

weight and wellness portland maine

Weight and Wellness Portland, Maine: Your Journey to a Healthier You Starts Here

Are you searching for a path to improved weight and wellness in the beautiful city of Portland, Maine? Feeling overwhelmed by the sheer number of options available? This comprehensive guide is designed to help you navigate the landscape of weight loss and wellness programs in Portland, highlighting key considerations and offering insights to help you find the perfect fit for your unique needs and goals. We'll explore different approaches, discuss what to look for in a program, and even offer some tips for maintaining a healthy lifestyle long-term, all within the vibrant context of Portland, Maine.

Understanding Your Weight and Wellness Needs in Portland, Maine

Before diving into specific programs, it's crucial to understand your individual needs. Are you looking for a quick fix or a sustainable lifestyle change? Do you prefer group classes, one-on-one coaching, or a blend of both? Consider these factors:

Your health history: Pre-existing conditions, allergies, and past experiences with weight loss programs are vital considerations. A reputable program will take these factors into account.

Your lifestyle: Your work schedule, family commitments, and social life will all impact your ability to stick to a program. Choose something that fits seamlessly into your daily routine.

Your budget: Weight loss and wellness programs range significantly in price. Establish a budget beforehand to avoid unexpected financial strain.

Your personal preferences: Do you prefer a structured, regimented approach or a more flexible, personalized plan? Some people thrive in group settings, while others prefer individual support.

Portland, Maine offers a diverse range of options to cater to these individual preferences. From boutique fitness studios emphasizing mindful movement to medically-supervised weight loss clinics, you'll find a program tailored to your specific needs.

Finding the Right Weight Loss Program in Portland, Maine

Portland's wellness scene is thriving, offering a diverse range of weight loss programs. Here's a breakdown of common options and what to look for when making your choice:

Medical Weight Loss Clinics: These clinics offer medically supervised weight loss programs, often involving nutritional counseling, medication, and regular check-ups with a physician. This approach is particularly beneficial for individuals with underlying health conditions. Look for board-certified physicians and a holistic approach that addresses both physical and mental health.

Registered Dietitians and Nutritionists: Consulting a registered dietitian is a fantastic way to create

a personalized nutrition plan tailored to your needs and preferences. They can help you understand your dietary requirements, make healthy food choices, and develop sustainable eating habits. Many Portland dietitians offer in-person and virtual consultations.

Fitness Centers and Gyms: Portland has numerous fitness centers offering a range of classes, equipment, and personal training options. Look for gyms with a supportive community atmosphere and qualified trainers who can provide guidance and motivation. Consider the gym's location, hours of operation, and the types of classes offered to ensure they fit your lifestyle.

Yoga Studios and Wellness Centers: Portland's wellness scene includes many yoga studios and centers offering classes focused on mindful movement, stress reduction, and overall well-being. Yoga can be a fantastic complement to a weight loss program, promoting flexibility, strength, and stress management.

Online Programs and Apps: While not specific to Portland, many excellent online weight loss programs and apps are available. These can offer convenience and flexibility, allowing you to track your progress and receive support from anywhere. However, ensure the program is reputable and offers personalized guidance.

Maintaining Long-Term Weight and Wellness in Portland

Achieving your weight loss goals is only half the battle. Maintaining a healthy lifestyle long-term requires commitment, planning, and support. Here are some tips for sustaining your progress:

Build a support system: Surround yourself with supportive friends, family, or a community group. Sharing your journey with others can provide encouragement and accountability.

Find activities you enjoy: Exercise shouldn't feel like a chore. Find activities you genuinely enjoy, whether it's hiking in Portland's scenic parks, biking along the Eastern Promenade, or taking a dance class.

Focus on gradual, sustainable changes: Avoid drastic diets or workout routines that are difficult to maintain. Instead, make small, incremental changes that you can stick with over time.

Prioritize self-care: Stress can sabotage weight loss efforts. Make time for activities that help you relax and de-stress, such as yoga, meditation, or spending time in nature.

Seek professional support when needed: Don't hesitate to reach out to a therapist, counselor, or dietitian for additional support if you're struggling to maintain your progress.

Conclusion

Your journey to improved weight and wellness in Portland, Maine starts with understanding your needs and finding the right program for you. By considering your health history, lifestyle, budget, and personal preferences, you can choose a program that helps you achieve your goals sustainably. Remember that long-term success requires commitment, planning, and support. Embrace the vibrant wellness scene in Portland, and embark on your path to a healthier, happier you!

FAQs

1. What are some affordable weight loss options in Portland, Maine? Many community centers

and YMCA branches offer affordable fitness classes and programs. Look into local parks and trails for free outdoor exercise options. Additionally, consulting a registered dietitian for a personalized meal plan can be more cost-effective in the long run than expensive fad diets.

1. Are there weight loss programs in Portland that cater to specific dietary needs (e.g., vegan, vegetarian, gluten-free)? Absolutely! Many dietitians and wellness centers specialize in creating personalized plans for various dietary restrictions. Look for practitioners who explicitly state their experience with these dietary needs.
1. How can I find a reputable weight loss program in Portland? Check online reviews, ask for recommendations from friends and family, and verify credentials (e.g., board certification for physicians and registered dietitians). Look for programs that emphasize a holistic approach and sustainable lifestyle changes.
1. What are some free resources for weight loss and wellness in Portland? Portland offers many free resources, including walking and biking trails, public parks, and free community fitness classes offered by some organizations. Check your local library for books and resources on healthy eating and exercise.
1. How do I balance my social life with a weight loss program in Portland? Choose a program that fits your lifestyle and schedule. Involve your friends and family in your journey, find activities you can enjoy together, and don't be afraid to politely decline social events that conflict with your health goals. Remember, prioritizing your well-being doesn't mean sacrificing your social life completely.

weight and wellness portland maine: Managing Pediatric Obesity Using Advanced Therapies
Claudia K. Fox, 2023-11-26 Treatment of pediatric obesity, to date, has largely focused on lifestyle therapy. While lifestyle therapy is essential for obesity management, it is often insufficient, particularly for youth who have severe forms of the disease. Underlying the limitations of lifestyle therapy is the recognition that obesity is a biological disorder of the energy regulatory system and accordingly, to effectively manage obesity, the underpinning pathophysiology needs to be addressed. This pathophysiology can be targeted with more advanced therapies including anti-obesity medications and metabolic and bariatric surgery, two treatment strategies supported by the American Academy of Pediatrics. Written by leading experts in the field, *A Practical Guide to Managing Pediatric Obesity* is comprised of thirteen chapters, each including suggested protocols and case examples. The first chapter details the complex pathophysiology of obesity and sets the stage for why advanced therapies are critical for effective obesity management. Chapter two

provides guidance on best practices for communicating with patients and families about obesity. The next three chapters provide direction on how to do a comprehensive patient assessment, and employ dietary and physical activity interventions. The heart of this guidebook is the chapter on pharmacological treatments, which details the mechanisms of action, research results, and recommendations for anti-obesity medication selection and monitoring outlined in a step-by-step fashion. Pre- and post-operative care for the pediatric bariatric surgery patient is detailed in the next chapter. Assessment and management of behavioral and psychological complications, type 2 diabetes, non-alcoholic fatty liver disease, polycystic ovary syndrome, hypertension, and dyslipidemia are covered in the subsequent five chapters. Syndromic and monogenic obesity are discussed in the final chapter.

weight and wellness portland maine: Nursing Interventions Gloria M. Bulechek (ed), 1992 Reviews current research and clinical practice for over 40 nursing interventions - including nursing diagnoses and outcomes. The selection of interventions spans the clinical spectrum from acute and critical care to lifestyle alterations and wellness.

weight and wellness portland maine: The One One One Diet Rania Batayneh, 2013-12-24 Anyone who has tried to slim down is used to adding (calories, points, fat grams, net carbs) and subtracting (pounds, inches, dress sizes). But all that diet math rarely results in long-lasting weight loss. To be successful on The One One One Diet, readers only need to count to one: one protein, one carb, and one fat at every meal. For over 12 years, nutritionist Rania Batayneh has used this plan with more than 800 clients, and they've collectively dropped thousands of pounds permanently. The One One One Diet isn't another get-slim-quick fad, but rather gives readers the tools to eat healthfully for life. As long as readers stick to the ratio, nothing is off limits. Craving pizza? The crust (carb), sausage (protein), cheese (fat), and free veggies combine for a balanced, satisfying meal. Holiday family meals? Roast beef (protein), mashed potatoes (carb), gravy (fat), and green beans (free veggies) are on the table. The plan is perfectly adaptable to every lifestyle, food preference, cuisine, and personality. To illustrate how flexible and delicious this plan can be, Rania shares 75 recipes that she developed for her healthy meal catering service. Dishes such as Sumac-Infused Chicken Wraps, Butternut Squash Chickpea Curry, and Zucchini Chip Muffins are fast and easy to make and definitely don't taste like diet food. With The One One One Diet, readers will enhance overall wellness, lower cholesterol and blood pressure, increase energy and alertness, and reach their goal weight for good.

weight and wellness portland maine: Walk Your Butt Off! Sarah Lorge Butler, 2013-02-26 Offers a simple walking program that can be completed in thirty minutes a day and will increase weight loss, help break plateaus, and accelerate fitness levels.

weight and wellness portland maine: Walk Your Butt Off! (Enhanced Edition) Sarah Lorge Butler, Leslie Bonci, Michele Stanten, 2013-02-26 The enhanced edition of Prevention's practical walking program features exclusive video content (including exercises!) to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster. Developed by former Prevention fitness director and walking expert Michele Stanten, Walk Your Butt Off! will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results. Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day. And, at no more than 30 minutes each, these daily walks can fit into even the busiest schedule. Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci, this easy step-by-step guide to permanent weight loss is suitable for everyone.

weight and wellness portland maine: 14-Day Detox for Weight Loss Kim McDevitt MPH, RD, 2020-08-18 14 Days to feel physically and mentally lighter—with 75 delicious detoxifying recipes With this detox, you'll lose weight—and you'll feel better. The 14-Day Detox for Weight Loss offers a doable, affordable two-week meal plan that helps you begin your journey toward a healthier and happier life. This easy-to-follow plan and 75 delicious, healthy recipes will give you the confidence to

take your wellness to the next level. Start by learning about the fundamentals of detoxing, plan your week, and then enjoy recipes like Almond Flour Waffles and Chicken Pad Thai. You'll find out what foods to enjoy, which to avoid, how to effectively grocery shop, and the best ways to meal prep. Embrace two weeks of clean eating to boost your overall well-being. The 14-Day Detox for Weight Loss includes: 75 Can't-Miss Recipes—The detox dishes range from classic breakfast favorites to hearty dinners, and everything in between. Long-term results—Discover a detox diet that balances immediate results with pursuing and maintaining your longer-term goals. Efficiency Tips—Use helpful tips for efficiently stocking a pantry, cooking, and planning meals to avoid wasting money, food or time. When you're ready to transform your health, The 14-Day Detox for Weight Loss shows you how.

weight and wellness portland maine: The New Yorker , 2001

weight and wellness portland maine: Encyclopedia of Wellness [3 volumes] Sharon K. Zoumbaris, 2012-06-06 This wide-ranging encyclopedia addresses our rapidly changing understanding of health and wellness, providing a collection of essays that are up-to-date and comprehensive in both scope and breadth. Encyclopedia of Wellness: From Açai Berry to Yo-Yo Dieting offers expert advice to anyone seeking information on a condition or illness. More than that, however, this three-volume resource is a compendium of practical information on how to reduce poor health choices and live a healthy, active, vibrant life. A source of basic, easily understandable entries on health and wellness, the encyclopedia covers an extraordinarily broad array of health-related topics including acupuncture, art therapy, biofeedback, food additives, nutrition labels, organic foods, and workplace wellness. Bulimia is covered, as are depression, autism, cancer, and environmental hazards. Essays examine issues related to healthy living for the mind and the body, stressing the importance of the mind-body connection to good health. Information is also offered on practical concerns such as medical savings accounts, changes in medical insurance, and the U.S. health care system. Throughout, the encyclopedia presents knowledge gleaned from new research on treatment and especially on choices in nutrition and exercise.

weight and wellness portland maine: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

weight and wellness portland maine: The Core Balance Diet Macelle Pick, MSN OB/GYN NP, 2013-03-04 Is your weight gain making you miserable? Have you noticed that you're packing on pounds in unpleasant places? Or is the scale—and the way you feel about yourself—just stuck, no matter how much you diet or exercise? If you've struggled without success to lose weight and keep it off, there's always a reason, and—surprise!—it probably has little to do with how hard you try or how many calories you count. The Core Balance Diet is a breakthrough plan designed to restore your body's equilibrium and return you to a healthy, sustainable weight. Marcelle Pick draws upon decades of experience, both her patients' and her own, to help you: • Learn simple lifestyle changes and smart nutrition choices that will show you how to tune in to your body and identify your fundamental obstacles to weight loss • Adopt a customized two-week program geared at restoring your Core Balance and shedding those toxic pounds once and for all • Enjoy delicious recipes made from whole foods that give your body the support it needs to heal • Explore underlying issues and emotional patterns that may be getting in your way The Core Balance Diet heralds a whole new chapter in weight loss, proving how easy it is to work with your body and the right foods - not

against them – to rid yourself of weight and unhealthy habits for good. Within a month, you'll be on your way to a lean, fit, and balanced body that is ready to support you – and look great – for the rest of your life.

weight and wellness portland maine: The Memory of Health Edie Summers, 2016-02-26 What is your journey to well-being? Do you suffer from health issues or a chronic condition? Do you have M.E., CFS, or chronic fatigue? Is stress affecting your well-being? Do you have chronic fatigue or a chronic condition? Are you seeking answers? If you have chronic fatigue for any reason (M.E., CFS, burnout, another chronic condition, on-going stress, trauma, etc.) check this book out! The Memory of Health is a memoir and a guide to living well. It is also a comprehensive resource on chronic fatigue, possible solutions, and on how self-care and lifestyle medicine may help you. What makes you thrive, even in the face of great odds? What makes you come alive? At the age of 22, Edie developed chronic fatigue after having surgery for a ski accident. While physical therapy was helpful, she had to seek alternative treatment to regain full use of her knee. In the course of seeking answers to her health challenges, she discovered the power of mindful living and became a conscious consumer. Whether you like mainstream, alternative, or integrative medicine as your solution for health and well-being, be conscious of the choices you make, because they matter. #cfs #chronicfatigue #chronicillness #booksonhealth #M.E. #booksonfatigue #booksonchronicfatigue #howtogetmoreenergy #adrenalsufficiency #burnout #trauma #energy #moreenergy #theoriesofcfs #theoriesofchronicfatigue #howtoimprovenenergylevels

weight and wellness portland maine: *Prevention's Ultimate Guide to Women's Health and Wellness* Elizabeth Crow, 2002-10-18 A guide to women's health draws on the latest medical research to answer questions concerning a wide variety of health issues, with sections on how to cope with the problems of aging and a six-step plan for healthy exercise.

weight and wellness portland maine: *Ultraprevention* Mark Hyman, 2005-01-04 Offers a science-based, patient-centered program designed to improve overall health, prevent disease, increase energy, enhance mood, diminish stress, and provide better overall health for people of all ages.

weight and wellness portland maine: Commandant's Bulletin , 1995-02

weight and wellness portland maine: *Body with Soul* Randy Jackson, 2008-12-02 From beloved American Idol judge Randy Jackson, a complete, inspiring wellness plan for taking control of your health The obesity epidemic is spreading throughout America, bringing with it health problems from diabetes to hypertension to heart disease. A lifetime of poor fitness and nutrition choices left Randy Jackson lethargic, overweight, and with a diagnosis of Type II diabetes. After years of yo-yo diets, hours in the gym, and even gastric bypass surgery, Randy finally decided to change his life. Body with Soul is his tried-and-true wellness plan; filled with meal plans, re-tooled recipes of Southern favorites, and workouts for people on the go, the regimen here is user-friendly and promises results. Having lost one hundred pounds, Randy is healthier than ever, and his diabetes has been in remission for five years. The program offered by Body with Soul ensures that readers, like Randy, can get their health in check, and lead happier, healthier lives.

weight and wellness portland maine: *The Blood Code* Dr. Richard Maurer, 2014-05-09 One-size-fits-all dietary and health advice fails to help most individuals reverse type 2 diabetes, hypothyroid symptoms, and heart disease. The Blood Code walks a line between a reference text and self help book--Step One of The Blood Code is a simple blood test panel where you can learn from the simple actionable science within you. Subsequent Steps in the book provide a road map that provides you the power to reverse these metabolic conditions and experience the health and energy you deserve. Dr. Maurer provides an optimistic evidence-based message - medical diagnoses such as prediabetes, type 2 diabetes and hypothyroid are not troublesome illnesses but rather advantageous expressions of a body that has learned to store more and spend less. The Blood Code clears the air of confusion and allows you to reliably find the dietary and fitness habits that are right for your long and productive life.

weight and wellness portland maine: *Am I Hungry* Michelle May, 2005 Finally, the antidote

to ineffective dieting! Am I Hungry? is a rational, comprehensive, step-by-step guide to weight management. This multi-dimensional team has constructed a beautifully simple system using the innovative Eating Cycle, compelling stories to illustrate important concepts, and evidence-based nutrition and fitness advice that anyone can follow. Each chapter includes practical strategies for re-establishing hunger as the primary cue for eating, balancing eating for enjoyment with eating for health, and finding joy in physical activity. This book will help those who struggle with food and weight build sustainable healthy attitudes and behaviors, and more satisfying, fulfilling lives. ? Rediscover simple, yet powerful tools for knowing when, what, and how much to eat? Stop obsessing about food, eating, and your weight'and free yourself to live the fulfilling life you deserve? Experience the pleasure of eating the foods you love without guilt? Learn the truth about nutrition without confusing, arbitrary rules? Never again exercise to earn food or punish yourself for eating? Boost your metabolism and increase your energy and fitness painlessly? Nourish your body, mind, and spirit to build optimal health, energy, and joy

weight and wellness portland maine: Access , 2005

weight and wellness portland maine: The Diet Code Stephen Lanzalotta, 2006-04-03 Eat bread and cheese, drink wine-and lose weight!The secret lies in an ancient mathematical formula now transformed into... The Diet Code as a master baker and craftsman, Stephen Lanzalotta had been applying the mathematical principles of the Golden Ratio for more than twenty years. His realization that this ancient, universal formula, used by Da Vinci and other great geniuses of the Renaissance, also held the secret to optimal nutrition and health led him to apply it to his own diet and the menu at his popular cafe. The weight loss and sense of well-being that he and his customers experienced convinced him that he had cracked the diet code, discovering a simple, natural, and nutritious approach to healthy eating that is as easy as 1, 2, 3. His revolutionary Mediterranean-style eating program uses the Golden Ratio to link the proper proportions of everyday foods to boost metabolism and spark weight loss. Combining a three-phase eating program with detailed menu plans, mouthwatering recipes, Renaissance lore, and Italian-inspired lifestyle advice, The Diet Code is a unique health and weight loss program from the ages for the ages. In it readers will: Crack the diet code-discover how the Golden Ratio can work for you to boost metabolism and maximize nutrition and weight loss Forget about the math-it's all done for you, and the net result is deliciously simple: 1 part grain carbohydrate, 2 parts protein, 3 parts vegetables at every meal Enjoy bread again! It really is the staff of life-as long as you eat it along with the right amount of fat or protein Experience natural weight control-choose and properly prepare healthful, readily available foods as they did during the Renaissance. The Diet Code is a unique approach to eating well based on a mathematical phenomenon that's been around for centuries but has never before been applied to diet. Now prepare to lose weight and get healthy by asking yourself, What would Da Vinci eat?

weight and wellness portland maine: I'm So Effing Tired Amy Shah, 2021-03-02 Exhaustion doesn't have to be your new normal Are you feeling overwhelmed, overstressed, and overtired? If so, you're not alone - and you don't have to settle for feeling this way. Inspired by her personal wellness journey, Dr. Amy Shah has created this program so that you can regain your energy and reclaim your life. The key is tapping into the powerful energy trifecta: the complex, interconnected relationship between your gut, your immune system, and your hormones. Drawing on the latest science and her work helping thousands of clients, Dr. Shah explains how to transform your life by changing: What You Eat: increase your fiber-rich, prebiotic vegetables, without giving up your wine and chocolate!? When You Eat: intermittent fasting - the right way - can revamp your energy Why You're Stressed: discover simple exercises and herbs that ease anxiety In just two weeks, you'll feel your energy surge. In three months, you'll feel like a whole new person. It's time to regain the energy you've lost, so you can get back to the life you want to live.

weight and wellness portland maine: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2000

weight and wellness portland maine: Conquering Infertility Alice D. Domar, Alice Lesch Kelly, 2004-02-24 Infertility is a heartbreaking condition that affects nine million American couples

each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar—whom Vogue calls the “Fertility Goddess”—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life.

weight and wellness portland maine: Meditate Your Weight Tiffany Cruikshank, 2016-07-05 Hundreds of medical studies have shown the spectacular health benefits of meditation. Now Tiffany Cruikshank, founder of Yoga Medicine, puts that scientific research to good, practical use by incorporating easy-to-use, targeted meditations into a unique weight-loss programme. This 21-day plan optimizes health as well as body image by tapping the hidden strength of the mind. We learn a whole new way to lose weight and it takes just a few relaxing and energizing minutes a day. Learn: • How to get started: advice for new meditators (no weird positions or chants required) • 3, 5, 7 and 10 minute meditations that bust cravings, break self-defeating habits, stress-proof the body and reboot the brain • What to eat - and the top 5 foods to consider avoiding • How to continue your success after your 21-day retreat • Bonus: 10 stress-relieving, cardio-revving yoga exercises to complement the plan Each day of the plan in *Meditate Your Weight* helps you explore and release what's weighing you down physically, emotionally and mentally - the mental blocks, thoughts, habits and behaviours that stand in your way - to make it easier to think more clearly, make better choices and maximize metabolism. As you lighten up on the inside, you'll lighten up on the outside!

weight and wellness portland maine: Women's Health & Wellness 2004 , 2003

weight and wellness portland maine: Wellness Foods , 2003

weight and wellness portland maine: The South Beach Diet Supercharged Arthur Agatston, M.D., Joseph F. Signorile, Joseph Signorile, PhD, 2009-04-28 Provides meal plans, easy-to-prepare recipes, workout and body-toning program, and additional research on the South Beach Diet including which foods are high in vitamins, minerals, and fiber.

weight and wellness portland maine: 7 Keys to Spiritual Wellness Joe Paprocki, 2012-02-01 In *7 Keys to Spiritual Wellness*, best-selling author Joe Paprocki provides a prescription for spiritual health based on the rich wisdom of Catholic Tradition. Through his nondogmatic, downright inviting style of writing, Paprocki makes this book eminently accessible to non-Catholics and seekers as well. Recognizing that the spiritual immune system is weakened almost daily by toxic patterns and attitudes that negatively impact our ability to live in a harmonious relationship with God and others, Paprocki offers seven enduring and reliable strategies for achieving spiritual wellness. After identifying practical ways to integrate each of these strategies into daily living, he describes seven persistent dangers to our spiritual well-being and how these dangers manifest themselves in our lives. At its core, *7 Keys to Spiritual Wellness* helps us see the Christian faith not as a collection of rules and doctrine, but as a spiritual path—a path whose guideposts for spiritual wellness are sure to lead us to a more meaningful life and to a much richer experience of our faith.

weight and wellness portland maine: The Hormone Shift Dawn M. Cutillo, 2012 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of

ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal shift that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers...and slowing the aging process as an extra benefit! If you are one of the many women saying.... These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? I'm counting FLOCKS of sheep and still can't sleep! I'm working out, eating like a bird and can't lose a single pound! Sex? Are you kidding? I'd rather be sleeping or eating. My thyroid medicine just doesn't seem like it's helping me lose weight. Depressed? That's an understatement, nothing is really fun anymore. This book is a must-read!

weight and wellness portland maine: The IBS Elimination Diet and Cookbook Patsy Catsos, MS, RD, LD, 2017-04-11 The complete guide for overcoming IBS by discovering your triggers and building a personalized, doable, and fulfilling diet around nutritious, delicious foods that let you finally feel your best. Patsy Catsos, MS, RDN, LD, pioneered the use of the low-FODMAP diet to find your unique FODMAP fingerprint when she self-published IBS--Free at Last!, ushering in a new era of treating IBS through diet instead of medication. Written for at-home use, her book quickly established itself among doctors and other specialists as an invaluable tool for anyone suffering from IBS, Crohn's disease, ulcerative colitis, SIBO, and gluten sensitivity. This new, definitive edition offers the theory along with a program that walks you through eliminating FODMAPs (difficult-to-digest carbohydrates found in a variety of otherwise healthy foods) and adding them back one by one--the most usable, thorough program available. And its 56 delicious recipes, 24 full-color photos, and comprehensive guides to high- and low-FODMAP foods make this the bible of the low-FODMAP lifestyle. Here is your plan for eating well while finally feeling great. Note: This is the updated and expanded edition of IBS—Free at Last, including its landmark 8-step program.

weight and wellness portland maine: Pediatric Skills for Occupational Therapy Assistants - E-Book Jean W. Solomon, Jane Clifford O'Brien, 2015-09-14 - NEW! Content on emerging areas of practice (such as community systems) broadens readers' awareness of where interventions for children can take place. - NEW! Content on physical agent modalities (PAMS) outlines the theory and application of PAMS as used by OTAs with pediatric clients. - NEW! Pediatric MOHO assessments that are now available in the chapter on Model of Human Occupation (MOHO) assessments describe how these assessments can help with intervention. - NEW! Content on childhood obesity, documentation, neurodevelopmental treatment, and concepts of elongation have been added to keep readers abreast of the latest trends and problems.

weight and wellness portland maine: Postsecondary Sourcebook for Community Colleges, Technical, Trade, and Business Schools Northeast/Southeast Edition, 2010-12

weight and wellness portland maine: Choose to Lose Chris Powell, 2011-12-27 Don't lose the will to become the person you want to be. Choose to Lose the weight, and start the next chapter of your life as the person you know you truly are. EAT MORE CARBS BURN FAT BUILD MUSCLE QUICK-FIX RECIPES NO GYM REQUIRED CHEAT EVERY OTHER DAY From celebrated fitness

trainer Chris Powell, star of ABC's Extreme Makeover: Weight Loss Edition, comes this inspirational weight loss book to help anyone conquer their weight. You've seen him change lives on television. Now, in Choose to Lose, Powell presents fast and easy workouts, diet guidance, basic recipes, and insight into finding the true transformation mindset. Following his Carb Cycle Solution, you can drop pounds safely and quickly while learning how to 'listen to your body' to optimize your overall health and fitness. Powell's easy-to-follow Carb Cycle Solution contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only are you encouraged to eat carbs, but he will show you how to use them to amplify your weekly weight loss. By cycling between high-carb and low-carb days, your body will alternate boosting metabolism one day and burning fat the next. You will never feel deprived of the foods you love because you can fine-tune the solution to suit your needs. Powell gives you complete control over your nutrition, plus plenty of opportunities to indulge, and offers many delicious recipes to help you stay on track. If you work it, the Carb Cycle Solution may very well work for you--for the rest of your life. With detailed exercises and accompanying photographs, as well as guidelines on how to revamp your environment, support system, and more, Powell not only shows you how to lose pounds, but also works with you as a coach and mentor, teaching you how to finally take control of the incredible machine that is your body. His words of encouragement will be there day after day as you build unstoppable momentum, guiding your body toward your ideal weight. Great physical change begins with a psychological one: change your mind, change your body.

weight and wellness portland maine: The Forever Fat Burner Linné Linder, 2018-01-21 Are you tired of dieting? Are you frustrated that the typical low-calorie diet and exercise model no longer works for you? Do you feel as if your metabolism has slowed as a result of your dieting and over-exercising history? The Forever Fat Burner is your solution. For too long we have been bombarded by a deluge of dietary information and hype that leads each of us to a downward spiral of chasing the latest fad. And while each dietary fad may assist in a few pounds lost, the most important piece is often missing from these trends: an individualized approach toward weight loss with an understanding that each body is uniquely designed. With this in mind, it is important to note that Dr. Linder is a firm believer that no diet is a one-size-fits-all solution. On a mission to lose 45 pounds, renowned wellness warrior, lifestyle enthusiast and aging-well expert, Dr. Linder tried every diet available. This book is a compilation of the cutting-edge research that led her not only to lose the weight but to help others do the same. She takes the guess work out of creating the body of your dreams. Her discoveries include the latest research, sound nutrition, and cognitive psychology that come together in a succinct package to help turbocharge your metabolism and reveal a healthier, stronger, thinner you. You can achieve these results without restriction, over exercising and creating metabolic damage. The methods mentioned in this book, while simple, can help to improve genetic expression and potentially prevent the expression of unfavorable outcomes (i.e. family history). This method is not a diet nor is it a quick fix solution. On the contrary, it is a revolutionary lifestyle plan that is relevant to your overall wellness goals. It is an individualized blueprint that walks you through step-by-step guidelines for determining if your current eating plan needs adjusting. The Forever Fat Burner is a goldmine of information to assist you in achieving what you desperately long for: maximum results with minimal effort. Welcome to your one-stop-guide to help you develop the skills necessary to navigate your body's response to food and fitness. With these tools, you create the best diet and exercise routine for your unique genetic blueprint. Here is what The Forever Fat Burner is helping many others to achieve: Learn how to use cognitive science to change your mindset; and therefore, achieve success where you have previously failed. Learn how to clear away old habits that are preventing you from achieving your goals. Identify the hormones responsible for weight gain and the dreaded plateau. Increase your weight loss potential by manipulating your hormones through small--but significant--changes. Learn why intermittent fasting works for some folks and not others. Create an individualized approach to maintaining weight loss after a medically assisted program (i.e. hCG). Feel empowered and skilled in the ability to identify your roadblocks and take control of your weight loss, once and for all. Apply a realistic and functional approach toward

nutrition that will assist in correcting the imbalance in your body's ability to burn fat and to heal metabolic damage. Savor the many nutritionally dense recipes that have become staples in Dr. Linder's diet, including chocolate truffles, crustless quiche, eggs Benedict, crab cakes and more! Utilize a step by step guide to help you determine if you need to lower or increase your carbohydrate intake and how to do so safely. Incorporate daily detoxification methods. Take creative action steps toward achieving success in all of your physical goals. Utilize tons of tips, tricks, guides and printouts to help you on your journey toward an improved body. This method of self-guided nutrition and exercise will help you lose weight, gain energy, improve your mindset and turn you into the ultimate fat-burning machine, without deprivation!

weight and wellness portland maine: The Flex Diet James Beckerman, 2014-12-20 SMALL CHANGES YIELD BIG RESULTS. Many diet books present readers with a single, inflexible program which forces them to stay on that diet or risk another dieting failure. Rather than teaching you just one way to lose ten or twenty or even fifty pounds, The Flex Diet shows you how to lose a single pound . . . in 200 different ways. A medically proven approach to weight loss from WebMD's heart expert, The Flex Diet allows you to create your own customized weight-loss plan—one that fits your lifestyle, is full of tasty and nutritious meals, boosts energy levels, and keeps the weight off for good. Start TODAY to lose five pounds: The Flex Diet begins with a two-week phase called "Today," when you begin to make small changes to your diet and lifestyle that will help you lose weight right now and create a blueprint to a new you. It's as easy as keeping a food diary, taking a multivitamin, and getting more sleep. Do it EVERY DAY and lose ten more pounds: Next, three weeks of "Every Day Solutions" introduce meal plans for breakfast, lunch, and dinner with dozens of tasty recipes and complete nutritional information. Heart healthy exercise and lifestyle options let you retool your life. Get yourself started on positive Every Day habits like storing leftovers before you eat, switching to skim milk, and walking during breaks at work. Have it YOUR WAY to keep inches off your waist: The "Your Way" phase offers nearly 100 more lifestyle changes and solutions that you can use to take things to the next level and continue a lifetime of slim and healthy living. The Flex Diet is an exciting new approach to a new you, your way.

weight and wellness portland maine: The MELT Method Sue Hitzmann, 2015-01-20 The New York Times-bestselling guide to at-home exercises you can do to live a life free of pain, stress and tension. In this enhanced digital edition of The MELT Method, Sue Hitzmann shows you how to live without pain, illustrating her MELT techniques with 20 instructional videos plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. The MELT Method shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

weight and wellness portland maine: The Great Physician's Rx for Health and Wellness Jordan R. Rubin, 2007-06 A Christian man who went on a quest to find the nature of his illness and any treatments and cures associated with it tells his story and how he overcame it.

weight and wellness portland maine: Veganist Kathy Freston, 2011-02-01 Kathy Freston wasn't born a vegan. The bestselling author and renowned wellness expert actually grew up on chicken-fried steak and cheesy grits, and loved nothing more than BBQ ribs and vanilla milkshakes. Not until her thirties did she embrace the lifestyle of a veganist--someone who eats a plant-based diet not just for their own personal well-being, but for the whole web of benefits it brings to our ecosystem and beyond. Kathy's shift toward this new life was gradual--she leaned into it--but the impact was profound. Now Kathy shows us how to lean into the veganist life. Effortless weight loss, reversal of disease, environmental responsibility, spiritual awakening--these are just a few of the ten

profound changes that can be achieved through a gentle switch in food choices. Filled with compelling facts, stories of people who have improved their weight and health conditions as a result of making the switch, and Q&As with the leading medical researchers, *Veganist* concludes with a step-by-step practical guide to becoming a veganist...easily and gradually. It is an accessible, optimistic, and illuminating book that will change the way you eat forever. No less delicious, still hearty and satisfying--just better for you and for all.

weight and wellness portland maine: The Feel Good Effect Robyn Conley Downs, 2020-09-01 A groundbreaking approach to wellness that will help you cut through the clutter and find the small shifts that create huge changes in your life, from the host of the podcast *The Feel Good Effect* "An absolutely fresh and insightful guide . . . If you're looking to create more calm, clarity, and joy, this book is for you."—Shauna Shapiro, Ph.D., author of *Good Morning I Love You* What if wellness isn't about achieving another set of impossible standards, but about finding what works—for you? Radically simple and ridiculously doable, *The Feel Good Effect* helps you redefine wellness, on your own terms. Drawing from cutting-edge science on mindfulness, habit, and behavior change, podcast host Robyn Conley Downs offers a collection of small mindset shifts that allow for more calm, clarity, and joy in everyday life, embracing the idea that "gentle is the new perfect" when it comes to sustainable wellness. She then leads you through an easy set of customizable habits for happiness and health in mind, body, and soul, allowing you to counteract stress and prevent burnout. Instead of trying to get more done, *The Feel Good Effect* offers a refreshingly sane approach that will allow you to identify and focus on the elements that actually move the needle in your life right now. Less striving. More ease. It's time to feel good.

weight and wellness portland maine: Working Woman , 1996

weight and wellness portland maine: The Zone Barry Sears, 2009-03-17 In this scientific and revolutionary book, based on Nobel Prize-winning research, medical visionary and former Massachusetts Institute of Technology researcher Dr. Barry Sears makes peak physical and mental performance, as well as permanent fat loss, simple for you to understand and achieve. With lists of good and bad carbohydrates, easy-to-follow food blocks and delicious recipes, *The Zone* provides all you need to begin your journey toward permanent fat loss, great health and all-round peak performance. In balance, your body will not only burn fat, but you'll fight heart disease, diabetes, PMS, chronic fatigue, depression and cancer, as well as alleviate the painful symptoms of diseases such as multiple sclerosis and HIV. This Zone state of exceptional health is well-known to champion athletes. Your own journey toward it can begin with your next meal. You will no longer think of food as merely an item of pleasure or a means to appease hunger. Food is your medicine and your ticket to that state of ultimate body balance, strength and great health: the Zone.

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