

THE HOLISTIC GUIDE TO WELLNESS BY NICOLE APELIAN

THE HOLISTIC GUIDE TO WELLNESS BY NICOLE APELIAN: YOUR JOURNEY TO A THRIVING LIFE

ARE YOU FEELING OVERWHELMED, STRESSED, AND DISCONNECTED FROM YOUR TRUE SELF? DO YOU CRAVE A DEEPER SENSE OF WELL-BEING THAT GOES BEYOND JUST THE ABSENCE OF ILLNESS? THEN YOU'VE COME TO THE RIGHT PLACE. THIS COMPREHENSIVE GUIDE, INSPIRED BY THE HOLISTIC WELLNESS PHILOSOPHY, WILL EMPOWER YOU TO TAKE CONTROL OF YOUR HEALTH AND HAPPINESS, GUIDING YOU ON A TRANSFORMATIVE JOURNEY TOWARDS A TRULY THRIVING LIFE. WE'LL DELVE INTO PRACTICAL STRATEGIES AND ACTIONABLE INSIGHTS, OFFERING A ROADMAP BASED ON THE PRINCIPLES CHAMPIONED BY NICOLE APELIAN, A LEADING VOICE IN THE HOLISTIC WELLNESS MOVEMENT.

THIS ISN'T JUST ANOTHER LIST OF QUICK FIXES; THIS IS A DEEP DIVE INTO UNDERSTANDING YOUR BODY, MIND, AND SPIRIT, AND HOW THEY INTERTWINE TO CREATE YOUR OVERALL EXPERIENCE OF WELLNESS. WE'LL EXPLORE THE INTERCONNECTEDNESS OF PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL WELL-BEING, PROVIDING YOU WITH THE TOOLS AND KNOWLEDGE TO CULTIVATE A LIFE FILLED WITH VITALITY, PURPOSE, AND JOY. GET READY TO EMBARK ON YOUR PERSONAL JOURNEY TO HOLISTIC WELLNESS!

UNDERSTANDING THE HOLISTIC APPROACH: MORE THAN JUST A TREND

THE HOLISTIC APPROACH TO WELLNESS DIFFERS SIGNIFICANTLY FROM CONVENTIONAL MEDICINE. INSTEAD OF FOCUSING SOLELY ON TREATING SYMPTOMS, IT DELVES INTO THE ROOT CAUSES OF IMBALANCE, RECOGNIZING THE INTERCONNECTEDNESS OF VARIOUS ASPECTS OF YOUR BEING. NICOLE APELIAN'S PHILOSOPHY EMPHASIZES A PREVENTATIVE APPROACH, EMPOWERING INDIVIDUALS TO TAKE PROACTIVE STEPS TOWARDS OPTIMAL HEALTH RATHER THAN SIMPLY REACTING TO ILLNESS. IT'S ABOUT NURTURING YOUR ENTIRE BEING – MIND, BODY, AND SPIRIT – TO ACHIEVE A STATE OF HARMONIOUS BALANCE.

THE PILLARS OF HOLISTIC WELLNESS: A FRAMEWORK FOR TRANSFORMATION

NICOLE APELIAN'S WORK EMPHASIZES SEVERAL KEY PILLARS THAT FORM THE FOUNDATION OF A HOLISTIC WELLNESS LIFESTYLE. LET'S EXPLORE EACH ONE IN DETAIL:

1. NOURISHING YOUR BODY: THE POWER OF CONSCIOUS EATING

HOLISTIC WELLNESS STARTS WITH WHAT YOU PUT INTO YOUR BODY. THIS ISN'T ABOUT RESTRICTIVE DIETS; IT'S ABOUT CONSCIOUS EATING – CHOOSING NUTRIENT-RICH, WHOLE FOODS THAT FUEL YOUR BODY AND NOURISH YOUR SOUL. THIS INVOLVES UNDERSTANDING YOUR INDIVIDUAL DIETARY NEEDS, MINIMIZING PROCESSED FOODS, REFINED SUGARS, AND UNHEALTHY FATS, AND EMBRACING A BALANCED DIET RICH IN FRUITS, VEGETABLES, WHOLE GRAINS, AND LEAN PROTEINS. CONSIDER EXPLORING MINDFUL EATING PRACTICES TO ENHANCE YOUR RELATIONSHIP WITH FOOD, FOSTERING A DEEPER CONNECTION BETWEEN YOUR BODY AND ITS NEEDS.

2. MOVING YOUR BODY: THE IMPORTANCE OF PHYSICAL ACTIVITY

PHYSICAL ACTIVITY IS NOT JUST ABOUT WEIGHT MANAGEMENT; IT'S CRUCIAL FOR OVERALL WELL-BEING. FINDING ACTIVITIES YOU ENJOY, WHETHER IT'S YOGA, DANCING, HIKING, OR SIMPLY A DAILY WALK, IS VITAL FOR BOTH PHYSICAL AND MENTAL HEALTH. REGULAR EXERCISE REDUCES STRESS, IMPROVES MOOD, BOOSTS ENERGY LEVELS, AND STRENGTHENS YOUR BODY. REMEMBER TO LISTEN TO YOUR BODY AND CHOOSE ACTIVITIES THAT FEEL GOOD AND SUSTAINABLE IN THE LONG TERM.

3. CALMING YOUR MIND: STRESS MANAGEMENT TECHNIQUES

STRESS IS A PERVERSIVE ASPECT OF MODERN LIFE, IMPACTING OUR PHYSICAL AND MENTAL HEALTH PROFOUNDLY. NICOLE APELIAN

ADVOCATES FOR INCORPORATING STRESS-REDUCING PRACTICES INTO YOUR DAILY ROUTINE. THIS MIGHT INCLUDE MINDFULNESS MEDITATION, DEEP BREATHING EXERCISES, SPENDING TIME IN NATURE, ENGAGING IN HOBBIES YOU ENJOY, OR PRACTICING YOGA AND TAI CHI. FINDING EFFECTIVE STRESS MANAGEMENT TECHNIQUES IS CRUCIAL FOR MAINTAINING BALANCE AND PREVENTING BURNOUT.

4. CONNECTING WITH YOUR SPIRIT: EXPLORING YOUR INNER SELF

HOLISTIC WELLNESS ACKNOWLEDGES THE IMPORTANCE OF SPIRITUAL WELL-BEING. THIS INVOLVES CONNECTING WITH YOUR INNER SELF, EXPLORING YOUR VALUES, AND FINDING MEANING AND PURPOSE IN YOUR LIFE. THIS COULD INVOLVE ENGAGING IN ACTIVITIES LIKE PRAYER, MEDITATION, SPENDING TIME IN NATURE, JOURNALING, OR PURSUING CREATIVE ENDEAVORS. CONNECTING WITH YOUR SPIRIT FOSTERS A SENSE OF PEACE, CONTENTMENT, AND INNER STRENGTH.

5. CULTIVATING HEALTHY RELATIONSHIPS: THE POWER OF CONNECTION

STRONG SOCIAL CONNECTIONS ARE ESSENTIAL FOR OVERALL WELL-BEING. NURTURING HEALTHY RELATIONSHIPS WITH FAMILY, FRIENDS, AND COMMUNITY PROVIDES SUPPORT, BELONGING, AND A SENSE OF CONNECTION. PRIORITIZING MEANINGFUL RELATIONSHIPS AND BUILDING A STRONG SUPPORT SYSTEM IS CRUCIAL FOR NAVIGATING LIFE'S CHALLENGES AND CELEBRATING ITS JOYS.

INTEGRATING HOLISTIC WELLNESS INTO YOUR DAILY LIFE: PRACTICAL STEPS

TRANSITIONING TO A HOLISTIC LIFESTYLE DOESN'T REQUIRE A COMPLETE OVERHAUL; IT'S ABOUT MAKING GRADUAL, SUSTAINABLE CHANGES. START SMALL, FOCUSING ON ONE OR TWO AREAS AT A TIME. FOR INSTANCE, BEGIN BY INCORPORATING MORE FRUITS AND VEGETABLES INTO YOUR DIET, OR ADDING A SHORT MEDITATION SESSION TO YOUR DAILY ROUTINE. GRADUALLY BUILD UPON THESE SMALL CHANGES, CREATING A PERSONALIZED WELLNESS PLAN THAT ALIGNS WITH YOUR INDIVIDUAL NEEDS AND PREFERENCES. REMEMBER, CONSISTENCY IS KEY. CELEBRATE YOUR SUCCESSES ALONG THE WAY AND DON'T BE DISCOURAGED BY OCCASIONAL SETBACKS.

CONCLUSION: EMBARK ON YOUR HOLISTIC WELLNESS JOURNEY TODAY

THE HOLISTIC APPROACH TO WELLNESS, AS CHAMPIONED BY NICOLE APELIAN, OFFERS A PATHWAY TO A MORE FULFILLING AND BALANCED LIFE. BY NURTURING YOUR MIND, BODY, AND SPIRIT, YOU CAN CULTIVATE A SENSE OF VITALITY, PURPOSE, AND JOY. THIS GUIDE PROVIDES A SOLID FOUNDATION FOR YOUR JOURNEY. REMEMBER, IT'S A PERSONAL JOURNEY, AND THE KEY IS TO FIND WHAT WORKS BEST FOR YOU AND COMMIT TO MAKING SUSTAINABLE LIFESTYLE CHANGES. BEGIN YOUR TRANSFORMATIVE JOURNEY TODAY.

FAQs:

1. IS A HOLISTIC APPROACH SUITABLE FOR EVERYONE? WHILE THE PRINCIPLES OF HOLISTIC WELLNESS ARE BENEFICIAL FOR MOST, IT'S ALWAYS CRUCIAL TO CONSULT WITH YOUR HEALTHCARE PROVIDER, PARTICULARLY IF YOU HAVE PRE-EXISTING HEALTH CONDITIONS. A HOLISTIC APPROACH OFTEN COMPLEMENTS CONVENTIONAL MEDICINE, NOT REPLACES IT.
1. HOW LONG DOES IT TAKE TO SEE RESULTS FROM A HOLISTIC LIFESTYLE? THE TIMELINE VARIES GREATLY DEPENDING ON INDIVIDUAL FACTORS AND THE EXTENT OF THE CHANGES MADE. SOME INDIVIDUALS MAY EXPERIENCE POSITIVE CHANGES RELATIVELY QUICKLY, WHILE OTHERS MAY REQUIRE MORE TIME. CONSISTENCY AND PATIENCE ARE KEY.
1. WHAT IF I SLIP UP? SETBACKS ARE A NORMAL PART OF ANY JOURNEY. DON'T BEAT YOURSELF UP OVER OCCASIONAL LAPSES; SIMPLY ACKNOWLEDGE THEM, LEARN FROM THEM, AND GET BACK ON TRACK. FOCUS ON PROGRESS, NOT

1. HOW CAN I FIND A HOLISTIC PRACTITIONER IN MY AREA? YOU CAN SEARCH ONLINE DIRECTORIES, ASK FOR RECOMMENDATIONS FROM FRIENDS OR FAMILY, OR CONTACT YOUR HEALTHCARE PROVIDER FOR REFERRALS.
1. ARE THERE ANY COSTS ASSOCIATED WITH A HOLISTIC LIFESTYLE? SOME ASPECTS OF HOLISTIC WELLNESS, LIKE MINDFUL EATING AND EXERCISE, ARE COST-FREE. HOWEVER, OTHERS, SUCH AS SEEING A HOLISTIC PRACTITIONER OR PURCHASING SUPPLEMENTS, MAY INCUR EXPENSES. PRIORITIZE WHAT ALIGNS WITH YOUR BUDGET AND FOCUS ON THE ACCESSIBLE COMPONENTS FIRST.

📖 **the holistic guide to wellness by nicole apelian: A Reference Guide to Survivng Nature**
Nicole Apelian, Shawn Clay, 2019-05-31 A handbook for surviving and thriving in the North American wilderness.

the holistic guide to wellness by nicole apelian: The Lost Book of Herbal Remedies
Nicole Apelian, Claude Davis, Sr., 2019-07-07 304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful relieving extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

the holistic guide to wellness by nicole apelian: Llewellyn's Book of Natural Remedies
Vannoy Gentles Fite, 2020-04-08 Discover Hundreds of Holistic Remedies and Wellness Tips
Llewellyn's Book of Natural Remedies shares a powerful integrative approach to healing and living a more natural life. Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments, exploring contemporary and traditional techniques using common, everyday ingredients. Integrative medicine combines natural, holistic approaches with mainstream medicine. In this book, each ailment includes treatments using essential oils, herbs, Ayurveda, and home remedies. The recipes are easy to locate based on your specific needs, and they include materials you can typically find in your home. From balms and baths to tinctures and wraps, these outstanding remedies will support your healing process as you live your best possible life. One of BookAuthority.Org's 19 Best

the holistic guide to wellness by nicole apelian: The Forager's Guide to Wild Foods

Nicole Apelian, Claude Davis, Sr., 2021-05 319 color pages, 400 wild foods, plant localization maps for each plant (400 maps), paperback, great print quality, superior plant identification guidelines, recipes for each plant, full page photos of the plants, at least 3 pictures for each plant, medicinal uses. The Forager's Guide to Wild Foods is probably the most important thing you want to have by your side when you go out foraging. Maybe there are times when you're still not sure about a certain plant and you need to consult the book, despite your vast experience. Or maybe you don't have experience at all and just want to find wild goodies using the book. This book is the ultimate resource for every home, kept right next to your emergency foods, in your Bug out Bag, on your coffee table, or in your bookcase. You can use this book to put food on your table in case hard times are coming ahead. This knowledge is better at your fingertips now, as you might not be able to get it when you need it the most. You can also use the book to make your own remedies from plants growing around you. Inside The Forager's Guide to Wild Foods there are hundreds of medicinal plants and detailed, super simple instructions on how to take advantage of them. A lot of high-priced foods you find labeled as ORGANIC, are nothing compared to the ones that grow in the wild. Wild foods mean no GMO, no pesticides, herbicides or harmful contaminants. There are no foods healthier than the ones you pick yourself in the wild. This is FREE food and it's completely up for grabs. The plant knowledge is no longer taught as it has been for thousands of generations before us. If we don't do something about it, this knowledge will be lost forever and one day we might pay the ultimate price for this. When you were growing up, it was probably your parents or grandparents that helped you identify your very first berry.

the holistic guide to wellness by nicole apelian: Home Doctor Claude Davis, Sr., Maybell

Nives, Rodrigo Alterio, 2021-05-10 Inside Home Doctor you will discover the DIY medical procedures and vital medical supplies you need to have on hand to take care of common health problems and emergencies at home, while waiting for an ambulance to arrive or in the next crisis when doctors and medicines may be hard to come by.

the holistic guide to wellness by nicole apelian: Diabetes Quick-Fix with Magic Foods

Reader's Digest, 2018-10-16 RELEASING JUST IN TIME FOR DIABETES AWARENESS MONTH Discover the 57 magic foods that can balance blood sugar to heal diabetes and pre-diabetes—including 125 delicious recipes. Out-of-control blood sugar is wrecking havoc on Americans' health and caused more than 100 million adults to suffer from pre-diabetes and type-2 diabetes. And, doctors and researchers have discovered a shocking truth: If your blood sugar levels regularly soar and crash your body may sustain damage to your health. The good news is that by eating the right foods, you can help control blood sugar, keep hunger at bay, and help you feel satisfied longer. Diabetes Quick-Fix with Magic Foods is based on nutrition science, but designed for regular folks who just want to know what to eat. Inside you won't find strict eating regimens or crazy rules about carbohydrates. What you will find are 57 magic foods that can help you bump your diet into sugar-friendly territory. Add just one of the magic foods to your plate, and you can see results right away, such as: Barley instead of white rice—thanks to barley's significant stash of soluble fiber it will slash the effect of your blood sugar by almost 70%—try Mushroom-Barley Pilaf Add avocados to your diet—avocado contains fats that actually improve insulin sensitivity—try Turkey and Bean Chili with Avocado Salsa Berries, from ruby red strawberries to mid-night blue blueberries, are magic for your blood sugar—they are full of fiber, which keeps blood sugar low, and antioxidants, which benefit every cell in your body—try Cherry-Raspberry Crumble Pasta, although high in carbs, if cooked al dente and served with a topping containing vegetables, beans, chicken, garlic, and onions, you could get many magic foods on one plate and still keep your blood sugar in a medium range—try Macaroni and Cheese with Spinach Cinnamon and vinegar are "secret ingredients" that can significantly lower your blood sugar response to any meal—try cinnamon in Moroccan Spiced Carrots or vinegar in Flank Steak with Balsamic Sauce The more than 125 recipes, meal makeovers, meal plans, and cooking tips make it incredibly simple to get more of the 57 magic

foods onto your plate. Your meals will taste delicious and, in addition, they will rein in insulin resistance, offload dangerous belly fat, reverse pre-diabetes, and help heal diabetes while feeling more fully charged and ready to embrace life every day.

the holistic guide to wellness by nicole apelian: The Modern Herbal Dispensatory Thomas Easley, Steven Horne, 2016-11-29 The beloved best-selling classic for the modern herbalist—a definitive guide to 250 safe and effective herbal medicines, preparations, and single-herb remedies to make at home. This comprehensive, full-color guide offers detailed and easy-to-follow instructions for making and using approximately 250 all-natural DIY herbal medicines. With practical tips, in-depth preparation techniques, and an inside look at some of the authors' own favorite formulas, The Modern Herbal Dispensatory walks beginners and advanced herbalists alike through:

- The 12 major categories of herbs, from aromatic to sweet
- Herbal preparations: the many ways to prepare and use herbs, from capsules and tinctures to standardized extracts and essential oils
- Choosing the best dosage form for each category of herb
- How to harvest, dry, and use fresh herbs
- Extractions: terms, equipment, solvents, and calculations, plus how to extract herbs in water, alcohol, glycerin, and vinegar
- Advanced techniques: like percolation extracts, fluid extracts, and soxhlet extracts
- Preparations like oil-based extractions, topical applications, concentrates, lozenges, traditional Chinese methods, and more
- Formulas and dosages: how to design herbal formulas and use herbs safely and effectively
- Herbal insights and need-to-know wisdom, like why different preparations of the same herb affect the body differently; which herbs are medicinal when dry, but could be toxic when fresh; and why beginners typically see more potent results with formulations versus single-herb preparations

The text includes multiple appendices, recommendations for further reading, in-depth full-color photo guides, and a helpful index. With advice on herbal preparations for 100+ illnesses and conditions and a comprehensive materia medica, The Modern Herbal Dispensatory is an enduring classic and beloved plant-medicine reference manual for herbalists, natural medicine practitioners, and anyone seeking safe, holistic, at-home care and inexpensive all-natural remedies.

the holistic guide to wellness by nicole apelian: Wild Remedies Rosalee de la Forêt, Emily Han, 2020-04-07 That's not a weed--it's herbal medicine! Learn to use wild plants and herbs for food and DIY remedies in this illustrated guide from two expert herbalists. Millions of people are interested in natural and holistic health, yet many are missing out on the key ingredient: Nature itself! Rekindle your connection with the earth as you craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists Rosalee de la Forêt and Emily Han expertly guide you through the benefits of two dozen of the most important and commonly found wild plants-many of which you can easily grow in your own garden, if foraging isn't right for you. Detailed illustrations and beautiful photography ensure that you won't make a plant-identification misstep as you learn how to tend and properly harvest the plant medicine growing right in your own neighborhood. After reading Wild Remedies, you'll never look at your backyard, a public park, or any green space in the same way again. Instead of weeds, you'll see delicious foods like Dandelion Maple Syrup Cake, Nettle Frittata, and Chickweed Pesto. You will revel in nature's pharmacy as you make herbal oils, salves, teas, and many more powerful remedies in your own kitchen.

the holistic guide to wellness by nicole apelian: Master Your Metabolism Jillian Michaels, Mariska van Aalst, Christine Darwin, 2009-04-07 Does it feel as if you're fighting your body to lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After “fixing” her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen). In Master Your Metabolism, discover how to:

- REMOVE “anti-nutrients” from your diet
- RESTORE foods that speak directly to fat-burning genes
- REBALANCE energy and your hormones for effortless weight loss

Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources,

hormone-trigger food charts, how to eat “power nutrient” foods on a budget, smart strategies for eating out, quick and easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause.

the holistic guide to wellness by nicole apelian: The Self-Sufficient Backyard Ron Melchiore, Johanna Melchiore, 2020-05 The Self-Sufficient Backyard is helping Americans transforming from an honest homeowner into an independent, self-sufficient person that has an extra income and doesn't owe anybody a thing. You will not be troubled with what happens to the world around you, because everything you need is where it should be: on your property!

the holistic guide to wellness by nicole apelian: Anti-Inflammatory Drinks for Health Maryea Flaherty, 2019-02-12 100 delicious drink recipes packed with nutrients scientifically proven to reduce inflammation—perfect for both enthusiasts of natural health and those new to its benefits. Chronic inflammation is a major health risk. Studies have shown it wreaks havoc on your body and contributes to heart disease, diabetes, Alzheimer's—and even cancer. And diet—specifically one high in processed, fatty, and sugary foods—is one of the main causes of chronic inflammation. But preventing and/or reducing inflammation can be easy as making a delicious drink—let this book show you how! Anti-Inflammatory Drinks for Health contains 100 great-tasting recipes for drinks packed with anti-inflammatory foods including cinnamon, tart cherries, ginger, turmeric, blueberries, and many more. In addition to helping reduce the risk of developing disease, these drinks also can aid in: -Weight loss -Increasing energy -Reducing pain -Slowing the signs of aging Also included is a list of inflammatory foods to avoid and even more ideas for how to add inflammation-fighting foods to any diet! Improve your diet, your health, and your life, with Anti-Inflammatory Drinks for Health!

the holistic guide to wellness by nicole apelian: You and I, as Mothers Laura Prepon, 2020-04-07 “[Prepon] returns to the written word with this heartfelt, honest look at motherhood, styled as both informative guidebook and raw memoir.” —Entertainment Weekly When actor, director, and author Laura Prepon first became a mother, she felt raw, full of stress, and blindsided. She sought out resources to help navigate this huge life transition, but only found books about childcare with almost nothing on the shelves about momcare. So, Laura decided to write the book she was looking for. *You and I, as Mothers: A Raw and Honest Guide to Motherhood* is part memoir, part handbook, as Laura digs into her own unconventional upbringing and investigates how it shaped her as a person and as a mother, with intimate stories and never-before-shared anecdotes brought forth in an effort to understand our collective experience as mothers. The book is packed with practical tips for moms of any age, at any stage of motherhood, such as stress reduction techniques, self-care, protecting one's partnership, asking for help, and getting a global perspective on maternity. Also included are easy and delicious recipes, from ideas for kids-friendly food, to romantic dinner dates, and batch-cooking favorites that will help any parent feed their family. Unfiltered, honest, and insightful, Laura encourages the reader to acknowledge their challenges, embrace their strengths, and celebrate their victories as we navigate the greatest adventure of all: motherhood. “Every mother, partner, and friend can benefit from the evocative and hard-earned wisdom within these pages.” —Mila Kunis “A powerful multi-hyphenate manifesto examining the most important and often overlooked realities of modern motherhood, written with wit, extraordinary grace, and real guts.” —Amber Tamblyn

the holistic guide to wellness by nicole apelian: Will You Be Ready? Shawn Clay, 2016-10-12 Disaster can strike at a moment's notice. Will you be ready to guide your family through when the unexpected happens? Find out what skills and resources to have in order to develop an emergency action plan and how to lay the groundwork for a lifestyle of preparedness. The next disaster may be right around the corner. Are you ready?

the holistic guide to wellness by nicole apelian: Chugs. Ultimate Chug Book. Complete Manual for Care, Costs, Feeding, Grooming, Health and Training Your Chug Dog. George Hoppendale, Asia Moore, 2014-10-06 The Ultimate Chug Book has the answers you need when researching whether or not this toy-sized, sturdy, fearless, often vocal, faithful, energetic and often

excitable companion is the perfect choice for you and your family. Learn everything there is to know, including little known facts and secrets and how to care for every aspect of the Chug's life. This manual contains all the information you need, from birth to the Rainbow Bridge, including transitioning through house breaking, care, feeding, training and end of life, so that you can make a well-informed decision about whether or not the Chug is the breed for you. If you already have a Chug, this book will teach you everything you need to know to make your dog a happy dog and to make you a happy dog owner. The author George Hoppendale is an experienced writer and a true animal lover. He enjoys writing animal books and advising others how to take care of their animals to give them a happy home. Co-Author Asia Moore is a professional Dog Whisperer, Cynologist and Author, living on Vancouver Island, off the west coast of British Columbia, in Canada, who believes that all humans and dogs can live together in harmony. She and her dog whispering team, which includes an 8-year-old Shih Tzu named Boris, teach dog psychology to humans, to help alleviate problem behaviors that arise between humans and their canine counterparts so that everyone can live a happy and stress-free life together. Covered in this book: - Temperament - Vital statistics - Before you buy - Choosing the right dog - Health - Daily care - Feeding - House training - Medical care & safety - Grooming - Training - Poisonous Foods & Plants - Caring for your aging dog and much more.

the holistic guide to wellness by nicole apelian: *The Juiceman's Power of Juicing* Jay Kordich, 2007-03-27 The secret to staying healthy, looking young, getting trim, and feeling great? The natural healing power of fresh fruit and vegetable juices. The Juiceman®'s Power of Juicing shows how you can use fresh juice combinations to improve your health. Simple, flavorful recipes for drinks such as Grape-Pineapple Punch, Carrot-Cantaloupe Coolers, and Pear-Apple Cocktails can help you lose weight, overcome fatigue, reduce your risk of many serious diseases, and relieve scores of common ailments. The Juiceman®'s Power of Juicing is the ultimate guide, for beginners and for avid juicers, to the health revolution that will give you more energy and have you feeling and looking better than you ever dreamed possible!

the holistic guide to wellness by nicole apelian: Herbal Antibiotics Stephen Harrod Buhner, 1999-01-08 Current information about antibiotic resistant microbes and the herbs that are effective in fighting them.

the holistic guide to wellness by nicole apelian: *Heal Thyself for Health and Longevity* Queen Afua, 2012-11-09

the holistic guide to wellness by nicole apelian: *The Handmade Apothecary* Kim Walker, Vicky Chown, 2018-06-25 Herbs are quite literally everywhere; it is only our ability to recognise their value that has been lost. Vicky and Kim explore the traditional uses of herbs combined with a modern and scientific understanding of a truly holistic approach so that you can use herbs to treat ailments and improve your general wellbeing. The book contains fascinating information about herbs with suggestions of what each herb can be used for. Did you know that daisies infused in oil can be used to reduce bruises? That roses can help grieving and anxiety? Or that elderflower cordial can bring down a temperature? There is also an introduction to each of the body's systems (nervous, respiratory etc.) and which herbs are best for treatments. And of course, the book is peppered with vinegars, balms, oils, tinctures, creams, lotions and syrups to create your own little herbal health kit. Vicky and Kim also encourage people to reconnect with their local environment in addition to growing herbs in their gardens or windowsills. An all-encompassing guide for the beginner, *The Handmade Apothecary* is filled with guidance, useful tips and tried-and-tested recipes that will inspire people to make their own remedies. Also by Vicky Chown and Kim Walker: *The Herbal Remedy Handbook*

the holistic guide to wellness by nicole apelian: *Vitalogy* E. H. Ruddock, 1995 *Vitalogy*, first published in 1899 and expanded and updated in 1930, was the most popular and influential home health encyclopedia of its day. In the 1990s it inspired a major album by the rock band Pearl Jam. We have selected and reproduced four chapters from the 1930 edition.

the holistic guide to wellness by nicole apelian: Islands and Insulin Erin Spineto,

2013-05-17 What if doctors declared you would never again do the one thing you felt you were born to do? After surviving with diabetes for years, Erin Spineto was quickly losing her sanity. Buried beneath blood tests, injections, and medical devices, she had to do something drastic. A sailor at heart, could she give up her passion to play it safe with diabetes? If she went, her blood sugars could plummet while alone in the middle of the ocean. Seasickness could raise blood sugars and slam her into a diabetic coma, leaving her incapable of handling the boat. In "the most entertaining diabetes book I've read to date...", Erin navigates her twenty-two-foot sailboat down the Florida Keys as she fights winds, currents, and swells that threaten to capsize her. (Amy Tenderich, Founder and Editor of Diabetes Mine) In a time when doctors advised people with diabetes "avoid any extreme exertion," will Erin push the boundaries of what is possible or find out the hard way she should have listened to the warnings? Fans of *The World's Worst Diabetes Mom* and *The Insulin Express* will love this thrilling and uplifting story about one girl's defiance of those who would stand in her way. Don't miss out on the action of this unforgettable journey. Click the BUY NOW button and sail away with Erin on her journey to accepting diabetes as she navigates those tumultuous early years of adulthood and learns how valuable real friendships are in the battle against a chronic disease.

the holistic guide to wellness by nicole apelian: *Natural Remedies Encyclopedia* Vance Ferrell, 2010-01-01 This book has the largest collection of drugless, natural, home remedies available anywhere. It provides you with information on more than twice as many diseases (over 730) and far more natural remedies (over 11,000) than any other book. It is urgently needed in your home and will help you for many years to come.

the holistic guide to wellness by nicole apelian: *A Guide to Sales and Use Tax* Frank Dufort, 2015-01-31 A Guide to Sales and Use Tax provides valuable information and insights on complying with a multitude of sales and use tax laws and regulations. From discovering the difference between sales tax and use tax to preparing for a state audit, you will learn what is required to successfully administer the taxes. You will also discover some of the most common mistakes businesses make when managing the taxes and how they can be avoided. Whether you are just starting out in business or are a seasoned tax professional, A Guide to Sales and Use Tax provides informative analysis and meaningful solutions to sales and use tax issues that every business must be prepared to address. Here are just a few of the topics covered in the guide: *Account registration and electronic fund transfers *Late payment and other notice of assessments *What to do with over or under collected taxes *Determining nexus *Managing certificates of exemption *Preparing for a state sales and use tax audit *Reverse audits.

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