

SUNRISE WOMENS HEALTH AND WELLNESS

SUNRISE WOMEN'S HEALTH AND WELLNESS: YOUR JOURNEY TO A VIBRANT YOU

ARE YOU A WOMAN SEEKING HOLISTIC SUPPORT FOR YOUR PHYSICAL, MENTAL, AND EMOTIONAL WELLBEING? DO YOU CRAVE A WELLNESS JOURNEY THAT'S PERSONALIZED, SUPPORTIVE, AND TRULY UNDERSTANDS YOUR UNIQUE NEEDS? THEN WELCOME TO SUNRISE WOMEN'S HEALTH AND WELLNESS – YOUR GUIDE TO A HEALTHIER, HAPPIER, AND MORE EMPOWERED YOU. THIS COMPREHENSIVE GUIDE WILL DELVE INTO THE MANY ASPECTS OF WOMEN'S HEALTH AND WELLNESS, EXPLORING HOW SUNRISE CAN HELP YOU ACHIEVE YOUR INDIVIDUAL GOALS. WE'LL UNCOVER THE SERVICES OFFERED, DISCUSS COMMON CONCERNS, AND HIGHLIGHT THE TRANSFORMATIVE POWER OF PRIORITIZING YOUR HEALTH.

UNDERSTANDING THE UNIQUE NEEDS OF WOMEN'S HEALTH

WOMEN'S HEALTH IS MULTIFACETED, INFLUENCED BY HORMONAL CHANGES, REPRODUCTIVE HEALTH CONCERNS, AND UNIQUE LIFE STAGES. FROM PUBERTY TO MENOPAUSE AND BEYOND, OUR BODIES UNDERGO SIGNIFICANT TRANSFORMATIONS DEMANDING SPECIALIZED CARE. IGNORING THESE UNIQUE NEEDS CAN LEAD TO VARIOUS HEALTH ISSUES DOWN THE LINE. SUNRISE WOMEN'S HEALTH AND WELLNESS RECOGNIZES THIS COMPLEXITY AND OFFERS A HOLISTIC APPROACH DESIGNED TO ADDRESS YOUR SPECIFIC REQUIREMENTS AT EVERY STAGE OF YOUR LIFE.

CORE SERVICES OFFERED AT SUNRISE WOMEN'S HEALTH AND WELLNESS

SUNRISE WOMEN'S HEALTH AND WELLNESS ISN'T JUST ANOTHER CLINIC; IT'S A COMPREHENSIVE WELLNESS HUB DEDICATED TO EMPOWERING WOMEN. WE OFFER A RANGE OF SERVICES TO HELP YOU ACHIEVE OPTIMAL HEALTH AND WELLBEING:

1. GYNECOLOGICAL CARE:

OUR EXPERIENCED GYNECOLOGISTS PROVIDE COMPREHENSIVE CARE, INCLUDING ANNUAL CHECK-UPS, PREVENTATIVE SCREENINGS (LIKE PAP SMEARS AND MAMMOGRAMS), FAMILY PLANNING COUNSELING, AND TREATMENT FOR COMMON GYNECOLOGICAL ISSUES LIKE INFECTIONS AND HORMONAL IMBALANCES. WE FOCUS ON CREATING A COMFORTABLE AND JUDGMENT-FREE ENVIRONMENT WHERE YOU FEEL SAFE DISCUSSING YOUR HEALTH CONCERNS.

2. HORMONE BALANCING:

HORMONAL FLUCTUATIONS CAN WREAK HAVOC ON OUR BODIES, LEADING TO MOOD SWINGS, WEIGHT GAIN, SLEEP DISTURBANCES, AND MORE. SUNRISE OFFERS PERSONALIZED HORMONE TESTING AND TAILORED TREATMENT PLANS TO HELP YOU REGAIN BALANCE AND ALLEVIATE SYMPTOMS ASSOCIATED WITH PERIMENOPAUSE, MENOPAUSE, AND OTHER HORMONAL CONDITIONS. WE UTILIZE BIOIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT) WHERE APPROPRIATE, ENSURING A NATURAL APPROACH TO HORMONE BALANCING.

3. MENTAL WELLNESS SUPPORT:

YOUR MENTAL HEALTH IS JUST AS IMPORTANT AS YOUR PHYSICAL HEALTH. SUNRISE RECOGNIZES THE INTERCONNECTEDNESS OF MIND AND BODY AND OFFERS COUNSELING SERVICES TO ADDRESS STRESS, ANXIETY, DEPRESSION, AND OTHER MENTAL HEALTH CHALLENGES. WE BELIEVE IN A SUPPORTIVE AND EMPATHETIC APPROACH TO HELP YOU NAVIGATE LIFE'S COMPLEXITIES AND BUILD RESILIENCE.

4. NUTRITIONAL GUIDANCE:

PROPER NUTRITION IS THE CORNERSTONE OF GOOD HEALTH. OUR REGISTERED DIETITIANS WILL WORK WITH YOU TO CREATE A PERSONALIZED NUTRITION PLAN THAT ALIGNS WITH YOUR DIETARY PREFERENCES, HEALTH GOALS, AND LIFESTYLE. WE'LL HELP YOU MAKE INFORMED CHOICES ABOUT FOOD AND EMPOWER YOU TO FUEL YOUR BODY FOR OPTIMAL HEALTH.

5. WELLNESS WORKSHOPS AND CLASSES:

WE BELIEVE IN PROACTIVE HEALTH MANAGEMENT. SUNRISE OFFERS A VARIETY OF WORKSHOPS AND CLASSES FOCUSING ON TOPICS SUCH AS STRESS MANAGEMENT, HEALTHY EATING, FITNESS, AND MINDFULNESS TECHNIQUES. THESE SESSIONS PROVIDE VALUABLE TOOLS AND STRATEGIES FOR ENHANCING YOUR OVERALL WELLBEING.

WHY CHOOSE SUNRISE WOMEN'S HEALTH AND WELLNESS?

CHOOSING THE RIGHT HEALTHCARE PROVIDER IS A CRITICAL DECISION. SUNRISE DISTINGUISHES ITSELF THROUGH:

PERSONALIZED CARE: WE DON'T BELIEVE IN A ONE-SIZE-FITS-ALL APPROACH. EACH WOMAN'S JOURNEY IS UNIQUE, AND WE TAILOR OUR SERVICES TO MEET YOUR SPECIFIC NEEDS AND GOALS.

HOLISTIC APPROACH: WE ADDRESS YOUR HEALTH FROM A HOLISTIC PERSPECTIVE, RECOGNIZING THE INTERCONNECTEDNESS OF PHYSICAL, MENTAL, AND EMOTIONAL WELLBEING.

EXPERIENCED PROFESSIONALS: OUR TEAM CONSISTS OF HIGHLY QUALIFIED AND COMPASSIONATE HEALTHCARE PROFESSIONALS DEDICATED TO PROVIDING THE HIGHEST QUALITY CARE.

COMFORTABLE AND SUPPORTIVE ENVIRONMENT: WE CREATE A WARM, WELCOMING, AND JUDGMENT-FREE SPACE WHERE YOU FEEL SAFE AND COMFORTABLE DISCUSSING YOUR HEALTH CONCERNS.

COMMITMENT TO EMPOWERMENT: OUR ULTIMATE GOAL IS TO EMPOWER YOU TO TAKE CONTROL OF YOUR HEALTH AND LIVE YOUR MOST VIBRANT LIFE.

TAKING THE FIRST STEP TOWARDS A HEALTHIER YOU

YOUR JOURNEY TO BETTER HEALTH STARTS WITH A SINGLE STEP. CONTACT SUNRISE WOMEN'S HEALTH AND WELLNESS TODAY TO SCHEDULE A CONSULTATION. WE'RE HERE TO LISTEN, UNDERSTAND YOUR CONCERNS, AND GUIDE YOU ON YOUR PATH TOWARDS A HEALTHIER, HAPPIER, AND MORE EMPOWERED YOU. DON'T WAIT; INVEST IN YOUR WELLBEING. YOUR FUTURE SELF WILL THANK YOU.

CONCLUSION:

SUNRISE WOMEN'S HEALTH AND WELLNESS IS MORE THAN JUST A CLINIC; IT'S A COMMUNITY DEDICATED TO SUPPORTING WOMEN ON THEIR WELLNESS JOURNEY. BY OFFERING A HOLISTIC AND PERSONALIZED APPROACH TO CARE, SUNRISE EMPOWERS WOMEN TO PRIORITIZE THEIR HEALTH AND ACHIEVE THEIR FULL POTENTIAL. WE ENCOURAGE YOU TO EXPLORE OUR SERVICES AND TAKE THE FIRST STEP TOWARDS A BRIGHTER, HEALTHIER FUTURE.

FAQs:

1. DO YOU ACCEPT INSURANCE? WE ACCEPT MOST MAJOR INSURANCE PLANS. PLEASE CONTACT OUR OFFICE TO VERIFY YOUR COVERAGE.

1. WHAT ARE YOUR HOURS OF OPERATION? OUR HOURS ARE MONDAY-FRIDAY, 8 AM TO 5 PM. EVENING AND WEEKEND APPOINTMENTS MAY BE AVAILABLE UPON REQUEST.

1. DO YOU OFFER TELEHEALTH APPOINTMENTS? YES, WE OFFER TELEHEALTH APPOINTMENTS FOR CERTAIN SERVICES. PLEASE INQUIRE DURING SCHEDULING.

1. WHAT IS THE COST OF A CONSULTATION? THE COST OF A CONSULTATION VARIES DEPENDING ON THE SERVICE. PLEASE CONTACT OUR OFFICE FOR A DETAILED PRICE LIST.

1. HOW DO I SCHEDULE AN APPOINTMENT? YOU CAN SCHEDULE AN APPOINTMENT BY CALLING OUR OFFICE AT [INSERT PHONE NUMBER HERE] OR BY VISITING OUR WEBSITE AT [INSERT WEBSITE ADDRESS HERE].

☞ **sunrise womens health and wellness: Black Women's Health** Michele Tracy Berger, 2021-04-06 This book explores the meaning and practice of health in the lives of southern African American women and their adolescent daughters--

sunrise womens health and wellness: Get Healthy Now! Gary Null, 2011-01-04 A New York Times Bestseller The fully revised and updated edition to the national bestseller Get Healthy Now! includes new research and nutritional advice for treating allergies, Diabetes, PMS, Andropause, and everything in-between. From healthy skin and hair to foot and leg care, and featuring an up-to-date Alternative Practitioners Guide, Get Healthy Now! is your one-stop guide to becoming healthier from top to bottom, inside and out. Let the new Mr. Natural (Time Magazine) show you the best alternatives to drugs, surgical intervention, and other standard Western techniques. Drawing from methods that have been supported by thousands of years of use in other societies, as well as more recent discoveries in modern medicine, this comprehensive guide to healthy living offers a wide range of alternative approaches to help you stay healthy.

sunrise womens health and wellness: What Your Gynecologist Never Told You...And Your Mother Didn't Know Tara A. Solomon M. D., Tara A. Solomon, 2008 Women, take control of your life--Cover.

sunrise womens health and wellness: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

sunrise womens health and wellness: Sunrise (Sky King Ranch Book #1) Susan May Warren, 2022-01-04 Pilot Dodge Kingston has always been the heir to Sky King Ranch. But after a terrible family fight, he left to become a pararescue jumper. A decade later, he's headed home to the destiny that awaits him. That's not all that's waiting for Dodge. His childhood best friend and former flame, Echo Yazzie, is a true Alaskan--a homesteader, dogsledder, and research guide for the DNR.

Most of all, she's living a life Dodge knows could get her killed. One of these days she's going to get lost in the woods again, and his worst fear is that he won't be there to find her. When one of Echo's fellow researchers goes missing, Echo sets out to find her, despite a blizzard, a rogue grizzly haunting the woods, and the biting cold. Plus, there's more than just the regular dangers of the Alaskan forests stalking her . . . Will Dodge be able to find her in time? And if he does, is there still room for him in her heart? Sunrise is the first explosive volume in a new nail-biting series from USA Today bestselling author Susan May Warren.

sunrise womens health and wellness: Everyday Ayurveda for Women's Health Kate O'Donnell, 2024-04-23 Find a deeper sense of wellness fueled by self-care, nurturing routines, healing foods, and herbal remedies—for women of any age. Learn the ancient wisdom of Ayurvedic living through 60+ recipes and practices, including 50+ photos. The ancient science of Ayurveda brings us back into relationship with the rhythms of our lives, streamlining our daily habits and attuning our activities by time of day and seasons. Everyday Ayurveda for Women's Health delivers insights into personal health, hormonal balance, and connection to nature, all from the simplest practices: what we eat. Food and herbs are medicine for body, mind, and soul. Kate O'Donnell empowers women of any age to become intimate with their body, how it works, how it changes over time, and how to listen to its messages. Her practical guide will inspire you to experience radiant health from the inside out. With Everyday Ayurveda for Women's Health you can: • Reclaim your health by adopting a more healing diet • Balance your hormones by choosing foods, herbs, and healing practices that are right for your constitution—60+ recipes, including herbal ghees, shatavari, beneficial oils, and more • Become more luminous and empowered with divine feminine and lunar energy, the subtle body, and more • Understand your current season of life—whether it involves menstruation, pregnancy, infertility, perimenopause, or menopause The traditional Ayurveda wisdom in this book is accessible for all and will help you navigate any stage of life with grace.

sunrise womens health and wellness: Ladyparts Deborah Copaken, 2023-10-24 A frank, witty, and dazzlingly written memoir of one woman trying to keep it together while her body falls apart—from the “brilliant mind” (Michaela Coel, creator of I May Destroy You) behind Shutterbabe “The most laugh-out-loud story of resilience you’ll ever read and an essential road map for the importance of narrative as a tool of healing.” —Lori Gottlieb, bestselling author of Maybe You Should Talk to Someone NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE I’m crawling around on the bathroom floor, picking up pieces of myself. These pieces are not a metaphor. They are actual pieces. Twenty years after her iconic memoir Shutterbabe, Deborah Copaken is at her darkly comedic nadir: battered, broke, divorcing, dissected, and dying—literally—on sexism’s battlefield as she scoops up what she believes to be her internal organs into a glass container before heading off to the hospital . . . in an UberPool. Ladyparts is Copaken’s irreverent inventory of both the female body and the body politic of womanhood in America, the story of one woman brought to her knees by the one-two-twelve punch of divorce, solo motherhood, healthcare Frogger, unaffordable childcare, shady landlords, her father’s death, college tuitions, sexual harassment, corporate indifference, ageism, sexism, and plain old bad luck. Plus seven serious illnesses, one atop the other, which provide the book’s narrative skeleton: vagina, uterus, breast, heart, cervix, brain, and lungs. Copaken bounces back from each bum body part, finds workarounds for every setback—she transforms her home into a commune to pay rent, sells her soul for health insurance, turns FBI informant when her sexual harasser gets a presidential appointment—but in her slippery struggle to survive a steep plunge off the middle-class ladder, she is suddenly awoken to what it means to have no safety net. Side-splittingly funny one minute, a freak horror show the next, quintessentially American throughout, Ladyparts is an era-defining memoir.

sunrise womens health and wellness: The Plant Power Doctor Gemma Newman, 2021-01-07 'Dr Gemma is one of the few brave voices in the medical community who is experienced, courageous and confident enough to talk openly about food and its significance in preventing disease to save lives.' Dr Rupy Aujla 'Packed full of leading science in a very accessible way and lots of beautiful

recipes too.' The Happy Pear 'The Plant Power Doctor should be on bookshelves of everyone who wants to live a longer, better life.' Dan Buettner 'One of a new wave of GPs who prescribe lifestyle changes as well as drugs.' The Telegraph You can eat your way to a brighter future Just imagine if what you put on your plate could radically improve your health right now AND make you healthier in the future too... British family doctor Gemma Newman explores how a simple change in diet helps many common chronic illnesses - from diabetes and heart disease to obesity - and the science that explains why it works. Enjoy over 60 delicious meal ideas to kick-start your plant-powered eating, along with simple shopping lists and meal plans. This book contains everything you need to futureproof your body and mind. Are you ready to discover the power of plants? Let's dive in...

sunrise womens health and wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

sunrise womens health and wellness: Straight Talk on Women's Health Janice Teal, 1993 This guide provides many of the answers today's woman is looking for regarding health issues and empowers her to be a proactive health care consumer. Written to be constructive rather than combative, this practical book offers a wealth of resources and is well-researched but devoid of confusing medical jargon.

sunrise womens health and wellness: The Path to Phenomenal Health Sam Graci, 2009-12-31 A comprehensive and inspiring look at the keys to revamping your tired lifestyle. Sam offers his best tips for renewing, restoring, revitalizing and rejuvenating your life with his trademark personal style. This book will become the one title anyone needs to feel better needs, as it covers mind, body and spirit. Full of tips, lists and do-able suggestions as well as personal stories and experiences, The Path to Phenomenal Health is a great read, sure to help you get on the right track with your health, once and for all.

sunrise womens health and wellness: The Wellness Bucket List Nana Luckham, 2024-10-08 This inspirational volume on wellness showcases ideas for replenishing the mind, body, and soul and is the latest addition to the bestselling Bucket List series. For anyone seeking calming and therapeutic wellness respites, this aspirational guide contains 1,000 travel ideas organized geographically. Every aspect of wellness and self-care is covered: rid yourself of negative energy in a sweat lodge in Mexico; unwind with yoga in a tree house cabin by the Caribbean in Tobago; harness the healing power of seawater in France; practice the art of forest bathing in Japan; go on a wellness cruise down the Mekong in Vietnam; engage in holistic healing therapies in a former Maharaja's palace in India; learn more about gut health and gastronomy in California; experience holistic healing arts in the Hamptons . . . the possibilities are endless. Entries are broken down into six color-coded categories to help readers personally create the ultimate wellness escape for their needs at any time. The six categories are: renew and recharge; relax and indulge; explore and thrive; reflect and connect; savor and nourish; heal and balance. This is the definitive guide for anyone interested in travel that enriches life physically, emotionally, and spiritually.

sunrise womens health and wellness: Ignite Your Light Jolene Hart, 2020-04-07 Light up your life—and your self—with this joy-filled guide to beauty, healing, and personal energy that includes delicious recipes, immune-strengthening wellness rituals, and practical steps for building a better world. Each page of this book is packed with inspiration and insights on the central role of energy in the way you look, feel, and experience life. Ignite Your Light guides you to seek more of what lights you up, to grow the resilience of your mind, body, emotions, and spirit, and to

refresh your routine from sunrise to moonlight, featuring: Delicious recipes that support glowing skin and optimal health Fresh takes on self-care rituals, from yoga nidra to skin care as energy release Inspiration-packed profiles of the 13 leading factors that power your inner light Simple shifts that improve your long-term health and happiness via your mindset, actions, environment, and relationships Filled with colorful illustrations and photos, Ignite Your Light is both a beautiful and practical guide for anyone who wants to positively influence their own energy, grow the beauty in their daily life, and shine their light on the world around them.

sunrise womens health and wellness: Women and Indigenous Religions Sylvia Marcos, Cheryl A. Kirk-Duggan, Lillian Ashcraft-Eason, Karen Jo Torjesen, 2010-07-01 This book examines the critical and often undervalued contributions of women to the culture, well-being, and subsistence of their communities as active, powerful, and wise ritual specialists. From the Dalit midwives in India to the women of the Nahua region in the state of Morelos, Mexico, from the indigenous nations in Turtle Island in Canada to the shamans (male and female) of South Korea and Vietnam, there are still many vital indigenous cultures around the world in which women often hold positions of religious authority and leadership. Women and Indigenous Religions addresses specific issues in the study of religion, such as the multifaceted tensions between indigenous traditions and gender and the genealogy of positions of authority in religion or spiritual matters. A close examination reveals that native religions, with their women specialists, are still a source of inspiration for millions of men and women even in the advanced areas in the world. This fact challenges the opinion that indigenous cultures are becoming extinct.

sunrise womens health and wellness: Los Angeles Magazine , 2007-07

sunrise womens health and wellness: The Uterine Health Companion Eve Agee, 2010-02-23 The uterus is a remarkable organ—it is our first home, contributes to women’s sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy—the highest rate in the world. In The Uterine Health Companion, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. The Uterine Health Companion demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, Health: Women's Health category, 2011 International Book Awards

sunrise womens health and wellness: Relax and Renew Judith Hanson Lasater, 2016-08-09 A longtime yoga instructor reveals how to manage pain, relieve stress, and promote relaxation through the gentle and meditative practices of restorative yoga Whether you have five minutes or an hour, taking time out of each day to relax and renew is essential to living well. This book presents nurturing physical postures and breathing techniques called restorative yoga. When practiced regularly, they will help you heal the effects of chronic stress, recover from illness or injury, balance

energy, and quiet the mind. With clear instructions and photographs, *Relax and Renew* gently guides the experienced practitioner and enthusiastic beginner—regardless of age, flexibility, or strength—in techniques that will ease your way through this hectic world. Judith Lasater draws from decades of experience to provide readers with:

- A general restorative sequence
- Programs for back pain, headaches, insomnia, jet lag, and breathing problems
- Guidance for women during menstruation, pregnancy, and menopause
- Routines for when time is limited, including one for the office

Practical suggestions that help you prevent stress and live more fully in the present moment And much more!

sunrise womens health and wellness: *The Wellness Book* Herbert Benson, Eileen M. Stuart, 1993-10 A comprehensive guide to maintaining health and treating stress-related illness. Boston-based Benson and Stuart offer proven techniques developed by the Mind/Body Institute for exercise, diet, and stress management to help readers cope with many common conditions. Includes how-to illustrations and case histories.

sunrise womens health and wellness: *The Zen Mama Guide to Finding Your Rhythm in Pregnancy, Birth, and Beyond* Teresa Palmer, Sarah Wright Olsen, 2021-04-06 Being Zen(ish) is what we call it - and it's the ish that we endorse! Teresa Palmer and Sarah Wright Olsen, two moms from opposite sides of the world, are doing their best to raise happy, empathetic children while working, traveling, and maintaining their sanity. With seven kids between them, the founders of the much-loved Your Zen Mama blog know as well as anyone that motherhood doesn't exist in the highlight reel of life, and that finding even a fleeting semblance of calm among the epic ebbs and flows of parenting is usually all you can hope for. Forget perfection and prepare to get real, vulnerable, and dirty (mostly from guacamole) with Sarah and Teresa as they share knowledge they've collected over the years, from the Your Zen Mama community and expert mentors, as well as being in the trenches of parenthood themselves. In *The Zen Mama Guide to Finding Your Rhythm in Pregnancy, Birth, and Beyond*, you'll find: Important questions to ask and decisions to make before and during pregnancy Essential guidance from a woman's point of view for conception, pregnancy, and childbirth Nutritional and dietary advice to support the complete health of both mother and baby Practical education about the mother's body before, after, and during pregnancy Science-based methods to promote a mother's healthy body and mind Expert advice from medical professionals, chiropractors, and pediatricians Engaging, accessible advice for every step of the newborn's journey Suggestions and tips for creating a birthing plan Comforting language to address fertility challenges, pregnancy loss, and complicated labor Access to the Your Zen Mama resource guide Whether it's dealing with fertility challenges or pregnancy loss, riding out a long and complicated labor, or juggling multiple kids (and work), these mamas have been through it - and have written this book to help you find your own glimpses of Zen along the way.

sunrise womens health and wellness: *Handbook of Obstetric Medicine* Catherine Nelson-Piercy, 2010-09-10 The management of the pregnant woman with a medical problem presents the clinician with particular problems. An understanding of how a medical disease affects pregnancy and how any pre-existing medical condition is affected by pregnancy is required. In addition the clinician must take into account the second patient - the fetus - and be aware of ho

sunrise womens health and wellness: *Just Before Sunrise* Carla Neggers, 2004-02-01 Carla Neggers' sizzling novels are loved for their deliciously funny dialogue, electrifying suspense, and heart-stopping romance. Here, the New York Times bestselling author presents a fast-paced, scintillating tale of love, art, and danger.... JUST BEFORE SUNRISE Annie Payne realizes her dream when she moves to San Francisco and opens an art gallery. But when she accepts a secret commission to bid for a painting going on the auction block, she finds herself thrown into a haunting swirl of events linked to a five-year-old unsolved murder. Who is this secret client? Marina owner Garvin MacCrae was determined to have the portrait of his late wife, and knows of only one person who would want it enough to outbid him. Could the intriguing art dealer who represented the auction winner hold the key to the mystery of his wife's death? Working together to untangle a murderer's clues, Garvin and Annie strike so many sparks off each other that they could start

another San Francisco fire -- a four-alarm fire fueled by an explosive mix of suspicion, attraction, and love.

sunrise womens health and wellness: Happy, Healthy, Strong Rachael Finch, 2017-01-01 An inspirational, life-affirming and beautiful health/wellness & recipe book from Rachael Finch. Rachael Finch is the poster girl for living a wholesome, holistic life. As a result, she is addicted to feeling amazing - and wants everyone else to feel amazing too. As a health coach, television host, model, social-media star and mum, she knows what it is to lead a busy life, and she also knows how easy it is to take shortcuts with your health when you're under pressure. But Rachael passionately believes life is too short to feel unhappy about yourself, and it's her goal to help transform the lives of other women to encourage them to live happy, healthy and strong. An inspiring, affirming and beautiful guide to looking and feeling great, inside and out, Happy Healthy Strong contains 85+ delicious clean wholefood recipes as well as a two-week vitality plan to kickstart your new self. Full of inspiring health and wellness principles, advice on mindfulness and work/life balance, as well as confidence-boosting tips, affirmations and goal setting, Happy Healthy Strong is all about loving your body, loving yourself, and achieving your best, happiest and healthiest self.

sunrise womens health and wellness: Sick Enough Jennifer L. Gaudiani, 2018-09-14 Patients with eating disorders frequently feel that they aren't sick enough to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. Sick Enough offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

sunrise womens health and wellness: Belize Today, 1987

sunrise womens health and wellness: FOOD PROCESSING UNITS RUN BY WOMEN ENTREPRENEURS Dr. RAJEEV R.R, Dr. T. RAJESH,

sunrise womens health and wellness: Tapestry of Health Daniel A Monti, Anthony J Bazzan, 2020-09-09 Tapestry of Health artfully synthesizes the complex world of healthy living into a set of clear principles in guiding you to feel your best and thrive at your highest potential through evidence-based integrative medicine treatment of body, mind and spirit. Living a healthy lifestyle is not always easy. The conflicting health advice can feel overwhelming. Tapestry of Health takes the complex world of healthy living and gives you a set of clear, uncomplicated health principles that will show you how to feel your best and thrive, no matter your starting point. The book shares practical and easy-to-implement health plans that will help you: ? transform your health and weight ? improve your nutrition ? optimize your sleep ? manage your stress Doctor Monti and Doctor Bazzan are clinical and academic pioneers in the emerging medical specialty of integrative medicine. They having started the first-ever department of integrative medicine at a US medical school. In their book they share the principles and health plans they have used with their own patients over the last two decades to create transformative results. Their approach to health integrates all aspects of well-being, including the physical, emotional, intellectual, spiritual, social, and nutritional. They present here evidence-based restorative approaches and emerging cutting-edge strategies. They also offer a new perspective on how we view wellness in a way that reflects the shift from seeking medical care only when we are sick to one when we mindfully take responsibility for maintaining a healthy lifestyle. All this makes Tapestry of Health your partner on your path to optimal wellness.

sunrise womens health and wellness: Natural Causes Barbara Ehrenreich, 2018-04-10 From the celebrated author of Nickel and Dimed, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, Natural Causes describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of

preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But *Natural Causes* goes deeper -- into the fundamental unreliability of our bodies and even our mind-bodies, to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own decisions, and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, *Natural Causes* examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

sunrise womens health and wellness: *Waiting for Sunrise* William Boyd, 2013-01-01 THE SUNDAY TIMES BESTSELLERVienna, 1913. Lysander Rief, a young English actor, sits in the waiting room of the city's preeminent psychiatrist as he anxiously ponders the particularly intimate nature of his neurosis. When the enigmatic, intensely beautiful Hettie Bull walks in, Lysander is immediately drawn to her, unaware of how destructive the consequences of their subsequent affair will be. One year later, home in London, Lysander finds himself entangled in the dangerous web of wartime intelligence - a world of sex, scandal and spies that is slowly, steadily, permeating every corner of his life...

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sunrise womens health and wellness: *Poems of Healing* Karl Kirchwey, 2021-03-30 A remarkable Pocket Poets anthology of poems from around the world and across the centuries about illness and healing, both physical and spiritual. From ancient Greece and Rome up to the present moment, poets have responded with sensitivity and insight to the troubles of the human body and mind. *Poems of Healing* gathers a treasury of such poems, tracing the many possible journeys of physical and spiritual illness, injury, and recovery, from John Donne's "Hymne to God My God, In My Sicknesse" and Emily Dickinson's "The Soul has Bandaged moments" to Eavan Boland's "Anorexic," from W.H. Auden's "Miss Gee" to Lucille Clifton's "Cancer," and from D.H. Lawrence's "The Ship of Death" to Rafael Campo's "Antidote" and Seamus Heaney's "Miracle." Here are poems from around the world, by Sappho, Milton, Baudelaire, Longfellow, Cavafy, and Omar Khayyam; by Stevens, Lowell, and Plath; by Zbigniew Herbert, Louise Bogan, Yehuda Amichai, Mark Strand, and Natalia Toledo. Messages of hope in the midst of pain—in such moving poems as Adam Zagajewski's "Try to Praise the Mutilated World," George Herbert's "The Flower," Wisława Szymborska's "The End and the Beginning," Gwendolyn Brooks' "when you have forgotten Sunday: the love story" and Stevie Smith's "Away, Melancholy"—make this the perfect gift to accompany anyone on a journey of healing. Everyman's Library pursues the highest production standards, printing on acid-free cream-colored paper, with full-cloth cases with two-color foil stamping, decorative endpapers, silk ribbon markers, European-style half-round spines, and a full-color illustrated jacket.

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sunrise womens health and wellness: *The Cocktail Parlor: How Women Brought the Cocktail Home* Nicola Nice, 2024-04-23 Meet the hostesses who have shaped cocktail history, and learn how to make the drinks they loved. Throughout American history, women have helped propel what we know as classic cocktails—the Martini, the Manhattan, the Old-Fashioned, and more—into

popular culture. But, often excluded from private clubs, women exercised this influence from the home, in their cocktail parlors. In *The Cocktail Parlor*, Dr. Nicola Nice, sociologist and spirits entrepreneur, gives women their long-overdue spotlight in cocktail history and shows how they still impact cocktail culture today. Journeying through the decades, this book profiles a diverse array of influential hostesses. With each historic era comes iconic recipes, featuring a total of 40 main cocktails and more than 100 variations that readers can make at home. Whether its happy hour punch a la Martha Washington or a Harlem Renaissance-inspired Green Skirt, readers will find that many of the ingredients and drinks they're familiar with today wouldn't be here without the hostesses who served them first.

sunrise womens health and wellness: Spirit Hacking Shaman Durek, 2019-10-15 "This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It's time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves." —Dave Asprey, author of the New York Times bestseller, *The Bulletproof Diet*, Silicon Valley investor and technology entrepreneur In *Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World*, Shaman Durek, a sixth-generation shaman, shares life altering shamanic keys allowing you to tap into your personal power. Through new information you will banish fear and darkness from your life in favor of light, positivity, and strength. Shaman Durek's bold and sometimes controversial wisdom shakes loose our assumptions about ourselves and the very world around us. He ultimately teaches us how to step fearlessly out of this Blackout (the age of darkness we are currently experiencing) and access a place of fierce empowerment by use of tools and techniques of timeless Shamanic tradition. This transformation is both personal and collective; as individuals step out of darkness and begin to experience the light, we bring our loved ones and communities out of the shadows as well. Shaman Durek inherited a rich legacy of ancient wisdom and now shares this knowledge for a modern context. He advises everyone from celebrities like Gwyneth Paltrow and Nina Dobrev to innovative executives such as Bullet-Proof Coffee founder Dave Asprey. *Spirit Hacking* shatters readers' complacency, giving them tools to navigate the tumultuous times in which we find ourselves. We will emerge from this period happier, lighter, and more vibrant than ever before.

sunrise womens health and wellness: Fertility, Pregnancy, and Wellness Diana Vaamonde, Anthony C. Hackney, Juan Manuel Garcia-Manso, 2022-02-09 *Fertility, Pregnancy, and Wellness* is designed to bridge science and a more holistic approach to health and wellness, in particular, dealing with female-male fertility and the gestational process. Couples seeking to solve fertility issues for different reasons, whether failed assisted reproductive techniques or the emotional impact they entail, economic or moral reasons, are demanding more natural ways of improving fertility. This book explores the shift in paradigm from just using medications which, in the reproductive field, can be very expensive and not accessible to the entire population, to using lifestyle modifications and emotional support as adjunctive medicine therapies. This must-have reference brings together the current knowledge - highlighting the gaps - and delivers an important resource for various specialists and practitioners. - Offers insights from scientific and holistic methods, providing the available scientific evidence for (or against) different holistic approaches, aimed at improving fertility, health and wellness - Bridges the more 'peripheral', yet critical and multidisciplinary, considerations in fertility, infertility, pregnancy and wellness - Includes clear, concise and meaningful summary conclusion sections within each chapter

sunrise womens health and wellness: Medical Tourism John Connell, 2011 *Medical Tourism* John Connell Although it may seem a recent phenomenon, tourism has long been associated with improved health, resulting in a boom of spas, yoga and rejuvenation treatments. Medical tourism is a more recent example of niche tourism, with increasing numbers of people travelling abroad in search of cosmetic enhancement and solutions to various serious medical conditions, often through surgery. This book looks at the background and rise of both health and medical tourism, alongside its global expansion and growing complexity, and examines how medical tourism benefits but also

challenges local healthcare providers, and contributes to regional economies and the tourism industry. It offers a unique overview of an emerging component of the tourist industry that is a distinct and controversial element of health provision. The book also provides insights into current topics such as global health and ethics, making this an essential resource for researchers and students of medical tourism and healthcare.

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sunrise womens health and wellness: San Diego Magazine , 2007-09 San Diego Magazine gives readers the insider information they need to experience San Diego-from the best places to dine and travel to the politics and people that shape the region. This is the magazine for San Diegans with a need to know.

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