

wellness you can trust publication

Wellness You Can Trust: Your Guide to Reliable Health & Wellness Information

Are you overwhelmed by the sheer volume of health and wellness information available online? Do you find yourself questioning the credibility of sources, struggling to separate fact from fiction, and wondering where to turn for trustworthy advice? You're not alone. The internet is a goldmine of information, but it's also a minefield of misinformation. This post serves as your compass, guiding you through the landscape of wellness publications and helping you identify sources of "wellness you can trust." We'll explore what constitutes reliable information, delve into red flags to watch out for, and provide you with strategies to become a more discerning consumer of wellness advice.

Understanding the Landscape of Wellness Publications

The wellness industry is booming, and with it, a proliferation of websites, blogs, social media accounts, and publications offering advice on everything from diet and exercise to mental health and alternative therapies. While many offer valuable insights, a significant number prioritize profit over accuracy, promoting products or services without proper scientific backing. This makes critical evaluation crucial.

Identifying Wellness You Can Trust: Key Indicators

So, how do you identify publications dedicated to providing "wellness you can trust"? Here are some key indicators:

1. Evidence-Based Information: Reliable wellness publications cite credible sources. Look for references to peer-reviewed studies, research papers published in reputable journals, and qualified experts. Avoid publications that rely solely on anecdotal evidence, testimonials, or unsubstantiated claims.
1. Transparency and Disclosure: Reputable sources are transparent about their funding and potential conflicts of interest. They clearly disclose any affiliations with product companies or brands they recommend. Look for a "disclaimer" or "about us" section that clearly outlines their policies.

1. **Qualified Authors:** Pay attention to the credentials of the authors. Are they qualified healthcare professionals, researchers, or experts in their respective fields? Be wary of publications that feature authors with no demonstrable expertise in the topics they cover. A brief author bio should be easily accessible.
1. **Fact-Checking and Editorial Processes:** Credible publications have rigorous fact-checking processes and editorial oversight. This ensures accuracy and consistency in the information they disseminate. Look for an "editorial team" mentioned on the website.
1. **Balanced Perspective:** Avoid publications that present only one side of a story. Reliable sources acknowledge the complexities of health and wellness, presenting diverse viewpoints and acknowledging areas of uncertainty. Overly simplistic or dogmatic approaches are often a red flag.
1. **Avoidance of Sensationalism and Clickbait:** Reputable publications focus on providing accurate information rather than sensationalizing or exaggerating claims. Avoid publications that use clickbait headlines or make outrageous promises of quick fixes.
1. **Updated Information:** Health and wellness knowledge is constantly evolving. Look for publications that regularly update their content and acknowledge limitations in current understanding. Outdated information can be harmful.

Red Flags to Watch Out For: Signs of Untrustworthy Wellness Publications

Conversely, several red flags signal that a wellness publication might not be trustworthy. These include:

Unrealistic promises: Be wary of any publication that promises miraculous results or quick fixes. Sustainable wellness is a journey, not a sprint.

Lack of citations or references: Publications that fail to cite sources

should be treated with skepticism.

Overreliance on testimonials: While testimonials can be helpful, they shouldn't be the primary evidence supporting a claim.

Aggressive sales tactics: Publications that aggressively promote products or services without providing sufficient information should be avoided.

Excessive use of jargon or technical terms without explanation: This can be a tactic to make information seem more credible than it is.

Promoting unproven or disproven treatments: Be skeptical of publications that promote treatments without strong scientific evidence.

Conspiracy theories or pseudoscience: Publications that promote conspiracy theories or pseudoscience should be avoided.

How to Become a More Discerning Consumer of Wellness Information

Becoming a discerning consumer of wellness information requires active engagement. Here are some steps you can take:

Verify information: Cross-reference information from multiple reputable sources before making any decisions.

Consult with healthcare professionals: Talk to your doctor or other qualified healthcare providers before making significant changes to your diet, exercise routine, or lifestyle.

Be critical of advertising: Be aware of advertising and marketing techniques. Not everything you see online is truthful.

Check the website's "about us" section: Learn more about the creators and their motivations.

Look for peer-reviewed studies: These are studies that have been evaluated by other experts in the field.

Conclusion

Finding "wellness you can trust" is paramount for your physical and mental well-being. By using these guidelines, you can navigate the vast ocean of wellness information with greater confidence and make informed choices that align with your health goals. Remember, prioritizing evidence-based information, transparency, and qualified sources is key to your journey towards a healthier, happier you.

FAQs

1. Are all government health websites trustworthy? While generally reliable, even government websites can sometimes contain outdated or incomplete information. Cross-referencing with other credible sources is still recommended.

1. How can I tell if a health supplement is safe and effective? Look for supplements that have been tested by third-party organizations and that display their results. Discuss any supplement use with your doctor or other qualified healthcare provider.

1. What should I do if I find inaccurate information on a wellness website? Contact the website directly to report the inaccuracies or, if it's a particularly egregious case, report it to the relevant authorities.

1. Is it okay to rely solely on online wellness information? No, online information should supplement, not replace, advice from qualified healthcare professionals. Always consult with your doctor or other healthcare provider before making significant changes to your health regimen.

1. How can I stay updated on the latest wellness research? Subscribe to reputable health journals or newsletters, follow reputable health organizations on social media, and regularly search for updated information from trusted sources.

wellness you can trust publication: *The Real Vitamin & Mineral Book* Shari Lieberman, 1990

wellness you can trust publication: *The New Health Rules* Frank Lipman, Danielle Claro, 2015-01-06 New York Times Bestseller Frank Lipman, M.D., is “at the vanguard of a revolutionary way to deliver medical care” (O, The Oprah Magazine). A leading expert in the field of functional medicine, Dr. Lipman focuses on the root causes of illness and guides his patients to the deepest, most lasting sources of wellness. In this book, he and coauthor Danielle Claro make life-changing health advice available to all. Their book offers the cutting-edge secrets to optimal health in a stylish, lushly illustrated format—a spoonful of beauty to help the wellness tips go down. The New Health Rules wades through the often contradictory information that bombards us daily and delivers more than 100 actionable tips that will improve every aspect of our health—body, mind, and soul. Readers will learn simple rules for getting a good night’s sleep, why a daily dose of sunlight is crucial, and which toxic cosmetics and kitchen products should be tossed. Here Lipman and Claro teach us which foods help prevent Alzheimer’s, why sugar is so destructive, and how to bring “good bacteria” into the digestive system—providing an arsenal of easy-to-process tips and guidelines to make us stronger, healthier, and happier.

wellness you can trust publication: *How to Write a Wellness Book* Beth Brombosz, 2021-06-15 Planning Your Health & Wellness Book Made Easy! Writing a book is one of the best

things you can do for your health and wellness business. Let's face it: health and wellness is a very crowded niche, and it's hard to stand out from the crowd. That's exactly what your book will help you do. But how do you write a book that's actually good, a book that your readers won't hate? How do you write a book that doesn't suck? You follow a proven framework to write a book that gives readers real results, builds trust, and establishes you as a real expert. This workbook walks you through the process of planning a business-building health and wellness book that your readers will love. Using the Fast Author Framework[®], you'll plan a book that drives readers to become clients and gives you instant authority and credibility at the same time. If you want to write a health and wellness book but you don't have time to waste writing a book that isn't good, *How to Write a Health and Wellness Book* is the book-planning workbook you've been looking for.

wellness you can trust publication: *Happy Healthy You* KJ Landis, 2017-08-15 The successful life coach and author of *Superior Self* offers concrete, easy-to-follow strategies for bringing more health and happiness into your life. With our hectic modern lives, it's easy to feel drained and worn down. But when we stop to consider what's tapping our energy most, we discover that old habits, unconscious patterns, and past experiences are dragging us down and blocking our self-growth. In *Happy Healthy You*, life coach KJ Landis helps identify how, why, and where we get ourselves stuck, and how we can utilize the drama and trauma of the past as a springboard to becoming our most authentic, vibrant selves. We all face a lot of stress in our day to day lives. Over time, those stressors can build into a major obstacle, causing us to retreat into survival mode. And when you're only surviving, you're not thriving. KJ Landis knows the story all too well—because she lived it herself. Now, she provides the playbook for tackling the blockages in our lives and moving beyond them to a life of happiness and health. In this book you will learn: • The root of what keeps us “stuck” in our lives • How to use the Negative Thought Pot to rid ourselves of self-deprecating beliefs • How hormones and epigenetics affect mental and physical wellness • The role of nutrition in our day-to-day health • Therapeutic movement as a mode of healing • The power of self-care through restorative practices • And much, much more!

wellness you can trust publication: *The Supplement Handbook* Mark Moyad, Janet Lee, 2014-11-04 Nearly half of Americans use supplements—and many more are curious about them—yet questions abound. Will feverfew help my migraines? Are there any vitamins that will keep my skin clear? Does lysine really prevent cold sores? Are there herbs I can take to boost my mood? Are any of these things safe? Mark Moyad, MD, MPH is the only physician in the United States who has an endowed position to study vitamins, minerals, herbs, and other supplements. For the past 25 years, he's been researching supplements, using them in his practice, and traveling the country giving lectures to laypeople and physicians about what works and what's worthless in the world of drugs and supplements. Based on the latest research as well as Dr. Moyad's clinical experience, *The Supplement Handbook* guide you through the proven (or debunked) treatment options for more than 100 common conditions—everything from arthritis, heartburn, and high cholesterol to fibromyalgia, migraines, and psoriasis. Dr. Moyad provides clear guidelines, sifting through conflicting information for a definitive answer you can use today. He does not hesitate to point out which remedies are overhyped, useless, and even harmful. He even ranks the most effective options so you know which remedies to try first, and he's honest about when over-the-counter or prescription drugs are the better option. More than an overview, *The Supplement Handbook* delivers prescriptive, reliable advice. Whether you're an alternative medicine convert or an interested-but-confused supplement novice, this comprehensive, evidence-based guide is sure to become a must-have reference in your home.

wellness you can trust publication: *Reclaiming Body Trust* Hilary Kinavey, MS, LPC, Dana Sturtevant, MS, RD, 2022-08-30 A holistic and powerful framework for accepting and liberating our bodies, and ourselves. Have you ever felt uncomfortable or not “at home” in your body? In this book, the founders of Body Trust, licensed therapist Hilary Kinavey and registered dietician Dana Sturtevant, invite readers to break free from the status quo and reject a diet culture that has taken advantage and profited from trauma, stigma, and disembodiment, and fully reclaim and embrace

their bodies. Informed by the personal body stories of the hundreds of people they have worked with, Reclaiming Body Trust delineates an intersectional, social justice–orientated path to healing in three phases: The Rupture, The Reckoning, and The Reclamation. Throughout, readers will be anchored by the authors' innovative and revolutionary Body Trust framework to discover a pathway out of a rigid, mechanistic way of thinking about the body and into a more authentic, sustainable way to occupy and nurture our bodies.

wellness you can trust publication: The Wellness Lifestyle Daniel Orr, Kelly Baute, 2018-09-25 Have you meticulously counted calories and obsessed over what you eat and how you move, only to feel exhausted, unfulfilled, and overweight? The Wellness Lifestyle: A Chef's Recipe for Real Life is the easy-to-follow and life-changing book for those who love food and want a healthier and more fulfilling life. Renowned chef Daniel Orr (Chef D) teams up with wellness coach Kelly Baute (Dr. K) to identify and navigate the eight dimensions of wellness: nutritional, physical, social, spiritual, emotional, intellectual, occupational, and environmental. The result is a fulfilling recipe for everyone interested in improving their overall health and shedding pounds while still enjoying life. The path to total wellness is a lifelong journey of self-exploration and adaptation. Chef D and Dr. K explain how to implement and maintain effective behavior changes, including better ways to move, like yoga; better ways to think, like through meditation; and better ways to eat, with easy recipes for whole, healthful foods. From Muscle Mud Breakfast Bars to Cauliflower Popcorn, Happy Mouth Quinoa Salad to Tuscan Flatiron Steak with Garlic, Rosemary, and Lemon, The Wellness Lifestyle is packed with delicious and fun recipes that combine the healthy nutrients your body needs with the great flavors you crave. Featuring the secrets to good food and an even better life, The Wellness Lifestyle is essential for every kitchen.

wellness you can trust publication: What You Must Know About Vitamins, Minerals, Herbs & More Pamela Wartian Smith, 2012-07-24 Almost 75 percent of health and longevity is based on lifestyle, environment, and nutrition. Yet even if you follow a healthful diet, you probably don't get all the nutrients you need to prevent disease. In What You Must Know About Vitamins, Minerals, Herbs & More, Dr. Pamela Smith explains how you can maintain health through the use of nutrients. Part One of this easy-to-use guide discusses the individual nutrients necessary for good health. Part Two offers personalized nutritional programs for people with a wide variety of health concerns. People without prior medical problems can look to Part Three for their supplementation plans. Whether you want to maintain good health or you are trying to overcome a medical condition, What You Must Know About Vitamins, Minerals, Herbs & More, can help you make the best choices for the health and well-being of you and your family.

wellness you can trust publication: Rule the Rules of Workplace Wellness Programs Barbara J. Zabawa, JoAnn M. Eickhoff-Shemek, 2017

wellness you can trust publication: Wellness Made Simple Laura Crooks, 2014-08-15 Wellness Made Simple is your guide to creating a sustainable way of living that gives you the balance, happiness, and energy you are seeking. It addresses your wellness from all angles and lets you reshape your life from the inside out. Your mindset, time management, stress management, eating, sleep, exercise, happiness, and motivation are all interrelated. Each component affects and is affected by the other components. Together they make a whole you. This guide presents a simple, holistic approach to making better decisions about your health and wellness. There is no single solution for better health and wellness that works for everyone, so your solution will look a little bit different from everyone else's. Wellness is fluid and changes over time but you can learn to slow down, listen to and trust your body at any age. Positive changes in any domain of wellness can cause positive changes elsewhere in your wellness, creating an upward spiral. It really can be simple, and this guide will give you the tools to shape your own wellness journey.

wellness you can trust publication: The Wellness Revelation Alisa Keeton, 2017-08-08 What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world

and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In *The Wellness Revelation*, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. *The Wellness Revelation* will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

wellness you can trust publication: *Decolonizing Wellness* Dalia Kinsey, 2022-02-08 The author offers an empowering perspective for people whose identities are often marginalized in the health and wellness industry. —Manhattan Book Review Become the healthiest and happiest version of yourself using wellness tools designed specifically for BIPOC and LGBTQ folks. The lack of BIPOC and LGBTQ representation in the fields of health and nutrition has led to repeated racist and unscientific biases that negatively impact the very people they purport to help. Many representatives of the increasingly popular body positivity movement actually add to the body image concerns of queer people of color by emphasizing cisgender, heteronormative, and Eurocentric standards of beauty. Few mainstream body positivity resources address the intersectional challenges of anti-Blackness, colorism, homophobia, transphobia, and generational trauma that are at the root of our struggles with wellness and self-care. In *Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation*, registered dietitian and nutritionist Dalia Kinsey will help readers to improve their health without restriction, eliminate stress around food and eating, and turn food into a source of pleasure instead of shame. A road map to body acceptance and self-care for queer people of color, *Decolonizing Wellness* is filled with practical eating practices, journal prompts, affirmations, and mindfulness tools. Ultimately, decolonizing nutrition is essential not only to our personal well-being but to our community's well-being and to the possibility of greater social transformation. This is a body positivity and food freedom book for marginalized folks. It's a guide to throwing out food rules in exchange for internal cues and adopting a self-love-based approach to eating. It's about learning to trust our bodies and turning mealtime into a time for celebration and healing. It's also a love letter to those of us who struggle with our bodies and a gentle plea for us to do the work it takes to accept, trust, and love ourselves.

wellness you can trust publication: *Fit and Well* Thomas Davin Fahey, 2013-02

wellness you can trust publication: *Diving Deep Into Your Health* Kevin P. Greene, 2018-08-14 You want to feel better so you can embrace and enjoy your incredible gift of life. You are looking for that doctor whom you can trust to truly invest their time into your health and well-being. Kevin P. Greene, MD welcomes you to allow him to be your coach and your teammate, guiding you on your journey toward optimal health and wellness by *Diving Deep Into Your Health*. In this book, you will: - Understand That Your Attitude Determines Your Altitude - Discover the Seven Pillars for You to Reach Optimal Wellness - Get Tools to Be Proactive Rather Than Reactive About Your Health - Learn Why Paying Attention to Your Body's Responses Is So Important - Read About How Dr. Greene Practices What He Preaches in His Own Life 'Diving Deep Into Your Health' is a message of hope for all those whom traditional medicine has failed. - Dr. Charlie Webb, Leading Expert in Optimizing Health Use this book as a roadmap to educate and empower yourself on your path toward optimal health and wellness. - Shannon Burnett-Gronich, Publicity Expert, Author, and Mother of Three Children 'Diving Deep Into Your Health' helps you overcome your health challenges by encouraging you to stay positive throughout the process regardless of the obstacles you encounter. - Sammy Pyon, Author and Chiropractor

wellness you can trust publication: *Natural Health, Natural Medicine* Andrew Weil, 2004-12-09 A valuable health resource from the New York Times-bestselling author of *The Natural Mind* and *Spontaneous Happiness*. "Dr. Andrew Weil is an extraordinary phenomenon," says the

Washington Post. And indeed, this expert in healthy living, alternative healing, and the mind-body connection has helped millions of people find relief from what ails them. Called “the bible of natural medicine” by Larry Dossey, MD, *Natural Health, Natural Medicine* is a comprehensive resource for everything you need to know to maintain optimum health and treat common conditions. This landmark book incorporates Dr. Weil’s theories into one useful and readable reference, featuring general diet and nutrition information as well as simple recipes, answers to readers’ most pressing questions, a catalogue of over a hundred home remedies, and numerous practical tips. This new edition includes updated scientific findings—and has been expanded to provide trustworthy advice about low-carb diets, hormone replacement therapy, Alzheimer’s, attention deficit disorder, reflux disease, autism, type 2 diabetes, erectile dysfunction, the flu, and much more. “Weil, a Harvard Medical School graduate and a member of the advisory panel for the Congressional Study of Alternative Cancer Therapies, advocates preventative health maintenance as a means of combating future painful and expensive therapies. The handbook proposes methods of creating a healthy lifestyle, offers advice on guarding against potentially fatal diseases, provides information on natural treatments, and recommends these treatments for specific common ailments. Controversial in its challenge of orthodox medicine, the manual stands out as a useful resource for its clear, concise writing style, its practical advice, and its thoughtful examination of the important issues facing contemporary health care.” —Library Journal

wellness you can trust publication: The Best Lawyer You Can be Stewart Levine, 2018 It's no secret that individual lawyers are under siege in a profession with a high incidence of stress, divorce, substance abuse, and suicide. In this groundbreaking multi-dimensional collection, you can find tools and information that enable you to have both a successful career and a happy, satisfied life. These tools will teach you how to harness the transformative power of being more relational and less transactional. The earmark of happy lawyers is the development of emotional intelligence, resilience, and mindfulness practice. The book provides the keys to the kingdom, what is essential to thrive in the competitive environment of lawyering. The material comes from recognized experts who provide step-by-step behavioral guidance of what you need to do. The material is easily accessible. Each chapter has a summary and conclusion. Follow the wisdom and it's guaranteed to change your life and career.--

wellness you can trust publication: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs *Workplace Wellness That Works* provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? *Workplace Wellness That Works* shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, *Workplace Wellness That Works* skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

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

wellness you can trust publication: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

wellness you can trust publication: Good and Cheap Leanne Brown, 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—*Good and Cheap* is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of *Good and Cheap* purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

wellness you can trust publication: The Vitamin Book Harold Silerman, Harold M. Silverman, Joseph A. Romano, Gary Elmer, 1985 America's Most Reliable Vitamin Guide...Completely Updated! We've all heard about the miraculous curative and preventive powers of vitamins, minerals, and herbal remedies. Now the new, revised *The Vitamin Book*, compiled by pharmacological experts, cuts through the confusion so you learn what to take and why. Here is authoritative and up-to-date scientific information on exactly what vitamins, minerals, and herbal remedies can do for you. You'll find: Detailed descriptions of vitamins, minerals, trace elements, and electrolytes, including daily requirements, dosages, therapeutic uses, and more The latest research on St. John's wort, echinacea, CoQ10, DHEA, and other popular herbal and dietary supplements An essential guide to brand-name multivitamins found in your supermarket or health food store Specific recommendations for children, athletes, seniors, and pregnant or postmenopausal women Guidelines for safe supplement use, including megadosing and critical drug interactions, The nutrient content of hundreds of common foods, including popular fast foods How computer programs can monitor your vitamin and mineral intake And much, much more

wellness you can trust publication: Mental Health and Wellbeing in the Workplace Gill Hasson, Donna Butler, 2020-06-22 ***HIGHLY COMMENDED - HR & MANAGEMENT - BUSINESS

BOOK AWARDS 2021*** Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are experiencing challenges in promoting the mental health and wellbeing of their employees. *Mental Health & Wellbeing in the Workplace* contains expert guidance for improving mental health and supporting those experiencing mental ill health. This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments – providing all involved with informative and practical assistance. Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing, shifting employer and employee attitudes on mental health, possible solutions to current and future challenges and more. Detailed, real-world case studies illustrate a variety of associated concerns from both employer and employee perspectives. This important guide: Explains why understanding mental health important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective 'wellbeing strategy' Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features resources for further support if experiencing mental health issues *Mental Health & Wellbeing in the Workplace* is a valuable resource for those in the workplace wanting to look after their physical and mental wellbeing, and those looking for guidance in managing staff with mental health issues.

wellness you can trust publication: *The Care and Keeping of You Journal* Cara Natterson, 2013-02-26 This companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies--and their feelings about it.

wellness you can trust publication: *U.S. Health in International Perspective* National Research Council, Institute of Medicine, Board on Population Health and Public Health Practice, Division of Behavioral and Social Sciences and Education, Committee on Population, Panel on Understanding Cross-National Health Differences Among High-Income Countries, 2013-04-12 The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, peer countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. *U.S. Health in International Perspective* presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

wellness you can trust publication: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and

more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

wellness you can trust publication: Who Is Wellness For? Fariha Roisin, 2022-06-14 The multi-disciplinary artist and author of *Like a Bird* and *How to Cure a Ghost* explores the commodification and appropriation of wellness through the lens of social justice, providing resources to help anyone participate in self-care, regardless of race, identity, socioeconomic status or able-bodiedness. Growing up in Australia, Fariha Róisín, a Bangladeshi Muslim, struggled to fit in. In attempts to assimilate, she distanced herself from her South Asian heritage and identity. Years later, living in the United States, she realized that the customs, practices, and even food of her native culture that had once made her different—everything from ashwagandha to prayer—were now being homogenized and marketed for good health, often at a premium by white people to white people. In this thought-provoking book, part memoir, part journalistic investigation, the acclaimed writer and poet explores the way in which the progressive health industry has appropriated and commodified global healing traditions. She reveals how wellness culture has become a luxury good built on the wisdom of Black, brown, and Indigenous people—while ignoring and excluding them. *Who Is Wellness For?* is divided into four sections, beginning with *The Mind*, in which Fariha examines the art of meditation and the importance of intuition. In part two, *The Body*, she investigates the physiology of trauma, detailing her own journey with fatphobia and gender dysmorphia, as well as her own chronic illness. In part three, *Self-Care*, she argues against the self-care industrial complex but cautions us against abandoning care completely and offers practical advice. She ends with *Justice*, arguing that if we truly want to be well, we must be invested in everyone's well being and shift toward nurturance culture. Deeply intimate and revelatory, *Who Is Wellness For?* forces us to confront the imbalance in health and healing and carves a path towards self-care that is inclusionary for all.

wellness you can trust publication: Trust Yourself Melody Wilding LMSW, 2021-05-04 Regain your confidence at work, transform your sensitivity into a superpower Being highly attuned to your emotions, your environment, and the behavior of others can be the keys to success, but they can also lead to overthinking, overworking, and overgiving. It's time to Trust Yourself. Over the last decade, award-winning human behavior expert and executive coach Melody Wilding, LMSW has helped thousands of Sensitive Strivers (highly sensitive, high-achieving professionals and leaders) get out of their own way. And now, in this groundbreaking book, Wilding offers practical, research-based strategies to reclaim control of your career and reach your full potential. You'll discover: PRACTICAL STRATEGIES to harness your sensitivity and emotional intelligence, turning them into a superpower in the workplace. PROVEN TECHNIQUES to quiet your inner critic and make decisions with confidence. STEP-BY-STEP GUIDES to set healthy boundaries and protect your energy from difficult co-workers CONCRETE, ACTIONABLE TOOLS to develop resilience, bounce back from setbacks, and navigate workplace challenges with grace. WORD-FOR-WORD SCRIPTS to push back on extra work, promote your accomplishments, and more. Through her refreshingly approachable yet deeply empathetic approach, Wilding offers a life-changing roadmap that has helped readers across the globe to break the cycle of self-sabotage and self-doubt by transforming your perceived weaknesses into your biggest strengths.

wellness you can trust publication: Ignite Your Health and Wellness J. B. Owen, Alex Jarvis,

Annie Lebrun, 2019-12-02 Enjoying good health and optimal wellness is becoming the ultimate dream. For many, living a holistic lifestyle has moved to the forefront of an ideal future. Become your own healthiest self while enjoying 36 inspiring stories from practitioners, health professionals, and coaches who, through their own journeys, have discovered the harmonious connection in healing the body, mind, heart and soul. Find out how they transformed their lives and reinvigorated their bodies using unique practices, alternative modalities and self-healing solutions. The stories speak to everything from stress and overexertion to depression and mental health. Some have written about conditions such as alopecia, eczema and inflamed bowels. Others have told of their improvements in cancer, epilepsy, multiple sclerosis and chronic back pain. All share solutions that addressed their 'dis'-ease and accessed their own healing potential. This book shows that you have the power to transform your health and wellness. Be Ignited and start experiencing a healthier and happier you!

wellness you can trust publication: *The Vitamin and Mineral Food Counter* Annette B. Natow, Jo-Ann Heslin, 2004-04 Listing the contents and calories of more than 7,000 foods, including brand name, restaurant, and takeout foods, this addition to the successful food counter series offers an introductory primer on vitamins and minerals, drug-nutrient interactions, daily recommendations, and more. Original.

wellness you can trust publication: *I'm Glad My Mom Died* Jennette McCurdy, 2022-08-09 A memoir by American former actress and singer Jennette McCurdy about her career as a child actress and her difficult relationship with her abusive mother who died in 2013

wellness you can trust publication: *Trust Your Truth* Shannon Algeo, 2021-03-01 It's time to wake up and become the person you are here to be. In *Trust Your Truth*, Shannon Algeo invites you on a profound journey to move beyond self-doubt and live the badass life you are meant to live. Self-doubt intensifies whenever we give our power away to people and things outside of us. But your self-worth is always sourced from within you. Organized by the seven chakras—the energetic centers of the body—*Trust Your Truth* invites you to discover your truth on every level of YOU: to awaken to your true calling, accept yourself wholeheartedly, honor your emotions, trust your intuition, and measure success based on how true you can be to yourself—rather than the expectations of others. When you learn to trust your truth, you open yourself up to becoming the most empowered, present, and alive version of yourself. The powerful practices throughout this book are interwoven with raw, personal stories from Algeo's own healing journey—showing you how aligning with your purpose and being the True You benefits everyone around you and your collective community as a whole. As Algeo says, "One of the bravest journeys is the journey inward." Get ready for a journey from head to heart and beyond. This book will be your step forward onto a new path of deeper courage, rich insights, and profound wisdom as you uncover the power of who you truly are.

wellness you can trust publication: *Anti-Diet* Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size.

Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

wellness you can trust publication: Poems of Healing Karl Kirchwey, 2021-03-30 A remarkable Pocket Poets anthology of poems from around the world and across the centuries about illness and healing, both physical and spiritual. From ancient Greece and Rome up to the present moment, poets have responded with sensitivity and insight to the troubles of the human body and mind. *Poems of Healing* gathers a treasury of such poems, tracing the many possible journeys of physical and spiritual illness, injury, and recovery, from John Donne's "Hymne to God My God, In My Sicknesse" and Emily Dickinson's "The Soul has Bandaged moments" to Eavan Boland's "Anorexic," from W.H. Auden's "Miss Gee" to Lucille Clifton's "Cancer," and from D.H. Lawrence's "The Ship of Death" to Rafael Campo's "Antidote" and Seamus Heaney's "Miracle." Here are poems from around the world, by Sappho, Milton, Baudelaire, Longfellow, Cavafy, and Omar Khayyam; by Stevens, Lowell, and Plath; by Zbigniew Herbert, Louise Bogan, Yehuda Amichai, Mark Strand, and Natalia Toledo. Messages of hope in the midst of pain—in such moving poems as Adam Zagajewski's "Try to Praise the Mutilated World," George Herbert's "The Flower," Wisława Szymborska's "The End and the Beginning," Gwendolyn Brooks' "when you have forgotten Sunday: the love story" and Stevie Smith's "Away, Melancholy"—make this the perfect gift to accompany anyone on a journey of healing. Everyman's Library pursues the highest production standards, printing on acid-free cream-colored paper, with full-cloth cases with two-color foil stamping, decorative endpapers, silk ribbon markers, European-style half-round spines, and a full-color illustrated jacket.

wellness you can trust publication: Trust Hernan Diaz, 2022-05-10 THE SUNDAY TIMES BESTSELLER WINNER OF THE 2023 PULITZER PRIZE FOR FICTION LONGLISTED FOR THE BOOKER PRIZE 2022 ONE OF BARACK OBAMA'S FAVOURITE BOOKS OF 2022 *Trust* is a sweeping puzzle of a novel about power, greed, love and a search for the truth that begins in 1920s New York. Can one person change the course of history? A Wall Street tycoon takes a young woman as his wife. Together, they rise to the top in an age of excess and speculation. Now a novelist is threatening to reveal the secrets behind their marriage. Who will have the final word in their story of greed, love and betrayal? Composed of four competing versions of this deliciously deceptive tale, *Trust* by Hernan Diaz brings us on a quest for truth while confronting the lies that often live buried in the human heart. 'One of the great puzzle-box novels . . . a page-turner' - The Telegraph 'Genius' - The Observer 'Radiant, profound and moving' - Lauren Groff, author of *Matrix* 'Metafiction at its best, unpredictable, clever and massively enjoyable' - The Sunday Times 'Enthralling' - Daily Mail

wellness you can trust publication: Wild Mediterranean Stella Metsovas, 2017-08-01 A practical resource for restoring the microbial balance in our guts and rebooting overall health, featuring a simple 6-day, 2-phase detox cleanse and over 50 delicious Paleo-meets-Mediterranean recipes. The key to great digestive health lies in rewinding the gut and keeping the diverse microbes that inhabit it happy and thriving. In *Wild Mediterranean* Stella Metsovas breaks down the complex science behind digestive health and shares a deceptively simple and down-to-earth plan for ending the digestive issues that can have far-reaching effects on our everyday lives. Using foods you already know, trust, and love—delicious Mediterranean cuisine—it's easy to reintroduce essential microbes to your system and cultivate a healthy microbiome to banish bloating, discomfort, and irregularity forever. At the heart of *Wild Mediterranean* are Stella's unique village-to-table recipes, all based on the historically prebiotic-rich cuisines favored by the world's healthiest populations and her own family heritage. Packed with pre-tox and detox protocols for preparing the gut to heal, key lifestyle practices to support overall wellness, and the scientific evidence to back it all up, *Wild Mediterranean* is a practical resource for restoring the microbial balance in your gut and realizing your best digestive health.

wellness you can trust publication: Human Nutrition Wendy Schiff, Tammy J. Stephenson, 2018-01-03 *Human Nutrition: Science for Healthy Living* is an interesting, engaging, reliable, and evidence-based introductory textbook with a wide variety of features to promote active learning. A

clinical emphasis appeals to all, but is of particular relevance to those studying nutrition, dietetics, or health science professions, including nursing. Real-life and clinical examples, statistics, and evidence from professional sources address current and controversial topics and support the key concepts of the science of nutrition. Human Nutrition provides the framework for students to not just memorize facts, but to truly learn and apply the science of nutrition. The knowledge gained can be applied not only to a future profession, but, just as importantly, to everyday life. Our hope is that readers share the practical advice and key concepts learned in the textbook with family and friends to promote optimal health and wellness.

wellness you can trust publication: Lifestyle Medicine Handbook Beth Frates, 2021

wellness you can trust publication: The Financial Mindset Fix Joyce Marter, 2021-07-27

Uncover Twelve Mindset Shifts That Will Transform Your Financial Future As a therapist, Joyce Marter noticed an extraordinary trend: as her clients improved their mental health, they leveled up in other areas of their lives. They received raises, they got promotions, and some even started their own business. This epiphany led her to develop an insightful and ingenious process for releasing limiting habits and beliefs so you can begin your journey to freedom and prosperity. Here, Joyce shares the culmination of her life's work as the go-to expert on the "Psychology of Success"—a proven method to help you improve your financial well-being by focusing on your psychological and relational issues around money. By working with The Financial Mindset Fix, you will learn how to:

- Recover from burnout, overwhelm, financial stress, and money anxiety
- Improve your mental health by practicing better self-care and accessing the support you need and deserve
- Change the way you think, feel, and behave with money to end self-limitation and self-sabotage and welcome far greater success
- Embrace your worth and set healthy boundaries in your financial relationships with others at home and at work
- Create a personal and professional vision for holistic success that includes work-life balance and tending to your dreams
- Use simple tools from cognitive behavioral therapy, mindfulness, and narrative therapy to change your life personally, professionally, and financially

For anyone looking to step into a life of wealth and well-being, this is a welcome guide. "In this wonderful new book, successful therapist Joyce Marter gently takes you by the hand and walks you down the path toward better mental health and abundant financial life. Her twelve unique mindsets will revolutionize your relationship with money and significantly improve the way you view yourself." —Stephen M. R. Covey, author of New York Times and #1 Wall Street Journal bestseller The Speed of Trust

wellness you can trust publication: Publication - Extension Division, Virginia Polytechnic Institute, 1968

wellness you can trust publication: The Future of Nursing 2020-2030 National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30

The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. The

Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by The Future of Nursing: Leading Change, Advancing Health (2011) report.

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