wellness grifters and alternative-health snake oil salesmen are everywhere these days, and when our medical systems are under stress (and we are, too!) these costly purveyors of false hope are worse than a waste of money—they can lead us to delay badly needed care from real professionals, exacerbate our conditions and, in the most tragic of cases, even kill us. Today, people looking to care for their mental health face a market with at least 600 “brands” of psychotherapy—and counting. Most are ineffective, and many could be harmful. There exist countless unregulated providers of mental health services in the \$5.6 trillion USD wellness industry and alternative medicine community looking to exploit people’s financial and emotional vulnerabilities. The world of mental health care is very much caveat emptor: buyer beware. Having seen so many of his patients hurt by the pseudoscience circulating in the industry, Dr. Jonathan N. Stea is on a mission to expose its harm and protect the public from mental health misinformation. In a landscape of rampant burnout and at a time when mental health concerns are at a fever pitch, Mind the Science provides hope and real information to those who have been touched by mental illness, have been misled by false marketing, or are simply curious about the relationship between science and mental health.

services offered by root cause integrative wellness: *The Qigong Workbook for Anxiety* Kam Chuen Lam, 2014-06-01 We live in a fast-paced, busy world, and many of us are stressed out and anxious as a result. If you suffer from anxiety but have found little relief from modern western treatments, or if you are looking for complimentary treatment, the ancient practice of qigong—which can be understood as the cultivation of internal energy—may offer you relief. Qigong is rooted in Chinese philosophy and medicine, and it utilizes breathing, movement, and awareness exercises to promote healing and aid in meditation. In *The Qigong Workbook for Anxiety*, world-renowned and respected qigong master Kam Chuen Lam presents the first workbook for overcoming anxiety problems utilizing traditional Chinese energy-focusing exercises. By following these simple and accessible step-by-step exercises, readers will learn to transform feelings of anxiety into resilience and inner strength. The workbook also contains helpful illustrations to help you carry out these exercises. In the book, Lam will help you think about anxiety, and yourself, in a different way—as a whole. You’ll also learn to stop resisting moments of anxiety and other strong emotions, but rather to embrace them within the larger flow of your body’s energy field. By doing this, you will ultimately strengthen and cultivate the natural energy you possess. Author Kam Chuen Lam has been a traditional Chinese healer for over forty years, and is an internationally respected authority on the Chinese health systems of Chi Kung and Tai Chi. To find out more, visit www.lamkamchuen.org.

services offered by root cause integrative wellness: *The Cancer Revolution* Leigh Erin Connealy, 2018-07-17 Integrative health pioneer offers her groundbreaking approach to treating (and preventing) cancer, based on 6 Revolutionary Findings, with a practical program and strategies. When it comes to cancer, conventional doctors are trained to treat their patients exclusively with surgery, radiation, and chemotherapy. These methods are grueling on the whole body--and they don't treat beyond the tumor or the cancer itself. The focus is on the disease, not the whole person--and because of this, the outcomes in conventional medicine can be bleak. But it doesn't have to be this way. Dr. Leigh Erin Connealy has developed a whole-person approach to treating cancer--and these treatments have helped thousands of patients through her Cancer Center for Healing. In *The Cancer Revolution*, Dr. Connealy shows you how to get to the root causes of cancer and the practical steps you can take to get back on the path to healing--from balancing your body's chemistry with nutritional supplements, following a healthy food plan, detoxifying your body and home, exercising regularly, getting deep restful sleep every night, practicing stress reduction techniques, and putting together a supportive healing team. Chemotherapy and radiation have their

place in treatment, but in many cases, they are simply not enough, because cancer isn't caused by one thing, but by many different factors. All of these causes must be addressed, not just the tumor. The Cancer Revolution will equip you to make impactful, achievable lifestyle choices that fight the root of the disease, and that offer hope for recovery and a cancer-free life.

services offered by root cause integrative wellness: Integrative Cardiology Stephen Devries, James E. Dalen, 2011-02-03 Integrative Cardiology is an exploration of a new and much-needed perspective in cardiac care: the intelligent synthesis of conventional medicine with alternative approaches not typically part of Western medical curriculum. More than a blending of two approaches, this new perspective in cardiology highlights specific gaps in conventional heart care, and examines how alternative approaches may be ideally suited to address these missed opportunities. Cardiology is an ideal specialty for an integrative approach. Heart disease is largely preventable. The influence of nutrition, physical activity, metabolic factors, and emotional state on heart health is unmistakable, and the wide-angle lens of integrative medicine is an ideal model to address these multi-faceted needs. Most importantly, the focus of this work is directed at prevention. The approaches described in this book emphasize collaboration of the patient and health care provider--both seeking to obtain the best possible outcome taking into account the intangible, but vital, nuances of the patient's culture, beliefs, and preferences. The first section in this book describes the core elements of integrative cardiology, beginning with nutrition. Foundational chapters that follow include exercise, botanicals, aspirin, metabolic cardiology, acupuncture, spirituality, mind/body approaches, and energy medicine. Contributing authors, all of whom have a background in academic medicine, share the approaches they have found most effective in their own practices, referencing their work with the best scientific evidence available.

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Stop suffering! Find out if a simple change in diet will completely restore your health and give you back the robust lifestyle you deserve.

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you the peace of mind you want, need, and deserve!

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chapters have been written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. Introduction to the principles and practice of aromatherapy covers contraindications, toxicity, safe applications, and more. Descriptions of real-world applications illustrate how aromatherapy works in various clinical specialties. Coverage of aromatherapy in psychiatric nursing provides important information on depression, psychosis, bipolar, compulsive addictive, addiction and withdrawal. In-depth clinical section deals with the management of common problems, such as infection and pain, that may frequently be encountered on the job. Examples of specific oils in specific treatments helps readers directly apply book content to everyday practice. Evidence-based content draws from thousands of references. NEW! First and only totally peer-reviewed, evidence-based, clinical aromatherapy book in the world. NEW Chapter on integrative Healthcare documenting how clinical aromatherapy has been integrated into hospitals and healthcare in USA, UK and elsewhere. NEW Chapter on the M Technique: the highly successful method of gentle structured touch pioneered by Jane Buckle that is used in hospitals worldwide. All chapters updated with substantial additional references and tables.

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Model; Integrative Nurse Coach™ Process and Competencies; coaching conversations, case studies, and coaching journeys with clients/patients; bio-psycho-social-spiritual-cultural-environment model of nurse coaching; evidenced-based coaching methodologies and practices; nutrition and environmental coaching skills; Integrative Health and Wellness Assessment™; nurse coach guidelines for practice, education, research, healthcare policy and advocacy; and integrative lifestyle resources and toolkit. This book is for all nurses and other health care providers seeking coaching knowledge and skills. For information on the Integrative Nurse Coach™ Certificate Program go to www.inursecoach.com/inccp/

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services offered by root cause integrative wellness: The Future of Nursing 2020-2030 National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30 The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. *The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity* explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by *The Future of Nursing: Leading Change, Advancing Health* (2011) report.

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human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

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