

wellness family practice cary

Wellness Family Practice Cary: Your Guide to Holistic Healthcare in Cary, NC

Are you searching for a family doctor in Cary, NC, who prioritizes your entire well-being? Finding the right healthcare provider for you and your family can feel overwhelming. This comprehensive guide dives deep into what makes a wellness family practice stand out, specifically focusing on the benefits of choosing a wellness family practice Cary offers. We'll explore the advantages of this holistic approach, what to look for when choosing a practice, and how to make the most of your healthcare experience. Read on to discover why a wellness-focused approach might be the perfect fit for your family's health journey.

Understanding the Wellness Family Practice Model

Traditional family practices often focus on treating illnesses and managing symptoms. While crucial, this reactive approach often overlooks the proactive measures that contribute to overall wellness. A wellness family practice Cary takes a different approach. It emphasizes preventative care, lifestyle modifications, and a holistic view of your health, considering your physical, mental, and emotional well-being. This means your doctor isn't just treating your symptoms; they're working with you to build a healthier future.

What to Expect from a Wellness Family Practice Cary

A visit to a wellness family practice Cary differs significantly from a typical doctor's appointment. Expect:

Comprehensive Health Assessments: These go beyond routine checkups, delving into lifestyle factors like diet, exercise, stress levels, and sleep quality. Your doctor will collaborate with you to identify potential risk factors and develop personalized strategies for improvement.

Personalized Treatment Plans: Generic advice doesn't work for everyone. A wellness practice creates customized plans tailored to your unique needs and goals, considering your family history and individual circumstances.

Emphasis on Preventative Care: Regular screenings, vaccinations, and health education are prioritized to prevent future health problems. This proactive approach is a cornerstone of wellness-focused healthcare.

Integrative Approaches: Many wellness practices incorporate alternative therapies like acupuncture, massage therapy, or nutritional counseling when appropriate, offering a comprehensive approach to health management.

Strong Patient-Doctor Relationship: Building a trusting and collaborative relationship with your doctor is crucial in a wellness model. Your doctor

will be a partner in your health journey, not just a provider of medical services.

Finding the Right Wellness Family Practice in Cary

Selecting the right wellness family practice Cary requires careful consideration. Here are some crucial factors to keep in mind:

Philosophy and Approach: Research the practice's philosophy to ensure it aligns with your family's values and health goals. Look for practices that explicitly mention a wellness approach.

Doctor's Qualifications and Experience: Verify the doctor's credentials, specialization, and years of experience. Check online reviews and testimonials to gauge patient satisfaction.

Services Offered: Ensure the practice provides the specific services you and your family require, such as pediatric care, geriatric care, women's health services, or mental health services.

Insurance Coverage: Confirm that your insurance plan covers the services offered by the chosen practice to avoid unexpected costs.

Location and Accessibility: Consider the practice's location and accessibility, ensuring it's convenient for you and your family. This includes factors like parking, hours of operation, and ease of appointment scheduling.

Patient Reviews and Testimonials: Online reviews and testimonials provide invaluable insights into the patient experience. Look for consistent positive feedback regarding communication, care, and overall satisfaction.

Beyond the Appointment: Maintaining Wellness at Home

Choosing a wellness family practice Cary is only the first step. Maintaining a wellness-focused lifestyle requires ongoing commitment. Here are some practical steps to reinforce your efforts:

Healthy Diet: Incorporate a balanced diet rich in fruits, vegetables, and whole grains, minimizing processed foods and sugary drinks.

Regular Exercise: Aim for at least 150 minutes of moderate-intensity aerobic activity per week.

Stress Management: Practice stress-reducing techniques like meditation, yoga, or deep breathing exercises.

Adequate Sleep: Prioritize getting 7-9 hours of quality sleep each night.

Mindful Living: Cultivate mindfulness through practices like meditation or spending time in nature.

Conclusion

Investing in your family's health through a wellness family practice Cary offers numerous long-term benefits. By prioritizing preventative care, personalized treatment, and a holistic approach, you can build a stronger

foundation for a healthier, happier life. Remember to thoroughly research practices, consider your family's needs, and actively participate in your healthcare journey. The right wellness practice can be a transformative partner in achieving your health goals.

Frequently Asked Questions (FAQs)

1. What is the difference between a traditional family practice and a wellness family practice?

A traditional family practice primarily focuses on treating illnesses and managing symptoms. A wellness family practice takes a proactive approach, emphasizing preventative care, lifestyle changes, and holistic well-being.

1. Do all wellness family practices offer alternative therapies?

No, not all wellness family practices offer alternative therapies. However, many incorporate integrative approaches like acupuncture or nutritional counseling depending on the doctor's expertise and patient needs.

1. How can I find a wellness family practice that accepts my insurance?

Most insurance providers have online search tools that allow you to find doctors and practices within your network. You can also contact your insurance provider directly to inquire about in-network wellness family practices in Cary.

1. What should I expect during my first visit to a wellness family practice?

Expect a more comprehensive health assessment than a typical checkup. Your doctor will likely inquire about your lifestyle, family history, and overall well-being, aiming to understand your health holistically.

1. Is a wellness family practice right for my family?

If you prioritize preventative care, personalized treatment, and a holistic approach to health, a wellness family practice might be an excellent choice for your family. It's particularly beneficial for families who value a collaborative relationship with their healthcare provider.

wellness family practice cary: The Handbook of Stress and Health Cary Cooper, James Campbell Quick, 2017-02-07 A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes. Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being Timely given that stress is linked to seven of the ten leading causes of death in developed nations, yet paradoxically successful adaptation to stress can enable individuals to flourish Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work

wellness family practice cary: The Handbook of Stress and Health Cary Cooper, James Campbell Quick, 2017-02-07 A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes. Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being Timely given that stress is linked to seven of the ten leading causes of death in developed nations, yet paradoxically successful adaptation to stress can enable individuals to flourish Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work

wellness family practice cary: What You Need to Know about Leukemia , 1994

wellness family practice cary: Heart Shock Ross Rosen, 2018-06-29 This book describes in detail the effects and ongoing impacts of trauma on the body and mind and provides the 'missing piece' in the treatment of these stubborn conditions that every practitioner confronts. Heart Shock refers to the systemic impact that emotional and/or physical trauma has on one's physiology and psychology, interfering with one's ability to heal, and also directly attributable to a host of progressive pathology. Synthesizing the teachings of Jeffrey Yuen and the Shen-Hammer lineage and focusing heavily on psychology, Ross Rosen addresses how to identify, diagnose, and treat Heart Shock from multiple perspectives, providing a multi-faceted approach to treatment, including all the acupuncture channel systems, herbal medicine and the use of essential oils. The approach presented can also be expanded to treat any condition or disease process.

wellness family practice cary: Community Health and Wellness Jill Clendon, Ailsa Munns, 2022-09 With the majority of graduate nurses going on to work in primary health, Community Health and Wellness provides the reader with the knowledge and tools they need to practise competently and safely in the community. The book provides an overview of primary healthcare principles and how to apply them, enabling a deep understanding of the role of the community health nurse in providing holistic individual and community care within an interdisciplinary healthcare environment. Continuous real-world case studies throughout enable the reader to understand how the social determinants of health influence each family member's life, their communities and the challenges they face. This seventh edition has been written by nursing experts Dr Jill Clendon and Dr Ailsa Munns, and incorporates feedback from students, users and practising community health nurses to ensure it meets the needs of today's students as they embark on their career beyond academia. Takes a unique socio-ecological approach to community health - including health promotion, health literacy and a range of health interventions Key points and information boxes allow easy navigation Case studies link theory and principles to practice Templates and tools to conduct community assessments Links to resources for further reflection An eBook included in all print purchases Additional resources on Evolve: eBook on VitalSource Instructor resources: Power Points Tutorial

Activities Image Library Critical Thinking Questions and Answers Student resources: Online Care Plans Online Material - Chapter 10 Research Guide: from question to solution Weblinks Significant updates throughout More content on public health and infectious disease management, including current pandemics and epidemics Improved content on cultural safety and care planning

wellness family practice cary: *Mamaste* Lori Bregman, 2019-04-23 Celebrated doula, healer, yoga teacher, and parenting coach Lori Bregman brings a holistic guide to being a more balanced, authentic, and joyful mother. Introducing the five expressions of motherhood—Action Mama, Flow Mama, Rebel Mama, Vulnerable Mama, and Free Mama—Lori offers supportive advice, exercises, meditations, and yoga practices to cultivate a healthy balanced life and stronger bonds. Accessible and encouraging, *Mamaste* provides foundational tools for parenting, relatable examples, and exercises to build self-awareness and mindfulness. Guiding new mothers along a journey of self-discovery, these practices ultimately lead to a more enriching and contented experience for both mother and child. Packaged in an inviting paperback and filled with nurturing advice, *Mamaste* is essential for any expecting or new parent.

wellness family practice cary: *A How To Guide For Medical Students* Andrea Gillis,

wellness family practice cary: *Heal Thyself* Cynthia D. Scott, Joann Hawk, 1986

wellness family practice cary: *Mammography Centers Directory* Henry A. Rose, 2005 This guide to over 9,000 mammography facilities includes names, addresses, telephone and fax numbers, and geographical and alphabetical sections. From the publishers of the Hospital Telephone Directory.

wellness family practice cary: *Major Labels* Kelefa Sanneh, 2021-10-05 One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year “One of the best books of its kind in decades.” —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In *Major Labels*, Sanneh distills a career's worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn't transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, *Major Labels* pays in full.

wellness family practice cary: *The Marriage First Aid Kit* , 2009-08 In his 35] years as a therapist and marriage counselor, Bryce Kaye has come to know that problems in marriages are not going to be overcome by a self help book, a Marriage For Idiots handbook, or a couple of episodes of Dr. Phil in the afternoon. His work, *The Marriage First Aid Kit*, is just what the title suggests, a temporary help for couples until more permanent care can be obtained. Dr. Kaye helps his audience work on issues resulting from communication avoidance by showing how to balance the conflicting needs of attachment and autonomy in a relationship. This vital balance is endangered not only by the obvious assassins abuse, affairs, and addictions, but also what Kaye terms hedonic inhibitions the inability by some partners to seek and enjoy fun in a couple's life together. Kaye employs everyday wisdom and therapeutic theory to show individuals in a relationship how to establish autonomy while

affirming attachment, how to manage inevitable and healthy conflicts, and how to share power and responsibility throughout their marriage. Incorporating examples culled from his years of helping clients, Kaye peppers his book with problem scenarios to which readers can relate as well as with a useful variety of measurement tools and viable exercises to help couples through the common issues faced in intimate relationships. Rising above the plethora of quick-fix, relationship-help manuals, *The Marriage First Aid Kit* by Bryce Kaye, PhD offers professional, intelligent suggestions to couples to be employed, not as panaceas, but as temporary help while they work their way through the difficulties of life together.

wellness family practice cary: *The Therapist's Notebook, Volume 2* Lorna L. Hecker, Catherine Ford Sori, 2007 *The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy*, is the updated classic that provides mental health clinicians with hands-on tools to use in daily practice. This essential resource includes helpful homework assignments, reproducible handouts, and activities and interventions that can be applied to a wide variety of client and client problems. Useful case studies illustrate how the activities can be effectively applied. The book employs a consistent chapter format, making finding the 'right' activity easy.

wellness family practice cary: Community Health and Wellness - E-book Jill Clendon, Ailsa Munns, 2014-10-01 *Community Health & Wellness: Primary health care in practice*, 5th Edition represents contemporary thinking and research in community health and wellness from Australia, New Zealand and the global community. It challenges students and health professionals to become more aware of the primary health care (PHC) environments in which they work in order to gain an understanding of what is socially determining the health of the individuals, families and communities within their care. Provides a focus on primary health care practice in Australia and New Zealand Research and evidence-based practice throughout each chapter Group exercises that can be used in practice or tutorial groups Reflective questions to challenge the understanding of key principles and practice Additional resources for lecturers via Evolve. • Two new chapters: Chapter 3 Assessing the Community Chapter 6 Working in groups • The SDH Assessment Circle - a new model for community assessment • Stronger emphasis on working with migrant and refugee families • A new continuous case study - the Mason and Smith families; both fly-in fly-out (FIFO) families.

wellness family practice cary: *Breast Cancer: Global Quality Care* Didier Verhoeven, Cary S. Kaufman, Robert Mansel, Sabine Siesling, 2020 Developing or existing breast cancer centres strive to provide the highest quality care possible within their current financial and personnel resources. Written by a team of over 100 experts from 25 countries, this book provides a practical and comprehensive guide to delivering high quality breast cancer care wherever you live.

wellness family practice cary: The Therapist Writer Sylvia Cary, 2013-01-01 Getting a book published is the quickest way for a mental health professional to become known as an expert, which can be translated into more attention, more referrals, more business, and more money. While the idea of writing a book might seem daunting, it is doable. I did it. Other therapists have done it. You can do it. -- Sylvia Cary, LMF

wellness family practice cary: *Magnetic Resonance Neurography* Chhabra Avneesh, Andreisek Gustav, 2012-12-15 This book, first of its kind, combination of concise explanations and focused clinical information satisfies the needs of practicing radiologists, neurologists, neurosurgeons, plastic and other peripheral nerve surgeons in need of a handy reference and technologists performing MRN studies. Written by two experts of magnetic resonance neurography (MRN) practitioners and educators, this thoroughly illustrated resource delivers how the information you need to perform and interpret peripheral nerve MR imaging studies with confidence. Concise descriptions and high quality illustrations combined wit.

wellness family practice cary: A Terrible Thing Happened Margaret M. Holmes, 2020-06-17 Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble.

Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events.

wellness family practice cary: Handbook of Occupational Health and Wellness Robert J. Gatchel, Izabela Z. Schultz, 2012-12-21 This book integrates the growing clinical research evidence related to the emerging transdisciplinary field of occupational health and wellness. It includes a wide range of important topics, ranging from current conceptual approaches to health and wellness in the workplace, to common problems in the workplace such as presenteeism/abstenteeism, common illnesses, job-related burnout, to prevention and intervention methods. It consists of five major parts. Part I, "Introduction and Overviews," provides an overview and critical evaluation of the emerging conceptual models that are currently driving the clinical research and practices in the field. This serves as the initial platform to help better understand the subsequent topics to be discussed. Part II, "Major Occupational Symptoms and Disorders," exposes the reader to the types of critical occupational health risks that have been well documented, as well as the financial and productivity losses associated with them. In Part III, "Evaluation of Occupational Causes and Risks to Workers' Health," a comprehensive evaluation of these risks and causes of such occupational health threats is provided. This leads to Part IV, "Prevention and Intervention Methods," which delineates methods to prevent or intervene with these potential occupational health issues. Part V, "Research, Evaluation, Diversity and Practice," concludes the book with the review of epidemiological, measurement, diversity, policy, and practice issues—with guidelines on changes that are needed to decrease the economic and health care impact of illnesses in the workplace, and recommendations for future. All chapters provide a balance among theoretical models, current best-practice guidelines, and evidence-based documentation of such models and guidelines. The contributors were carefully selected for their unique knowledge, as well as their ability to meaningfully present this information in a comprehensive manner. As such, this Handbook is of great interest and use to health care and rehabilitation professionals, management and human resource personnel, researchers and academicians alike.

wellness family practice cary: The Better Baby Book Lana Asprey, David Asprey, 2012-12-18 How to create a healthier, happier, smarter baby?the breakthrough pregnancy diet and lifestyle plan based on cutting-edge genetic science Whether you're planning for pregnancy or are already pregnant, this essential prenatal guide draws on the latest genetic research to give you a complete program of specific nutrition and environmental lifestyle changes that can help you have a better baby. The book is based on the emerging science of epigenetics and shows how the environment interacts with your genes, affecting which genes are expressed or turned on. It shows you the important steps you can take to improve preconception nutrition and reduce toxins in your home and body to consciously help your child be healthy, smart, and strong. Leverages the latest epigenetics research to help you produce a healthier, smarter, and happier baby with a lower risk of allergies, asthma, and developmental issues Shares a specific prescriptive program based on four principles: eating the right foods; taking the right supplements; detoxifying before, during, and after pregnancy; and minimizing stress Shows how a woman's health and her environment during pregnancy may have a much bigger impact on her child than was previously thought Includes the authors' compelling personal story of developing the Better Baby Plan shared in the book as they had their own better babies

wellness family practice cary: Spiritual Values in the Workplace Cary G. Weldy, 2011-09-21 From his energy-based approach to interior design and his appearances on HGTV, readers familiar with Cary Weldy will appreciate this new offering, in which Weldy speaks to the business community. Businesses have often run under the assumption that efficiency and productivity automatically equal success, measured solely in terms of profit. In this competitive

paradigm, values must take second place, leading to the stereotype of the corporation as a soulless place. In this ground-breaking book, Cary Weldy moves beyond synergy to a model of business that focuses on the whole person. Take care of people, unleash their creativity, and innovation will follow. A new corporate mindset, one that is socially and environmentally conscious, now takes root around the world, leading to a better working environment, and, ultimately, a better world. Weldy takes readers on a journey through this change in consciousness, discussing the theory and the practice of bringing spiritual values into business. The book discusses the spiritual evolution we are witnessing on the planet, and how it is affecting companies, both large and small. It discusses the importance of embodying spiritual values in a workplace setting, and how the profits will follow. A reader will learn how to move from fear to love, the power of simplicity, how to use intuition for guidance, and the importance of moving from goals into flow and process. Cary also discusses the challenges and importance of diversity, and a new paradigm for leadership, providing examples of the template for our new emerging leaders. Readers can also learn many practical ways that some companies are already doing to create a new workplace environment geared for truly taking care of its employees, including offering massage therapy services, meditation classes, and the use of aromatherapy to increase productivity.

wellness family practice cary: *Medical and Health Information Directory, Vol. 2* Gale, Gale Group, 2004-09

wellness family practice cary: **The Fulfilling Workplace** Prof Sir Cary L Cooper CBE, Professor Ronald J Burke, 2013-04-28 It is very easy for organizations to ignore or overlook the impact of social and commercial change-of increased pressure to deliver profit (above all else) and of transformation in the ways in which we are now working-on the mental health and, consequently, the performance of their employees. And yet there is plenty of evidence that in many workplaces, performance is down, stress is up and professional employees are struggling to balance their home and work lives. This collection, while looking at individuals, places the spotlight on organizational initiatives to support the development of attitudes, values, character and behaviors in employees. The aim of these initiatives is to increase our resilience to those experiences and events which impact on performance. There is a particular focus on managerial and professional jobs where employee discretion and commitment are critical. The Fulfilling Workplace extends the themes developed in early titles in the Psychological and Behavioral Aspects of Risk Series deeper into organizations; to explore the organization's role in coming to grips both with human frailties and toxic workplaces-both destructive to individual and organizational health.

wellness family practice cary: *Importing Success* United States. Congress. Joint Economic Committee, 2007

wellness family practice cary: Community Health Nursing Karen Saucier Lundy, Sharyn Janes, 2014-12-02 Preceded by *Community health nursing* / Karen Saucier Lundy, Sharyn Janes. 2nd ed. c2009.

wellness family practice cary: *Occupational Health and Wellbeing* Andrew Kinder, Rick Hughes, Cary L. Cooper, 2022-12-23 This book bridges the gap between theory and practice, incorporating real-world case studies to show how organisations and leaders can adapt after the global unrest and uncertainty caused by the COVID-19 pandemic and more recent challenges. Drawing from expert opinions across the world to highlight the current challenges and opportunities within this sector, it explores how these ideas can be effectively applied within the workplace. The book covers a wealth of topical and relevant themes that include defining wellbeing in a modern world, toxic leadership, mental health first aid, the application of positive psychology, and what the 'new normal' might look like. Together, these contributions offer a rich look into how Occupational Health and Wellbeing practices have developed, struggled and thrived. The COVID-19 pandemic forced many organisations to adapt fast and became the most significant accelerator in recent times for embracing, enhancing and improving employee health and wellbeing. Understanding this, the book demonstrates how Occupational Health and Wellbeing continues to rise on the corporate agenda as a key contributor to employee satisfaction, engagement and retention, increased financial

stability and overall organisational success. The book is essential reading for senior executives, leaders and professionals involved in occupational health, human resources, health, safety and wellbeing, people support, people development, employee assistance, counselling as well as students within organisational and occupational psychology.

wellness family practice cary: *The Science of Medical Cannabis* David S. Younger, 2018-11-14 The cultural, scientific and legislative divide created by vigorous debates over the legalization of medical marijuana is giving way to a new synergy among community stakeholders across the United States. The goal is to improve access to medical marijuana for patients with refractory debilitating neurological disorders, cancer, and chronic pain as an alternative to ineffective pharmacotherapy and potentially addictive pain medications. The ultimate test of our nations resolve to ensure the welfare of our sickest patients is the enactment and implement of effective public health reform in the area of medical marijuana, also known as medical cannabis. This book evolved out of the present need for a definitive volume on the science and public health aspects of medical cannabis to fuel this national narrative. The ethnographic research presented in the concluding chapter was inspired by Professor Miriam W. Boeri and colleagues, at Bentley University in Waltham, MA. They examined views of community stakeholders including medical marijuana dispensary entrepreneurs, health care professionals, and patients in a state that legalized medical marijuana in 2013, yet there continued to be confusion and misunderstandings in the interpretation and implementation of medical marijuana guidelines during the period of policy shifts. Apparent gaps in policy development and implementation signaled the urgency for a comparison study addressing stakeholder views in New York State, where its medical marijuana program has legally dispensed the drug since 2014. The resulting pilot study was carried out in the Division of Health Policy and Management of the City University of New York School of Public Health. The research model incorporated ethnographic and grounded methodologies to detail the views of physicians, pharmacists, educators, patients, and entrepreneur stakeholders; with triangulation of data and application of dominant themes into a socioecological framework model to identify areas of public health policy reform. The findings of this study detail that New York, like other states that recently legalized the dispensation of medical marijuana, faces challenges beyond policy transparency, communication and education explicitly to improve the implementation process for applying and registering medical cannabis dispensaries, referring physicians, and qualified patient recipients. Ken Langone, Chairman of the Board of New York University Langone Health, and Steven Galetta, Chair of Neurology in the School of Medicine, where the authors is senior staff in neuroepidemiology, motivated him to pursue doctoral training in Health Policy and Management. The author has had the good fortune of interacting with thought-provoking medical students, neurology trainees, public health doctoral students, and professors who reinforce the high ethical standards in medical and public health practice and research. However, his patients still educate him in empathy and humanity. The author is grateful to his family, including his spouse Holly and sons Adam and Seth, who serve as his daily compass, encouraging him to take on projects that promote core values of medicine and humanity.

wellness family practice cary: *Livingood Daily* Livingood, 2017-12-24 America takes 75% of the worlds medications and seven out of ten people die of chronic and preventable diseases. The health care system meant to remedy this problem is now the third leading cause of death itself. This exists because we often ignore our health or assume we are healthy until disease hits. Then once disease hits we manage the sickness with drugs and surgeries. That's not health care, that's sick care. This book is the guide to experience real health. If you manage sickness and disease you get sickness and disease, if you build health you get health.

wellness family practice cary: *Natural & Safe: The Handbook* Malteser Arbeitsgruppe NFP, 2019-06-10 Sensiplan is a fertility awareness-based method of family planning, known also as natural family planning (NFP). Originally developed in Germany over a period of decades by the Arbeitsgruppe NFP (NFP Working Group) at the international aid agency Malteser International, and with help from the German Ministry of Health. *Natural & Safe: The Handbook* describes the method and its applications in detail and is an important Sensiplan resource. It is designed to work in

conjunction with *Natural & Safe: The Workbook*, a practice manual that provides practice charts, case examples, and specific instruction for using the method throughout various phases of life. Both volumes are translated now for the first time in English.

wellness family practice cary: Stress and Strain Cary L. Cooper, James C. Quick, 1999 Family physicians are seeing an increasing number of patients suffering from stress-related anxiety and depression, and from chronic medical illnesses and psychological disorders with a stress component.

wellness family practice cary: Emotional Survival for Law Enforcement Kevin M. Gilmartin, 2021 This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers. These assaults can transform idealistic and committed officers into angry, cynical individuals, leading to significant problems in both their personal and professional lives.

wellness family practice cary: Creating Healthy Workplaces Prof Sir Cary L Cooper CBE, Professor Caroline Biron, Professor Ronald J Burke, 2014-02-28 The contributions in *Creating Healthy Workplaces* include a number of interventions that relate the efforts undertaken by researchers and organizations together, to reduce stress and improve the mental and physical health of employees through positive change initiatives. Those working in the field of occupational stress have received criticism that too much emphasis has been placed on negative issues and that positive initiatives have been largely ignored. With the growing influence of the positive movement, this book explores the implications of using a positive approach as opposed to a stress management one and compares the types of interventions they each require. From a positive perspective, there is a need to understand the characteristics of healthy, thriving, and flourishing people and organizations. This book explores the implications of using a positive approach as opposed to a stress management one. Some of the interventions described in *Creating Healthy Workplaces* target individuals and their attitudes and behaviours, others target workplace relationships, work units and the wider organization. Outcomes such as reduced occurrences of smoking, obesity, depression, elevated blood pressure, accidents and workplace injuries, presenteeism, absence and staff turnover are reported. The factors associated with the success of these interventions are identified and advice is given as to how interested individuals and organizations might proceed to develop worksite interventions on their own.

wellness family practice cary: The Price We Pay Marty Makary, 2019-09-10 New York Times bestseller *Business Book of the Year*--Association of Business Journalists From the New York Times bestselling author comes an eye-opening, urgent look at America's broken health care system--and the people who are saving it--now with a new Afterword by the author. A must-read for every American. --Steve Forbes, editor-in-chief, *FORBES* One in five Americans now has medical debt in collections and rising health care costs today threaten every small business in America. Dr. Makary, one of the nation's leading health care experts, travels across America and details why health care has become a bubble. Drawing from on-the-ground stories, his research, and his own experience, *The Price We Pay* paints a vivid picture of the business of medicine and its elusive money games in need of a serious shake-up. Dr. Makary shows how so much of health care spending goes to things that have nothing to do with health and what you can do about it. Dr. Makary challenges the medical establishment to remember medicine's noble heritage of caring for people when they are vulnerable. *The Price We Pay* offers a road map for everyday Americans and business leaders to get a better deal on their health care, and profiles the disruptors who are innovating medical care. The movement to restore medicine to its mission, Makary argues, is alive and well--a mission that can rebuild the public trust and save our country from the crushing cost of health care.

wellness family practice cary: Contemporary Studies on Relationships, Health, and Wellness Jennifer A. Theiss, Kathryn Greene, 2018-11-29 Discusses contemporary research that examines the ways that close relationships are involved in, and affected by, health and wellness.

wellness family practice cary: The Future of Nursing Institute of Medicine, Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, 2011-02-08 *The Future of Nursing* explores how nurses' roles, responsibilities, and education should

change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles-including limits on nurses' scope of practice-should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

wellness family practice cary: Current Catalog National Library of Medicine (U.S.), First multi-year cumulation covers six years: 1965-70.

wellness family practice cary: Refuge Recovery Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

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