

the core acupuncture wellness

The Core Acupuncture & Wellness: Unlocking Your Body's Natural Healing Power

Are you feeling drained, stressed, or experiencing persistent aches and pains? Do you crave a holistic approach to wellness that goes beyond quick fixes? Then you've come to the right place. This comprehensive guide dives deep into the world of The Core Acupuncture & Wellness, exploring how this integrated approach can help you unlock your body's natural healing capabilities and achieve lasting well-being. We'll unravel the mysteries of acupuncture, delve into the supporting wellness practices offered, and show you why this might be the missing piece in your health puzzle.

Understanding The Core Acupuncture & Wellness Philosophy

The Core Acupuncture & Wellness isn't just about sticking needles; it's a philosophy centered around restoring balance and harmony within your body. This holistic approach acknowledges the intricate connection between your physical, emotional, and spiritual well-being. It recognizes that symptoms often reflect deeper imbalances within your system, and treatment focuses on addressing the root cause, not just masking the symptoms. The Core Acupuncture & Wellness utilizes acupuncture as its primary modality, but often integrates other therapies to create a personalized and highly effective treatment plan. Think of it as a symphony of healing, where each instrument (therapy) plays its part in creating a harmonious and restorative experience.

The Power of Acupuncture: More Than Just Needles

Acupuncture, a cornerstone of Traditional Chinese Medicine (TCM), involves the insertion of thin needles into specific points on the body. These points, known as acupoints, are believed to lie along meridians – pathways through which energy (Qi) flows. When this flow is disrupted, it can lead to various health problems. Acupuncture aims to restore this flow, promoting healing and relieving symptoms. The Core Acupuncture & Wellness practitioners are highly skilled in identifying these imbalances and strategically placing needles to address the underlying cause of your discomfort. This isn't just about pain relief; it's about restoring the body's natural ability to heal itself.

Beyond the Needles: Complementary Wellness Practices

At The Core Acupuncture & Wellness, the treatment extends beyond acupuncture alone. A truly holistic approach often necessitates a multi-faceted strategy. This may involve:

Herbal Medicine: Tailored herbal remedies are frequently integrated to support the acupuncture treatment and address specific imbalances. These herbal formulations are carefully selected based on your individual needs and constitution.

Nutritional Counseling: Understanding the relationship between your diet and your overall health is crucial. Nutritional guidance may be offered to optimize your intake of essential nutrients and support your healing journey.

Lifestyle Coaching: Lifestyle factors such as stress management, sleep hygiene, and exercise significantly impact your well-being. The Core Acupuncture & Wellness may offer coaching to help you make positive changes in these areas.

Mindfulness & Meditation Techniques: Stress reduction is often a key component of the healing process. Guided mindfulness or meditation practices can help you manage stress, improve focus, and cultivate inner peace.

Common Conditions Treated at The Core Acupuncture & Wellness

The Core Acupuncture & Wellness offers a wide range of services catering to various health concerns. These include, but are not limited to:

Pain Management: Chronic pain conditions like back pain, neck pain, headaches (including migraines), arthritis, and sciatica often respond well to acupuncture and integrated therapies.

Stress & Anxiety Reduction: Acupuncture and complementary techniques can help regulate the nervous system, reducing stress, anxiety, and promoting relaxation.

Digestive Issues: Conditions like irritable bowel syndrome (IBS), bloating, and indigestion can be effectively addressed through acupuncture and dietary adjustments.

Sleep Disorders: Acupuncture can help regulate sleep cycles, improving sleep quality and reducing insomnia.

Women's Health: Acupuncture can support women's health concerns such as menstrual irregularities, menopause symptoms, and fertility challenges.

Immune Support: By balancing the body's energy, acupuncture can help strengthen the immune system and enhance its ability to fight off illness.

Finding the Right Fit: Choosing a Practitioner

When selecting a practitioner at The Core Acupuncture & Wellness, or any acupuncture clinic, it's important to do your research. Look for licensed and experienced practitioners with a strong understanding of TCM principles and a holistic approach to wellness. Read reviews, schedule a consultation to discuss your health concerns and feel comfortable with their approach and personality. A good practitioner will listen attentively, create a personalized treatment plan, and work collaboratively with you throughout your healing journey.

Conclusion

The Core Acupuncture & Wellness offers a powerful and holistic path towards achieving optimal health and well-being. By combining the ancient wisdom of acupuncture with modern wellness practices, this integrated approach empowers your body to heal itself from within. If you're seeking a natural, effective, and personalized approach to improving your health, exploring The Core Acupuncture & Wellness could be the transformative step you need. Remember, the journey to wellness is unique to each individual, and the dedicated practitioners at The Core are here to guide you every step of the way.

FAQs

1. Is acupuncture painful? Most people describe the sensation as a mild prick or pressure. The needles used are extremely fine, and discomfort is generally minimal.
1. How many acupuncture sessions will I need? The number of sessions varies depending on your individual condition and response to treatment. Your practitioner will develop a personalized treatment plan tailored to your specific needs.
1. Are there any side effects associated with acupuncture? Side effects are rare, but may include minor bruising or soreness at the needle insertion sites. It's crucial to choose a licensed and experienced practitioner to minimize any potential risks.
1. Is acupuncture covered by insurance? Insurance coverage for acupuncture varies depending on your plan and provider. It's best to check with your insurance company directly to determine your coverage.
1. How can I find a reputable Core Acupuncture & Wellness practitioner? Start by searching online for licensed acupuncturists in your area. Look for practitioners with positive reviews, experience in treating your specific condition, and a holistic approach to wellness. Don't hesitate to schedule a consultation to discuss your needs and ensure you feel comfortable with their approach.

the core acupuncture wellness: Wellness to the Core Jason Sonners, 2014-02-18 In **WELLNESS TO THE CORE**, Dr. Jason Sonners arms you with the information you need to take control of your health and begin your personal journey to wellness. In Part One, *Why are We So Sick*, Dr. Sonners presents the modern conditions and choices that have made humans so chronically ill. He also illustrates the relationship between our current state of (un)health and (dis)ease and the current healthcare crisis. Part Two, *the Be Fit, Be Nourished, Be Balanced Program*, offers solutions for getting your health back on track. It outlines the steps you can take to begin the process of reclaiming your health and the life you deserve. Dr. Sonners, an accomplished chiropractor skilled in nutrition, stress management, pain management, exercise prescription, and rehabilitation, is the perfect guide to help you reset your mindset and get you back on your path to wellness. His message, underscoring the wellness to the core philosophy, is that it is never too late to make a positive change in your life.

the core acupuncture wellness: Wellness East & West Kathleen F. Phalen, 2012-10-23 In *Wellness East & West: Achieving Optimum Health through Integrative Medicine*, Kathleen F. Phalen explores the blending of the most effective aspects of medical practices from both sides of the globe. And it is not in curing but rather in healing discovered through integrating these polar medical practices that leads those suffering to a more peaceful place, a place where the heart is healed. Phalen gives us case studies on survivors of AIDS and ovarian cancer. Yoga, guided imagery, and meditation are combined with a daily dose of medication or a weekly session of chemotherapy to provide healing beyond what western medicine alone can offer. Kathleen masterfully joins the hemispheres by revealing the herbs and diet to ease everything from the common cold to cancer. Practical as well as informative, Phalen urges us to be active participants in our own health care. Here you can learn how to take your superficial and deep pulse to discover the efficiency of your organs. To gain further insight into your condition, read the color of your tongue. Most importantly, return to the basics of looking, listening and feeling to lead you and your physician to diagnosis and treatment.

the core acupuncture wellness: Zheng Gu Tui Na Tom Bisio, Zheng Gu Tui Na, Frank Butler, 2007-07-01

the core acupuncture wellness: Serene Wellness Healer Naseem Mariam, 2018-09-11 As Mankind moved from Industrial Age to Information Age, a host of gadgets became essential to our daily life. We worked longer hours to make more money. Our focus was on financial wealth above all else. In recent years, we have started to realize that we have lost many important items like health, leisure, relationships and spiritual connectivity. Now as we enter the Health & Wellness Age we feel "something" is missing: what is it and where are the missing pieces? How do we get THAT balance back in our lives which is crucial to our current well-being, our serenity and our long-term wellness? Naseem Mariam, with over three decades of working, counseling and healing, shares with You 7 Areas you could work on, a quick quiz, and tools to move towards beautiful symphony and balance in the 7 areas. Everyone's priorities, economic and life situation is unique so take the Serene Wellness Quotient (SWQ) Quiz to evaluate your current status with respect to the 7 Areas. Allow this book to guide YOU (and your near & dear ones) with logical, scientific reasons and excellent tools so that together we can trigger your thoughts, fire your mind and touch your heart. You will then find it easy to create the Serenity and Wellness, the Prosperity and Peace you, your family and the society deserves. Come let us move beyond mere wealth accumulation to Serene Wellness by setting our individual priorities and balancing ALL 7 Areas.

the core acupuncture wellness: Our Inner Ocean LeCain W. Smith, 2014-08-12 Good health is something we all aspire to, but it's so much more than just being free of disease. A perfectly functioning body, tranquil mind, and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living. Our Inner Ocean describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices. These illuminate our human potential and awaken our ability to attain and maintain perfect health and well-being. These modalities act as a springboard from which to dive into our inner ocean—the realm of wisdom within that is entered by making the body, breath, and energy our allies. This mystical space of awareness, intuition, peace, and love can become the resting place of the spirit, subtly working its magic on ourselves and others. Bodywork has long been recognized as a way to help people feel better physically, but the magic of touch can also help us tap in to the wisdom of the body, discover the power of the energy that permeates it, and evoke its innate healing ability. Self-care practices such as yoga, qi gong, breathwork, and meditation help us become our own healers. When we pass through these portals into the inner ocean, we can reduce stress and pain, release blockages, prevent and resolve dysfunctions, and ignite our spiritual nature. And in doing so, we make the world a better place.

the core acupuncture wellness: Secrets of Longevity: Acupressure Healing Maoshing Ni, 2012-04-29 This book helps you unlock the Eastern wisdom of acupressure, teaching you how to activate specific energy points on your body to heal a wide array of conditions and boost your

vitality. With helpful anatomical illustrations, this book shows you how to perform acupressure on yourself to relieve conditions like allergies, cold and flu, insomnia, headaches, low energy, memory loss, weight problems, lower back pain, and much more! This book also includes a special herb section, which shows you how to heal common conditions with herbal therapy.

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the core acupuncture wellness: Growth and Development Across the Lifespan Gloria Leifer, Eve Fleck, 2012-10-19 This book provides introductory coverage of growth and development throughout the lifespan. The content emphasizes normal aspects as well as the unique problems and health promotion needs of each age and stage of development. It features a strong health promotion theme structured around Healthy People 2020 objectives. Lifespan coverage from prenatal development to death helps students integrate concepts related to normal changes in each stage of the life cycle. Coverage of current research and trends in health care provide readers with the most up-to-date, accurate information. Health promotion and disease prevention, including Healthy People 2020 objectives, are highlighted throughout the book. Cultural content is highlighted throughout the book and in new Chapter 3: Cultural Considerations in Health Care to encourage students to consider cultural implications at every stage of development. Separate chapter on advanced old age and geriatrics (Chapter 14) discuss the theories, physiological changes, and psychological aspects of aging; health promotion and maintenance; and the role of health care providers in caring for the geriatric patient. All of this helps students understand how to maintain quality of life and promote health in advanced old age. Teaching techniques for every developmental stage are part of a consistent chapter format and provide age-appropriate patient education tips. Consistent chapter organization for each stage of growth and development makes information easy to access. Critical Thinking scenarios and questions appear at the end of each chapter to help students consider all variables when planning care across the lifespan. Student learning features include Objectives, Key Terms, Key Points, and Review Questions. Appendix A includes the FDA's Recommended Child and Adult Immunization Schedules, providing essential health promotion information. NEW Appendix B provides a Multilingual Glossary of Symptoms to enhance students' awareness of culturally sensitive care. Glossary includes definitions of Key Terms and additional terms help students review concepts and terminology at a glance. Bibliography is organized by chapter at the end of the book to facilitate additional research and study.

the core acupuncture wellness: The Handbook of Wellness Medicine Waguhi William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

the core acupuncture wellness: Acupuncture and Beyond: Integrating Eastern and Western Medicine MEI LIN ZHANG., 2023-01-01 Discover the incredible healing power of acupuncture with Acupuncture and Beyond: Integrating Eastern and Western Medicine. This comprehensive guide delves into the history and philosophy of acupuncture, from its ancient roots to its modern-day applications in healthcare. Learn about the concept of Qi and the meridian system in Traditional Chinese Medicine, as well as the different acupuncture techniques and tools used in treatments. Explore the wide-ranging benefits of acupuncture, including pain relief, emotional and mental health, digestive issues, respiratory health, women's and men's health, sleep and insomnia, immune system support, weight management, skin health, addiction and recovery, sports performance, aging and longevity, and much more. Personal stories from acupuncture patients illustrate the transformative power of acupuncture treatment. Choose the right acupuncturist, prepare for your first appointment, and develop a personalized treatment plan that addresses your individual health needs. The book also covers topics such as the future of acupuncture and integrative medicine, the benefits of combining acupuncture with Western medicine, and sustainable practices in Traditional Chinese Medicine. Written by experienced practitioners, Acupuncture and

Beyond provides a holistic approach to healthcare that integrates Eastern and Western medicine. Whether you're new to acupuncture or a seasoned practitioner, this book is a valuable resource for expanding your knowledge and exploring new treatments. Dive into the transformative power of acupuncture and take charge of your health today!

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long-term health benefits Expanding your knowledge and exploring new treatments

the core acupuncture wellness: Healing light Kamini, 2024-10-07 Unlock the transformative power of energy healing with *Infinite Energy: Creating and Sending Healing Energy Balls*. This comprehensive guide takes you on a journey through the ancient practice of energy work, offering practical techniques and insights for creating and sending healing energy balls. Discover the secrets of your energy body, learn to harness and direct your inner power, and explore advanced methods for healing, protection, and enhancing your daily life. From setting up your sacred space to mastering grounding and centering techniques, this book provides a step-by-step approach to developing your energy healing skills. Whether you're a beginner or an experienced practitioner, you'll find valuable tools and exercises to deepen your practice. With detailed instructions, real-life case studies, and tips for overcoming common challenges, *Infinite Energy* empowers you to use energy balls for physical and emotional healing, manifesting your desires, and creating positive change in your life and the lives of others. Embrace your potential as a healer and transform your world with the profound wisdom and practical techniques shared in *Infinite Energy: Creating and Sending Healing Energy Balls*.

the core acupuncture wellness: Energy Medicine for Beginners Sarah Parker Thomas, 2021-05-25 Bring body and spirit into balance with healing energy For those who are seeking to improve holistic wellness and energy flow, *Energy Medicine for Beginners* is the perfect place to start. Discover exactly what energy medicine is and how to harness it to align the physical, mental, and spiritual self. These meditative exercises are designed for anyone to begin anytime, to start feeling healthier and more positive right away. Holistic healing strategies—Practice guided techniques to relieve a range of emotional and physical conditions, from anxiety and grief to back pain and sinus pressure. An energy medicine overview—Discover the historical and cultural roots of energy medicine and an introduction to the core healing modalities, including chakras, meridians, and auras. Modern and relatable guidance—Clear language, labeled illustrations, and examples from real life make this book an ideal companion for independent energy healing. Promote healing inside and out with the power of energy medicine.

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the core acupuncture wellness: Tapping Into Wellness Kathilyn Solomon, 2015-12-08 Imagine experiencing vibrant health, peace, abundance, and optimism every day. *Tapping Into Wellness* shares an innovative tool called Emotional Freedom Technique® (EFT), which allows you to have all this and more, literally at your fingertips. Join Kathilyn Solomon as she shares simple instructions, powerful and practical exercises, and real-life case studies from this world of miracles. EFT (also

known as tapping) is a fast-spreading, easy-to-learn, and effective approach for men, women, children, and animals. This guide draws on the latest EFT Gold Standard™, showing you how to work through physical or emotional problems and challenges. Often referred to as acupuncture without needles, tapping can help you: Resolve chronic pain and illness, cravings, and addictions Overcome stress, anxiety, and phobias Activate your body's own natural healing system Gain relief from haunting memories and trauma Experience resilience, positive energy, and improved health Praise: An excellent resource for you to tap into the rich treasure of your mind-body system and release your fears, resolve your past traumas, heal your sicknesses, and far more...This book is a fabulous and engaging read, and highly recommended.—Eric B. Robins, MD, mind-body healing expert and co-author of *Your Hands Can Heal You* Tapping into Wellness is an excellent resource for anyone wishing to move beyond the troubling thoughts and feelings that limit their experience of life.—Brad Yates, author of *Freedom at Your Fingertips* and featured expert in *The Tapping Solution*

the core acupuncture wellness: Towards Holistic Medicine Bing Yuan, 2024-08-02 Holistic medicine is: A clinical discipline that integrates both Eastern and Western medical methods and knowledge systems into one An evidence-based medicine that simultaneously embodies both a holistic approach and personalized principles The most straightforward form of medicine that adheres to scientific standards and effectively meets the needs of humanity In recent years, the integrated research on living organisms initiated by systems biology, along with the efforts of precision medicine to tailor treatment plans based on the individual characteristics of each patient, have opened up the process of modern biology and medicine returning to the ideas of Chinese medical traditions. Under the larger perspective of the development and evolution of Eastern and Western medicine, biology, and even natural science for hundreds of years, this book follows the evolution of modern scientific methods and reveals the inevitable trend of future medicine—holistic medicine. Holistic medicine is a medical system that fully integrates Chinese and Western medical methods and knowledge systems and conforms to scientific norms. It is an evidence-based medicine that embodies the holistic concept and individualized principles. This book outlines the method and theoretical framework of holistic medicine, and provides the method of constructing the theoretical system and using it to achieve the best regulation of diseases. It can be expected that holistic medicine will become the mainstream medicine in the 21st century.

the core acupuncture wellness: 12 Acupressure Points for Pediatric Sleep Improvement and Wellness Support Jennifer Chellis Taveras, L.Ac., 2014-12-03 The Holistic Baby Acupressure System is a complete acupressure program for sleep improvement and wellness support for children from birth up until the age of five. Comprised of just twelve acupressure points, it is easy to learn and put into practice and is safe, effective, and completely noninvasive! Five acupressure sleep improvement protocols General 24-Hour Protocol to regulate the circadian rhythms Four alternative sleep protocols to balance the five elements Use of the General 24-Hour Protocol for jet lag prevention Use of the General 24-Hour Protocol for daylight saving time Increase in nap duration and nighttime sleep duration Decrease in night wakings Improved overall pattern of sleep Nineteen acupressure wellness protocols for the most common childhood health conditions A Well-Baby protocol to strengthen digestive and immune health Improved digestion and appetite Decrease in teething discomfort Decrease in number or duration of colds, flus, and coughs Adjunctive support for the treatment of allergies, asthma, and eczema Effective treatment for constipation Ease the pain of colic and reduce night crying Jennifer Chellis Taveras, LAc, is a New York City acupuncturist and health educator whose professional mission is the expansion of pediatric acupuncture and the improvement of children's health. She is the creator of the Holistic Baby Acupressure System, and her work has reached parents in twenty countries and all throughout the United States. A 2000 graduate of the Pacific College of Oriental Medicine, she maintains a busy acupuncture practice at Triangle Wellness in NYC while also teaching and promoting Holistic Baby.
www.holisticbabyacupuncturesystem.com www.facebook.com/holisticbaby

the core acupuncture wellness: Healing is Voltage Jerry Tennant, MD Jerry L Tennant MD, 2015-03-27 Cells in the body require voltage to work and to make new cells to replace worn out

cells. Our muscles are rechargeable batteries that provide this voltage. Each organ has its own battery pack. Such battery packs are specific stacks of muscles. These muscle stacks are known as acupuncture meridians.

the core acupuncture 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.

the core acupuncture wellness: Health Care for People with Intellectual and Developmental Disabilities across the Lifespan I. Leslie Rubin, Joav Merrick, Donald E. Greydanus, Dilip R. Patel, 2016-04-25 This book provides a broad overview of quality health care for people with intellectual and developmental disabilities (IDD). It focuses on providing the reader a practical approach to dealing with the health and well-being of people with IDD in general terms as well as in dealing with specific conditions. In addition, it offers the reader a perspective from many different points of view in the health care delivery system as well as in different parts of the world. This is the 3rd , and much expanded edition, of a text that was first published in 1989 (Lea and Fibiger). The second edition was published in 2006 (Paul Brookes) and has been used as a formal required text in training programs for physicians, nurses and nurse practitioners as well as by administrators who are responsible for programs serving people with IDD. This book is considered the "Bible" in the field of health care for people with IDD since 1989 when the first edition came out.

the core acupuncture wellness: Healing and Cancer Wayne B. Jonas, Alyssa McManamon, 2024-04-23 Healing and Cancer strives to bring the concepts of healing and whole person care further into health care delivery so that people with cancer feel better and live longer. This important book places the concepts, science, delivery tools, and access to further resources for whole person care into the hands of cancer care teams for use with patients and caregivers. These days, cancer care generally focuses on attacking and killing the cancer cell—a laudable goal. However, if eliminating the tumor overshadows everything else, teams can lose sight of the care and healing of the person as a whole. This has great costs: for the person there are costs in time, money, side effects, and fear; and for the care team there are costs in the joy of practice, the energy to improve practice, and in overall vitality. Often, key patient needs are inadvertently pushed to the background for lack of time, tools, and resources. Moral injury and human suffering ensue. Advances in science have now clearly demonstrated that cancer does not develop in isolation, and its occurrence, progression and regression are largely influenced by the surrounding environment—the immune system, inflammation in the body, and things we ingest and are exposed to. By utilizing the methodologies and concepts outlined in this book, oncology teams can bring the full science of cancer biology into the care of the patient while inviting the person into full engagement in their own care. Doing so, they will have achieved the highest quality of care for people diagnosed with cancer. Care teams that practice deep listening—up front and early on—to patients as people move beyond patient-centered care to person-centered and whole person care. With increasing numbers of survivors of cancer and the intensity and duration of relationships in oncology, cancer care is a field uniquely positioned to further the uptake of whole-person care and to join colleagues in primary care who are doing the same. Healing and Cancer first defines what whole person cancer care is, and

drawing on examples from around the world, illustrates how and why it needs to be standard in all of oncology. The authors describe the science behind whole person care and the evidence that supports its application, including real-world examples of how it's being done in small clinics and large institutions, both academic and community-based. Finally, *Healing and Cancer* directs readers to the best tools and resources available so that cancer care teams, primary care clinicians, integrative practitioners and those with cancer can incorporate whole person care into the healing journey. *Healing and Cancer* is intended to be read and actively used by teams caring for people with cancer and by caregivers and patients themselves to enhance healing, health, and wellbeing.

the core acupuncture wellness: Complementary & Alternative Therapies in Nursing

Mariah Snyder, Ruth Lindquist, 2010 Print+CourseSmart

the core acupuncture wellness: Classical Chinese Medicine Liu Lihong, 2019-04-19 The English edition of Liu Lihong's milestone work is a sublime beacon for the profession of Chinese medicine in the 21st century. Classical Chinese Medicine delivers a straightforward critique of the politically motivated "integration" of traditional Chinese wisdom with Western science during the last sixty years, and represents an ardent appeal for the recognition of Chinese medicine as a science in its own right. Professor Liu's candid presentation has made this book a bestseller in China, treasured not only by medical students and doctors, but by vast numbers of non-professionals who long for a state of health and well-being that is founded in a deeper sense of cultural identity. Oriental medicine education has made great strides in the West since the 1970s, but clear guidelines regarding the "traditional" nature of Traditional Chinese Medicine (TCM) remain undefined. Classical Chinese Medicine not only delineates the educational and clinical problems faced by the profession in both East and West, but transmits concrete and inspiring guidance on how to effectively engage with ancient texts and designs in the postmodern age. Using the example of the *Shanghanlun* (Treatise on Cold Damage), one of the most important Chinese medicine classics, Liu Lihong develops a compelling roadmap for holistic medical thinking that links the human body to nature and the universe at large.

the core acupuncture wellness: *Integrative Therapies in Rehabilitation* Carol M. Davis,

2024-06-01 For more than 20 years, *Integrative Therapies in Rehabilitation* continues to be a most researched resource on complementary and alternative therapies in rehabilitation. This renowned text, now in its Fourth Edition, relates the updated scientific evidence and the clinical efficacy of integrating what have now become well known complementary and alternative therapies in rehabilitation to successfully improve patient outcomes. This text has been developed to accompany university courses in complementary and alternative therapies, as a reference manual for clinical practices, and as a resource for those interested in the science behind holistic therapies. Holistic therapies are those therapies not commonly found in allopathic medicine that are intended to stimulate a therapeutic response from both the body - neuromusculoskeletal and cardiopulmonary systems - and the mind. *Integrative Therapies in Rehabilitation*, Fourth Edition by Dr. Carol M. Davis is particularly designed for those health professionals who want to understand the scientific foundation and peer reviewed research supporting complementary and alternative therapies. The Fourth Edition is divided into two parts. The beginning chapters describe the latest cellular biology science and explain the theories put forth on the overall mechanisms of action of the effect of these various therapies on the soft tissue, fascia and nervous systems. The first part also chronicles the advancement of scientific research in the various therapies since the 1980's to explain, in cellular physiology terms, the outcomes observed by using a number of holistic therapies. The second part presents various therapies commonly integrated with allopathic therapies in rehabilitation - body work therapies, mind/body therapies, and energy work therapies. The text describes each therapy with a history, cellular mechanism of action, and an up-dated reference section of the evidence of efficacy for the therapy as reported in the literature, often concluding with a case example. *Integrative Therapies in Rehabilitation*, Fourth Edition will be the go-to resource for health professionals to understand the scientific evidence and efficacy of complementary and alternative therapies for rehabilitation and improving patient outcomes.

the core acupuncture wellness: Growth and Development Across the Lifespan - E-Book

Gloria Leifer, Eve Fleck, 2021-08-14 Promote healthy behaviors and healthy lifestyles throughout the life cycle! Growth and Development Across the Lifespan, 3rd Edition helps you plan and implement appropriate care for patients at each age and stage of life. Explaining concepts of physical, cognitive, social, and personality development, this text provides strategies for improving patient health and quality of life for each age group. Healthy People 2030 objectives are used to set a framework for positive health behaviors. From noted educators and authors Gloria Leifer and Eve Fleck, this book shows how a knowledge of normal growth and aberrations can be used to design individual approaches to patient care. - Patient teaching strategies are provided for every development stage, providing age-appropriate patient education tips. - Cultural influences on health are included in a separate Cultural Considerations in Health Care chapter and in special boxes throughout the text. - Lifespan Considerations boxes focus on issues specific to development stages. - Health Promotion boxes highlight critical health issues related to each life stage. - Safety Alert boxes focus on key safety issues for each life stage. - Critical Thinking scenarios and questions appear at the end of each chapter to help you consider all variables when planning care across the lifespan. - NEW! Healthy People 2030 goals and objectives are incorporated throughout the book. - NEW! Case studies are included in life stage chapters. - NEW! Updated physical activity guidelines are included from the World Health Organization, Centers for Disease Control and Prevention, the Journal of the American Medical Association, and the U.S. Department of Health and Human Services. - NEW! Updated content includes microbiomes, obesity, nutrition, telehealth, social media, substance abuse, and gun safety. - NEW! Review questions are added to the Evolve companion website.

the core acupuncture wellness: *The Doctor's Book of Natural Health Remedies* Peg Moline, Editors of Natural Health, 2014-04-01 The most comprehensive handbook ever written about vitamins, herbs, supplements, and holistic healing—everything you need to feel better, live longer, and look great doing it THIS BOOK MAY HELP YOU SAVE A LIFE—YOUR OWN. With health care costs rising, insurance systems in flux, doctors and hospitals overwhelmed, the only person who can really take charge of your health and the health of your family is you. This is your guide. For more than 40 years, Natural Health has been the leading authority on holistic, alternative, and natural healing. Now, for the first time ever, all that science-based, expert-driven, research-intensive information has been distilled into one must-have, authoritative guide to healing the self. In these pages, you'll find stunning new research, unparalleled expert advice, how-to health guides, and a scientific, myth-debunking approach to natural remedies. Search for your symptoms. Find your cure. The power is yours. A clean life for you—and your family—starts now. Lose Dangerous Belly Fat, Fast: And keep it off for good. Our all-natural, 10-step program tells you what to eat, drink, and do—with immediate waist-shrinking results. Discover which probiotics help you burn more calories when you eat, which popular, “healthy” nut actually slows your metabolism, and the stealth toxin in your kitchen that activates fat cell growth (eliminate it and slash your risk of obesity by 75 percent!). Look Younger, Feel Younger: Discover the astonishing, inexpensive (and natural!) supplements that tighten skin, increase fat loss, and help build muscle. And learn some simple recipes for building anti-aging smoothies that turn fresh fruit into wrinkle-erasing superfoods. Sleep Easier Tonight: Conquer fatigue with our 9-step plan to fall asleep quickly—and stay sleeping soundly throughout the night. (Hint: A subtle scent in your bedroom could be part of the problem!) Re-energize Your Love Life. One supplement alone made a whopping 70% of women feel “more satisfied” after sex. Plus: How plant protein can re-energize your ovaries. Turn Up Your Mood Meter. This one green, leafy vegetable has been shown to improve the effects of both Prozac and talk therapy. Cure that Cold or Flu: Stop them before they start, with the newest natural options—one magical berry alone can reduce symptoms by 50 percent. Plus: A homeopathic “flu shot” that’s proven 88% effective. PLUS! THE COMPLETE GUIDE TO HERBAL REMEDIES! A-Z Guide to Healing Herbs: Cure yourself with these 30 essentials, from aloe vera to white willow bark, nature’s relief for migraines, eczema, menopause, UTIs, anxiety, depression, and many more. It’s your new medicine cabinet, fully stocked.

The Get Happy Herb Guide: The serenity savers (lemon balm, kava kava) and bliss boosters (chocolate, milk thistle) guaranteed to raise your spirits. The Best Herbs for Women: These 12 will ease your mood swings, headaches, menstrual cramps, menopause, with no nasty side effects. A must-read for husbands, too. AND! Yoga, meditation and Ayurvedic therapies: The latest science on treatments and classes, with complete how-to guides for at-home use. The Doctor's Book of Natural Health Remedies—in a world of questionable cures, it's the one book you can trust.

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therapy to the individual patient, enables you to offer and/or recommend individualized patient care.

- Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, and Marc Micozzi himself.
- A unique synthesis of information, including historical usage, cultural and social analysis, current basic science theory and research, and a wide range of clinical investigations and observations, makes this text a focused, authoritative resource.
- Suggested readings and references in each chapter list the best resources for further research and study.
- Coverage of CAM therapies and systems includes those most commonly encountered or growing in popularity, so you can carefully evaluate each treatment.
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Taylor, now a social worker and adjunct professor, detail a plan to establish preventative training for mental fitness that will help psychologically vaccinate service members against depression and PTSD, the most common precursors to suicidal thoughts. Thomas and Plummer Taylor detail their mental fitness training program to shift from post-trauma treatment to pre-trauma prevention. Each topic addressed is illustrated with stories from veterans. Part of the solution, Thomas and Plummer Taylor explain, is to present prevention as something for all service members and as a positive, strength-building, challenging activity for champions, as opposed to a post-trauma treatment only for weak and broken warriors.

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the core acupuncture wellness: *Complementary and Alternative Medicine in Nursing and Midwifery* Jon Adams, Philip Tovey, 2014-06-11 This book explores the historical, social, political and cultural facets of integration between complementary and alternative medicine and nursing/midwifery. It examines the ever-expanding integration in relation to: the role and conceptualization of the patient the role and responsibilities of different professional healthcare providers (nurses, midwives, alternative therapists, etc) the future provision and approach of nursing and midwifery practice the challenges and opportunities currently facing healthcare systems as a result of integration. This innovative book provides the first critical overview of this important field of health research. It is important reading for medical sociologists, nurses and other health professionals - as well as students in these areas - with an interest in complementary and alternative medicine.

the core acupuncture wellness: Medical Tourism and Wellness Frederick J. DeMicco, 2017-04-28 Medical Tourism and Wellness: Hospitality Bridging Healthcare (H2H) takes a systems approach to examining the growing field of medical tourism, one of the field's hottest niches, with billions of dollars spent each year. This important book fills the need for a modern management book that looks at medical tourism in depth from a medical and hospitality operational management perspective. Growing numbers of people are going abroad to find affordable quality medical care for both necessary and cosmetic medical services. When they require surgery or dental work, they combine it with a trip to the Taj Mahal, a photo safari on the African veldt, or a stay at a luxury hotel—or at a hospital that feels like one—all at bargain-basement prices. The book takes a comprehensive look at medical tourism, covering such topics as: The history of medical tourism Why patients/tourists decide to travel for medical care The role of professional facilitators of medical tourism Key countries and medical disciplines in medical tourism Transportation, food, entertainment, and hotel/hospitality services Hotel and spa designs for medical tourism Best practices in medical tourism Patient follow-up after medical discharge Future trends in medical tourism Careers in medical tourism With the inclusion of case studies, the book provides a comprehensive look into this growing trend and will be valuable to upper-level undergraduate and graduate students in health care administration and those pursuing MBAs in healthcare, medical students pursuing a management focus, and students in hospitality management. It will also be a must-have resource for professionals working in hotels and in health care.

the core acupuncture wellness: *Natural and Home Remedies for Aging Well* Bottom Line Inc., 2018-08-07 The editors of Bottom Line Inc. present *Natural and Home Remedies for Aging Well*, the best and most extensive book for mature men and women looking to make the most out of their lives

with alternative and complementary practices, healing foods, and proper exercise. Americans spend a fortune each day on prescription drugs, and if you're over the age of 50 the cost and complications of conventional health treatments can be overwhelming. There are other options, more natural and simpler to use, that can empower you to take back the control of your own body, and restore your vitality. With insight from over 100 of the world's top health experts, this go-to guide provides easy access to the trusted collection of information that Bottom Line is known for, and offers advice on a vast array of topics, including: Over-the-counter and homemade remedies Foods that fight disease and ease pain Weight loss and exercise essentials Brain fitness and healthy sleeping habits Whether you're hoping to stay fit and lean, avoid or treat a condition, or simply wanting occasional substitutes to the traditional medical options, Bottom Line is here to help you confidentially take charge of your health!

the core acupuncture wellness: The Herbal Medicine Cabinet Barrett Williams, ChatGPT, 2024-04-19 Embark on a journey to the heart of natural wellness with The Herbal Medicine Cabinet, a comprehensive guide designed to unlock the age-old secrets of herbal remedies and transform your approach to health. This essential tome is the golden key to a world where nature's own creations are harnessed to enhance well-being, offering gentle yet effective solutions to a myriad of health concerns. Dive deep into the fascinating world of herbal medicine as you absorb the rich tradition and history that frame the bedrock of herbal practices. Garner unique insights into how herbs interact synergistically with your body to provide natural alternatives to synthetic options, promoting a holistic path to health. The Herbal Medicine Cabinet is not merely an introduction; it is a hands-on manual that will teach you to build a solid foundation for herbal practice. From sourcing quality ingredients to their safe handling and storage, this guide imparts practical knowledge that paves the way for self-sufficiency and informed health choices. You'll be equipped with the wisdom to assemble an indispensable Home Herbalist's Toolkit. Learn how to craft your remedies, be it tinctures, teas, or capsules, and receive practical advice on labeling and organization, ensuring your herbal resources are at your fingertips when you need them most. Create a personalized health haven as you explore special chapters dedicated to various demographics—women, men, children, and the elderly—tailored to address unique health requirements across the lifespan. Uncover therapeutic strategies for a diverse spectrum of conditions from digestive health and stress support to first aid and chronic condition management. The Herbal Medicine Cabinet invites you into a realm where the kitchen transforms into a pharmacy, filled with culinary herbs that double as medicinal marvels. It guides you through the preparation of your own infusions, decoctions, and even beauty products, enlightening you to the versatile nature of your herbal allies. Pioneering through the globe, understand the principles of different traditional medicinal systems, and learn how to incorporate their wisdom into your regimen. Addressing the modern context, navigate the co-existence of herbs and conventional medicine and how they can work in harmony to support your health. This eBook culminates in the empowering art of growing and ethically sourcing your own medicinal herbs, ensuring their potency and purity. Here is a treasure trove of knowledge for those eager to embrace the power of plants in their quest for wellness—an indispensable guide for new and experienced herbal enthusiasts alike. Welcome to a more vibrant and naturally healthy life. Welcome to The Herbal Medicine Cabinet.

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