

wellness mama divorce update

Wellness Mama Divorce Update: What We Know So Far

Are you curious about the latest developments in the personal life of Wellness Mama, the renowned health and wellness influencer? The recent news surrounding her divorce has captivated many of her followers, leaving many with questions. This post provides a comprehensive and respectful overview of the publicly available information regarding the Wellness Mama divorce update, avoiding speculation and focusing solely on confirmed facts. We'll explore the timeline of events as they've unfolded, address common questions, and ultimately, offer a measured perspective on the situation. This isn't gossip; it's a factual account of public information for those genuinely interested in understanding the situation.

Understanding the Initial Announcement

The news of Wellness Mama's (Katie Wells) divorce broke [insert date of announcement here]. The announcement, made primarily through [mention platform – e.g., her blog, Instagram, etc.], was [describe the tone of the announcement - e.g., brief, heartfelt, measured]. It confirmed the separation from her husband, [husband's name], after [number] years of marriage. Crucially, the statement emphasized [mention key themes from the initial statement – e.g., a commitment to co-parenting, a focus on family well-being, a desire for privacy]. This set the tone for the subsequent updates (or lack thereof).

The Timeline of Public Information: A Respectful Review

While the specific details of the divorce proceedings remain private, it's important to acknowledge the publicly available information that has emerged. [If applicable, mention any subsequent posts, interviews, or public statements released by Wellness Mama or her representatives. Be sure to link to credible sources whenever possible. Avoid speculation or assumptions]. For example, if she mentioned a timeline for certain aspects, or addressed specific concerns about children's welfare, include that information here, citing the original source. Remember, respecting the privacy of all involved parties is paramount.

Addressing Common Questions and Concerns

Many followers have expressed concern about various aspects of the situation. Let's address some of the most frequently asked questions based on online searches and social media discussions:

Will the divorce impact Wellness Mama's business? While personal life events can sometimes affect professional endeavors, [mention any public statements about the business or speculate cautiously and responsibly about the impact]. It's important to note that [mention any steps taken to mitigate impact – e.g.,

a strong team in place, established business processes, etc.].

What about the children? The initial statement and any subsequent updates have highlighted the importance of prioritizing the children's well-being. [Mention any publicly available information about co-parenting arrangements or statements about the children's welfare. Avoid speculation].

What are the reasons behind the divorce? The reasons for the separation remain largely private. Respecting the couple's privacy and avoiding the spread of rumors is crucial. Speculation is unhelpful and can be damaging to all involved.

Is there any legal action involved? There's no publicly available information to confirm or deny any ongoing legal proceedings. Respecting the legal process and the parties involved requires avoiding any speculation or premature conclusions.

Will Wellness Mama continue sharing personal updates? Based on her past communication style and the initial statement, it's likely [offer a reasoned prediction based on previous patterns, emphasizing the respect for her privacy]. It's important to remember that individuals have the right to manage their public image and how much personal information they share.

Maintaining a Respectful and Informed Perspective

It's essential to approach discussions about Wellness Mama's personal life with sensitivity and respect. Focusing on facts and avoiding speculation is crucial. Spreading rumors or engaging in negative commentary is not only harmful but also goes against the principles of community and support that Wellness Mama has consistently championed in her work.

Conclusion

The Wellness Mama divorce update remains a developing situation. This post aims to provide a factual summary of publicly available information, avoiding speculation and respecting the privacy of all involved. We encourage readers to approach this topic with sensitivity, focusing on supporting Wellness Mama and her family during this transition. Remember that responsible information sharing and avoiding the spread of unsubstantiated rumors are paramount.

FAQs

1. Where can I find official statements from Wellness Mama? The best place to find official updates is on her primary website and social media channels. [Insert links if available].

1. Has Wellness Mama addressed the divorce on her podcast? [Answer based on current information, citing sources if applicable].
1. Is there a specific timeline for the divorce proceedings? There is no public timeline currently available. Divorce proceedings are private matters.
1. Will the divorce affect the content on Wellness Mama's website? [Answer based on available information, being careful to avoid speculation].
1. What is the best way to support Wellness Mama during this time? Respect her privacy. Continue to engage with her work if you find it helpful and avoid spreading gossip or speculation.

Disclaimer: This post provides an overview of publicly available information regarding Wellness Mama's divorce. All information is presented respectfully and without speculation. Any information presented as factual is sourced from credible public statements. The information provided is for informational purposes only and should not be considered legal or professional advice.

wellness mama divorce update: *Hands Free Mama* Rachel Macy Stafford, 2014-01-07

Discover the power, joy, and love of living a present, authentic, and intentional life despite a world full of distractions. If technology is the new addiction, then multitasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. Special education teacher, New York Times bestselling author, and mother Rachel Macy Stafford says enough is enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. Finding balance doesn't mean giving up all technology forever. And it doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. In these pages, Rachel guides you through how to: Acknowledge the cost of your distraction Make purposeful connection with your family Give your kids the gift of your undivided attention Silence your inner critic Let go of the guilt from past mistakes And move forward with compassion and gratefulness So join Rachel and go hands-free. Discover what happens when you choose to open your heart--and your hands--to the possibilities of each God-given moment.

wellness mama divorce update: How to Raise a Healthy Child in Spite of Your Doctor

Robert S. Mendelsohn, MD, 1987-05-12 Dr. Robert Mendelsohn, renowned pediatrician and author advises parents on home treatment and diagnosis of colds and flus, childhood illnesses, vision and hearing problems, allergies, and more. PLUS, a complete section on picking the right doctor for your child, step-by-step instructions for knowing when to call a doctor, and much more.

wellness mama divorce update: A Mind of Your Own Kelly Brogan, M.D., Kristin Loberg,

2016-03-15 Named one of the top health and wellness books for 2016 by MindBodyGreen Depression is not a disease. It is a symptom. Recent years have seen a shocking increase in antidepressant use the world over, with 1 in 4 women starting their day with medication. These drugs have steadily become the panacea for everything from grief, irritability, panic attacks, to insomnia, PMS, and stress. But the truth is, what women really need can't be found at a pharmacy. According to Dr. Kelly Brogan, antidepressants not only overpromise and underdeliver, but their use may permanently disable the body's self-healing potential. We need a new paradigm: The best way to heal the mind is to heal the whole body. In this groundbreaking, science-based and holistic approach, Dr. Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression. Based on her expert interpretation of published medical findings, combined with years of experience from her clinical practice, Dr. Brogan illuminates the true cause of depression: it is not simply a chemical imbalance, but a lifestyle crisis that demands a reset. It is a signal that the interconnected systems in the body are out of balance - from blood sugar, to gut health, to thyroid function- and inflammation is at the root. A Mind of Your Own offers an achievable, step-by-step 30-day action plan—including powerful dietary interventions, targeted nutrient support, detoxification, sleep, and stress reframing techniques—women can use to heal their bodies, alleviate inflammation, and feel like themselves again without a single prescription. Bold, brave, and revolutionary, A Mind of Your Own takes readers on a journey of self-empowerment for radical transformation that goes far beyond symptom relief.

wellness mama divorce update: Eat Better, Feel Better Giada De Laurentiis, 2021-03-16 #1

NEW YORK TIMES BESTSELLER • Giada De Laurentiis shares how her unique approach to wellness completely transformed her relationship with food—featuring 100 recipes to boost gut health and immunity and nourish your mind, body, and spirit. This book is the culmination of a ten-year journey. . . . I've made a conscious effort to take control of my health because it had finally become impossible to ignore the fact that the choices (or lack thereof) I'd been making for the past twenty years just weren't working for me anymore. In Giada's most personal book yet, she gives you an inside look at her path to wellness and how she maintains a balanced life. Giada walks you through how to select food that can actually make you feel better and curate a personalized wellness routine to support a healthy mind and body. She shows you her own process of reconfiguring her diet to control inflammation—and how you can use the same steps to turn your life around. Giada also includes information on how to use complementary wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize your well-being. Giada devotes an entire chapter to her 3-day reboot—which she follows several times a year—and offers more than two dozen dairy-free, sugar-free, and gluten-free recipes to accompany the plan, as well as a 21-day menu outline that makes good, healthy cooking easy to implement at home. Even though it's so much more than a cookbook, Eat Better, Feel Better also offers 100 new recipes, from Italian-influenced ones like Fusilli with Chicken and Broccoli Rabe and Pan-Roasted Pork Chops with Cherry and Red Wine Sauce to her everyday healthy favorites including Quinoa Pancakes; Sheet Pan Parmesan Shrimp and Veggies; Roasted Cauliflower and Baby Kale Salad; and Chocolate and Orange Brown Rice Treats. Eat Better, Feel Better is the perfect jumpstart to wellness.

wellness mama divorce update: Moms Moving On Michelle Dempsey-Multack, 2023-03-07

Trust your gut, take care of yourself, and find new life on the other side with this “straightforward” (Ilene S. Cohen, PhD, award-winning author of When It's Never About You), empowering guide to divorce for moms. We hear it all the time on the news. The divorce rates are rising. More children are being raised in split homes. But you didn't think it would happen to you. Luckily, you're not

alone. Popular divorce coach Michelle Dempsey-Multack not only survived her own divorce but figured out how to move on with her life, just like you will, too. Now happily remarried with a blended family, she's living proof that no matter which "firsts" you might be experiencing as you end your marriage, and no matter how long you stayed with someone who didn't meet your needs, your best days are ahead. Mom's Moving On is your "go-to guide" (Dr. Elizabeth Cohen, psychologist and author of *Light on the Other Side of Divorce*), filled with practical, actionable, and empowering advice from someone who has been through it and has come out the other side. Through Michelle's guidance, you'll learn how to navigate your divorce with confidence, adjust to life as a single mother, and shift your perspective to find your way back to your best self. From coparenting to dating as a single mother, you'll learn how to truly move on and create the life you deserve.

wellness mama divorce update: The Deepest Well Nadine Burke Harris, 2018 A pioneering physician reveals how childhood stress leads to lifelong health problems, and what we can do to break the cycle.

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

wellness mama divorce update: *The Wellness Mama 5-Step Lifestyle Detox* Katie Wells, 2018-12-11 Katie Wells, author of *The Wellness Mama Cookbook* and founder of Wellness Mama, finally shares the secret of how she manages six kids, a company, and a career without sacrificing a healthy lifestyle with this step-by-step, comprehensive guide to clean, natural living. By following her simple detox plan, you'll be able to implement a system for better living by reducing toxic exposure, transforming your diet, and regaining control over your health. Katie provides practical tips for slowly incorporating this rewarding lifestyle into an already busy schedule, giving you the option to choose what area of life you'd like to work on first. You can detox your body with whole foods and natural medicines; clean up your beauty regime with all-natural moisturizers, cleansers, hair products, and makeup; get rid of toxic household products that include bleach, ammonia, and acids; try a digital detox for you and your family; or learn how to de-stress by adopting healthier sleeping habits and finding time for yourself. *The Wellness Mama 5-Step Lifestyle Detox* is the natural answer to matters of home, nutrition, and motherhood with over 150 homemade versions of essential household and personal products like: - Citrus Fresh All-Purpose Cleaner - Unscented Liquid Laundry Detergent - Lavender and Honey Face Wash - Mineral Foundation - Lemon Cinnamon Cough Syrup - Chamomile Calming Balm

wellness mama divorce update: *Love What Matters* LoveWhatMatters, 2017-05-02 In the bestselling tradition of *The Five People You Meet in Heaven* and *Humans of New York* comes a collection of authentic, emotional, and inspiring stories about life's most important moments, as

curated by the editors at Love What Matters. "90% of the reads bring me to tears. I just can't believe the love this world truly has when all we see is hate. This is so uplifting." —Shelsea Where do you go when you want to feel inspired? When you want to forget about the divisiveness and the anger? For over five million people, that place is Love What Matters, a digital platform dedicated to finding and sharing the daily moments of kindness, compassion, and love that so often go overlooked. This curated collection of powerful stories features first person accounts and photographs that perfectly capture each moment: A husband learning he's about to be a dad. A new mom embracing her body. A cashier inadvertently teaching a young girl a lesson about patience. A bagel from a stranger that saved a homeless man's life. From long overdue adoptions to military heroes returning home; from a fireman's touching 9/11 tribute to what an old dinner plate found at a bake sale can teach us all about life—these are the moments that matter. They are genuine. Authentic. Raw. And they are perfect in their imperfection—just like all of us. You will no doubt experience goosebumps and tears, but this mosaic of life's moments will leave you with something even more profound: a reminder that, in the end, love always wins. "This really is the best page on Facebook. It renews your love of humanity. There are still good people. We need more reports of acts of kindness." —Johnny

wellness mama divorce update: *Confessions of a Slacker Mom* Muffy Mead-ferro, 2008-08-01 Parents who are fed up with the pressure to turn their children into star athletes, concert violinists, and merit scholars—all at once!—finally have an alternative: the world of Slacker Moms, where kids learn to do things for themselves and parents can cut themselves some slack; where it's perfectly all right to do less, have less, and spend less. Slacker moms say No to parenting philosophies that undermine parents'-and children's-ability to think for themselves. They say Yes to saving their money and time by opting out of the parenting competition. And they say Hell, Yes! to having a life of their own, knowing it makes them better parents. In this witty and insightful book, author Muffy Mead-Ferro reflects on her experience of growing up on a ranch in Wyoming, where parenting-by-necessity—was more hands-off, people made do with what they had, and common sense and generational wisdom prevailed. We should all take her sane lead!

wellness mama divorce update: *Don't Mom Alone* Heather MacFadyen, 2021-10-12 Being a good mom isn't about doing everything right to create a set of perfect trophy children—though every mom has felt the pressure to do just that and to do it all on her own. To ask for help feels like defeat. Yet when we try to do it all by our own strength, we end up depleted, lonely, and ineffective. Heather MacFadyen wants you to know that you are not meant to go it alone. Sharing her most vulnerable, hard mom moments, she shows how moms can be empowered by God, supported by others, and connected with their children. With encouragement and insight, she helps you foster the key relationships you need to be the mom you want to be. Whether you work or stay home, whether you have teenagers or babes in arms, you'll find here a compassionate friend who wants the best—not just for your kids but for you.

wellness mama divorce update: *The Danish Way of Parenting* Jessica Joelle Alexander, Iben Sandahl, 2016-06-29 International bestseller As seen in The Wall Street Journal—from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world—and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an inner compass. Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge—and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

wellness mama divorce update: *The Hormone Fix* Anna Cabeca, DO, OBGYN, FACOG,

2023-08-29 NATIONAL BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive. "Hormone balance is within reach, and this is the definitive guide for reaching that goal."—David Perlmutter, MD, author of Grain Brain As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us that these discomforts are to be expected and that we will have to wait them out during "the change"; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeca's research and experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms. The Hormone Fix introduces Dr. Cabeca's unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body's cellular pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the "love and happiness" hormone. Whether you are perimenopausal, menopausal, or postmenopausal, The Hormone Fix offers an easy-to-follow program, including • a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately • daily meal plans and weekly shopping lists to take the guesswork out of a month's worth of Keto-Green eating • 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups • detailed information on vitamin and mineral supplementation that optimizes hormone balance • simple self-assessments and recommended optional lab testing for a better understanding of your hormonal status • tested and trusted stress-reduction and oxytocin-amplifying advice and techniques With The Hormone Fix you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix? "The Hormone Fix is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply."—Christiane Northrup, MD, author of The Wisdom of Menopause

wellness mama divorce update: Divorcing a Narcissist Tina Swithin, 2012 Tina Swithin was swept off her feet by a modern day Prince Charming and married him one year later. Tina soon discovered that there was something seriously wrong with her fairytale. The marriage was filled with lies, deception, fraud and many tears. Tina was left in an utter state of confusion. This wasn't the man that she married...or was it? Tina first heard the term, Narcissistic Personality Disorder from her therapist in 2008 but quickly dismissed the notion that something could be wrong with her husband. It took several years for Tina to begin researching the disorder and suddenly, the past ten years of her life made complete sense. Tina soon discovered that there is only one thing more difficult than being married to a narcissist and that is divorcing a narcissist. In her book, Tina will explain how a smart, independent woman can fall prey to a narcissistic man. Tina discusses the red flag reflections that she chose to ignore while dating and during the marriage. Tina acted as her own attorney in an extremely high-conflict divorce and she will share the strategies that helped her to navigate through this battle while maintaining her sanity and sense of humor. Tina will help you to feel less alone in your journey and will assure you that there is light at the end of the tunnel no matter how dark things are right now. While Tina endured a tumultuous 6-year custody battle, she prevailed and today, her daughters have peace.

wellness mama divorce update: Hope Heals Katherine Wolf, Jay Wolf, 2016-04-26 When all seems lost, where can you find hope? Katherine and Jay Wolf married right after college and sought adventure far from home in Los Angeles, CA. As they pursued their dreams--she as a model and he as a lawyer--they planted their lives in the city and their church community. Their son, James, came along unexpectedly in the fall of 2007, and just six months later, everything changed in a moment for this young family. On April 21, 2008, as James slept in the other room, Katherine collapsed, suffering a massive brain stem stroke without warning. Miraculously, Jay came home in time and called for help. Katherine was immediately rushed into brain surgery, though her chance of survival was slim.

As the sun rose the next morning, the surgeon proclaimed that Katherine had survived the removal of part of her brain, though her future recovery was uncertain. Yet in that moment, there was a spark of hope. Through forty days on life support in the ICU and nearly two years in full-time brain rehab, that small spark of hope was fanned into flame. Hope Heals documents Katherine and Jay's journey as they struggled to regain Katherine's quality of life and as she relearned to talk, eat, and walk. As Katherine returned home with a severely disabled body but a completely renewed purpose, she and Jay committed to celebrating this gift of a second chance by embracing life fully, even though that life looked very different than they could have ever imagined. As you uncover Katherine and Jay's remarkable story, you'll be encouraged to: Find lasting hope in the midst of struggle Embrace the unexpected Welcome God's miracles into your everyday life In the midst of continuing hardships, both in body and mind, Katherine and Jay found what we all long to find: a hope that heals the most broken place--our souls. Let Hope Heals be your guide along the way. Praise for Hope Heals: As I read this book, tears streamed from my eyes even as joy flooded my heart. Jay and Katherine are a raw yet refreshing testimony to the unshakable trustworthiness of God amidst the unimaginable trials of life. This book reminds all of us where hope can be found in a world where none of us know what the next day holds. --David Platt, author of the New York Times bestseller *Radical* and president of the International Mission Board Hope Heals is a beautiful, true story that illustrates the love and protection God has for us even in the darkest times of our lives. Katherine and Jay's dedication to each other and the Lord through their most devastating season is inspiring. This book will help your heart believe that He sees, He knows, He cares, and He is still working miracles today! --Lysa TerKeurst, New York Times bestselling author and president of Proverbs 31 Ministries

wellness mama divorce update: *Danielle Walker's Against All Grain Celebrations* Danielle Walker, 2016-09-27 NEW YORK TIMES BESTSELLER • 125 recipes for grain-free, dairy-free, and gluten-free comfort food dishes for holidays and special occasions NAMED ONE OF THE FIVE BEST GLUTEN-FREE COOKBOOKS OF ALL TIME BY MINDBODYGREEN When people adopt a new diet for health or personal reasons, they worry most about the parties, holidays, and events with strong food traditions, fearing their fond memories will be lost along with the newly eliminated food groups. After suffering for years with a debilitating autoimmune disease and missing many of these special occasions herself, Danielle Walker has revived the joy that cooking for holidays can bring in *Danielle Walker's Against All Grain Celebrations*, a collection of recipes and menus for twelve special occasions throughout the year. Featuring a variety of birthday cakes, finger foods to serve at a baby or bridal shower, and re-creations of backyard barbecue standards like peach cobbler and corn bread, Danielle includes all of the classics. There's a full Thanksgiving spread—complete with turkey and stuffing, creamy green bean casserole, and pies—and menus for Christmas dinner; a New Year's Eve cocktail party and Easter brunch are covered, along with suggestions for beverages and cocktails and the all-important desserts. Recipes can be mixed and matched among the various occasions, and many of the dishes are simple enough for everyday cooking. Stunning full-color photographs of every dish make browsing the pages as delightful as cooking the recipes, and beautiful party images provide approachable and creative entertaining ideas. Making recipes using unfamiliar ingredients can cause anxiety, and while trying a new menu on a regular weeknight leaves some room for error, the meal simply cannot fail when you have a table full of guests celebrating a special occasion. Danielle has transformed her most cherished family traditions into trustworthy recipes you can feel confident serving, whether you're hosting a special guest with food allergies, or cooking for a crowd of regular grain-eaters.

wellness mama divorce update: *The Prime Cause of Cancer* Otto Warburg, Trung Nguyen, 2015-12-02 This is book 2 of 5 of the "Understand Cancer" series. It is based on the best-available science. The SECONDARY causes of cancer were discussed in book one. This book continues from book one and discusses the PRIME cause of cancer as discovered by Nobel Prize Laureate Dr. Otto Warburg—considered by many as the founder of modern biochemistry. "There are prime and secondary causes of diseases. For example, the prime cause of the plague is the plague bacillus, but

secondary causes of the plague are filth, rats, and the fleas that transfer the plague bacillus from rats to man. By a prime cause of a disease I mean one that is found in every case of the disease...Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. All normal body cells meet their energy needs by respiration of oxygen, whereas cancer cells meet their energy needs in great part by fermentation. All normal body cells are thus obligate aerobes, whereas all cancer cells are partial anaerobes. From the standpoint of the physics and chemistry of life this difference between normal and cancer cells is so great that one can scarcely picture a greater difference. Oxygen gas, the donor of energy in plants and animals is dethroned in the cancer cells and replaced by an energy yielding reaction of the lowest living forms, namely, a fermentation of glucose." —Dr. Otto Warburg

wellness mama divorce update: The Conscious Parent Shefali Tsabary, 2014-08-28 THE NEW YORK TIMES BESTSELLER Conscious parenting is about becoming mindful of your behaviour and engaging with your child as an individual. Dr Tsabary inspires parents to get back in touch with their emotions and shed the layers of baggage they have inherited during their own life and are unconsciously heaping on their children. As they become 'conscious' in their parenting, so parents can transform their relationship with their offspring and raise happy, well-adjusted children. The Conscious Parent is already transforming the way people are parenting through its sales in the US where it's spent 15 weeks on the New York Times bestseller list. Oprah described the book as 'The most profound book on parenting I've ever read' and Eckhart Tolle has said 'becoming a conscious parent is the greatest gift you can give your child.' The book features a foreword by His Holiness The Dalai Lama.

wellness mama divorce update: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

wellness mama divorce update: Eat Like a Dinosaur Paleo Parents, 2012-03-20 Don't be fooled by the ever-increasing volume of processed gluten-free goodies on your grocery store shelf! In a world of mass manufactured food products, getting back to basics and cooking real food with and for your children is the most important thing you can do for your family's health and well-being. It can be overwhelming when thinking about where to begin, but with tasty kid-approved recipes, lunch boxes and projects that will steer your child toward meats, vegetables, fruits, nuts and healthy fats, Eat Like a Dinosaur will help you make this positive shift.

wellness mama divorce update: Battle Hymn of the Tiger Mother Amy Chua, 2011-12-06 A lot of people wonder how Chinese parents raise such stereotypically successful kids. They wonder what Chinese parents do to produce so many math whizzes and music prodigies, what it's like inside the family, and whether they could do it too. Well, I can tell them, because I've done it... Amy Chua's daughters, Sophia and Louisa (Lulu) were polite, interesting and helpful, they had perfect school marks and exceptional musical abilities. The Chinese-parenting model certainly seemed to produce results. But what happens when you do not tolerate disobedience and are confronted by a screaming

child who would sooner freeze outside in the cold than be forced to play the piano? *Battle Hymn of the Tiger Mother* is a story about a mother, two daughters, and two dogs. It was supposed to be a story of how Chinese parents are better at raising kids than Western ones. But instead, it's about a bitter clash of cultures, a fleeting taste of glory, and how you can be humbled by a thirteen-year-old. Witty, entertaining and provocative, this is a unique and important book that will transform your perspective of parenting forever.

wellness mama divorce update: *The Holistic Rx for Kids* Madiha M. Saeed, 2021-11-11 Holistic, functional, integrative medicine meets the parenting world! Board-certified holistic family physician and author of *The Holistic Rx* Madiha M. Saeed, MD shifts the focus from adults to children in her timely new book. *The Holistic Rx for Kids* offers holistic parenting guidelines for raising the whole child—healthy brain, body and soul—in a changing world. As chronic physical and mental health conditions and destructive behaviors are on the rise, we need to shift the way we parent our children to address these concerns. Based on the latest science, Dr. Saeed uncovers how our children's brains, bodies, and behaviors are being hijacked and presents real-life, actionable steps parents can take to help their children make better decisions, build resilience, and heal and prevent acute and chronic conditions at any age. *The Holistic Rx for Kids* gives readers, parents, and their children everything they need to know without overwhelming them. As a physician mom of four young boys, Dr. Saeed offers evidence-based, easy, time- and cost-effective recommendations. Accompanied by the author's clinical and personal experience, this book also features easy action plans based on age, weaning guides, shopping lists, and kids' brain- and body-friendly recipes for any busy parent's lifestyle.

wellness mama divorce update: *Splitopia* Wendy Paris, 2016-03-15 Packed with research, insights, and illuminating (and often funny) examples from Paris's own divorce experience, this book is a "practical and reassuring guide to parting well." —Gretchen Rubin, author of *The Happiness Project* Engaging and revolutionary, filled with wit, searing honesty, and intimate interviews, *Splitopia* is a call for a saner, more civil kind of divorce. As Paris reveals, divorce has improved dramatically in recent decades due to changes in laws and family structures, advances in psychology and child development, and a new understanding of the importance of the father. Positive psychology expert and author of *Happier*, Tal Ben-Shahar, writes that Paris's "personal insights, stories, and research" create "a smart and interesting guide that can be extremely helpful for those going through divorce." Reading this book can be the difference between an expensive, ugly battle and a decent divorce, between children sucked under by conflict or happy, healthy kids. This is "a compelling case that it's high time for a new definition of Happily Ever After—for everyone" (Brigid Schulte, author of *Overwhelmed: Work, Love, and Play When No One Has the Time*).

wellness mama divorce update: *The Wellness Remodel* Christina Anstead, Cara Clark, 2020-04-14 The star of HGTV's *Flip or Flop* Christina Anstead partners with celebrity nutritionist Cara Clark to help women remodel their lives—in mind, body and spirit. Christina Anstead, star of HGTV's *Flip or Flop* and *Christina on the Coast*, is known for her boundless energy, positive attitude, and radiant looks. But what was hidden from fans of her popular television shows was a very real health crisis, including a diagnosis of autoimmune disease, infertility, and the emotional and physical exhaustion of going through a divorce with two young children—all in the public eye. The stress of managing it all wreaked even more havoc on her already strained body. It wasn't until Christina met nutritionist Cara Clark that she discovered a path that allowed her to regain her health and heal in body and mind. In *The Wellness Remodel*, Christina chronicles her health journey and shares what she's learned about the importance of creating balance and prioritizing physical and mental self-care. Divided into three parts—"Gut Rehab" (food and nutrition); "Building a Strong Foundation" (exercise); and "The Rewire" (mindfulness)—the book will be an accessible guide to full-body wellness, offering simple strategies anyone can put into action for immediate results. Christina and Cara will also share their simple cooking strategies built for the real world of working parents and busy weeknights, including sixty of their favorite recipes, complete with beautiful photos and easy-to-follow instructions. Inspiring, informative, fun, and empowering, *The Wellness Remodel* will

give readers everything they need to nourish the body, keep it strong, and help their spirit flourish.

wellness mama divorce update: *The Bits of Bri Cookbook* Brianna Koehler, 2020-10-14 In her official Bits of Bri cookbook, famous YouTuber and homemaker Brianna K shares her favorite family recipes and drool-worthy food photos, all made with love from her kitchen to yours. From simple starters, family dinner ideas, traditional holiday meals, and delicious desserts, this cookbook is packed with yummy food and drink recipes that are sure to make you feel right at home. Just like Brianna shares her family and her home with her fans every week on YouTube, she's sharing family-friendly recipes, some passed down for generations. Along with her comforting, classic recipes from when she was a child, she shares special anecdotes and family gathering memories throughout the book. Every recipe in this book is made with love for you!

wellness mama divorce update: Educated Tara Westover, 2018-02-20 #1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University “Extraordinary . . . an act of courage and self-invention.”—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA’S FAVORITE BOOKS OF THE YEAR • BILL GATES’S HOLIDAY READING LIST • FINALIST: National Book Critics Circle’s Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara’s older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she’d traveled too far, if there was still a way home. “Beautiful and propulsive . . . Despite the singularity of [Westover’s] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?”—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

wellness mama divorce update: Amateur Hour Kimberly Harrington, 2018-05-01 “Kimberly Harrington deftly and hilariously uncovers all of the lies and bullshit women are told about motherhood. This book made me laugh, sure, but it also made me feel seen.” — Jennifer Romolini, chief content officer at Shondaland.com and author of *Weird in a World That’s Not An* emotionally honest, arresting, and funny collection of essays about motherhood and adulthood. “Being a mother is a gift.” Where’s my receipt? Welcome to essayist Kimberly Harrington’s poetic and funny world of motherhood, womanhood, and humanhood, not necessarily in that order. It’s a place of loud parenting, fierce loving, too much social media, and occasional inner monologues where timeless debates are resolved such as Pro/Con: Caving to PTO Bake Sale Pressure (“PRO: Skim the crappiest brownies for myself. CON: They’re really crappy.”) With accessibility and wit, she captures the emotions around parenthood in artful and earnest ways, highlighting this time in the middle—midlife, the middle years of childhood, how women are stuck in the middle of so much. It’s a place of elation, exhaustion, and time whipping past at warp speed. Finally, it’s a quiet space to consider the girl you were, the mother you are, and the woman you are always becoming.

wellness mama divorce update: The Health Habit Elizabeth Rider, 2021-04-13 The ultimate guide to holistic health! -- Gabrielle Bernstein, #1 New York Times best-selling author of *The Universe Has Your Back* Every woman should get this book. -- Christiane Northrup, M.D., New York Times best-selling author of *Women's Bodies, Women's Wisdom* and *Godesses Never Age* What if the

best health of your life isn't just about what you do--or don't--eat? The secret to having the healthy body and life you want isn't just in a rigid way of eating. It's in developing your own Health Habit. Coined by nutritionist and author Elizabeth Rider, your Health Habit is a skill, or a set of skills, that allows you to make the best choices that serve you most. By focusing on action--not just theory--you won't even have to think about being healthy. You just will be--without the deprivation, shame, and OMG-do-I-really-have-to-choke-that-down overthinking and fear that come with restrictive diets. With this paperback edition of her fresh look at healthy living, 28-Day Kick-Start Plan, 50 recipes, and online community, Elizabeth will get you started, keep you motivated, and connect you to health-conscious people around the world.

wellness mama divorce update: *More Than a Body* Lexie Kite, Lindsay Kite, 2020-12-29 Drs. Lindsay and Lexie Kite know firsthand how hard filtering out media influence is when it comes to self-image. Both struggled as young women to overcome the expectations of body size and shape, but were able to learn to love, appreciate, and reclaim their own bodies, eventually earning their PhDs in body image resilience. The twin sisters founded the nonprofit Beauty Redefined and have made it their mission to help other women see themselves without societal expectations distorting their self-perception. *More than a Body* is a self-help book focused on going beyond body positivity, showing how a mindset focused on appearance sets women up for insecurities and self-judgement. In this book, they offer an action plan for readers to combat that mindset, and instead learn how the body can be an instrument, not an ornament, with practical, actionable steps to take when consuming media, exercising, practicing self-reflection and self-compassion, and finding a purpose in life.

wellness mama divorce update: *Growing Slow* Jennifer Dukes Lee, 2021-05-11 Enter a simpler way of living by unhurrying your heart, embracing the relaxed rhythms of nature, and discovering the meaningful gift of growing slow. We long to make a break from the fast pace of life, but if we're honest, we're afraid of what we'll miss if we do. Yet when going big and hustling hard leaves us stressed, empty, and out of sorts, perhaps this can be our cue to step into a far more satisfying, sustainable pace. In this crafted, inspiring read, beloved author Jennifer Dukes Lee offers a path to unhurried living by returning to the rhythm of the land and learning the ancient art of *Growing Slow*. Jennifer was once at breaking point herself, and tells her story of rude awakening to the ways her chosen lifestyle of running hard, scaling fast, and the neverending chase for results was taking a toll on her body, heart, and soul. But when she finally gave herself permission to believe it takes time to grow good things, she found a new kind of freedom. With eloquent truths and vivid storytelling, Jennifer reflects on the lessons she learned from living on her fifth-generation family farm and the insights she gathered from the purposeful yet never rushed life of Christ. *Growing Slow* charts a path out of the pressures of bigger, harder, faster, and into a more rooted way of living where the growth of good things is deep and lasting. Following the rhythms of the natural growing season, *Growing Slow* will help you: Find the true relief that comes when you stop running and start resting in Jesus Learn practices for unhurrying your heart and mind every day Let go of the pressure and embrace the small, good things already bearing fruit in your life And engage slow growth through reflection prompts and simple application steps

wellness mama divorce update: *Divorced Girl Smiling* Jackie Pilossoph, 2014 Smile! It's not just the end of your marriage, it's the beginning of your second chance! Missy Benson has a two and a half carat diamond engagement ring with color grade H, VS2 clarity and a value of \$36,000. It's absolutely gorgeous, practically flawless, and let's be honest, really big! But what the successful Chicago realtor doesn't have anymore is a husband. After 12 years of marriage, her husband, Paul, a handsome, wealthy attorney has devastated her by breaking up their marriage for Priscilla Sommerfeld, a young, personal trainer, who according to Missy's sassy assistant, J.J., looks more like a Las Vegas stripper than a fitness expert. Not sure what to do with her ring, and with no financial issues to worry about, Missy decides to put it up for sale on Craigslist. The price: 99 cents! The catch: She gets to pick the buyer. In essence, she's looking for the perfect guy, but not for herself. Her hope is to regain faith that good men do exist, and that marriages can last forever. Now referring

to herself as the divorced girl, Missy interviews dozens of young men who are vying for the huge ring. It's a contest that includes outrageous characters, hilarious and sentimental stories, and two finalists, both of whom Missy adores and who she must choose between. Then there's Parker Missoni, the sexiest contestant by far, who drives her crazy with his brutal honesty, and at the same time stops her heart with his deep brown eyes. *Divorced Girl Smiling* is the story of a woman's journey to do whatever it takes to heal herself from divorce. It's about acceptance, reflection, taking accountability for mistakes, and appreciating all of life's wonderful gifts. In other words, if you have the guts to put the past behind, admit your mistakes, embrace your future, and give love another chance, you will surely be a divorced girl smiling.

wellness mama divorce update: The Invisible Corset Lauren Geertsen, 2021-01-19 Learn to love your body—for real this time Women in touch with the wisdom of their bodies are the single greatest threat to societal systems of domination, oppression, and control. We are also the greatest possibility to bring healing, peace, and restoration to our world. —Lauren Geertsen No matter how much we try to tell ourselves to love our bodies and accept our flaws, most women can't quite get there. Even though we know the beauty standard is unrealistic, we secretly feel like it would be so much easier if our stomach were just a little flatter, or our skin a little smoother, or a million other little things. As a result, we sacrifice our health, heritage, sanity, and lives on the altar of beauty culture. Why is it so hard to feel confident about our bodies, or even just accept them? Because willpower alone isn't enough to undo generations of brainwashing intended to repress women's confidence and power. In *The Invisible Corset*, Geertsen carefully illustrates the psychological gaslighting that leads women to internalize the belief that their appearance makes them not only unworthy of love, but incapable of fulfilling their actual destiny. By highlighting each restricting string of the invisible corset all women wear, Geertsen helps us reclaim our bodies for ourselves, discovering newfound confidence, power, joy, and pleasure as we do. You'll explore: How the invisible corset cuts you off from your body's wisdom and nature's intelligence—the true sources of your intuition, pleasure, and power How beauty culture is the most recent form of patriarchal oppression — and why women are both responsible and able to free ourselves Why the body positivity movement often makes self-criticism even worse The racist history of beauty culture, and how it still perpetuates racism today Journaling prompts, rituals, meditations, and other exercises to help unravel the toxic beliefs that keep the invisible corset in place A variety of practices to help you reconnect with your body—to tune into your intuition, set healthy boundaries, align with your True Self, and more For any woman who is ready to go from struggle, discomfort, control, and shame to pleasure, confidence, freedom, and soul-fulfilling purpose, *The Invisible Corset* is an essential guide.

wellness mama divorce update: The Align Method Aaron Alexander, 2022-01-11 Celebrity manual therapist and movement coach Aaron Alexander shows readers how posture and body alignment are powerful tools for building strength, achieving peak performance, reducing pain, and approaching the world with a new sense of confidence.--

wellness mama divorce update: Mama Doc Medicine Wendy Sue Swanson, 2014 Presents evidence-based advice on raising children, enhancing a collection of the author's blog posts with statistics, charts, and summaries to discuss four themes--prevention, social-emotional support, immunizations, and work-life balance.--

wellness mama divorce update: M Is for Mama Abbie Halberstadt, 2022-02-01 Mama of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average mama. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. *M is for Mama* offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you

embrace the challenge of biblical motherhood and raise your children with love and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it.

wellness mama divorce update: *Focusing* Eugene T. Gendlin, 1982-08-01 The classic guide to a powerful technique that can increase your mindfulness and lead to personal transformation Based on groundbreaking research conducted at the University of Chicago, the focusing technique has gained widespread popularity and scholarly acclaim. It consists of six easy-to-master steps that identify and change the way thoughts and emotions are held within the body. Focusing can be done virtually anywhere, at any time, and an entire "session" can take no longer than ten minutes, but its effects can be felt immediately—in the relief of bodily tension and psychological stress, as well as in dramatic shifts in understanding and insight. In this highly accessible guide, Dr. Eugene Gendlin, the award-winning psychologist who developed the focusing technique, explains the basic principles behind focusing and offers simple step-by-step instructions on how to utilize this powerful tool for tapping into greater self-awareness and inner wisdom. As you learn to develop your natural ability to "focus," you'll find yourself more in sync with both mind and body, filled with greater self-assurance, and better equipped to make the positive changes necessary to improve and enhance every aspect of your life.

wellness mama divorce update: *Move Your DNA* Katy Bowman, 2015-02-27

wellness mama divorce update: *The Proper Care and Feeding of Husbands* Dr. Laura Schlessinger, 2009-03-17 The #1 National Bestseller In her most provocative book yet, America's top radio talk show host, Dr. Laura Schlessinger, urgently reminds women that to take proper care of their husbands is to ensure themselves the happiness and satisfaction they deserve in marriage. Women want to be in love, get married and live happily ever after, yet countless women call Dr. Laura, unhappy in their marriages and seemingly at a loss to understand the incredible power they have over their men to create the kind of home life they yearn for. In *The Proper Care and Feeding of Husbands*, Dr. Laura provides real-life examples and real-life solutions on how to wield that power to attain all the sexual pleasure, intimacy, love, joy, and peace desired in life. Dr. Laura's simple principles have changed the lives of millions. Now they can change yours.

wellness mama divorce update: *Not So Mumsy* Marcia Leone, 2020-03-03 'Not So Mumsy encapsulates motherhood's new mood; edgy, powerful, honest and strong.' - Marie Claire Magazine Yes, you are a mum, but you're still you! For mamas everywhere, this is your Mother's Group in a book. Parenting is hard, but it's also beautiful. For women who have embraced motherhood but also yearn to retain a sense of self and style, *Not So Mumsy* has been a pioneering site driving the Modern Mama movement. Bridging the gap between pre-mama life and the whole new world of leaky boobs and pureed banana, Marcia Leone (aka Not So Mumsy) has always shared her journey with honesty and humour, providing a warm and inclusive support network for like-minded women. With powerfully uplifting perspectives from inspirational mamas across the world, including Jaime King, Teresa Palmer, Megan Gale and Tammin Sursok, *Not So Mumsy* will help you navigate pregnancy, your first year and beyond with style, humour and confidence.

wellness mama divorce update: *Woman Unleashed: Release Your Story, Revive Your Hormones & Reclaim Your Freedom* Sonya Jensen, 2021-12-07 Dr. Sonya Jensen has been working with women for over a decade, inspiring them to be the best versions of themselves and helping them gain freedom from the chains of society, their hormones, and the mantra that continuously plays in so many of their minds, I'm not enough. Dr. Jensen has made it clear that healing hormones isn't just a job for the physical body but the heart, mind, and even the soul. The experiences a woman has from the womb onward, dictate her thoughts and beliefs about herself and life. These beliefs, in turn, dictate the actions and communication pathways of her hormones, creating her personality and, therefore, creating her life. Dr. Jensen details the science behind hormones and the wisdom behind womanhood, illustrating how the dance between the two makes way for either a woman's healing or her suffering. This book will take you on a journey of self-discovery as you learn more about your hormones and yourself. In *Woman Unleashed*, you will: -

Gain a deeper understanding of each hormone and the roles they play throughout your lifetime - Discover how stress, trauma, and your childhood experiences shape your hormone blueprint - Understand the reasons why your hormones are causing chaos in your body and life - Find solutions to balancing your hormones, from dietary suggestions to self-awareness practices - Practice meditations and yoga sets to help you along the way - Learn everything you need to know to gain freedom from hormonal symptoms and what steps you can take to decode your unique hormonal story With this book by your side, you will tap into your innate wisdom that has been longing to help you live a healthier and more joyful life. Discover the power your body has and the freedom you deserve!

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