

wellness core digestive health

Wellness Core Digestive Health: A Deep Dive into Gut-Friendly Nutrition

Is your dog experiencing tummy troubles? Are you searching for a food that supports optimal digestive health and overall wellbeing? Then you've come to the right place! This comprehensive guide delves into Wellness Core Digestive Health dog food, exploring its ingredients, benefits, potential drawbacks, and helping you decide if it's the right choice for your furry friend. We'll cover everything from the science behind its formulation to real-world experiences, equipping you with the knowledge to make an informed decision about your dog's nutritional needs.

Understanding the Importance of Digestive Health in Dogs

Before diving into the specifics of Wellness Core Digestive Health, let's understand why a healthy digestive system is crucial for your canine companion. A happy gut equates to a happy dog! A properly functioning digestive tract ensures efficient nutrient absorption, leading to:

Stronger Immunity: A significant portion of your dog's immune system resides in the gut. A healthy gut microbiome supports a robust immune response, protecting against illness.

Shiny Coat and Healthy Skin: Nutrient absorption directly impacts skin and coat health. Digestive issues often manifest as dull fur and skin problems.

Increased Energy Levels: Proper nutrient uptake fuels your dog's energy levels, leading to increased playfulness and vitality.

Improved Stool Quality: Consistent, well-formed stools are a clear indicator of a healthy digestive system.

Reduced Gas and Bloating: Digestive discomfort often leads to gas and bloating, causing your dog significant distress.

Wellness Core Digestive Health: A Detailed Ingredient Analysis

Wellness Core Digestive Health dog food is formulated with specific ingredients designed to promote optimal gut function. Let's break down the key components:

High-Quality Protein Sources: This food typically utilizes easily digestible proteins like chicken, turkey, or fish, minimizing the risk of allergic reactions and promoting healthy digestion. The specific protein sources vary depending on the recipe (e.g., chicken and brown rice, or salmon and potato). Always check the specific ingredient list on the packaging.

Prebiotics and Probiotics: These are essential for supporting a balanced gut microbiome.

Prebiotics act as food for beneficial bacteria, while probiotics introduce live, beneficial bacteria to help restore and maintain a healthy gut flora. Look for specific strains mentioned on the label like *Bacillus subtilis* or *Enterococcus faecium*.

Fiber Sources: Soluble and insoluble fiber are crucial for healthy bowel movements.

Wellness Core Digestive Health often includes sources like beet pulp, which adds bulk to the stool and helps regulate digestion.

Digestive Enzymes: Enzymes like protease and amylase aid in the breakdown of proteins and carbohydrates, improving nutrient absorption and minimizing digestive strain.

Limited Ingredients: Many Wellness Core Digestive Health formulas follow a limited ingredient diet approach, minimizing potential allergens and making it easier for dogs with sensitive stomachs to tolerate.

Benefits of Choosing Wellness Core Digestive Health

Choosing a diet specifically formulated for digestive health offers numerous advantages:

Improved Digestion: The carefully selected ingredients are designed to support efficient nutrient absorption and minimize digestive upset.

Reduced Digestive Symptoms: Many dog owners report a significant reduction in symptoms like gas, bloating, diarrhea, and vomiting after switching to this food.

Enhanced Nutrient Absorption: Better digestion translates to better nutrient uptake, leading to overall improved health and well-being.

Healthier Stool Consistency: Regular, well-formed stools are a testament to a healthy digestive system.

Potentially Better Coat and Skin: Improved nutrient absorption often results in a shinier coat and healthier skin.

Potential Drawbacks and Considerations

While Wellness Core Digestive Health offers many benefits, it's important to consider some potential downsides:

Price: This food tends to be more expensive than many mainstream dog food brands.

Availability: Depending on your location, you might need to order it online, which can add to the cost and delivery time.

Individual Sensitivities: Even with limited ingredients, some dogs might still have individual sensitivities to specific ingredients. A gradual transition to a new food is always recommended.

Not a Cure-All: While it supports digestive health, it's not a cure for underlying medical conditions. If your dog is experiencing persistent digestive issues, consult a veterinarian.

Transitioning Your Dog to Wellness Core Digestive Health

A sudden change in diet can upset your dog's stomach. To avoid this, gradually transition your dog to Wellness Core Digestive Health over 7-10 days. Start by mixing a small amount of the new food with their current food, gradually increasing the proportion of Wellness Core Digestive Health over time.

Wellness Core Digestive Health: The Final Verdict

Wellness Core Digestive Health dog food is a premium choice for dogs experiencing digestive issues or those needing a diet that promotes optimal gut health. Its thoughtfully chosen ingredients, including prebiotics, probiotics, and easily digestible proteins, work together to support a healthy gut microbiome and efficient nutrient absorption. While the price point is higher than some options, the potential benefits of improved digestion, increased energy, and a healthier coat often outweigh the cost for many owners. However, remember to consult with your veterinarian before making any significant changes to your dog's diet, especially if they have pre-existing health conditions.

FAQs

1. Can I use Wellness Core Digestive Health for puppies? While Wellness Core offers puppy formulas, check the specific product packaging to confirm whether a particular Digestive Health formula is appropriate for puppies. Puppies have specific nutritional needs.
1. My dog has allergies. Is this food suitable? Wellness Core Digestive Health uses limited ingredients, but it's crucial to check the ingredient list carefully to ensure it doesn't contain any known allergens for your dog. Always consult your vet for allergy concerns.
1. How long does it take to see results? You might notice improvements in your dog's digestion within a few weeks, but it can take up to a month or more for significant changes to occur.
1. Can I switch my dog back to their old food after using Wellness Core Digestive Health? Yes, but it's recommended to follow a gradual transition process, just as you did when introducing the new food.
1. Where can I buy Wellness Core Digestive Health? It's available at many pet stores, both online and brick-and-mortar, and through various online retailers. Check the Wellness Core website for a store locator near you.

wellness core digestive health: *Happy Gut* Vincent Pedre, 2015-12-29 Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

wellness core digestive health: *Restoring Your Digestive Health*: Jordan Rubin, Joseph Brasco, 2003-05-01 This title teaches readers how to love their guts and lose the medicine. It provides a revolutionary wellbeing programme for the millions of people seeking a simple, natural lifestyle change to help ease the pain of their debilitating digestive disorders.

wellness core digestive health: *Gut Health Hacks* Lindsay Boyers, 2021-07-27 Bloating. Heartburn. Weight gain. Frequent visits to the restroom. It's no surprise: bad gut health can have a big impact on your daily life. But what if there were quick and easy ways to improve your digestive system so you could feel your best every day? In *Gut Health Hacks*, you'll find 200 practical tips and tricks to support good bacteria and achieve a balanced gut microbiome. From ways to hack your meals to simple lifestyle changes, you'll find tips and tricks like: consuming ginger has a calming sensation for your digestive tract and can relieve gas and bloating; sipping some ginger tea before bedtime can lead to a restful night's sleep; mental stress leads to digestive stress; and much more! From improved mental health to weight loss to resolved digestion issues, balanced gut health can make all the difference. Now you can start feeling your best today with a little help from *Gut Health Hacks*--

wellness core digestive health: *CLEAN 7* Alejandro Junger, 2019-12-03 The definitive program on detoxification just got easier, thanks to multiple New York Times bestselling author Dr. Alejandro Junger's detailed, personalized, and medically proven seven-day plan that helps us begin to rid our bodies of the multitude of toxins that infiltrate our systems every day. Each day, too many of us struggle unnecessarily with debilitating health issues, such as colds or viruses, allergies or hay fever, stubborn extra pounds, poor sleep, recurrent indigestion, constipation, or irritable bowel syndrome, itchy rashes, acne or other skin conditions, depression, anxiety, or frequent fatigue. But we don't have to suffer any longer. In his bestseller *Clean*, the international leader in the field of integrative medicine revealed how many of these common ailments are the direct result of toxic build-up in our systems accumulated through daily living, and offered solutions for combatting them. Now, with *Clean 7*, Dr. Junger makes his groundbreaking program easier and more accessible than ever before. *Clean 7* is his medically proven seven-day regimen that provides all the necessary tools to support and reactivate our bodies' detoxification system to its fullest capabilities. In one week, you can begin addressing those nagging health issues by discovering the foods that harm you and the foods that heal you, lose extra weight, and start to experience what it truly means to be well. The

first seven days of any program are the most critical. Undertaking a new routine is stressful, and tests our commitment, willpower, and focus. Understanding exactly what's going on in your body—why you might feel fatigue on day two or cravings on day five—is the key to success. A doctor who's helped millions, Dr. Junger personally guides you through the process, offering a clear, day-by-day, meal-by-meal exploration of what's happening in your body to keep you focused on your goals. Filled with the latest science on the brain, and featuring delicious, nutritious recipes, and details on everything from prepping your kitchen to prepping your mind, Clean 7 revolutionizes the detoxification process. If you have been searching for a book or program to help you take that next step for your overall health, Clean 7 is the answer. Discover what it truly means to be healthy.

wellness core digestive health: The Inside Tract Gerard E. Mullin, Kathie Madonna Swift, MS, RDN, LDN, Andrew Weil, M.D., 2011-07-05 More than 60 million Americans suffer from digestive disorders such as gastroesophageal reflux disease and irritable bowel syndrome. In *The Inside Tract* by Gerard E. Mullin, MD, a comprehensive plan for overcoming these common digestive ailments, you'll learn how a simple regimen of dietary changes, supplements, and a 7-step lifestyle modification program can help heal intestinal problems and get you on track to vibrant health!

wellness core digestive health: Clean Alejandro Junger, 2009-05-12 How many of us can honestly say we do not suffer from at least one of the following: Colds or viruses each year Allergies or hay fever Extra pounds that won't come off Restless nights Recurrent indigestion, constipation, or irritable bowel syndrome Itchy skin, acne, or any other troubling skin condition Depression, anxiety, or frequent fatigue If you were to seek medical advice for any of the above, you would likely be prescribed pills, topical lotions, injections, or even surgery. Such treatments are used to manage the symptoms and do not address the root of the problem. Too often, doctors treat these common ailments as inevitable costs of living a modern life. The result is a patchwork approach to health care that has become the norm. In *Clean*, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger offers a major medical breakthrough. Dr. Junger argues that the majority of these common ailments are the direct result of toxic buildup in our systems accumulated through the course of our daily lives. As the toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid pace. The toxins are everywhere, but *Clean* offers a solution. *Clean* is an M.D.'s program that provides all the tools necessary to support and reactivate our detoxification system to its fullest capabilities, and can be easily incorporated into a busy schedule. The effect is transformative: nagging health problems will suddenly disappear, extra weight will drop away, and for the first time in our lives we will experience what it truly means to feel healthy. Every day spent on the *Clean* program is a major step in healing not just the symptom but the root of the problem, effectively and simply. Dr. Junger's life-changing program restores what rightfully belongs to you—your health, vitality, and peace of mind.

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

wellness core digestive health: Unlocking the Canine Ancestral Diet Steve Brown, 2009-12 Ancestors and canine cousins of our dogs didn't eat crunchy kibble or meat 'n gravy in a can. They

ate what they found or caught... and it wasn't cooked or enriched either! It was high in protein, with balanced fats, and usually included a few fruits, vegetables and grasses. Steve Brown, an expert on canine nutrition, shows how you can bring the benefits of the canine ancestral diet to your dog by feeding him differently as little as just one day a week. And no, you won't need to lead a pack of dogs on a hunting expedition! Just follow Steve's well-researched and easy to follow ABCs to make improvements to whatever your dog currently eats. BONUS! Raw food or home prepared feeders will learn how to balance nutrients more precisely, especially fats, for optimum health. A dog diet to get wild about! bull; Learn about the latest research on the importance of protein and healthy fats in your dog's diet. bull; Find out why commercial foods can't include these fragile-but-crucial nutrients, and how you can make sure your dog gets them. bull; Just one day a week, or more frequently if you choose, follow the simple recipes that balance the nutrition in the commercial food you are feeding-wet or dry!

wellness core digestive health: Digestive Wellness: How to Strengthen the Immune System and Prevent Disease Through Healthy Digestion (3rd Edition) Elizabeth Lipski, 2004-11-21 Sixty percent of the population has suffered from a digestive ailment in the last three months. Acid reflux, heartburn, gastritis, ulcers, lactose intolerance, and food allergies are among the many ailments caused by faulty digestion. Digestive Wellness was designed to help you understand the complex relationships between gastrointestinal physiology, diet, and health. Written by noted nutritionist Elizabeth Lipski, this accessible third edition of the popular resource has been thoroughly updated to reflect the latest information and research on digestive disorders. Here, you will find practical advice on implementing a wellness program to promote health and alleviate a wide range of problems caused by faulty digestion.

wellness core digestive health: Nature's Healing Legacy Barrett Williams, ChatGPT, 2024-04-18 Embark on a journey through the ancient and enduring world of herbal medicine with Nature's Healing Legacy - a comprehensive eBook that explores the profound power of plants to restore and maintain health and wellness. Every page of this well-researched guide offers insights into the art and science of utilizing herbs in everyday life, tapping into centuries-old traditions that have nurtured humanity's wellbeing across diverse cultures. In Nature's Healing Legacy, you will find yourself immersed in the verdant realms of herbal medicine, from the rudimentary principles to the intricate phytochemistry that endows plants with potent healing capabilities. Discover the threads that connect age-old healing practices with modern approaches, and learn how to harness the timeless wisdom nestled within nature's pharmacy for the enhancement of your health. Step into the world of cultivating medicinal herbs with guidance on creating your own healing garden, replete with detailed instructions for harvesting and preserving your herbal bounty. Ignite your passion for self-sufficiency and sustainability, as you delve into seed saving and plant propagation, capturing the very essence of botanical abundance. Venture further into the heart of The Apothecary's Kitchen, where the alchemy of herbs transforms into remedies through the preparation of infusions, syrups, and salves. Savor the role of spices not only as culinary delights but also as key players in the healing cuisine narrative, promoting vitality and well-being. As you explore each chapter, you will uncover herbal solutions that cater to specific facets of health, from digestive wellness and immune support to personalized remedies tailored to your unique constitution. Learn about natural mood stabilizers, cognitive enhancers, and sleep aids that promote mental and emotional balance without resorting to synthetic alternatives. Witness the liberating power of plants in addressing specific health concerns for women and men, crafting approaches that honor the intricacies of hormonal balance and vitality. For parents and caretakers, wisdom awaits in gentle and safe herbal preparations for children, setting the foundation for lifelong resilience. Moreover, the nurturing touch of herbal medicine extends to skincare, the soothing aroma of essential oils, and the tranquil ritual of tea, weaving together a tapestry that spans the physical, emotional, and spiritual dimensions of healing. As Nature's Healing Legacy concludes, you are called to consider the ethical implications of wildcrafting, the importance of sustainability, and ways to advance your herbal knowledge, ensuring the preservation and proliferation of this invaluable legacy. Whether you are a

curious novice or a seasoned enthusiast, this eBook stands as a testament to the enduring legacy of herbal medicine and a beckoning gateway to a healthful, harmonious coexistence with the natural world. Embrace the opportunity to transform your well-being and awaken to the botanical riches that await in Nature's Healing Legacy.

wellness core digestive health: The Gut Wellness Guide Allison Post, Stephen Cavaliere, 2018-08-07 A holistic, step-by-step gut health guide—for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple ways to relieve the stress related to some of today's most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. The book also teaches you: • new information about the gut microbiome • how to hold onto health goals while navigating mainstream medicine/alternative health programs • why the gut is critical in hormonal and immune function • how to treat a variety of digestive ailments like Irritable Bowel Syndrome (IBS), constipation, diarrhea, heartburn, and food sensitivities • self-help techniques for increasing metabolism and cellular energy and revitalizing the natural healing powers of the body Previously published as *Unwinding the Belly*, *The Gut Wellness Guide* expands on the original book and re-introduces the method of Unwinding—a clear, accessible way to connect the “gut brain to the “main brain” and to relax, tune in to your body, and create a customized action plan to heal.

wellness core digestive health: The Digestive Health Solution Benjamin I. Brown ND, 2015-02-01 Comprehensive and accessible! This interactive book enables you to have better digestive health for life! When your insides are working properly, all of you is so much healthier. Under the guidance of expert naturopath and communicator Ben Brown, you will explore the mind-body connection, food intolerances and the keys to a healthy digestive system before learning how to address your health issues and quality-of-life needs with a five-step plan that is uniquely yours. You will read about research on popular natural medicines, sifting fact from fiction, and uncover evidence-based, safe treatments that will enhance your digestion and improve, or even eliminate, symptoms fast. The author is a passionate communicator and knows that it doesn't take a lot to help people dramatically reduce digestive discomfort. In this book he sets to work to give you all the tools you need to live a happier, healthier life. One in four people has an existing digestive health condition. Read this book to improve any existing conditions and bulletproof your future health.

wellness core digestive health: Gut Reactions Raphael Kellman, M.D., Carol Colman, 2002-07-16 You don't have to be in pain! You don't have to pop antacids after every meal, or rely on prescription drugs to coax your gastrointestinal system to do what it's supposed to. Whether you suffer from chronic indigestion or from a more serious condition such as Crohn's disease, it is possible to find relief and return to a comfortable, healthy way of eating and living. In *Gut Reactions*, Dr. Raphael Kellman, a pioneer in the practice of complementary medicine, draws upon the best conventional Western treatments and holistic therapies to offer a breakthrough, all-natural program for treating a variety of stomach complaints with safe, lasting results. Building on the revolutionary idea of the mind-gut connection, Kellman's four-step program guides you in understanding your symptoms and obtaining an accurate diagnosis, and then helps you tailor a healing regimen to your specific condition. His unique bio-ecological diet (complete with four weeks of menus and recipes) works with nutritional supplements, herbal therapies, and mind-body exercises to manage symptoms and in many cases restore normal gut function. Enlightened and comprehensive, *Gut Reactions* provides specific treatment plans for: Antacid “addiction” Inflammatory bowel disease Crohn's disease Acid reflux (esophageal reflux disease) Constipation Ulcers Low gastric acidity Dysbiosis “Leaky gut” syndrome Heartburn Gluten sensitivity Gastritis Irritable bowel syndrome Parasitic disease

wellness core digestive health: Digestive Wellness: Strengthen the Immune System and

Prevent Disease Through Healthy Digestion, Fourth Edition Elizabeth Lipski, 2011-08-23 The definitive guide to healthy digestion! Digestive Wellness explains how your digestive system works and what to do when it doesn't. You'll find practical solutions to all the common gastrointestinal disorders (and many other conditions) and expert guidance on the newest advances in testing and diagnosis, nutrition, and natural therapies. Plus, you'll learn how faulty digestion can affect the human body systemically, from migraines and skin issues to fibromyalgia and chronic fatigue syndrome. "Dr. Lipski offers a practical toolkit to support each of us—clinicians and patients—to return to wellness by bringing our gastrointestinal system back into balance and harmony. I believe that you will deeply benefit from joining Dr. Lipski on this journey toward digestive wellness." —Patrick Hanaway, M.D., Chief Medical Officer, Genova Diagnostics; President, American Board of Integrative Holistic Medicine "For anyone who has an interest in truly understanding how the gut works or is just interested in finding ways to optimize quality of life during the aging process, Digestive Wellness, 4th Edition is a must read." —Jeffrey Moss, D.D.S., CNS, DACBN, Moss Nutrition "Liz Lipski explains digestion in a most appetizing and personal way. Even better than the last edition, Liz updates her understanding and ours. Everyone with a digestive tract has a need to know what Dr. Lipski synthesizes so well." —Russell M. Jaffe, M.D., Ph.D., CCN, founder, ELISA/ACT Biotechnologies, LLC, and Perque, LLC "Dr. Lipski has written an easy-to-read and highly informative book that will help the general population and practitioners alike understand what the problem is and how to treat it. It is a must-read for anyone who wants to learn more about the intimate relationship between our digestion and our health." —Marcelle Pick, RNC, M.S.N., OB/GYN NP

wellness core digestive health: Walk Your Way to Wellness: The Life-Changing Power of Putting One Foot in Front of the Other Dr. Emma Walkerson, Discover the transformative power of walking in Walk Your Way to Wellness: The Life-Changing Power of Putting One Foot in Front of the Other by Dr. Emma Walkerson. This comprehensive guide unlocks the secrets of how a simple daily walk can revolutionize your physical health, mental well-being, and overall quality of life. ☐♀ Boost Your Physical Health: Learn how walking can improve cardiovascular fitness, aid weight loss, and reduce the risk of chronic diseases. ☐ Enhance Mental Wellness: Explore the profound impact of walking on stress reduction, anxiety management, and cognitive function. ☐ Harness the Healing Power of Nature: Understand the additional benefits of walking in natural environments and how to incorporate green exercise into your routine. ☐ Build a Sustainable Walking Habit: From couch to 5K, discover strategies to create and maintain a walking routine that fits your lifestyle. ☐ Strengthen Social Connections: Learn how walking can improve your relationships and build community bonds. ☐♂ Take Your Walking to the Next Level: Explore advanced topics like long-distance trekking, walking meditation, and using walking for creative inspiration. ☐ Leverage Technology: Uncover how to use apps, wearables, and other tech tools to enhance your walking experience and stay motivated. Whether you're a complete beginner or a seasoned walker looking to maximize the benefits of your daily stroll, this book offers valuable insights, practical tips, and inspiring stories to get you moving. Dr. Walkerson combines cutting-edge research with real-world experience to present a compelling case for the life-changing power of walking. Don't just step through life – stride towards wellness! Get your copy of Walk Your Way to Wellness today and start your journey to a healthier, happier you. Your path to transformation begins with a single step. Keywords: walking for health, walking benefits, walking for weight loss, mental health and walking, nature walks, walking meditation, step counting, walking routine, cardiovascular exercise, low-impact workout

wellness core digestive health: Yoga for Wellness Gary Kraftsow, 1999-10-01 A world-reknowned teacher shows how Yoga can not only make you feel better - it can make you feel well Yoga offers a great, low-impact way to increase flexibility and reduce stress. It also provides an alternative or augmentation to mainstream medicine. This classic fully illustrated and easy-to-follow guide draws on both the physical and spiritual components of Yoga therapy to show how you can use Yoga to heal any number of afflictions. Some of the areas covered include: - Common Aches and Pains: neck and shoulders, upper and lower back, hips and knees - Chronic Disease: digestive and

respiratory problems, cardiovascular, lymphatic, and endocrine systems - Emotional Health: stress and disease, mental illness, anger, anxiety, and depression Yoga for Wellness presents specific case studies and specific sequences, which can be adapted to your individual needs. And with photographs illustrating each step of every sequence, it is the perfect book for beginners as well as experienced practitioners including teachers. I highly recommend this fascinating, practical guide to the ancient art of Yoga. - Mitchell L Gaynor, M.D., Director of the Strang Cancer Prevention Center and author of Sounds of Healing

wellness core digestive health: Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fifth Edition Elizabeth Lipski, 2019-11-22 Optimize your overall health through digestive wellness! Fewer antacids and less bloating aren't the only benefits of good digestion. When your digestive system is healthy and balanced, you sleep better, have more energy, think more clearly, experience less pain, and combat disease more effectively. Digestive Health shows how everything from migraines to skin disease to arthritis are connected to your digestive system. And now, this go-to guide has been updated with critical new research and developments, including late-breaking information on: • Probiotics and Prebiotics • Celiac Disease • The Gut-Brain Connection • Carbohydrates • Leaky Gut Syndrome • Auto-Immune Conditions • Kidney and Bone Health • Cancer Prevention • Alzheimer's Disease You'll find practical solutions to numerous conditions and disorders, along with expert guidance on the newest advances in testing and diagnosis, nutrition, and natural therapies. A perfect balance of science and practical advice, Digestive Health explains how your digestive system works and what to do when it doesn't function properly. It provides everything you need to take control of your overall health through close, careful attention to your digestive system.

wellness core digestive health: Breakthrough Suzanne Somers, 2008-09-09 Life-Altering Secrets from Today's Cutting-Edge Doctors and the #1 New York Times Bestselling Author of Ageless Today's most trusted advocate of antiaging medicine, Suzanne Somers, deepens her commitment to helping people lead healthier, happier lives by opening their eyes to cutting-edge, proven remedies and preventative care that most doctors just aren't talking about with patients: longevity medicine and the more progressive study of bioidentical hormones. As we age, certain hormones diminish, creating an imbalance that can set off everything from perimenopause to cancer, beginning as early as our thirties. This hormonal imbalance is causing many to feel depressed, anxious, fatigued, sexless, sleepless, and ultimately ill, sometimes even terminally. What's more, Somers and twenty doctors in the field of antiaging medicine argue that the processed chemicals in foods and pharmaceuticals we ply ourselves with are actually slowly eroding our bodies and minds. So we're getting slammed twice. From estrogen dominance to deceptive thyroid problems, people are suffering, and most don't have access to the treatment they truly need to get better and thrive . . . until now. Breakthrough explores cutting-edge science and delivers smart, proactive advice on the newest treatments for breakthrough health and longevity. In addition to being a pioneer in a rapidly growing health field, Somers is a passionate, caring individual whose own life was derailed by disease and brought back to unimaginable, feel good heights that she wants you, too, to experience.

wellness core digestive health: The Vibrant Life Amanda Haas, 2019-08-06 For the millions of women who want to enter or live their midlife with grace and good health comes this straight-talking and gorgeously photographed book packed with advice, resources, and practices that promote wellness, beauty, and longevity, alongside more than 70 delicious recipes. From the authority behind The Anti-Inflammation Cookbook and a line of Vibrant Life-branded food products at Whole Foods, these recipes are bookended by lifestyle primers—including information on holistic practices, hormones, and how to eat, all contributed or vetted by experts. Combining form and function, this book is both a resource and an inspiration. Fresh, approachable recipes for all occasions—including drinks, of course—deliver a number of benefits that boost immunity, strengthen memory, lift moods, support digestive health, and more!

wellness core digestive health: Wellness 101 Gloria Treister, HHP, 2023-12-01 Discover a

Healthier You with Wellness 101: Simple Steps to Good Health" It's Easier Than You Think! Are you tired of feeling confused when it comes to your health? Do you need help navigating the overwhelming world of online health advice? Say goodbye to confusion and take charge of your well-being with Wellness 101: Simple Steps to Good Health. Get ready to embark on a transformative journey toward a happier, healthier life. Simplicity for a Better Life Wellness can be confusing, but not anymore. Wellness 101 is here to simplify it all for you. Say goodbye to the health overwhelm and hello to a simple, actionable approach to feeling your best. It distills wellness down to its simplest form so that anyone, regardless of their background, can thrive and age well. Your Personalized Wellness Plan In "Wellness 101," you will get to know about every aspect of your lifestyle - from what you eat and how you move to managing stress, improving sleep, boosting brain health, optimizing nutrition, understanding lab testing and minimizing your exposure to toxins in the simplest way possible. This isn't just another health book; it's your own customized roadmap to vitality. It empowers you to create simple, practical steps that seamlessly fit into your life. Unlock the Secrets to Longevity But Wellness 101 isn't your typical wellness guide. It's a comprehensive toolkit packed with straightforward tips, user-friendly forms, hands-on activities, clear-cut charts, and motivational quotes to excite and inspire you. Each section is like a friendly hand guiding you toward a happier, healthier you. Wellness 101 is all about making wellness achievable, fun and impactful. Take Control of Your Well-being No more relying on others - it's time for you to become the CEO of your own health. Your body is your lifelong home, and it's time to treat it right. Inside Wellness 101, you'll discover how to reduce inflammation, replenish essential nutrients, explore effective therapies, craft a simple nutrition plan, and find an exercise routine that doesn't feel like a chore. Plus, you will learn how to avoid the everyday toxins that compromise our health. It's all about putting the power back in your hands! Embrace a New Wellness Mindset It's time to shift gears - from being reactive to proactive when it comes to your health. Wellness 101 gives you the essential knowledge to understand what wellness truly means. It takes you on a transformational journey toward self-empowerment and well-being, a journey that will ignite a fire within you. Empowerment Through Knowledge But Wellness 101 isn't just a book; it's your ticket to becoming a savvy healthcare consumer. You'll learn how to ask the right questions and make informed decisions, ultimately saving you money and sidestepping unnecessary medical interventions. Say goodbye to needless pain and hello to a brighter, healthier future! Your Journey Starts Now In Wellness 101, your transformation isn't just about health - it's about embracing life to the fullest. Let the pages of this book inspire you, excite you, and infuse your life with a newfound sense of purpose. Your well-being is within reach - seize it with Wellness 101: Simple Steps to Good Health. Start your transformation today! Your best days are yet to come, and they begin with Wellness 101. Get your copy today and embark on your life-changing adventure.

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exposures, and stress reduction, and can be tailored to the genetic predisposition of particular breeds or mixes. The authors discuss various types of food—including what the commercial manufacturers don't want us to know—and offer recipes, easy solutions, and tips for making sure our dogs obtain the nutrients they need. Habib and Dr. Becker also explore how external factors we often don't think about can greatly affect a dog's overall health and wellbeing, from everyday insults to the body and its physiology, to the role our own lifestyles and our vets' choices play. Indeed, the health equation works both ways and can travel up the leash. Medical breakthroughs have expanded our choices for canine health—if you know what they are. This definitive dog-care guide empowers us with the knowledge we need to make wise choices, and to keep our dogs healthy and happy for years to come.

wellness core digestive health: Nature's Cure Barrett Williams, ChatGPT, 2024-04-11 Dive into the timeless wisdom of natural remedies with Nature's Cure, your comprehensive guide to the art and science of herbal healing. This enlightening eBook unfolds the world of plants as potent allies on your journey to wellness, offering a depth of knowledge that gracefully bridges the realms of the home garden, the kitchen apothecary, and beyond. As you embark on a path to embracing natural healing practices, Nature's Cure is by your side, illuminating the philosophy of self-healing and how you can mindfully complement conventional medicine with the gifts of Mother Nature. Learn the value of setting intentions and cultivating a space for health and wellness that is uniquely yours. Delve into the rich history and foundational knowledge of herbal medicine. Unearth the secrets of plant synergy, and discover the importance of ethical harvesting and sustainability with a responsible lens toward the future of our planet. Turn the soil of potential as you transform your own garden into a haven for medicinal plants. Cultivate healing spaces that not only nurture your body but also soothe your soul. Your very own herbal apothecary is waiting to be created, complete with essential herbs and their fascinating properties. Whether blending teas, tinctures, infusions, or crafting salves and oils, you'll gain mastery over preparing and utilizing nature's remedies. Tackle common ailments with targeted herbal solutions, nurturing digestive wellness, respiratory health, and providing loving care for your skin. Explore chapters dedicated to the immune system's fortification, addressing stress and anxiety, pain management, and harmonizing herbal nutrition with daily meals. Nature's Cure is a trusted companion for every life stage—from the vibrant teachings of pediatric herbal care to the wisdom required for supporting longevity in older age. This eBook is a treasure trove for both the seasoned herbalist and those newly seeking a more natural way to thrive. Align your habits with the rhythms of nature by learning how herbs can mark the change of seasons. Step confidently into the future of herbal medicine, enriched by a global community that shares your passion for natural health. Commence your herbal legacy, and become a beacon of knowledge and tradition for generations to come. Nature's Cure isn't merely a book—it's an heirloom to be cherished and consulted time and again, as it puts the power of healing into your hands. Unlock the full potential of herbalism and transform your life. With Nature's Cure, a more vibrant, natural, and connected existence awaits.

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wellness core digestive health: The Microbiome Solution Robynne Chutkan, MD, 2015-08-25 The author of Gutbliss and one of today's preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health. Michael Pollan's widely discussed New York Times article, "Some of My Best Friends Are Germs," was just the tip of the iceberg. The microbiome—the collective name for the trillions of bacteria that live in our gut—is today's hottest medical news topic. Synthesizing the latest findings, Dr. Robynne Chutkan explains how the standard Western diet and lifestyle are starving our microbiome, depleting the "good bugs" that keep us healthy and encouraging overgrowth of exactly the wrong type of bacteria. The resulting imbalance makes us more prone to disease and obesity and negatively affects our metabolism, our hormones, our cravings, our immunity, and even our genes. But beyond the science, what sets this book apart is Dr. Chutkan's powerful three-level program for optimizing your gut bacteria for good health. Dr. Chutkan shares: Why hand-sanitizing gels and antibiotics are stripping our bodies of their natural protective systems Essential prebiotics and probiotics Recipes with ingredients that replenish the microbiome for each rehab level Cutting-edge research on the connection between the microbiome and the brain An intro to the stool transplant, the superfix for a severely troubled microbiome Dr. Chutkan is one of the most recognizable gastroenterologists working in America today, and this is the first book to distill the research into a practical, effective plan for replenishing our microbiomes. The Microbiome Solution will bring welcome relief to the millions who want to grow a good "gut garden"—and enjoy healthier, happier lives.

wellness core digestive health: The Gut Healing Protocol Kale Brock, Mounting scientific evidence is confirming what Hippocrates said some 2,400 years ago, that, all disease begins in the gut. Nurturing and maintaining a healthy intestinal microbiome has become a topic of great interest to both mainstream medicine and progressive health enthusiasts. In The Gut Healing Protocol, Australian health journalist Kale Brock delivers a comprehensive, holistic 8-week program to overcoming the common diet and lifestyle-related problems of inflammation and intestinal permeability through healthy diet and stress management endeavors. The Gut Healing Protocol contains over 30 recipes to help friendly bacteria predominate in your gut, and actively heal gut lining that may have been damaged by the consumption of toxic foods and other adverse lifestyle practices. Other highlights of the book include: A scientific round-up of the gut; how it works and how it can influence your health How antibiotics can leave you vulnerable to gut dysbiosis and strategies to heal from such damage How leaky gut can impact health throughout the body—especially inflammatory and autoimmune conditions—and how to heal with targeted foods and supplements The "gut-brain" connection, including how most of your "feel good" hormone serotonin is made in the gut and the profound effects that this has on brain function The roles played by the various microbes who live on and inside of you Why eliminating certain foods can drastically decrease the inflammation in the gut Extensive description of the proper integration and benefits of prebiotics, probiotics and fermented foods Details about the functional medicine strategy of "Weeding, Seeding & Feeding" to heal a damaged gut The destructive effects of common gut irritants like wheat, dairy, sugar, alcohol, and artificial sweeteners Complementary holistic healing strategies such as anti-microbials, alkalizing foods, bone broth, proper chewing, food combining, oil pulling, and supplementation Taking BEEMS time (Breathe, Eat, Earth, Move, Sunshine) to support physical and psychological health Intensive FAQ section discussing troubleshooting and commonly misunderstood topics including as FODMAP, SIBO, constipation, veganism and gut health, dealing with conflicting mainstream medical advice The Gut Healing Protocol is a lively and engaging read that offers the information and practical guidance you need to become well versed in the gut microbiome. You'll finish with the confidence to heal a damaged gut and enjoy optimal immune, digestive, physical, and cognitive function for the rest of your life.

wellness core digestive health: Eat to Treat Maggie Berghoff, 2021-12-28 USA TODAY BESTSELLER A three-step plan to beat inflammation! Identify your specific type, set your lifestyle up to avoid triggers, and cook tailored recipes designed to help you heal. Functional medicine practitioner Maggie Berghoff presents a personalized, accessible approach to fighting inflammation.

Using thorough questionnaires to identify your specific ailments, *Eat to Treat* prescribes a targeted plan that will help you live free of the major types of inflammation, including those triggered by hormones, digestive issues, stress, allergies, rheumatoid arthritis, and more. From easy tips for healing, eating, and detoxing, to targeted lifestyle advice, Berghoff offers the most up-to-date instructions for living your best and healthiest life based on your specific inflammation type. Inside you'll learn: - How to supercharge your immune system and feel better instantly - How to set up an anti-inflammatory pantry - Quick and easy recipes to ease your specific inflammation type - The secret ways stress attacks your system and how to fight it - The ingredients in your daily products to avoid—including how everything from your personal hygiene products to your showerhead could be affecting you - Detailed detoxes tailored to your lifestyle - Cutting-edge and easy household remedies you may have overlooked

wellness core digestive health: No Guts, No Glory Steven Lamm, M.D., Sidney Stevens, 2012-04-01 No matter when you make changes in your life, you can still reap the benefits of bolstering your gut, reinvigorating its digestive and immune capabilities, and boosting your overall health.

wellness core digestive health: 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.

wellness core digestive health: Health, Wellness & Longevity Steve Dimon, 2016-09-19

wellness core digestive health: Natural and Home Remedies for Aging Well Bottom Line Inc., 2018-08-07 The editors of Bottom Line Inc. present *Natural and Home Remedies for Aging Well*, the best and most extensive book for mature men and women looking to make the most out of their lives with alternative and complementary practices, healing foods, and proper exercise. Americans spend a fortune each day on prescription drugs, and if you're over the age of 50 the cost and complications of conventional health treatments can be overwhelming. There are other options, more natural and simpler to use, that can empower you to take back the control of your own body, and restore your vitality. With insight from over 100 of the world's top health experts, this go-to guide provides easy access to the trusted collection of information that Bottom Line is known for, and offers advice on a vast array of topics, including: Over-the-counter and homemade remedies Foods that fight disease and ease pain Weight loss and exercise essentials Brain fitness and healthy sleeping habits Whether you're hoping to stay fit and lean, avoid or treat a condition, or simply wanting occasional substitutes to the traditional medical options, Bottom Line is here to help you confidentially take charge of your health!

wellness core digestive health: Sports Nutrition Christine Karpinski, Christine Rosenbloom, 2017 This long-standing and renowned reference for both the seasoned and novice sports dietitian thoroughly explores all areas of nutrition for sports and fitness. Now in full colour, it also serves as an excellent text for sports nutrition courses and a study aid for the CSSD specialty exam.

wellness core digestive health: The Clean Plate Gwyneth Paltrow, 2019-01-08 Delicious food can heal the body. Reset and rebalance with clean recipes that are flexible and easy for busy weeknight meals or lunches on the go, and healthy enough for more intensive, doctor-supported cleanses. Gwyneth Paltrow gets the power of simple, quality food. Her recipes focus on delicious flavors and clean ingredients--pillars that have launched her cookbooks to bestseller status. Now she's back with her most ambitious cookbook to date: a collection of 100-plus recipes and customizable meal plans that offer taste, simplicity, and targeted health benefits. This food-lover's cookbook brings everything to the table--from smoothies and soups to bowls, entrées, snacks, and desserts--with the ease and flavor that we have come to expect from Paltrow and her team at GOOP. Highlights include instant staples like Turkey Meatball Pho, Sheet Pan Chicken Broccolini, and Butternut Squash Tacos, and sweet treats like Cashew Turmeric Iced Lattes and Chocolate Chia Pudding. Beyond the appealing recipes, THE CLEAN PLATE has meal plans, detoxes, and cleanses to address the reader's specific needs and desired results. Supported by Paltrow's team of nutrition experts and doctors, the book offers specific eating plans focused on: Adrenal Support (with Dr. Alejandro Junger) Heart Health (with Dr. Steven Gundry) Candida (with Dr. Amy Myers) Heavy Metal Detox (with Dr. James Novak) Fat Flush (with Dr. Taz Bhatia) Veg-Friendly Ayurveda (with Dr. Aruna Viswanathan) Full of go-to recipes and revitalizing health tips, THE CLEAN PLATE is exactly the standout cookbook we have been waiting for, from the biggest name in clean eating.

wellness core digestive health: The Inflammation Spectrum Dr. Will Cole, Eve Adamson, 2019-10-15 From the international bestselling author of Ketotarian comes a revolutionary new plan to discover the foods your unique body loves, hates, and needs to feel great. In Dr. Will Cole's game-changing new book, readers will discover how inflammation is at the core of most common health woes. What's more, it exists on a continuum: from mild symptoms such as weight gain and fatigue on one end, to hormone imbalance and autoimmune conditions on the other. How you feel is being influenced by every meal. Every food you eat is either feeding inflammation or fighting it. Because no one else is you, the foods that work well for someone else may not be right for your body. At heart, The Inflammation Spectrum is about learning to love your body enough to nourish it with delicious, healing foods. You'll find insightful quizzes and empowering advice to put you on a path toward food freedom and overall healing, once and for all.

wellness core digestive health: Ayurveda The Complete Guide to Holistic Health and Wellness Sam Morgan, 2024-11-12 Discover the transformative power of Ayurveda with Ayurveda The Complete Guide to Holistic Health and Wellness. This comprehensive guide explores the core Ayurvedic principles that promote balance and harmony in your life. Learn about natural remedies and wellness practices that support the mind-body connection, enabling you to achieve optimal health. With practical insights on diet, lifestyle changes, and self-care rituals, this book is your essential resource for embracing a holistic approach to wellness through Ayurveda.

wellness core digestive health: The Antianxiety Food Solution Trudy Scott, 2011-06-02 It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts, and feelings until we make a change. In The Antianxiety Food Solution, you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This helpful guide allows you to choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You'll soon be on the path to freeing yourself from anxiety—and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health—the natural way! The book also includes an easy-to-use index. In The Antianxiety Food Solution, you'll discover: How to assess your diet for anxiety-causing and anxiety-calming foods and nutrients Foods and nutrients that balance your brain chemistry Which anxiety-triggering foods and drinks you may need to avoid Easy lifestyle changes that reduce anxiety and increase happiness

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Healing Rebecca Kase, 2023-05-23 Linking two cutting-edge approaches to form a robust healing model. Polyvagal Theory and EMDR are two well-respected theoretical and practical models with immense implications for therapeutic practice. Polyvagal-Informed EMDR outlines a comprehensive approach for integrating Polyvagal Theory into EMDR Therapy. Individually, each model offers powerful pathways to healing. Combined, these models supercharge therapy and the recovery process. The integration of Polyvagal Theory within the eight phases of EMDR Therapy offers the psychotherapist a robust, dynamic, neuro-informed framework for case conceptualization, treatment planning, and client transformation. The approach applies not only to work with trauma and PTSD, but also in the treatment of addictions, anxiety, depression, grief, chronic pain, and adjustment disorders. EMDR therapists will find a method that maintains fidelity to the evidence-based practice of EMDR and aligns with current neuroscience research. Topics covered include the nervous system and toxic stress, neuroception, adaptive memory networks and autonomic resiliency, neuro-informed history taking, and the importance of therapeutic presence. Clinical interventions, scripts, and handouts are included for all eight phases of EMDR, as well as case examples and opportunities for experiential practice. This is the first book to treat these topics together: assessing complex material and presenting it in an approachable, engaging manner.

wellness core digestive health: *National Health Education Standards* Joint Committee on National Health Education Standards, 2007 Concluding a two-year review and revision process supported by the American Cancer Society and conducted by an expert panel of health education professionals, this second edition of the National Health Education Standards is the foremost reference in establishing, promoting, and supporting health-enhancing behaviors for students in all grade levels. These guidelines and standards provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress; provide students, families, and communities with concrete expectations for health education; and advocate for quality health education in schools, including primary cancer prevention for children and youth.

wellness core digestive health: *Fiber Fueled* Will Bulsiewicz, MD, 2020-05-12 The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or Dr. B, illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65 recipes, along with essential advice on food sensitivities, *Fiber Fueled* offers the blueprint to start turbocharging your gut for lifelong health today.

wellness core digestive health: Quantum Wellness Kathy Freston, 2009-04-07 An instant New York Times bestseller embraced and endorsed by such luminaries as Oprah Winfrey, Dr. Mehmet Oz,

Ellen DeGeneres, and Marianne Williamson, Quantum Wellness is the breakthrough book that created a national trend. This life-changing guide teaches us how to reach our highest level of health and contentment through small, focused changes. Featuring a foreword by #1 New York Times bestselling author Dr. Mehmet C. Oz, Quantum Wellness will forever change the way readers approach healthy living.

wellness core digestive health: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

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