

wellness core vs wellness complete health

Wellness Core vs. Wellness Complete Health: Which Dog Food Reigns Supreme?

Choosing the right dog food can feel like navigating a minefield. With countless brands and formulations, it's easy to get overwhelmed. Today, we're tackling a common dilemma for dog owners: Wellness Core vs. Wellness Complete Health. This in-depth comparison will dissect both brands, highlighting key differences in ingredients, nutritional profiles, price points, and overall suitability for your furry friend. By the end, you'll have the knowledge to make an informed decision that best supports your dog's health and happiness.

Understanding the Wellness Brand Family

Before we dive into the specifics, it's crucial to understand that both Wellness Core and Wellness Complete Health fall under the Wellness Natural Pet Food umbrella. This means they share a commitment to using high-quality ingredients and avoiding artificial colors, flavors, and preservatives. However, their formulations and target audiences differ significantly. Think of it like this: they're siblings, not twins.

Wellness Core: The Performance Powerhouse

Wellness Core is designed for active dogs and those with higher energy levels. Its recipes are characterized by a higher protein content and a greater emphasis on meat-based ingredients. Let's break down some key features:

Higher Protein Content: Core boasts a significantly higher percentage of protein compared to Complete

Health, making it ideal for working dogs, athletic breeds, and pups with active lifestyles. This increased protein contributes to muscle mass, energy levels, and overall vitality.

Emphasis on Whole Meat: Look for terms like "real chicken," "real lamb," or "real turkey" as prominent ingredients. These whole meats provide a rich source of essential amino acids, promoting healthy digestion and nutrient absorption.

Grain-Free Options: Many Wellness Core formulations are grain-free, catering to dogs with grain sensitivities or allergies. This doesn't necessarily mean all Core lines are grain-free, so always check the specific product details.

Higher Fat Content: To fuel that active lifestyle, Wellness Core typically incorporates a higher fat content than Complete Health. This provides the necessary energy for robust physical activity and supports a healthy coat and skin.

Potentially Higher Price Point: Due to the higher quality and concentration of meat-based ingredients, Wellness Core tends to be more expensive than Wellness Complete Health.

Wellness Complete Health: A Balanced Approach

Wellness Complete Health offers a more balanced approach to canine nutrition, suitable for a wider range of dogs, including those with less active lifestyles. While still boasting high-quality ingredients, it prioritizes a well-rounded nutritional profile rather than maximizing protein content.

Moderate Protein Levels: Complete Health provides sufficient protein for maintaining muscle mass and energy but doesn't reach the same levels as Core. This makes it a suitable choice for less active dogs or those with specific dietary requirements.

Balanced Nutrient Profile: This line emphasizes a balanced blend of protein, carbohydrates, and fats, creating a complete and comprehensive nutritional profile designed for overall health and well-being.

Inclusion of Grains: Unlike some Core formulations, Complete Health often incorporates grains like brown rice or oats, providing additional fiber and carbohydrates for energy. This can be beneficial for dogs with digestive systems that tolerate grains well.

Lower Fat Content: The lower fat content reflects its suitability for less active dogs, helping to maintain a healthy weight and avoid excess calorie intake.

Generally More Affordable: Due to its formulation, Wellness Complete Health is usually more affordable than Wellness Core, making it a more budget-friendly option for many dog owners.

Comparing Key Nutritional Aspects

Feature	Wellness Core	Wellness Complete Health
Protein	High	Moderate
Fat	High	Moderate
Carbohydrates	Lower (often grain-free options)	Moderate (often includes grains)
Price	Generally More Expensive	Generally Less Expensive
Ideal For	Active dogs, athletic breeds	Less active dogs, varied breeds

Beyond the Ingredients: Considering Your Dog's Needs

The "best" food ultimately depends on your individual dog. Consider these factors:

Breed and Age: Large breed puppies, for example, have different nutritional needs than small adult dogs.

Activity Level: A highly active dog requires more protein and calories than a sedentary companion.

Allergies and Sensitivities: Some dogs have allergies or sensitivities to certain ingredients, requiring specialized diets.

Health Conditions: Pre-existing conditions like diabetes or kidney disease may necessitate specific dietary adjustments. Consult your veterinarian for guidance.

Making the Right Choice: A Summary

Choosing between Wellness Core and Wellness Complete Health involves careful consideration of your dog's individual needs and lifestyle. If you have a highly active dog, athletic breed, or a dog prone to weight gain, Wellness Core's higher protein and fat content might be the better option. However, if your dog is less active or you're looking for a more budget-friendly option with a balanced nutritional profile, Wellness Complete Health could be a more suitable choice.

Conclusion

Ultimately, both Wellness Core and Wellness Complete Health offer high-quality ingredients and contribute to your dog's overall well-being. By understanding the key differences in their formulations and carefully considering your dog's specific needs, you can make an informed decision that ensures your canine companion thrives. Remember to always consult your veterinarian if you have any questions or concerns about your dog's diet.

FAQs

1. Can I switch my dog from Wellness Complete Health to Wellness Core suddenly? It's best to gradually transition your dog between different foods over 7-10 days to avoid digestive upset.
1. Are there any Wellness Core or Complete Health formulas for senior dogs? Yes, both brands offer specialized formulas for senior dogs that cater to their changing nutritional needs.

1. Do both lines contain added preservatives? No, both Wellness Core and Wellness Complete Health avoid artificial colors, flavors, and preservatives.

1. Where can I purchase Wellness Core and Complete Health dog food? You can usually find these products at pet stores, veterinary clinics, and online retailers.

1. My dog has a sensitive stomach; which line is better? While both use high-quality ingredients, Wellness Complete Health, with its generally milder formulation, might be a better starting point for dogs with sensitive stomachs. Always consult your veterinarian for recommendations.

wellness core vs wellness complete health: Complete Wellness Neal's Yard Remedies, 2018-09-18 Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. Complete Wellness delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with Complete Wellness.

wellness core vs wellness complete health: *The Handbook of Wellness Medicine* Waguih William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

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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 vs wellness complete health: Big Kibble Shawn Buckley, Oscar Chavez, 2020-12-01 A big, inside look at the shocking lack of regulation within the pet food industry, and how readers can dramatically improve the quality of their dogs' lives through diet. What's really going into commercial dog food? The answer is horrifying. Big Kibble is big business: \$75 billion globally. A handful of multi-national corporations dominate the industry and together own as many as 80% of all brands. This comes as a surprise to most people, but what's even more shocking is how lax the regulations and guidelines are around these products. The guidelines—or lack thereof—for pet food allow producers to include ever-cheaper ingredients, and create ever-larger earnings. For example, “legal” ingredients in kibble include poultry feces, saw dust, expired food, and diseased meat, among other horrors. Many vets still don't know that kibble is not the best food for dogs because Big Kibble funds the nutrition research. So far, these corporations have been able to cut corners and still market and promote feed-grade food as if it were healthful and beneficial—until now. Just as you are what you eat, so is your dog. Once you stop feeding your dog the junk that's in kibble or cans, you have taken the first steps to improving your dog's health, behavior and happiness. You know the unsavory side of Big Tobacco and Big Pharma. Now Shawn Buckley, Dr. Oscar Chavez, and Wendy Paris explain all you need to know about unsavory Big Kibble—and offer a brighter path forward for you and your pet.

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Addressing the continuous need for new growth sectors in post-industrial cities, this book considers the economic significance of wellness from a development policy perspective. The author goes beyond personal health discourse to conceptualise wellness as an emerging industry, presenting empirical cases of community, attraction, and export-orientated strategies around the world. Combining holistic health, urban governance and economic development, this book will provide valuable reading for those studying policy, tourism and the wellness sector as well as business entrepreneurs within this evolving industry.

wellness core vs wellness complete health: The Wiley Guide to Strategies, Ideas, and Applications for Implementing a Total Worker Health Program Linda Tapp, 2024-11-27
Addresses safety and health hazards through a holistic, organization-wide approach to worker wellbeing The Wiley Guide to Strategies, Ideas, and Applications for Implementing a Total Worker Health® Program presents specific information and guidance for Total Worker Health (TWH) applications in a variety of industries as well as specific aspects of TWH. This book covers how existing safety and health activities can support and be integrated into TWH programs, exploring specific topics such as how TWH initiatives can benefit the construction industry, ways to borrow from successful safety committee operations, and the use of technology. The innovative ideas and techniques from diverse fields, and from existing safety and health programs, help readers maximize efforts and increase the chance of long-term success. Case studies are included throughout to elucidate key concepts and aid in reader comprehension. Written by safety, health, and wellness practitioners with real-world experience, this resource includes: Organizational approaches for implementing key prevention programs to solve problems across diverse worker populations Guidance for improving the organization and design of work environments, including innovative strategies for promoting worker wellbeing Evidence of program effectiveness for addressing work conditions that impact mental health, fatigue and sleep, and work-life conflict Perspective of traditional safety and health professionals, emphasizing practical advice for practitioners throughout all chapters and connecting the narrative as a whole The Wiley Guide is an essential resource for safety, health, and industrial hygiene practitioners in industry, public services, government, insurance, and consulting, as well as others with safety and health responsibilities such as occupational medicine professionals.

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blueprint of proven, cost-effective natural solutions that can dramatically enhance your overall vitality and resilience.” — MARK HYMAN, MD, Fourteen-time #1 New York Times Bestselling Author “The Cellular Wellness Solution is poised to ignite a much-needed and insightful new dialogue surrounding the healing power of herbs.” — DR. JOSH AXE, DNM, DC, CNS, author of Ancient Remedies for Modern Life “Dr. Bill Rawls has integrated multiple fields of scientific research into an accessible guide—with a focus we have not encountered elsewhere. We are confident that you will find The Cellular Wellness Solution a most valuable addition to your health library.” — JOE & TERRY GRAEDON, Hosts of The People’s Pharmacy on NPR Caring for your cells is essential for preserving and maintaining health, and The Cellular Wellness Solution offers a unique and comprehensive approach to keeping our cells in optimal shape. Dr. Rawls' book arrives at the exact right time, as the groundswell of scientific knowledge is all pointing in one direction: to take control of our health, we need to maintain the health of our cells for as long as we can, and using multiple methods of doing so is essential. — DR. WILL COLE, IFMCP, DNM, DC, author of Ketotarian, The Inflammation Spectrum, and Intuitive Fasting With compassion and authority, Dr. Bill Rawls delivers a bold look at the modern medical system-- where it shines, but also where it falls short--and why we can’t rely on it to truly make us well. In this comprehensive guide, Dr. Rawls teaches us how to be smarter about our use of antibiotics and pharmaceuticals, while expanding our wellness toolbox to include herbs and other non-toxic solutions. If you are ready to change your life and get to the root of chronic health problems, this book will reveal a doorway to a new path forward. — ADRIENNE NOLAN-SMITH, patient advocate and founder of WellBe “The Cellular Wellness Solution lays out, with clarity and persuasive power, the health benefits of herbs, herbal supplements, and the “powerhouse” properties of phytochemicals that, due to contemporary food processing that emphasizes the production of calories over all else, tend to be lacking in American diets. The book finds [Dr. Rawls] guiding readers through his discovery, with a doctor’s eye for the science—and the practical results. Rawls proves an appealing guide, laying out the facts with clarity and, for all this lengthy guide’s thoroughness, a welcome sense of the bottom line: what readers want to know to improve their own health.” — BOOKLIFE REVIEWS by Publishers Weekly

wellness core vs wellness complete health: 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.

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life. The Princeton Review is proud to introduce The Campus Wellness Guide, an innovative new book that provides a mix of information, resources, and self-assessment activities to help students reach and maintain their overall health. The book includes: Information on how to assess your college fit academically and socio-emotionally Self-assessment activities that students can use to ID their specific stressors and ways to alleviate those issues Sections on physical, mental, and social wellness, each with data-backed insights and research to help define the issues and strategies for handling Proactive activities for student use, with reflection prompts to help develop roadmaps toward a healthier status quo Wellness highlights, e.g., information on colleges with exceptional track records in specific wellness issues Resources for national and college-specific help

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wellness core vs wellness complete health: Promoting Health and Wellness in Underserved Communities Anabel Pelham, Elizabeth Sills, 2023-07-03 Starting from the premise that our health status, vulnerability to accidents and disease, and life spans – as individuals and communities – are determined by the organization, delivery, and financing (or lack thereof) of health care, this book explores how educators and community caretakers teach the complex web of inter-connection between the micro level of individual health and well-being and the macro level of larger social structures. Through the lenses of courses in anthropology, ESL, gerontology, management information systems, nursing, nutrition, psychology, public health, and sociology, the contributors offer examples of intergenerational and interdisciplinary practice, and share cutting-edge academic creativity to model how to employ community service learning to promote social change.

wellness core vs wellness complete health: Ergonomic Workplace Design for Health, Wellness, and Productivity Alan Hedge, 2016-08-05 Even with today's mobile technology, most work is still undertaken in a physical workplace. Today's workplaces need to be healthy environments that minimize the risks of illnesses or injuries to occupants to compete in the marketplace. This necessitates the application of good ergonomics design principles to the creation of effective workplaces, and this is the focus of this book. This book will: · Focus on ergonomic design for better health and ergonomic design for better productivity · Presents environments that support new ways of working and alternative workplace strategies, as well as the impacts of new technologies · Covers the role of ergonomics design in creating sustainable workplaces · Includes ergonomics design for a wide variety of workplaces, from offices to hospitals, to hotels to vehicles, etc... · Shows the design principles on how to design and create a healthy and productive workplace The market lacks an ergonomics design book that covers the topics that this book will cover. This book summarizes design principles for practitioners, and applies them to the variety of workplace settings described in the book. No other book currently on the market does that.

wellness core vs wellness complete health: Population Health: Creating a Culture of Wellness David B. Nash, Alexis Skoufalos, Raymond J. Fabius, Willie H. Oglesby, 2019-11-11 Since the passage of the Affordable Care Act, the field of population health has evolved and matured considerably. Improving quality and health outcomes along with lowering costs has become an ongoing focus in delivery of health care. The new Third Edition of *Population Health* reflects this focus and evolution in today's dynamic healthcare landscape by conveying the key concepts of population health management and examining strategies for creating a culture of health and

wellness in the context of health care reform. Offering a comprehensive, forward-looking approach to population health, the Third Edition's streamlined organization features 14 chapters divided among 3 major sections: Part I - Population Health in the U.S.; Part 2 -The Population Health Ecosystem; and Part 3 - Creating Culture Change.

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Daisy Magalit Rodriguez, 2014-02 The central idea in this book is the concept of balance composed of five universal elements that support survival of all human beings--adaptation, equilibrium, homeostasis, needs and health and how it applies to health and nursing. Behavior is the key that unlocks these elements through interaction with the internal and external environments. The concepts of imbalance, personality, open systems, behavior pyramid, culture, technology, and physical forces are viewed as influences that affect behavior. Using existing related concepts and theories derived from the social, nursing, and physical sciences, a novel view of the health-illness continuum was conceptualized. From this theoretical background, a new nursing model was developed - the Balance-Health Nursing Model (BHNM) using balance as a framework in the nursing process. A Balance Health Assessment Tool was developed with a sample case study to demonstrate its use. This view of balance offers an alternative approach to health and illness and the role of nursing and other health care professionals in their practice settings.

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Carla M. Messikomer, Judith Pound Swazey, Allen Glicksman, The essays in this volume pay tribute to the achievements of Rene C. Fox in the fields of medicine and sociology. Many of the contributors are Fox's colleagues and former students from medicine, sociology, nursing, and bioethics. The title--Society and Medicine--reflects the leitmotif in Fox's work: her studies of and teaching about the nature of medicine and medical research; the training and work of their practitioners; the interrelationships between medicine and the societies and cultures of which it is a part; and, above all, the moral and spiritual dimensions of the healing arts.

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individuals who aim to manage work pressure and desire a happier, healthier, and more fulfilling life.

wellness core vs wellness complete health: *Leadership Wellness and Mental Health Concerns in Higher Education* Alexander, Cynthia J., Tureen, Amy, 2022-04-29 Wellbeing is foundational to citizens' individual and collective ability to acknowledge, address, and alleviate ongoing struggles, shared risks, and the unprecedented challenges of our time. A holistic focus on wellness across campus communities is timely and important, given that national and global justice movements are calling upon post-secondary institutions to address the ways in which education systems have been reproducing dominant narratives, reinforcing systemic discrimination, and retaliating against education leaders who work to disrupt structural inequalities. *Leadership Wellness and Mental Health Concerns in Higher Education* offers diverse perspectives about whether and how campus leaders around the world are sustaining and advancing health and wellness in unprecedented times and amplifies diverse voices in the exploration of how to advance individual and collective wellbeing in higher education. Covering a wide range of topics such as stress management and burnout, this reference work is ideal for academicians, scholars, researchers, administrators, practitioners, instructors, and students.

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wellness core vs wellness complete health: *Corporate Social Responsibility in the Practice and in the Classroom* Agata Stachowicz-Stanusch, Rommel Sergio, Nora Barson, Rachid Alami, 2024-06-01 This book presenting several different cases from various parts of MENA region it showcases how companies cope with the changing economic and social challenges toward the longer-term sustainable development. Carefully selected a variety of case studies prepared by leading authors from the region offer actional insights into incorporating corporate social responsibility and sustainability practices into businesses in the MENA region. This book offers examples of how including social responsibility into everyday life can benefit organizations, society, and the environment. Further, the book provides a unique combination of academic, industrial, and local approaches. Perfect for students taking courses on strategic management, corporate social responsibility, business ethics, marketing, international business, or sustainability management during their undergraduate degrees and at the graduate level as part of an MBA program. This book is also an indispensable resource for consulting and training companies who work with other professionals.

wellness core vs wellness complete health: *The Essential Guide to Healthcare Professional Wellness* Kristopher Michael Schroeder, 2023-10-02 Healthcare professionals throughout the world heed a calling that compels them to devote their lives to the treatment of their patients. While this work is generally rewarding, these professionals frequently fall victim to stressors and happiness barriers that impact their ability to function at work, the longevity of their career and the quality of their relationships outside of the hospital. Burnout, diminished career fulfilment, substance abuse, and suicide data for healthcare professionals demonstrate that the risks to this population are incredibly real. Unfortunately, there is nothing to suggest that any of these stressors are improving as pandemics, access disparities, changes in healthcare system structure, and patient complexity further escalate work-related challenges. Thankfully, there are sources of help readily available to each of us. All healthcare professionals have encountered a colleague,

mentor or expert who has already navigated or has a perspective on how to thrive in the setting of hardship. This book will organize the voices of these leaders in a way that provides readers with a source for advice and inspiration. Sections of chapters are dedicated to work-life balance, family, finances, faith, resiliency, and recovery. For those healthcare workers actively caring for patients and struggling with their career, this book will serve as a source of solace and inspiration that should help to reinvigorate and extend a successful career.

wellness core vs wellness complete health: *Fitness and Wellness* Carol K. Armbruster, Ellen M. Evans, Catherine M. Laughlin, 2021-06-01 With content targeted specifically toward the college-age population, *Fitness and Wellness: A Way of Life* With HKPropel Access presents evidence-based physical and mental health guidance to point students toward healthy choices that will develop into healthy lifestyles. Authors Carol K. Armbruster, Ellen M. Evans, and Catherine M. Laughlin have more than 80 years of combined health and wellness professional experience, the majority of which has focused on the college population. This enables them to present the material in a contemporary manner that is easily relatable and understood by students. Relevant information on topics such as cardiovascular exercise, strength training, stretching, nutrition, weight management, stress management, substance abuse and addiction, and sexual health will start students on the path to developing a healthy mind and body, which can lead to a better quality of life. Additionally, because *Fitness and Wellness: A Way of Life* emphasizes behavior modification to develop desired habits, students are armed with the tools they need to make healthy lifestyle changes—for both the present and future: Related online learning tools delivered through HKPropel offer 48 video clips and practical learning activities to provide real-life context to the material Behavior Check sidebars help students integrate health and wellness concepts into their daily lives Now and Later sidebars encourage students to consider how their actions today will affect them in the future The Functional Movement Training section shows exercises to strengthen specific muscles and explains their importance for common activities Infographics, evidence-based tables, and figures illustrate and reinforce key concepts so they are easy to understand The online activities in HKPropel offer students the unique opportunity to engage directly with the content and practice the exercises and strategies presented. In addition to the 48 exercises demonstrating proper exercise technique, lab activities for each chapter will guide students in completing individual assessments, setting goals, and identifying the pros and cons of modifying their behavior. The labs may be assigned by instructors and tracked within HKPropel, and chapter quizzes (assessments) that are automatically graded may also be assigned to gauge student comprehension of the content. The primary goal of *Fitness and Wellness: A Way of Life* is to provide a personal, evidence-based tool to help students embrace living well. They will learn how to make healthy choices and positive behavior changes to lead and sustain healthier, happier, and more productive lives, now and in the future. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

wellness core vs wellness complete health: *Disability and Tourism in Nineteenth- and Twentieth-Century Italy* Luciano Maffi, Martino Lorenzo Fagnani, 2021-05-10 Attention to the issue of disabilities has intensified in recent decades, prompting States and organizations to respond with appropriate measures to promote inclusion of persons with disabilities in all social environments. This book's thesis is that the seeds of this inclusivity were planted by the development of tourism for people with disabilities in the nineteenth and twentieth centuries. The book explores the development of tourism for people with disabilities in Italy during this time period. It adds an important tessera to the mosaic of international literature that has rarely considered the history of tourism and the history of disabilities in a unified manner. While certainly of great interest to an Italian audience, the discussion of the various responses taking form in Italy to the needs of persons with disabilities, and the role these responses have played in the development of mass tourism generally, is also quite pertinent to international contexts. This book is based largely on unpublished sources. The authors' hope is that the presentation of these new materials combined with the innovative approach of a historical study of tourism through the lens of disabilities will open up

international scholarly debate and discussion drawing in contributions from all disciplines.

wellness core vs wellness complete 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 vs wellness complete health: *Next-Generation Wellness at Work* Stephenie Overman, 2009-09-15 Fact: Wellness programs benefit the bottom line. Motorola, for example, found that each dollar invested in wellness benefits returned \$3.93 in health and disability cost savings. *Next-Generation Wellness at Work* tells how to get in on the action. A nuts-and-bolts, how-to guide for managers, it delivers the latest thinking on how to take full advantage of the benefits that wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative will boost the health and productivity of employees, leading to a happier—and more competitive—workplace.

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wellness core vs wellness complete health: College Student Mental Health and Wellness Jeffrey A. Hayes, 2024-08-06 Addressing the college mental health crisis in a comprehensive, data-driven way, Jeffrey A. Hayes explores theories of college student development and common psychological problems among college students and important aspects of college student well-being, and how we might more effectively work with our students and those who support them.

wellness core vs wellness complete health: **Informatics for Health: Connected Citizen-Led Wellness and Population Health** R. Randell, R. Cornet, C. McCowan, 2017-05-30 Over recent years there has been major investment in research infrastructure to harness the potential of routinely collected health data. In 2013, The Farr Institute for Health Informatics Research was established in the UK, undertaking health informatics research to enhance patient and public health by the analysis of data from multiple sources and unleashing the value of vast sources of clinical, biological, population and environmental data for public benefit. The Medical Informatics Europe (MIE) conference is already established as a key event in the calendar of the European Federation of Medical Informatics (EFMI); The Farr Institute has been establishing a conference series. For 2017, the decision was made to combine the power and established reputational excellence of EFMI with the emerging and innovative research of The Farr Institute community to create 'Informatics for Health 2017', a joint conference that creates a scientific forum allowing these two communities to share knowledge, insights and experience, advance cross-disciplinary thinking,

and stimulate creativity. This book presents the 116 full papers presented at that conference, held in Manchester, UK in April 2017. The papers are grouped under five headings: connected and digital health; health data science; human, organisational, and social aspects; knowledge management; and quality, safety, and patient outcomes, and the book will be of interest to all those whose work involves the analysis and use of data to support more effective delivery of healthcare.

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wellness core vs wellness complete health: Firefighter Emotional Wellness Jada Hudson, 2022-03-15 Firefighter Emotional Wellness: Reconnecting with Yourself and Others is a training exercise for your heart and mind. It's an excellent, evidence-based self-help book with boots on the ground sharing interviews with firefighters and how they adapt. "You are looking at a critical part of your success as a first responder and human being, and it doesn't mean that you will have perfect understanding right away - or ever, but what it means is you will begin to find tools that help you grapple with what you have seen." - Jada Hudson What others are saying "By sharing personal stories of her clients' emotional wellness struggles, Jada Hudson takes away the stigma of talking about things like depression, anxiety, addiction, suicidal ideation," said Dr. Thomas E. Joiner, an academic psychologist, author and professor of psychology, Florida State University. "Firefighter Emotional Wellness: Reconnecting with Yourself and Others is a must-read for every academy recruit, newlywed, leader, retiree, spouse, and individual who wants to become or remain emotionally well." "Jada Hudson's years of critically important work with counseling first responders has come full circle in this book. Her insight, guidance and examination of the issues facing the men and women on the front lines is both remarkable and humbling. This book should be a must read for any first responder or medical professional." - Dr. Robert Langman, Northwestern Medicine, Chicago "I highly recommend this book for first responders, peer support programs, chaplains and clinicians," said Dr. Joel Fay, who teaches intervention, case law, PTSD, Suicide by Cop and Self Care for Sacramento PD CIT. "Jada Hudson brings a considerable wealth of information regarding the mental health and treatment of first responders. She covers a broad range of topics including PTSD, suicide, stress and trauma, resiliency, and treatment. She shares her professional knowledge and writes from her personal experience and the book is richer for it." "Jada Hudson draws upon her personal and professional experience as well as research and theory in writing Firefighter Emotional Wellness, a book that is timely and important," says Dr. Stanley McCracken, author, and lecturer (ret.), The University of Chicago. "Just as first responders drill to prepare them for the physical demands of their jobs, reading this book should be considered a preparation for the emotional demands they will face."

wellness core vs wellness complete health: Own Your Wellness Daniella Dayoub Forrest, 2024-03-19 In Own Your Wellness, personal trainer and health coach Daniella Dayoub Forrest gives readers the tools they need to nourish, move, explore, and enhance their bodies so that they can break through any health plateau and reach their wellness goals. Daniella Dayoub Forrest has helped countless clients take control of their health and own their wellness. She allows the reader to tailor their wellness path to their own needs and to reach their goals in a way that is fine-tuned for their unique bodies. In Own Your Wellness, Daniella helps the reader define their goals and, most importantly, helps them find a driving reason to achieve them. Daniella empowers readers to parse through the bombardment of health information and encourages them to reach optimal health, not just to feel "fine." Own Your Wellness follows the basic format she uses with all her health coaching clients. She covers health challenges one might be facing, as well as ways to get to the bottom of

nagging issues. In this book, you will learn how to: Determine your “why”—your reason for wanting change Nourish your body with the right foods to attain and sustain your goals Move your body with exercise you actually enjoy and don’t dread Explore testing and other healing opportunities Enhance your journey with supplements, vitamins, and minerals More than just an informative guide, this book will give you the tools you need to break through every health plateau and reach your personal wellness goals. Throughout the book, you can write out how your personal situation works in the framework provided. By the end, you will have a cohesive and actionable plan to make your wellness dreams a reality.

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