

the fix massage wellness

The Fix Massage Wellness: Your Path to Relaxation and Rejuvenation

Are you constantly battling aches, pains, and the relentless stress of modern life? Do you crave a sanctuary where you can truly unwind and reconnect with your body? Then you've come to the right place. This comprehensive guide dives deep into the world of The Fix Massage Wellness, exploring its unique offerings, benefits, and how it can help you achieve optimal well-being. We'll uncover the secrets behind their therapeutic techniques, address common concerns, and ultimately show you why The Fix Massage Wellness is your ideal destination for relaxation and rejuvenation.

Understanding The Fix Massage Wellness Philosophy

The Fix Massage Wellness isn't just another massage parlor; it's a holistic wellness experience designed to address the root causes of your discomfort, not just the symptoms. Their philosophy centers around personalized care, using a combination of advanced massage techniques and a deep understanding of the human body's intricate systems. This means that your experience isn't a one-size-fits-all approach. Instead, therapists meticulously assess your individual needs and tailor treatments accordingly, resulting in a highly effective and deeply satisfying experience. This personalized approach is a cornerstone of their success and sets them apart from more generic massage services.

A Spectrum of Therapeutic Massage Techniques

The Fix Massage Wellness offers a diverse range of massage modalities to cater to various needs and preferences. These include, but aren't limited to:

Swedish Massage: This classic technique utilizes long, flowing strokes to promote relaxation, reduce muscle tension, and improve circulation. It's an excellent choice for those seeking stress relief and overall well-being.

Deep Tissue Massage: Perfect for chronic pain sufferers, deep tissue massage targets deeper layers of muscle and connective tissue to release tension and address persistent aches. This technique requires a skilled therapist who understands the nuances of muscle anatomy and can apply pressure effectively without causing injury. The Fix Massage Wellness therapists are highly trained in this specialized area.

Sports Massage: Designed to help athletes recover from strenuous activity, sports massage addresses muscle imbalances, improves flexibility, and reduces the risk of injury. This is a dynamic approach that incorporates various techniques to meet the specific demands of athletic performance.

Prenatal Massage: A specialized massage for expecting mothers, prenatal massage helps alleviate common pregnancy discomforts such as back pain, leg cramps, and swelling. Therapists at The Fix Massage Wellness are trained in safe and effective techniques to support both mother and baby's

well-being.

Trigger Point Therapy: This focused technique targets specific "trigger points" – highly sensitive areas in muscles that can refer pain to other parts of the body. Releasing these trigger points can dramatically alleviate pain and improve overall muscle function.

Beyond the Massage Table: Holistic Wellness at The Fix

The Fix Massage Wellness understands that true wellness encompasses more than just physical relief. Their commitment to holistic care extends beyond massage therapy to include:

A serene and tranquil environment: The spa is designed to promote relaxation and tranquility from the moment you step inside. Think calming music, soothing aromas, and a peaceful atmosphere that encourages deep relaxation.

Highly trained and experienced therapists: The Fix Massage Wellness employs only highly skilled and qualified massage therapists who are passionate about their work and dedicated to providing exceptional client care. Their expertise ensures you receive the most effective and safe treatment possible.

Emphasis on client communication: Open communication is key to a successful massage session. Therapists at The Fix actively engage with clients to understand their needs, preferences, and any concerns they may have. This collaborative approach guarantees a personalized and comfortable experience.

Commitment to hygiene and safety: The spa maintains the highest standards of hygiene and safety, ensuring a clean and sanitary environment for all clients. This commitment to cleanliness and safety is paramount to their operation.

The Benefits of Choosing The Fix Massage Wellness

The advantages of selecting The Fix Massage Wellness are numerous and far-reaching:

Reduced pain and muscle tension: Massage therapy effectively alleviates muscle pain, stiffness, and tension, improving mobility and range of motion.

Stress reduction and relaxation: Massage can significantly reduce stress hormones, promoting relaxation and a sense of calm.

Improved sleep quality: Relaxed muscles and a reduced stress response contribute to better sleep.

Enhanced circulation and lymphatic drainage: Massage improves blood flow and lymphatic drainage, supporting the body's natural detoxification processes.

Increased energy levels: By reducing muscle tension and stress, massage can leave you feeling revitalized and energized.

Booking Your Journey to Wellness

Ready to experience the transformative power of The Fix Massage Wellness? Booking an appointment is easy! Visit their website [insert website address here] or call them at [insert phone number here]. They offer a variety of appointment times to accommodate your schedule. Don't hesitate to reach out with any questions; their friendly staff is ready to assist you. Remember, investing in your well-being is an investment in yourself.

Conclusion

The Fix Massage Wellness offers a comprehensive approach to wellness, combining skilled therapeutic massage with a tranquil atmosphere and a commitment to personalized care. Whether you're seeking relief from chronic pain, stress reduction, or simply a moment of deep relaxation, The Fix is your ideal destination for achieving optimal well-being. Book your appointment today and embark on your journey to a healthier, happier you.

FAQs

1. Do I need a referral to book a massage at The Fix Massage Wellness? No, referrals are not required. You can book an appointment directly through their website or by phone.
1. What forms of payment do you accept? The Fix Massage Wellness typically accepts major credit cards, debit cards, and sometimes cash (check their website for the most up-to-date information).
1. What should I wear to my massage appointment? Comfortable, loose-fitting clothing is recommended. You will be provided with a sheet or blanket to cover yourself during the massage.
1. What if I have a specific medical condition? It's essential to inform your therapist of any medical conditions or injuries before your appointment. They will work with you to create a safe and effective treatment plan.
1. How long does a typical massage session last? Session durations vary depending on the type of massage and your individual needs. The Fix Massage Wellness offers a range of session lengths, typically from 60 to 90 minutes. Check their website for specific details.

the fix massage wellness: The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

the fix massage wellness: The Urban Body Fix Larry Rogowsky, Lou Donato, 2021-01-15 We hear it all the time, "everything in moderation." It's presented to us as if it's the masterplan for a healthy, happy, successful existence. It sounds so simple, doesn't it? Clearly, though, there's a disconnect between understanding and implementing the moderate approach to health and fitness, as evidenced by increasing rates of obesity, chronic disease and stress. Can moderation ever be as sexy as extreme? We need action steps to make the concept of moderation less vague and more relatable. URBAN BODY FIX takes you through the Pillars of Vibrant Wellness: diet, exercise, and lifestyle. You will learn How to interpret What Your Cravings Are Telling You. You will redefine exercise, refocus your fitness efforts and, chip away at the most common barriers preventing you from getting regular physical activity. Get familiar with most effective drug-free methods of physical rehabilitation and psychological rejuvenation in alternative medicine. Master issues of stress with actionable thoughts and steps. Learn junk science vs. real science when it comes to superior, customized supplementation. Discover the heart-gut axis that links healthy tummy to healthy heart. And in the pandemic Age, we focus an entire section on natural Immunity and boosting your own defense against foreign invaders. Lastly and best, laughing and smiling a lot are terrific for your health—and we intend that THE URBAN BODY FIX cause you to do both, in abundance. THE URBAN BODY FIX tells you precisely what you can do on an individual level to help establish that hallowed middle ground in your wellness pursuits. Urban Body Fix takes a broad journey through key elements of wellness. Expect to master living fully by practicing moderation in all things (especially moderation!). Book Review 1: I'm so happy that Larry has written The Urban Body Fix. As a healthcare professional myself, I see firsthand the wellness movement that is occurring. People are realizing how the standard Western medical "health care" system is failing many. The Urban Body Fix advocates and promotes true wellness, as Larry calls it "vibrant health." This book will be a valuable tool for anyone looking to keep themselves and their families in true health. Larry is a rare breed of health care professional who believes in the middle ground. You will never hear Larry advocating for any fad diet or extreme detox. I'm blessed to know Larry and get to hear his pearls of wisdom on a one-to-one basis. Larry's voice comes through clearly and accurately in The Urban Body Fix. Now people all over the world can experience his wisdom. Thank you, Larry for writing this book. I look forward to referring it to all my clients who are on their wellness journeys. -- ALYSE

FAITH SHYNE, LMT, OWNER AND FOUNDER, THE HEALING COLLECTIVE NY Book Review 2: Larry Rogowsky and The Urban Body Fix have accomplished a rare feat in this book: that of delivering a broad range of unique wellness including mental, physical, theoretical and practical tips with a conscious voice that stem from his own depth of experience. Expect the unexpected when reading this gem. If a naturopathic doctor/epidemiologist with more than 20 years of experience in the integrative medicine space can learn and be inspired at the seeming ease with which this information was joyfully shared, I trust you will be hooked on Larry's style of health coaching. Pick it up today! -- DR. MILLIE LYTLE ND, MPH, FOUNDER OF WWW.NATMEDCOACH.COM Book Review 3: The Urban Body Fix is full of wonderful and practical strategies for so many health-related challenges that people are experiencing every day. It's truly a detailed list of all of the best alternative healthcare and wellness tools for so many health problems or struggles many people have. The wisdom Larry shares from years of experience will help so many navigate successfully through many common health challenges, and do it in a safe and natural way. This book is an excellent resource that every human on this planet should read! -- KATE MOTZ, NATIONAL BOARD CERTIFIED FUNCTIONAL MEDICINE COACH, FOUNDER OF INTEGRATIVE WELLNESS ADVISORS

the fix massage wellness: Wellness—A Way of Life Dr. Melva Martin, 2018-10-24 This is your moment. Here you are, holding a guide to better health and natural healing, written by an experienced naturopath who instructs the reader on inexpensive, home remedies that puts healing techniques within reach of everyone. Well-rounded and thoughtfully compiled this guide addresses the wholistic triune: the body, mind and spirit. It is filled with effective approaches, doable techniques and treatments. Dr Melva Martin provides multiple options and paths to self-care. You may not choose to use all techniques included in this book, but you will learn the overarching aspects of health and holistic healing and find various treatment options to guide your journey forward. The days of us leaning back and expecting a doctor with fifteen minutes to fix us is over. Worse yet, good health seems harder to achieve in our chemicalized world. The reality is that no doctor will give us unlimited time and when we go to them we are wise to partner with them rather than passively sitting on the sidelines. Therefore, it is time for us to step up and get in relationship with our bodies and learn what we can do for ourselves before we resort to a medicine for every malady along life's highway. I won't deny that there is a place for allopathic, western medicine, but it is wise to return most of the care to our homes, our prayers, our kitchens and our gardens. This book will be your reference and your guide. Muriah Williams

the fix massage wellness: The Crystal Fix Juliette Thornbury, 2019-02-05 "This delightful - and highly accessible - book is beautifully illustrated and filled with hints and tips to help you make the most of your crystals. I'm sure you'll enjoy it as much as I did." —Judy Hall, best-selling author of The Crystal Bible Create a beautiful and empowering home environment with healing crystals. Featuring a dedicated section organized by the key rooms in the home, this modern guide to crystals helps you choose stones that will attract the energy you want in each space. Infused with the energy of Mother Nature, every crystal has a unique set of healing properties which, armed with a little knowledge, you can unlock and harness to improve all aspects of life. From tackling insomnia to relieving anxiety and fostering creativity, crystals can energize, calm, and inspire. Luminosity Crystals founder, Juliette Thornbury, provides all the information you need to source, care for, and display your crystals—as well as tips for wearing them and taking stones on the go. Find within: An introduction to the art of feng shui and how to use it in conjunction with specific crystals to enhance the energy in your home, followed by room-by-room crystal recommendations. A crystal directory organized by primary qualities (Joy & Success, Love & Relationships, Health & Wellness, Energy & Inspiration, Rest & Rejuvenation, Protection & Comfort). A guide to using your crystals, including meditations, rituals, associated chakras, beauty treatments, and crystal grids. Two indexes—one general and another that lists the stones by need. Whether you want to choose the right cluster for your coffee table, or to better understand the powerful potential of these stones, this essential guide will enable you to bring more of their transformative energy into your everyday life.

the fix massage wellness: Deeper Still JOHN. STIRK, 2021-01-25 Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from The Original Body this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. Deeper Still goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. Deeper Still enables teachers to take their students to a deeper dimension. It also provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

the fix massage wellness: CranioSacral Therapy: Touchstone for Natural Healing John E. Upledger, 2001-05-31 In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

the fix massage wellness: Mosby's Massage Therapy Review - E-Book Sandy Fritz, 2014-02-01 Written by massage therapy expert Sandy Fritz, this unique review resource prepares you for all of your massage therapy exams — both routine semester exams and tests administered for licensure, such as the National Certification Exam and the MBLEx. This comprehensive review features updated content and questions based on the currently administered licensing exams. Plus, a companion Evolve website comes loaded with 8 practice exams and a variety of review activities such as labeling exercises, crossword puzzles, electronic coloring book, games, and much more! And for studying on the go, Mosby offers a new mobile app featuring 125 test questions. No other massage review on the market gives you such complete exam preparation! - Full color format with 347 illustrations (showing various massage techniques as well as anatomy & physiology) presents information in a more visual, engaging way and helps you retain information better than reviewing text alone. - Over 1300 practice questions in the text provide the opportunity to assess your readiness for exams. - Over 40 labeling exercises are available throughout the book to help kinesthetic learners retain information. - Logical text organization presents review content with illustrations and examples followed by review questions and exams to help you hone test-taking skills as you master facts, learn how to apply them, complete practice questions by topic, and then work through a realistic exam experience. - Written to be versatile so it can be used to prepare for licensing exams, as well as classroom exams allows you to prepare for massage licensure exams as well as your regular course load along the way. - Answer key printed in the back of the text with rationales provides you additional feedback so you can better understand why answers are correct or incorrect. - Esteemed author Sandy Fritz delivers quality content that students and instructors know they can rely on. - NEW! Updated content and questions based on the changes to licensing exams delivers the most up-to-date, relevant questions ensuring you'll be fully prepared to pass the current exams. - NEW! Companion website offers 8 practice exams, numerous review activities such as labeling exercises, crossword puzzles, Body Spectrum electronic coloring book, online flashcards, med term games, animations and more. - NEW! Mobile app with practice test questions offers increased flexibility to study on the go and in shorter intervals.

the fix massage wellness: All Hands , 1998

the fix massage wellness: *Excel Your Wellness* Xcel Wellness, 2024-01-04 BOOK BIO: No nonsense testimony, wise tips, and advice for the modern person seeking to follow the natural path - take on the SEVEN-STEP challenge of Virtues and Vitamins to achieve Optimal Health and wellness. This health journey has been both a necessity and a desire for the best status for body and mind. It has all worked well. I have the youthful energy and vitality restored as promised by the Naturopath. Below are the original symptoms of discomfort and they are all resolved. The results today are noticeable: - Pressure in the head, headaches, stiff neck - RESOLVED - Fatigue, aching joints - RESOLVED - Dulled concentration - RESOLVED - Sore, tired eyes, dark patches under eyes - RESOLVED - Dull skin tone, dandruff - RESOLVED - Sore tongue/mouth on occasions - RESOLVED - Excessive weight gain - RESOLVED I want to note here that I was and am a clean-living person, and yet for all that I still suffered from disorders. So why would that be? The answer is laid out in the SEVEN STEPS of this publication. I hope that as you read this it will switch on a light for you concerning your own experience with similar infirmities. The SEVEN STEPS are remedies that are sure to benefit everyone who adopts the advice given. Utilize this Empowering book; take this Opportunity to Excel your Wellness! The Excel Your Wellness Path's Potential Benefits: - Clears Mental Clutter improving Thought Processes - Relaxes the Musculature and aids Circulation - Enhances Inner Harmony and Boosts Confidence - Balances Hormones and Purifies the Body - Helps get Retained Emotions off the Chest - Revitalizes with Renewed Energy and Zest for Life - Enhances Natural Cycles and functioning of Bodily Systems - Increases Flexibility for overall Well-being Take on the SEVEN-STEP challenge of Virtues and Vitamins to achieve Optimal Health and wellness. Utilize this Empowering book. Take this Opportunity to Excel your Wellness!

the fix massage wellness: *Olives to Lychees* Marie-Claire Bourgeois, 2016-03-08 Imagine being in a peaceful environment that invites you to focus on your authentic self, your needs and your wishes away from stressful distractions and concerns Imagine a place where you can retreat and take time out to enjoy a calming mini-vacation where body and mind gradually shift from feeling heavy and cluttered to light and clear Imagine this blissful time out allowing you to nurture, nourish and replenish the whole YOU -- mind, body, spirit -- so you can re-enter your world of regular activities with renewed energy... Wouldnt that feel like heaven? This volume of the Olives to Lychees Collection focuses on the Art of Feeling Well to help you manage lifes stressful challenges. It invites you to take time to relax, de-stress and pamper yourself regularly so you feel rejuvenated, happier, more vibrant. You will learn: WHY creating a home spa experience is important for relaxation, stress management and health building; HOW to nourish and rejuvenate mind, body and spirit by balancing your elements; HOW to develop your Spa Care Ritual with the 5 Rs: Rest, Relax, Recharge, Rejuvenate, and Re-create to get things moving when you feel S.T.U.C.K., using relaxing and health-building therapies, as well as recipes to craft your own Mediter-asian botanical care products; HOW easy it is to create your own Spa Cuisine to remain hydrated and well-nourished, and how it can support your healthy lifestyle and the Art of Feeling Well during your pampering ritual and every day after.

the fix massage wellness: *The Complete Massage Therapy Career Guide - The Most Comprehensive Resource for a Successful Career in Massage Therapy* Neal Lyons, 2013-06-06 Congratulations on deciding to become a massage therapist! This is one of the most appreciated professions because of the satisfaction you will deliver to others. Massage therapists are high in demand no matter where you live, and the need is only growing with time. More and more people are realizing the true benefits of incorporating regular massages in their routines, thus making it part of their lifestyles. Not only are you guaranteed a lucrative career as a therapist, the jobs are also abundant and only growing. Massage therapists help individuals relieve pain caused by day to day stress build-up, body tightening, injury or illness. Many people these days have incorporated regular massages in their lifestyle routines to proactively mitigate physical problems, maintain good posture and just feel better. A massage therapist's role is very important and extremely meaningful, which is why the demand for this service has continuously increased over time. It has become one of

the most popular careers sought after by many today. Most practicing therapists are employed by hospitals, clinics, sports facilities and smaller private companies that are everywhere. In addition, many massage therapists work independently as either business contractors or in private homes. No matter where you live, there will always be demand for your services and thus several options near you that offer these jobs. Whether you are just now starting your career in the massage field, or want to grow your existing career, this book's goal is to help you meet your objectives. In the next few chapters you will find information about the requirements you need to become a massage therapist, information on massage therapy schools, online schooling options, jobs, salaries, career growth and more. There is an extremely high demand for massage therapists. With increased population growth, awareness, health consciousness and active lifestyles, the United States Bureau of Labor Statistics (BLS) expects massage therapist jobs to grow another 20-30% in the next couple years. Because of the growing demand for massage therapists, many are becoming more interested in this professional career. Unfortunately, most do not know what the requirements are, how to get into the field and how to thrive in a profession that is saturated with so many other therapists. Similarly, many others who are already practicing as massage therapists do not know about the options to advance their careers through either additional training, the appropriate networking opportunities, diversification, specialization and more. All the best to you and here's to your career success!

Table of Contents
 Foreword
 1. Introduction to a Career in Massage Therapy
 2. Three Things You Should Know Before Becoming a Massage Therapist
 3. How to Find the Right Massage Therapy School for You
 4. How to Find Information on the Best Massage Therapy Schools
 5. Characteristics of the Best Massage Therapy Schools
 6. Why You Should Select an Accredited, Certified Massage Therapy School
 7. Are Online Massage Therapy Schools Legitimate?
 8. The Main Differences Between Local and National Massage Therapy Schools
 9. What Is the Cost of a Good Massage Therapy School?
 10. How to Ensure You Get a Top Quality Education
 11. How to Apply to a Massage Therapy School
 12. How to Apply to a Massage Therapy School
 13. Courses Offered in Massage Therapy Schools and Continuing Education
 14. The Importance of Massage Therapy Certification
 15. Skills Needed for a Successful Career or Business in Massage Therapy
 16. Three Main Subsets of Massage Therapy Jobs: Clinical, Sports & Spa
 17. The Process of a Successful Massage Therapy Job Search
 18. The Need for Liability Insurance When Practicing Massage Therapy
 19. Why You Need to Pursue Continuing Education for Massage Therapy
 Summary

the fix massage 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.

the fix massage wellness: Quantum Wellness Kathy Freston, 2009-04-07 An instant New York Times bestseller embraced and endorsed by such luminaries as Oprah Winfrey, Dr. Mehmet Oz, Ellen DeGeneres, and Marianne Williamson, Quantum Wellness is the breakthrough book that created a national trend. This life-changing guide teaches us how to reach our highest level of health and contentment through small, focused changes. Featuring a foreword by #1 New York Times bestselling author Dr. Mehmet C. Oz, Quantum Wellness will forever change the way readers approach healthy living.

the fix massage wellness: Spa , 2010

the fix massage wellness: The Fibro Fix David M. Brady, 2016-07-12 Chronic pain affects nearly 100 million Americans. Ongoing fatigue affects even more. The combination of fatigue and body-wide chronic pain, often called “fibromyalgia,” remains mysterious and confusing, and an alarming 66 percent of sufferers are misdiagnosed. Now, leading naturopathic medical doctor and nutritionist David Brady is here with the answer in his comprehensive book *The Fibro Fix*. For more than 23 years, Dr. Brady has treated many thousands of patients seeking relief from fibromyalgia. In *The Fibro Fix*, he distills his life-changing prescription into an integrative 21-day program to help you determine if, in fact, you’re suffering from fibromyalgia or from one of several severe symptoms misdiagnosed as fibromyalgia. The plan begins with three simple steps—detox, diet, and movement—to start relieving those symptoms for good and then offers deeper long-term solutions specific to the real cause in each person. *The Fibro Fix* is your groundbreaking guide to resolving fibromyalgia, and uncovering the mystery behind chronic pain and fatigue.

the fix massage wellness: The Spa Manager’s Essential Guide Mike Wallace, Melanie Smith, 2020-09-01 *The Spa Manager’s Essential Guide* contains all the basic day to day information on how to run a wellness, beauty or thermal spa operation successfully. It focuses on those areas that industry leaders have identified as critical and missing in today’s spa leaders, combined with advice from over 40 spa experts.

the fix massage wellness: Mosby's Fundamentals of Therapeutic Massage - E-Book Sandy Fritz, Luke Allen Fritz, 2020-02-13 Success in massage therapy begins with a solid foundation in the fundamentals! *Mosby's Fundamentals of Therapeutic Massage*, 7th Edition helps you build the skills you need, from assessing problems and planning treatment to mastering massage techniques and protocols. Hundreds of photographs demonstrate massage techniques step by step, and case studies bring concepts to life. 'How-to' videos on the Evolve companion website show manipulation techniques, body mechanics, positioning and draping, and more. If you want to prepare for licensing and certification exams and succeed in practice, this resource from massage therapy expert Sandy Fritz is your text of choice. - Comprehensive coverage includes all of the fundamentals of therapeutic massage, including massage techniques, equipment and supplies, wellness, working with special populations, and business considerations; it also prepares you for success on licensing and certification exams. - Step-by-step, full-color photographs demonstrate massage techniques and protocols by body area. - Three hours of video on the Evolve website demonstrate techniques and body mechanics — each clip is narrated and performed by author Sandy Fritz — as well as review activities for licensing exams. - Proficiency exercises provide opportunities to practice and apply what you are learning. - Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice. - Coverage of body mechanics helps you to create an ergonomically effective massage environment and to determine appropriate pressure, drag, and duration application while applying massage methods. - Coverage of multiple charting methods helps you develop record-keeping and documentation skills, including SOAP and computer charting with simulation on Evolve. - Learning features include chapter outlines, objectives, summaries, key terms, practical applications, activities and exercises, and workbook-type practice. - Review tools include matching exercises, short answer questions, fill-in-the-blank questions, drawing exercises, and critical thinking questions, all available on Evolve. - Research Literacy and Evidence-Based Practice chapter includes new research findings and explains how research is done, and how to read and understand it. - Adaptive Massage chapter explains how to address the needs of specific populations, from pregnant women and infants to hospice patients and people with physical impairments. - Massage Career Tracks and Practice Settings chapter covers massage therapy services offered at spas, and looks at the spa as a possible massage career. - In-depth coverage of HIPAA shows how to store records in a HIPAA-compliant manner and explains HIPAA requirements and training. - Foot in the Door boxes outline the professional skills expected by prospective employers. - Updated Basic Pharmacology for the Massage Therapist appendix provides up-to-date information on common medications.

the fix massage wellness: Elle , 2007

the fix massage wellness: The Resonance Effect Carolyn McMakin, 2017-04-25 The Resonance Effect is both the author's story of her inspirational journey of having the courage to find her true calling and an account of the development of a remarkable newly rediscovered treatment, frequency specific microcurrent (FSM), that takes advantage of the body's ability to respond to frequencies in order to heal a number of chronic conditions. Carolyn McMakin, a chiropractor specializing in fibromyalgia and myofascial pain, describes her experience using a two-channel microcurrent device that has achieved astounding results that have changed medicine and created new possibilities for suffering patients over the past twenty years. Nerve pain, fibromyalgia, diabetic neuropathies, muscle pain, athletic performance, injury repair, joint pain, low back pain, neck pain, kidney stone pain, the kidney stones themselves, liver disease, diabetic wounds, brain and spinal cord injuries, PTSD, depression, shingles, asthma, ovarian cysts, abdominal adhesions, and scarring all respond to specific frequencies. McMakin explains that results are predictable, reproducible, and teachable—all without side effects—offering hope and healing to millions of people. McMakin tells the story of how thousands of patients with conditions that did not respond to other medical therapies recovered from pain and disability through the non-invasive treatment that she developed. For example, asthma resolves with specific frequencies that remove inflammation, allergy reaction, and spasm from the bronchi. One frequency combination eliminates shingles pain in minutes and stops the shingles attack with a single three-hour treatment. Since 2005, a series of frequencies has been used to treat hundreds of PTSD patients. Post-surgical patients use FSM to reduce pain, prevent bruising, and increase healing. NFL, NHL, and Olympic athletes use it to heal injuries and improve performance. McMakin includes case histories that illustrate the efficacy of the treatment and shares the specific frequencies that each condition requires so that patients direct their own treatments.

the fix massage wellness: Essential Wellness Nancy J. Hajeski, 2019-07-16 Enhance your physical and mental well-being through practical solutions that are easy to incorporate into your daily routine. Whatever your goals, Essential Wellness walks you through the many ways you can maximize health and minimize stress. Whether you're recovering from illness, controlling your weight, managing an addiction, minimizing the effects of aging, or simply boosting your overall well-being, this book provides you with recipes, routines, tips, and tricks for living your healthiest life. It introduces powerful tools that are easy to incorporate into your daily routine, including yoga, meditation, massage, and herbal remedies. Essential Wellness covers the simple but effective tools you can use to care for body and mind.

the fix massage wellness: Hands Heal Diana L. Thompson, 2006 The Third Edition of this widely used text provides manual therapists with much-needed guidance on taking client histories, setting functional goals, communicating with health care and legal professionals, documenting outcomes, and billing insurance companies. This edition includes crucial information on HIPAA regulations, new and updated blank forms, and lists of codes for self-referred patients and for insurance verification forms. Reader-friendly features include sidebars, case studies, chapter summaries, and useful appendices. A front-of-book CD-ROM includes the blank forms for use in practice, a quick-reference abbreviation list, and a quiz tool to review key concepts. Faculty ancillaries are available upon adoption.

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NPs and PAs takes an evidence-based approach to both gerontology and geriatrics, incorporating the latest national and international guidelines and standards of care. This first-of-its-kind text takes an interprofessional, teamwork-based approach that reflects Interprofessional Education Collaborative (IPEC) core competencies, as well as the unique perspectives that NPs and PAs each bring to the collaborative care of older adults. - Covers both primary care and acute care of older adults and fully addresses both graduate-level and practitioner core competencies necessary for optimal care of older adults. - Places a strong emphasis on wellness (including nutrition and the Healthy People 2020 targets), normal aging, common syndromes of aging, disease management, patient safety (particularly in acute care settings), and a patient-centered care approach. - Features vibrant, full-color illustrations, a full-color design for ease of navigation, and graduate-level learning features that include Key Points at the end of each chapter for quick reference and exam preparation. - Addresses a wide range of topics specifically focused on the common medical problems of older adults, with chapters logically organized for efficient study and quick clinical reference. Evolve Instructor site with an image collection and test bank is available to instructors through their Elsevier sales rep or via request at <https://evolve.elsevier.com>.

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