

vibrant wellness test cost

Vibrant Wellness Test Cost: A Comprehensive Guide to Pricing and Value

Are you curious about the vibrant wellness test cost? Understanding the price of this comprehensive health assessment is crucial before you commit. This detailed guide will break down the cost of a Vibrant Wellness Test, explore what factors influence the price, and help you decide if this investment aligns with your health goals. We'll also dispel common myths and provide you with all the information you need to make an informed decision. Let's dive in!

What is the Vibrant Wellness Test?

Before we delve into the vibrant wellness test cost, it's essential to understand what this test entails. The Vibrant Wellness test isn't your typical blood panel. It's a far more comprehensive assessment designed to provide a holistic view of your overall health and wellness. It goes beyond simple markers to delve into things like nutrient deficiencies, hormonal imbalances, gut health, and even your genetic predisposition to certain health conditions. This in-depth analysis empowers you to take proactive steps towards optimizing your health and preventing future problems.

Think of it as a detailed health roadmap, personalized to your unique needs and helping you understand your body at a deeper level.

Factors Affecting Vibrant Wellness Test Cost

The vibrant wellness test cost isn't fixed. Several factors influence the final price, making it difficult to give a single definitive number. These factors include:

Specific Tests Included: The core Vibrant Wellness test offers a baseline of assessments. However, you can often customize your panel to include more advanced or specialized tests, like advanced gut microbiome analysis or specific hormone panels. Adding these optional tests will naturally increase the overall cost.

Laboratory Fees: The cost of processing the samples in accredited labs is a significant component. Different labs may charge varying fees, influencing the total cost. Vibrant Wellness often partners with reputable labs, ensuring accuracy and reliability.

Healthcare Provider Fees: If you choose to work with a healthcare

professional to interpret your results and create a personalized wellness plan, you should factor in their fees separately. This consultation can be invaluable, helping you understand the implications of your results and creating actionable steps.

Geographic Location: Prices can vary slightly depending on your location and the specific lab used for testing. While differences are usually minor, it's worth checking with your chosen provider for accurate local pricing.

Discounts and Packages: Sometimes, Vibrant Wellness or participating healthcare providers offer discounts or packages for multiple tests or bundled services. Checking for available promotions can help you save money.

Understanding the Vibrant Wellness Test Cost Breakdown

While a precise vibrant wellness test cost can only be obtained through a quote from a provider or directly through the Vibrant Wellness website, we can offer a general understanding. Expect the basic test to fall within a certain range, but remember that adding optional tests can significantly impact the final price. It's always best to obtain a personalized quote to understand the exact cost based on your specific needs.

Think of it like this: you're investing in your long-term health. The cost is not simply about the test itself, but also about the value of gaining actionable insights and empowering you to make positive health changes.

Is the Vibrant Wellness Test Worth the Cost?

This is a question only you can answer, but considering the comprehensive nature of the test, the potential for early disease detection, and the opportunity for personalized prevention strategies, many individuals feel the investment is worthwhile. The information obtained can prevent costly health issues down the line, empowering you to take control of your health proactively.

Remember to carefully weigh the cost against the potential benefits. Consider the long-term value of personalized health insights and whether the comprehensive data provided can guide you towards making informed decisions about your wellbeing.

How to Find the Best Price for Your Vibrant Wellness Test

To get the best price for your Vibrant Wellness test, we recommend the following:

Contact your healthcare provider: They may be able to offer bundled packages or discounts.

Check the Vibrant Wellness website directly: Look for current promotions and compare pricing options.

Compare quotes from multiple providers: This helps ensure you're getting the most competitive pricing.

Remember, transparency is key. Ensure you understand what's included in the quote before committing to the test.

Conclusion

The vibrant wellness test cost is an investment in your health. While the price isn't fixed and depends on many factors, understanding these factors will help you make an informed decision. Weigh the potential long-term benefits against the cost and choose the option that best fits your needs and budget. Remember to consider the overall value, not just the immediate expense. Ultimately, the information gained could be invaluable for your health journey.

FAQs

1. Does insurance cover the Vibrant Wellness Test? Insurance coverage varies greatly. Some plans may partially cover certain aspects of the test, while others may not cover it at all. It's best to contact your insurance provider directly to inquire about your specific coverage.
1. What if I can't afford the full cost of the test? Some providers offer payment plans or financing options. Contact the provider or the Vibrant Wellness company directly to discuss potential payment solutions.
1. How long does it take to receive my results? The turnaround time depends on the specific tests included and the lab's processing speed. It typically ranges from a few weeks to several weeks.
1. What if my results show a potential health concern? The results will be explained in detail. Your healthcare provider can help you interpret the findings and recommend appropriate next steps, which may include further testing or consultation with specialists.

1. Can I order the Vibrant Wellness Test directly without a doctor's referral? While you may be able to order the test directly, it's highly recommended to consult with your healthcare provider to ensure the test is appropriate for you and to interpret the results accurately. They can provide valuable context and guidance based on your medical history.

vibrant wellness test cost: Vibrant Stacie Stephenson, 2021-03-23 Stop thinking of your own well-being as something that's beyond your control. Today's view of wellness is far too often fragmented, focusing on specific symptoms rather than the whole person. In Vibrant, Dr. Stacie Stephenson introduces readers to a new and empowering way of looking at health. A recognized leader in functional and integrative medicine, Stephenson has helped thousands by focusing not on treating disease, but on creating health-by giving individuals the knowledge, confidence, and inspiration they need to do so for themselves. By the end of this life-changing book, readers will have the tools to transform their energy, weight, fitness, and general wellness, tackling everything from enhancing sleep quality to building an iron-clad immune system. Beginning with basics such as the truth about the best diet, the critical role of exercise in vitality and longevity, and the importance of human connection, Vibrant also dives deeper to give a holistic picture of health and how to achieve it. With helpful breakdowns on supplements, detoxification, and how to think about disease, this is much more than just another wellness book. It's also packed with practical, useful features, including: • Self-assessment tools to aid you in listening to your body • A foolproof two-week meal plan • 40 delicious, healthful chef-created recipes • 30 days of baby steps to start building the habit of health With Stephenson's candid and conversational voice, Vibrant is like having a friend who also happens to be a leading health authority take you under her wing. Along with practical advice, she shares powerful insights that will change the way you think about everything from exercise to relationships, and sends readers off with an inspirational chapter on how health has a ripple effect that can change your family, your community, and help to create a more vibrant world. With a step-by-step program for making foundational lifestyle shifts, Vibrant shows you how to reclaim your health and energy, reverse aging, and glow-not just on the outside, but from deep within yourself.

vibrant wellness test cost: Super Gut William Davis, 2022-02-01 The bestselling author of the Wheat Belly books brings his next big, game-changing idea—how the human microbiome is evolving, and potentially wrecking, our health, and how we can fix it. Because of our highly processed diet, pesticides, and overuse of antibiotics, our guts are now missing so many of the good bacteria that we require to be healthy. As a result, many of us have lost control over our health, weight, mood, and even behavior. The ancient bacteria that keep our digestion moving have been dying, replaced by harmful microbes that don't keep us physically and mentally fit. With cutting-edge research, Dr. Davis connects the dots between gut health and modern ailments. There are entire species of microbes that have disappeared, which creates health issues that were uncommon one hundred, or even fifty, years ago. The result is SIBO (small intestinal bacterial overgrowth), a silent and profound epidemic, which affects one out of three people and is responsible for an astounding range of human health conditions. Super Gut shows us how to eliminate bad bacteria and bring back the “good” bacteria with a four-week plan to reprogram your microbiome. This not only gets to the root of many diseases, but also improves levels of oxytocin (the bonding/happy hormone), brain health, anti-aging, weight loss, mental clarity, and restful sleep. Also included are more than forty recipes, a diet plan, and resources so you can pinpoint your gut issues, correct them, and maintain your long-term health and well-being.

vibrant wellness test cost: Beat Autoimmune Palmer Kippola, 2019-04-30 Reverse your

negative health trajectory and start the journey towards healing and resilient health with Palmer Kippola's groundbreaking plan to erase the effects of autoimmune disease. "An empowering and actionable guidebook that simplifies the steps back to health. Highly recommended!" —Izabella Wentz, PharmD, FASCP and #1 New York Times bestselling author of Hashimoto's Protocol Palmer Kippola is on a mission to make autoimmune disease history. When she was diagnosed with Multiple Sclerosis at age 19, she began a journey toward healing that resulted in a complete reversal of her symptoms. Now, with the help of leading medical experts, including renowned specialists in immunology and longevity from UCLA and Stanford medical schools, as well as leading practitioners in the field of autoimmunity and functional medicine, Kippola wants to help you find freedom from disease too. This comprehensive book is the first to explore all six of the critical lifestyle factors that are the root causes of autoimmune conditions—and the sources of regaining health: * Discover the foods that can trigger disease as well as healthy solutions to fit your personal nutritional profile *Explore the impact of common, often-undiagnosed infections and ways to optimize your immunity naturally *Learn how gut health is the key to recovery *Gain insight on how hormone imbalances can disrupt healing and how to assess your hormone levels *Eliminate environmental toxins in your home and body, and learn how to live a detox lifestyle *Reduce stress and build resilience Drawing on her own inspiring return to resilient health, as well as the healing stories of a dozen medical doctors and practitioners, plus years of research with autoimmune experts, Palmer Kippola gives readers the tools to beat autoimmune disease—and the hope that relief and healing are possible. "An excellent resource for those who want to use an integrative and functional medicine approach to support their healing journey!" —Terry Wahls, MD, author of *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles*

vibrant wellness test cost: The Virus and the Host Doctor Chris Chlebowski, 2022-09-21 Learn how to take control of your health—and decrease susceptibility to infectious viral disease before it strikes. There will almost certainly be more pandemics in our future. Yet, during the coronavirus crisis, not a single major public health official took the simple step of telling Americans what we all need to hear: Robust good health—healthy immunity, low inflammation, low toxic burden, and freedom from stealth infection and chronic disease—is our best defense against infectious viral disease. Of course, it's not that simple. The way our bodies interact with infectious disease is complicated—both a function of the "germ" and the "terrain"—the virus and the host. In *The Virus and the Host*, Dr. Chlebowski succinctly describes emerging science on the virome and how toxic exposure, chronic inflammation, infections, and chronic diseases interact and predispose us to poor outcomes from acute viral infection. He then clearly outlines the tools needed for better health, including: How to eat like your life depends on it The best nutrients to supercharge your immunity How to harness the power of botanical medicine How to detoxify simply and safely at home Valuable information on simple treatment and recommended diagnostic tests for given conditions As we move forward from the tragedy of COVID-19, it is essential that we come together to learn from our mistakes, and work hard—and work together—to prevent a similar crisis in the future. When the next pandemic hits, we need to be better prepared. Now is the time to do something, and it is the best investment we can make so that when—not if—the next "big one" hits we can keep our loved ones and ourselves safe and healthy. A gem of a book at a timely moment in history.—Stephanie Seneff, author of *Toxic Legacy* This book left me feeling optimistic and empowered, and gave me greater knowledge about the history of viruses, as well as their future."—Erin Elizabeth, author; public speaker; founder, Health Nut News

vibrant wellness test cost: Golden Rules for Vibrant Health in Body, Mind, and Spirit Joseph J. Sweere, 2004 Sicknes makes people turn inward and become more self-oriented, and chronic debilitating illness robs them of their ability to enjoy life to its fullest. This expansive book of commonsense rules for a healthy life offers practical information and tools for health-conscious people who are not in optimal health but wish to be.

vibrant wellness test cost: Vibrant and Healthy Kids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public

Health Practice, Committee on Applying Neurobiological and Socio-Behavioral Sciences from Prenatal Through Early Childhood Development: A Health Equity Approach, 2019-12-27 Children are the foundation of the United States, and supporting them is a key component of building a successful future. However, millions of children face health inequities that compromise their development, well-being, and long-term outcomes, despite substantial scientific evidence about how those adversities contribute to poor health. Advancements in neurobiological and socio-behavioral science show that critical biological systems develop in the prenatal through early childhood periods, and neurobiological development is extremely responsive to environmental influences during these stages. Consequently, social, economic, cultural, and environmental factors significantly affect a child's health ecosystem and ability to thrive throughout adulthood. Vibrant and Healthy Kids: Aligning Science, Practice, and Policy to Advance Health Equity builds upon and updates research from Communities in Action: Pathways to Health Equity (2017) and From Neurons to Neighborhoods: The Science of Early Childhood Development (2000). This report provides a brief overview of stressors that affect childhood development and health, a framework for applying current brain and development science to the real world, a roadmap for implementing tailored interventions, and recommendations about improving systems to better align with our understanding of the significant impact of health equity.

vibrant wellness test cost: Dirty Girl Wendie Trubow, Ed Levitan, 2021-10-12 Joint pain, chronic fatigue, hair loss, eczema, and plain old smelly gas. At first, you blamed it on getting older, even if you are in your twenties. Now? There are just too many issues to ignore. More importantly, you're tired of waiting to feel better-you won't ignore these symptoms anymore. No matter your age, gender, or background, if this sounds like you, it's time for a change. It's time to ditch the toxins and finally come clean. In Dirty Girl, physicians and functional medicine experts Wendie Trubow and Ed Levitan let you in on the answers you've been looking for to feel your best, age gracefully, and finally understand what your body has been trying to tell you. Along with stories from Wendie's own detoxification journey, you'll learn what other patients have done to identify the toxins causing chaos and illness and eliminate them from their lives. This how-to book shows you what to focus on, why a personal evaluation is a must, and how to take the first step-and the next-toward the healthiest, happiest you.

vibrant wellness test cost: Eat Right 4 Your Type (Revised and Updated) Dr. Peter J. D'Adamo, Catherine Whitney, 1997-01-06 THE NEW YORK TIMES BESTSELLING DIET BOOK PHENOMENON If you've ever suspected that not everyone should eat the same thing or do the same exercise, you're right. In fact, what foods we absorb well and how our bodies handle stress differ with each blood type. Your blood type reflects your internal chemistry. It is the key that unlocks the mysteries of disease, longevity, fitness, and emotional strength. It determines your susceptibility to illness, the foods you should eat, and ways to avoid the most troubling health problems. Based on decades of research and practical application, Eat Right 4 Your Type offers an individualized diet-and-health plan that is right for you. In this revised and updated edition of Eat Right 4 Your Type, you will learn: • Which foods, spices, teas, and condiments will help maintain your optimal health and ideal weight • Which vitamins and supplements to emphasize or avoid • Which medications function best in your system • Whether your stress goes to your muscles or to your nervous system • Whether your stress is relieved better through aerobics or meditation • Whether you should walk, swim, or play tennis or golf as your mode of exercise • How knowing your blood type can help you avoid many common viruses and infections • How knowing your blood type can help you fight back against life-threatening diseases • How to slow down the aging process by avoiding factors that cause rapid cell deterioration INCLUDES A 10-DAY JUMP-START PLAN

vibrant wellness test cost: The Autoimmune Fix Tom O'Bryan, 2016-09-20 Do you have crud in the blood? Millions of people suffer from autoimmunity whether they know it or not. The root cause of most weight gain, brain and mood problems, and fatigue, autoimmunity can take years--or even decades--for symptoms and a clear diagnosis to arise. Through years of research, Dr. Tom O'Bryan has discovered that autoimmunity is actually a spectrum, and many people experiencing

general malaise are already on it. And while autoimmune diseases, such as Alzheimer's, Multiple Sclerosis, osteoporosis, diabetes, and lupus, have become the third leading cause of death behind heart disease and cancer, many people affected are left in the dark. The good news is that many autoimmune conditions can be reversed through a targeted protocol designed to heal the autoimmune system, 70 percent of which is located in the gut. The Autoimmune Fix includes two comprehensive 3-week plans: In the first 3 weeks, you'll follow a Paleo-inspired diet during which you cut out gluten, sweets, and dairy--the three primary culprits behind autoimmunity. Once the dietary changes have been addressed, The Autoimmune Fix focuses on the other causes of autoimmunity such as genetics, other dietary issues, and microbiome. The Autoimmune Fix provides a practical and much-needed guide to navigating these increasingly common conditions to help you feel better and develop a plan that works for you.

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

vibrant wellness test cost: The Juice Lady's Juicing for High-level Wellness and Vibrant Good Looks Cherie Calbom, 1999 The newest book by the Juice Lady, presents a comprehensive nutritional guide to the health benefits of juicing, with a special emphasis on common and chronic ailments. Copyright © Libri GmbH. All rights reserved.

vibrant wellness test cost: *Know Your Blood, Know Your Health* Kristin Grayce McGary, 2020-04-07 A guide to accurate, individualized blood test analysis for improving personal health and avoiding disease • Explains the differences between conventional lab reference ranges for blood tests and functional analysis and why the difference is important to your health • Reveals what healthy blood should look like and the critical markers that signal the very beginnings of a health problem, including thyroid dysfunction and inflammation • Provides recommendations for bringing blood markers back to an optimal healthy range through diet and supplementation Your blood holds the clues you need to maintain vibrant health. Yet a standard blood lab panel--the most widely used diagnostic tool in Western medicine--may not reveal subclinical imbalances or the earliest beginnings of disease. Your lab work results may come back "normal," even though you have lingering symptoms of allergies, pain, headaches, fatigue, inflammation, depression, food cravings, PMS, or gas and bloating. This is because the reference ranges, to which you are being compared, are gathered from sources such as textbooks, averages based on outdated guess-work, or a small number of people who aren't even well. You could be a tenth of a point away from a disease pattern, but diagnostic protocol won't sound the alarm until you are "lab high" on a particular test. In *Know Your Blood, Know Your Health*, Kristin Grayce McGary explains the benefits of a Functional Blood Chemistry Analysis (FBCA), which looks at far more markers than standard blood tests and interprets your results against healthy ranges. Using real-life stories and examples, the author explains the basics of healthy blood and how a functional blood test provides a baseline for personal

health and a powerful tool for disease prevention. You will learn what is meant by a standard Complete Blood Count (CBC), find clues to strengthen your immune system, and discover which markers indicate inflammation. McGary details what different reference ranges mean and highlights the importance of a full thyroid panel for women. She reveals how health issues such as insulin resistance, high cholesterol, and anemia have specific patterns in blood chemistry. She also provides recommendations for bringing markers back to an optimal healthy range through diet and supplementation and offers a road map to using your unique blood chemistry to design a customized healthcare plan to optimize your health.

vibrant wellness test cost: SuperWellness Edith Ubuntu Chan, 2017-12

vibrant wellness test cost: Vibrant and Pure Adeline Waugh, 2020-02-04 80 brilliantly colorful and healthful recipes from the creator of the viral Instagram account Vibrant and Pure, which proves that wellness can be fun, easy, and flavorful. Adeline Waugh's colorful Instagram feed is a testament to the fact that healthy doesn't mean boring. Vibrant & Pure is a 360-degree food experience for all your senses, with recipes that are as nutritious and delicious as they are photogenic. From trendy pressed juices and nutrient-packed smoothie bowls to filling mains like Sticky Sumac Salmon with Pomegranate Chimichurri, Coconut Bolognese with Zucchini Noodles, Pink Caesar Salad, and Roasted Cauliflower Tacos, these recipes encourage you to treat your body to more boosted nutrition with bright, tasty, whole foods. Once you learn how to eat holistically, you'll be able to take off the training wheels and tailor Adeline's tips and tricks to fit your lifestyle. Maybe you will create the next viral food sensation!

vibrant wellness test cost: Conquering Lyme Disease Brian A. Fallon, Jennifer Sotsky, 2017-12-12 Lyme disease is the most common tick-borne illness in the United States, with more than 300,000 cases diagnosed each year. However, doctors are deeply divided on how to diagnose and treat it, giving rise to the controversy known as the "Lyme Wars." Firmly entrenched camps have emerged, causing physicians, patient communities, and insurance providers to be pitted against one another in a struggle to define Lyme disease and its clinical challenges. Health care providers may not be aware of its diverse manifestations or the limitations of diagnostic tests. Meanwhile, patients have felt dismissed by their doctors and confused by the conflicting opinions and dubious self-help information found online. In this authoritative book, the Columbia University Medical Center physicians Brian A. Fallon and Jennifer Sotsky explain that, despite the vexing "Lyme Wars," there is cause for both doctors and patients to be optimistic. The past decade's advances in precision medicine and biotechnology are reshaping our understanding of Lyme disease and accelerating the discovery of new tools to diagnose and treat it, such that the great divide previously separating medical communities is now being bridged. Drawing on both extensive clinical experience and cutting-edge research, Fallon, Sotsky, and their colleagues present these paradigm-shifting breakthroughs in language accessible to both sides. They clearly explain the immunologic, infectious, and neurologic basis of chronic symptoms, the cognitive and psychological impact of the disease, as well as current and emerging diagnostic tests, treatments, and prevention strategies. Written for the educated patient and health care provider seeking to learn more, Conquering Lyme Disease gives an up-to-the-minute overview of the science that is transforming the way we address this complex illness. It argues forcefully that the expanding plague of Lyme and other tick-borne diseases can be confronted successfully and may soon even be reversed.

vibrant wellness test cost: 8 Weeks to Vibrant Health Hyla Cass, Kathleen Barnes, 2004-11 A complete program to good health through restored body balance.

vibrant wellness test cost: The Pillars of Health John Pierre, 2013-09-17 Have you been on every diet imaginable, yet still feel unhealthy and low on energy? Do you go to the gym religiously—for a couple of weeks at a time? Do you find yourself trying desperately to focus but unable to keep up with everything going on in your hectic life? Are you frustrated by a world that seems full of inconsiderate, unpleasant people? The Pillars of Health will help you build a strong foundation that supports you in every one of these areas. Health expert John Pierre has spent decades working with clients, including seniors, on building better nutrition, fitness, mental acuity,

and compassion. Each one of these components, or pillars, is necessary for constructing a happy life overflowing with well-being—and best of all, it can be fun! In this book, you'll discover how to feel your best and have a good time doing it. Being fit and staying sharp doesn't have to be a struggle, and the tools John Pierre provides are simple and enjoyable to incorporate in your everyday routine. You'll discover the why behind each principle he presents and learn a variety of techniques that will help you build a strong, joyous life you love!

vibrant wellness test cost: Creating Healthy Organizations Graham Lowe, 2012-09-28 The current global economic environment is defined by unprecedented uncertainty, a premium placed on knowledge, and the threat of future talent scarcity. Key to an organization's success under these conditions is its ability to strengthen the links between people and performance. *Creating Healthy Organizations* provides executives, managers, human resource professionals, and employees an action-oriented approach to forging these connections by creating and sustaining vibrant and productive workplaces. A healthy organization operates in ways that benefits all stakeholders, including employees, customers, shareholders, and communities. Using a wide range of examples from a variety of internationally based industries, Graham Lowe integrates leading practices with research on workplace health and wellness, quality work environments, employee engagement, organizational performance, and corporate social responsibility to make a compelling business case for creating healthy, resilient, and sustainable organizations. *Creating Healthy Organizations* offers readers, whether CEOs or front-line workers, an innovative framework and practical tools for planning, implementing, and measuring healthy change in their workplaces.

vibrant wellness test cost: The End of Illness David B. Agus, Kristin Loberg, 2012-01-17 From one of the world's foremost physicians and researchers comes a monumental work that radically redefines conventional conceptions of health and illness to offer new methods for living a long, healthy life.

vibrant wellness test cost: Total Fitness and Wellness Scott Kline Powers, Stephen L. Dodd, 2016 Key Benefits: *Total Fitness and Wellness* gives readers a solid foundation in fitness and wellness, while providing them with the tools they need to make healthy behavioral changes and lifestyle choices. The vibrant design makes the book more approachable through modern chapter-opening photos, graphs, and detailed exercise photos. The Seventh Edition provides a clear learning path, labs that can be completed and submitted online, and a thoroughly revised guide to creating a comprehensive fitness and wellness plan, ensuring readers have the print and online tools they need to succeed. To take advantage of the power of Mastering, every chapter of the text includes numbered Learning Outcomes and a new study plan that ties directly into MasteringHealth activities. Key Topics: Understanding Fitness and Wellness; General Principles of Exercise for Health and Fitness; Cardiorespiratory Endurance: Assessment and Prescription; Improving Muscular Strength and Endurance; Improving Flexibility; Body Composition; Creating Your Total Fitness and Wellness Plan; Nutrition, Health, and Fitness; Exercise, Diet, and Weight Control; Preventing Cardiovascular Disease; Stress Management; Exercise: The Environment and Special Populations; Preventing Exercise-Related and Unintentional Injuries; Cancer; Sexually Transmitted Infections; Addiction and Substance Abuse Market: Intended for those who would like to gain a basic knowledge of fitness and wellness.

vibrant wellness test cost: National Prevention Strategy: America's Plan for Better Health and Wellness Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

vibrant wellness test cost: Mast Cells United: A Holistic Approach to Mast Cell Activation Syndrome Amber Walker, 2019-03-16 At 542 pages and referencing over 1200 academic articles, this book is the longest and most thorough resource on mast cell activation syndrome (MCAS) to date. Allergies and anaphylaxis are on the rise, alongside gastrointestinal problems, skin issues, fatigue, orthopedic pain, neurological symptoms, and just about everything in between. Patients are coming out of the woodwork with chronic, debilitating, often invisible illness. Recent research estimates that 14%-17% of the population may have mast cell activation disease. Much of the medical community has never heard of the condition, and existing mainstream treatment tends to focus predominantly on pharmacological management. However, once a patient has reached a stable baseline, there are a number of other individualized approaches that can guide patients to successfully address the underlying root issues. This book includes: 1) an in-depth overview of mast cell activation disease, with a focus on mast cell activation syndrome (MCAS); 2) a patient story describing life with MCAS; 3) a detailed literature review and current hypotheses for disease origins; 4) a practical guide of clinical considerations for diagnosis; 5) a chapter devoted to comorbid conditions, including Ehlers-Danlos syndrome, POTS, Lyme disease and much more; 6) several chapters devoted to mainstream and natural treatment options, dietary considerations, and strategies for holistic healing; 7) content from dozens of interviews with prominent MCAS experts, including specialists in allergy/immunology, hematology, functional medicine, naturopathy, psychology, nutrition, gastroenterology, physical therapy, clinical research, and more! Whether a patient, medical practitioner, or family member/friend, this book empowers readers and provides patients with concrete steps to move forward in the diagnosis and comprehensive treatment of mast cell activation syndrome.

vibrant wellness test cost: Natural Health Remedies Janet Maccaro, 2015-07-06 It's time to empower, restore, strengthen, and heal all of you!

vibrant wellness test cost: The Autoimmune Wellness Handbook Mickey Trescott, Angie Alt, 2016-11-01 The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

vibrant wellness test cost: Finding What Works in Health Care Institute of Medicine, Board on Health Care Services, Committee on Standards for Systematic Reviews of Comparative Effectiveness Research, 2011-07-20 Healthcare decision makers in search of reliable information that compares health interventions increasingly turn to systematic reviews for the best summary of the evidence. Systematic reviews identify, select, assess, and synthesize the findings of similar but separate studies, and can help clarify what is known and not known about the potential benefits and harms of drugs, devices, and other healthcare services. Systematic reviews can be helpful for clinicians who want to integrate research findings into their daily practices, for patients to make well-informed choices about their own care, for professional medical societies and other organizations that develop clinical practice guidelines. Too often systematic reviews are of uncertain or poor quality. There are no universally accepted standards for developing systematic reviews leading to variability in how conflicts of interest and biases are handled, how evidence is appraised, and the overall scientific rigor of the process. In Finding What Works in Health Care the Institute of Medicine (IOM) recommends 21 standards for developing high-quality systematic reviews of comparative

effectiveness research. The standards address the entire systematic review process from the initial steps of formulating the topic and building the review team to producing a detailed final report that synthesizes what the evidence shows and where knowledge gaps remain. *Finding What Works in Health Care* also proposes a framework for improving the quality of the science underpinning systematic reviews. This book will serve as a vital resource for both sponsors and producers of systematic reviews of comparative effectiveness research.

vibrant wellness test cost: *You Can Fix Your Brain* Tom O'Bryan, 2018-09-18 For anyone worried about any type of brain ailment, ranging from the chronic conditions to simple brain fog and fatigue, this essential guide covers the full spectrum of prevention to treatment. We've all experienced brain fog—misplaced keys, forgotten facts, a general feeling that you're just feeling off today. And many of us will experience that fog manifesting as something more permanent—either in ourselves or our loved ones. No matter what your current brain health state may be, *You Can Fix Your Brain* will enable and empower you to take concrete steps that will make an immediate difference in your brain's vitality, clarity, and energy. Your memory will improve, foggyiness will disappear, you'll be less tired all the time, and much more. And, you'll learn that these aren't empty promises. Dr. Tom O'Bryan, author of *The Autoimmune Fix*, knows how to create lasting changes in health, and he's here to share them with you. It's a step-by-step approach to better cognitive function—being selective about what's on your fork, what's in your environment, and how you take care of yourself can make a world of difference. With only one hour a week of practice, in 6 months, you can say goodbye to brain fog and welcome a better long-term memory and a sharper mind.

vibrant wellness test cost: *The Wahls Protocol* Terry Wahls M.D., Eve Adamson, 2014-03-13 An integrative approach to healing chronic autoimmune conditions by a doctor, researcher, and sufferer of progressive multiple sclerosis (MS) whose TEDx talk is already a web sensation Like many physicians, Dr. Terry Wahls focused on treating her patients' ailments with drugs or surgical procedures—until she was diagnosed with multiple sclerosis (MS) in 2000. Within three years, her back and stomach muscles had weakened to the point where she needed a tilt-recline wheelchair. Conventional medical treatments were failing her, and she feared that she would be bedridden for the rest of her life. Dr. Wahls began studying the latest research on autoimmune disease and brain biology, and decided to get her vitamins, minerals, antioxidants, and essential fatty acids from the food she ate rather than pills and supplements. Dr. Wahls adopted the nutrient-rich paleo diet, gradually refining and integrating it into a regimen of neuromuscular stimulation. First, she walked slowly, then steadily, and then she biked eighteen miles in a single day. In November 2011, Dr. Wahls shared her remarkable recovery in a TEDx talk that immediately went viral. Now, in *The Wahls Protocol*, she shares the details of the protocol that allowed her to reverse many of her symptoms, get back to her life, and embark on a new mission: to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions.

vibrant wellness test cost: *Educating the Student Body* Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. *Educating the Student Body*

makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

vibrant wellness test cost: Plant Power Bowls Sapana Chandra, 2022-08-09 70 nourishing plant-based bowls to energize and fuel your body naturally—from Instagram star, certified health coach, and Real + Vibrant's Sapana Chandra Not strictly for vegans, these recipes will appeal to everyone who wants to include more plant-based meals in their diets. As a certified health coach, Sapana ensures that each bowl contains a balance of healthy fats, complex carbohydrates, and proteins—plus the yum factor! The recipes in this book honor Sapana's common-sense philosophy for good health: eat real (food) and live well, and you will feel vibrant. Recipes are arranged seasonally so you can make the most of your area's local bounty and eat fresh throughout the year, including offerings such as: • Shaved Asparagus & Barley Bowl • Roasted Beet & Orange Bowl with a Pistachio-Lemon Dressing • Watermelon Poke with Spicy Siracha Dressing • Curried Cauliflower Bowl served with a Cilantro Chutney • Warming Chickpea Coconut Curry Bowl • White Bean & Crispy Rosemary Potato Bowl • Coconut Chia Pudding Bowl with Caramelized Bananas • Rosewater Bliss Ball & Yogurt Bowl • Coconut-milk-based ice creams, such as Blackberry-Lavender, Ash-Lemon, and Chocolate-Tahini Fudge

vibrant wellness test cost: The Adrenal Reset Diet Alan Christianson, NMD, 2014-12-30 Go from wired and tired to lean and thriving with The Adrenal Reset Diet Why are people gaining weight faster than ever before? The idea that people simply eat too much is no longer supported by science. The emerging idea is that weight gain is a survival response: Our bodies are under attack from all directions—an overabundance of processed food, a polluted world, and the pressures of daily life all take their toll. These attacks hit a very important set of glands, the adrenals, particularly hard. The adrenal glands maintain a normal cortisol rhythm (cortisol is a hormone associated with both stress and fat storage). When this rhythm is off, we can become overwhelmed more quickly, fatigued, gain weight, and eventually, develop even more severe health issues such as heart disease or diabetes. In The Adrenal Reset Diet, Dr. Alan Christianson provides a pioneering plan for optimal function of these small but powerful organs. His patient-tested weight-loss program is the culmination of decades of clinical experience and over 75,000 patient-care visits. In a study at his clinic, participants on the Adrenal Reset Diet reset their cortisol levels by over 50% while losing an average of over 2 inches off their waists and 9 pounds of weight in 30 days. What can you expect? • Learn whether your adrenals are Stressed, Wired and Tired, or Crashed and which adrenal tonics, exercises, and foods are best for you • The clinically proven shakes, juices, and other delicious recipes, to use for your Reset • New ways to turn off the triggers of weight gain with carbohydrate cycling, circadian repair, and simple breathing exercises • An easy 7-day ARD eating plan to move your and your adrenals from Surviving to Thriving

vibrant wellness test cost: 10% Happier Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a

bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

vibrant wellness test cost: The Complete Mediterranean Cookbook America's Test Kitchen, 2016-12-27 The #1 best-selling modern classic—America's Test Kitchen's indispensable guide to the life-changing Mediterranean diet, with more than 600,000 copies sold The famed Mediterranean diet is more than just a regional cuisine, it's food at its best: the variety of bright flavors and tastes, the health benefits, and the simple, uncomplicated dishes. America's Test Kitchen makes it easy to eat healthy, with over 500 kitchen-tested recipes from across the Mediterranean. Inside: Beyond Greece & Italy: You'll find a deeper variety of dishes from countries all around the Mediterranean Sea, including Turkey, Lebanon, Egypt, and Morocco Build Your Plate, Mediterranean Style: Learn to build meals that put the focus on the healthiest food first. You'll find large, plant-forward chapters devoted to Beans and to Vegetables, and more space is devoted to Seafood than to Poultry and Meat Mediterranean Mainstays: Detailed information on wholesome ingredients found in every supermarket is included throughout the book, from olive oil to whole grains, spice blends, plus a variety of seafood. Guides to meal planning, entertaining, and pantry building are also included Quick & Healthy: Many recipes are ready in 45 minutes or less—perfect for busy weeknights Nutrition First: Not only does every recipe have nutritional guidelines, but we also set specific nutritional goals (e.g. every fish recipe is less than 750 calories, with fewer than 8.5g of saturated fat) Need a house-warming gift? Get The Complete Mediterranean Cookbook Gift Edition, in a gorgeous keepsake hardcover edition Love your Instant Pot? Check out ATK's Mediterranean Instant Pot Want to build your repertoire even further? Try More Mediterranean: 225+ New Plant-Forward Recipes Endless Inspiration for Eating Well

vibrant wellness test cost: The Plantpower Way Rich Roll, Julie Piatt, 2015-04-28 A transformative family lifestyle guide on the power of plant-based eating—with 120 recipes—from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt, The Plantpower Way shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, The Plantpower Way has more than 120 delicious, easy-to-prepare whole food recipes, including hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core, The Plantpower Way is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. The Plantpower Way is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

vibrant wellness test cost: Introduction to American Deaf Culture Thomas K. Holcomb, 2013-01-17 Introduction to American Deaf Culture provides a fresh perspective on what it means to be Deaf in contemporary hearing society. The book offers an overview of Deaf art, literature, history, and humor, and touches on political, social and cultural themes.

vibrant wellness test cost: The New Primal Blueprint Mark Sisson, 2016-11-15 Mark Sisson's 2009 release of The Primal Blueprint was the catalyst for the primal/paleo/ancestral health movement to gain mainstream awareness and acceptance. Both the hardcover and paperback editions enjoyed a seven-year run at the top of the primal/paleo charts and selling hundreds of

thousands of copies. Sisson, publisher of the acclaimed MarksDailyApple.com, the acclaimed and most-visited primal/paleo blog, has spent the past six years diligently researching and evaluating recent the most up-to-date science and reflecting on thousands of users' experiences going primal. The second edition of The New Primal Blueprint offers a comprehensively revised, expanded, and updated message from the original runaway bestseller. The New Primal Blueprint serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable Primal Blueprint lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The Primal Blueprint laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits. The New Primal Blueprint comes alive with a vibrant full-color presentation packed with photos, graphics, and cartoons to make for a fun, easy, and memorable read. Join hundreds of thousands of primal enthusiasts and embrace a new way of life where you take responsibility for your health, fitness, and happiness. Reject once and for all the flawed conventional wisdom that has left modern citizens struggling with fatigue, excess body fat, and elevated disease risk factors as a consequence of grain-based eating habits, exhausting exercise routines, sedentary lifestyle patterns, and high-stress existences that misdirect our genes and promote illness instead of wellness and longevity. Here is a quick overview of the ten Primal Blueprint laws that will help you quickly and effortlessly reprogram your genes in the direction of health, happiness, and longevity:

Law #1 - Eat Plants and Animals: Enjoy the nutritious, satisfying foods that fueled two million years of human evolution. Law #2 - Avoid Poisonous Things: Avoid toxic modern foods (primarily refined vegetable oils, sugars, and grains) that make us fat, sick, and malnourished. Law #3 - Move Frequently: Enhance fat metabolism, improve cognitive function, and avoid the stress of chronic cardio by keeping active with aerobic workouts at a comfortable heart rate, increased everyday movement, and complementary flexibility/mobility activities throughout your day. Law #4 - Lift Heavy Things: Brief, intense sessions of functional, full-body resistance exercises supports muscle development, increases bone density, and prevents injury. Law #5 - Sprint Once in a While: Occasional all-out sprints turbo-charge fat reduction and deliver a boost of anti-aging hormones. Law #6 - Get Plenty of Sleep: Align your sleep with your circadian rhythm by minimizing artificial light and digital stimulation after dark, and creating a calm, quiet, dark sleeping sanctuary. Optimal sleep promotes healthy immune, brain, and endocrine function. Law #7 - Play: Balance the stress of modern life with some unstructured, physical fun! Both brief breaks and grand outings are essential to nurture a cognitively fluid mind and a free spirit. Law #8 - Get Plenty of Sunlight: Expose large skin surface areas frequently to optimize vitamin D production (increases energy, prevents cancer). Maintain a slight tan, but never burn. Diet alone doesn't cut it. Law #9 - Avoid Stupid Mistakes: Learn to be mindful and vigilant against dangers, both extreme and routine. Cultivate risk management skills to stay safe and sensible and eliminate "avoidable suffering." Law #10 - Use Your Brain: Engage in creative and stimulating activities away from your core daily responsibilities. This will keep you refreshed, energized, creative, and productive in everything you do.

vibrant wellness test cost: Medical Medium Anthony William, 2015-11-10 HEALING WISDOM THAT'S DECADES AHEAD OF ITS TIME Anthony William, the one and only Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated or that doctors can't resolve. He's done this by listening to a divine voice that literally speaks into his ear, telling him what lies at the root of people's pain or illness and what they

need to do to restore their health. His methods achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. Now, in this revolutionary book, he opens the door to all he has learned in over 25 years of bringing people's lives back: a massive amount of healing information, much of which science won't discover for decades, and most of which has never appeared anywhere before. Medical Medium reveals the root causes of diseases and conditions that medical communities either misunderstand or struggle to understand at all. It explores all-natural solutions for dozens of the illnesses that plague us, including: · Lyme disease · Fibromyalgia · Adrenal fatigue · Chronic fatigue syndrome · Hormonal imbalances · Hashimoto's disease · Multiple sclerosis · Depression · Neurological conditions · Chronic inflammation · Autoimmune disease · Blood sugar imbalances · Colitis and other digestive disorders · And more It also offers solutions for restoring the soul and spirit after illness has torn at our emotional fabric. Whether you've been given a diagnosis you don't understand, or you have symptoms you don't know how to name, or someone you love is sick, or you want to care for your own patients better, Medical Medium offers the answers you need. It's also a guidebook for everyone seeking the secrets to living longer, healthier lives. The truth about the world, ourselves, life, purpose—it all comes down to healing, Anthony William writes. And the truth about healing is now in your hands.

vibrant wellness test cost: Rosemary Gladstar's Herbal Recipes for Vibrant Health

Rosemary Gladstar, 2015-10-01 Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

vibrant wellness test cost: Your Inner Pharmacy Robert Blaich, 2011-08-02 Shift to a healthy mindset—and add years to your life! In the United States, almost one-third of the population lives with a chronic disease such as osteoarthritis, asthma, GERD and heartburn, heart disease, high blood pressure, diabetes, or anxiety/depression and mood disorders. Most chronic conditions are self-induced and are a product of our lifestyles and the result of an imbalance of chemicals that our own bodies produce. The good news is that Your Inner Pharmacy offers realistic options that can give you five, ten, even twenty more years of quality time that can delay, postpone, and often minimize the onset of chronic disease. By devoting ten percent of your leisure time to healthy aging activities (roughly five hours a week), you can affect the progression of these preventable chronic diseases.

vibrant wellness test cost: Trim Healthy Mam Serene Allison, Pearl Barrett, 2012-09 Trim Healthy Mama is more than a nutrition book, although you'll be armed with knowledge that will revolutionize your life. It is more than a recipe book, although you will find hundreds of quick and tasty recipes to satisfy your family and trim your waistline at the same time. Serene and Pearl coach you all the way through to freedom from food restriction and excess pounds. They go far beyond food and talk exercise, how to balance your hormones, and how to keep the fire alive in your marriage relationship. --from book description, Amazon.com.

vibrant wellness test cost: Tapestry of Health Daniel A Monti, Anthony J Bazzan, 2020-09-09 Tapestry of Health artfully synthesizes the complex world of healthy living into a set of clear principles in guiding you to feel your best and thrive at your highest potential through evidence-based integrative medicine treatment of body, mind and spirit. Living a healthy lifestyle is not always easy. The conflicting health advice can feel overwhelming. Tapestry of Health takes the complex world of healthy living and gives you a set of clear, uncomplicated health principles that will show you how to feel your best and thrive, no matter your starting point. The book shares practical and easy-to-implement health plans that will help you: ? transform your health and weight ? improve your nutrition ? optimize your sleep ? manage your stress Doctor Monti and Doctor Bazzan are clinical and academic pioneers in the emerging medical specialty of integrative medicine. They

having started the first-ever department of integrative medicine at a US medical school. In their book they share the principles and health plans they have used with their own patients over the last two decades to create transformative results. Their approach to health integrates all aspects of well-being, including the physical, emotional, intellectual, spiritual, social, and nutritional. They present here evidence-based restorative approaches and emerging cutting-edge strategies. They also offer a new perspective on how we view wellness in a way that reflects the shift from seeking medical care only when we are sick to one when we mindfully take responsibility for maintaining a healthy lifestyle. All this makes Tapestry of Health your partner on your path to optimal wellness.

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