

what are wellness shots

What Are Wellness Shots? Your Ultimate Guide to Boosting Your Well-being

Feeling sluggish? Need a quick boost to your immunity or energy levels? Then you've probably heard whispers about wellness shots - those tiny, potent potions promising a whole host of health benefits. But what are wellness shots exactly? Are they just a trendy health fad, or is there real science backing their purported benefits? This comprehensive guide dives deep into the world of wellness shots, exploring their ingredients, benefits, potential drawbacks, and how to choose the best ones for your needs. We'll answer all your burning questions, so you can confidently decide if incorporating wellness shots into your routine is the right choice for you.

What Exactly Are Wellness Shots?

Wellness shots, also known as immunity shots or health shots, are small, concentrated doses of nutrient-rich liquids designed to provide a quick and convenient way to boost your health. Unlike your average juice, these aren't simply blended fruits and vegetables. They're carefully formulated to deliver a concentrated punch of vitamins, minerals, antioxidants, and other beneficial compounds. Think of them as a highly targeted nutritional supplement delivered in a delicious, easily consumable form. They're typically served in small, single-serving bottles or prepared fresh in a cafe or juice bar.

Common Ingredients in Wellness Shots: A Deeper Dive

The magic behind a wellness shot lies in its carefully selected ingredients. While recipes vary widely, several key components frequently appear:

Ginger: Known for its potent anti-inflammatory and antioxidant properties, ginger can aid digestion, soothe nausea, and reduce inflammation throughout the body.

Turmeric: This vibrant spice contains curcumin, a powerful antioxidant with anti-inflammatory and anti-cancer properties. It's often combined with black pepper to enhance absorption.

Lemon: Rich in Vitamin C, lemon acts as a natural immunity booster and provides a refreshing, zesty flavor.

Beets: Packed with nitrates, beets can improve blood flow and boost athletic performance. They also contribute natural sweetness and vibrant color.

Citrus Fruits (Orange, Grapefruit): These fruits are excellent sources of Vitamin C and other antioxidants, supporting immune function and overall health.

Greens (Kale, Spinach, etc.): Leafy greens are nutritional powerhouses, providing essential vitamins, minerals, and fiber. They often form the base of many green juice shots.

Other Superfoods: Many wellness shots incorporate other superfoods like acai berries, goji berries, and pomegranate, known for their high antioxidant content.

Potential Benefits of Wellness Shots: Fact vs. Fiction

The appeal of wellness shots lies in their promise of a quick health boost. While the evidence supporting some claims is stronger than others, many potential benefits are associated with the ingredients:

Immune System Support: The high concentration of Vitamin C and other antioxidants can help strengthen the immune system, potentially reducing the frequency and severity of illnesses.

Increased Energy Levels: Some ingredients, like beets and ginger, can improve blood flow and reduce fatigue.

Improved Digestion: Ingredients like ginger and turmeric can aid digestion and alleviate digestive discomfort.

Reduced Inflammation: The anti-inflammatory properties of turmeric and ginger may help manage chronic inflammation.

Antioxidant Boost: The abundant antioxidants in wellness shots help combat free radical damage, protecting cells from oxidative stress.

Potential Drawbacks and Considerations: The Other Side of the Coin

While wellness shots can be beneficial, it's crucial to be aware of potential drawbacks:

Sugar Content: Some commercially produced shots can be surprisingly high in added sugar, negating some of the health benefits. Always check the nutritional label carefully.

High Acidity: The high acidity of some ingredients can irritate the stomach lining, especially for individuals with sensitive stomachs.

Cost: Wellness shots can be relatively expensive compared to other forms of nutrient intake.

Not a Replacement for a Balanced Diet: Wellness shots should be considered a supplement, not a replacement for a healthy, balanced diet.

Potential Interactions: Certain ingredients can interact with medications. Consult your doctor if you're taking any medications before incorporating wellness shots into your routine.

Choosing the Right Wellness Shot for You: A Buyer's Guide

With the plethora of wellness shots available, choosing the right one can feel overwhelming. Here are some tips:

Read the Label Carefully: Pay close attention to the ingredient list, looking for added sugars, artificial ingredients, and preservatives.

Consider Your Goals: Are you looking for an immunity boost, increased energy, or digestive support? Choose a shot that aligns with your specific needs.

Check for Certifications: Look for certifications like USDA Organic to ensure the quality and purity of the ingredients.

Start Slowly: Begin with one shot per week to assess how your body reacts before increasing consumption.

Listen to Your Body: Pay attention to how your body responds to different shots. If you experience any negative side effects, discontinue use.

Making Your Own Wellness Shots: DIY Powerhouse

Feeling adventurous? Creating your own wellness shots allows for complete control over ingredients and sugar content. Simple recipes can be made using a high-speed blender, combining fresh fruits, vegetables, and spices. Remember to prioritize fresh, high-quality ingredients.

Conclusion: A Delicious Path to Better Health?

Wellness shots offer a convenient and potentially beneficial way to boost your nutrient intake. However, they should be viewed as a supplement to, not a replacement for, a balanced diet and healthy lifestyle. By carefully choosing high-quality shots and understanding their potential benefits and drawbacks, you can incorporate these potent potions into your routine to support your overall well-being. Remember to always prioritize whole foods and consult with a healthcare professional before making significant dietary changes, especially if you have underlying health conditions.

FAQs:

1. Are wellness shots safe for pregnant or breastfeeding women? It's best to consult with your doctor before consuming wellness shots during pregnancy or breastfeeding, as some ingredients may not be suitable.

1. Can I make wellness shots at home? Absolutely! Many simple recipes are available online, allowing you to control the ingredients and avoid added sugars.

1. How often should I drink wellness shots? This depends on individual needs and the specific shot. Start slowly and listen to your body. Generally, one to two shots per week is a good starting point.

1. Are all wellness shots created equal? No, the quality and ingredients vary widely between brands. Always check the label and choose reputable brands with high-quality, organic ingredients.

1. Can I store wellness shots in the refrigerator? Yes, most wellness shots should be refrigerated to maintain freshness and prevent spoilage. Check the label for specific storage instructions.

what are wellness shots: Minimalist Baker's Everyday Cooking Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

what are wellness shots: The Wellness Shots Sujata Naik, 2016-09-15 A series of daily wellness tips, that started off as ideas striking at the spur of the moment, became a popular tool in spreading health awareness. Inspirational and based on the author's own observations and experiences, The Wellness Shots can be a handy health reference for every home.

what are wellness shots: Anti-Inflammatory Drinks for Health Maryea Flaherty, 2019-02-12 100 delicious drink recipes packed with nutrients scientifically proven to reduce inflammation—perfect for both enthusiasts of natural health and those new to its benefits. Chronic inflammation is a major health risk. Studies have shown it wreaks havoc on your body and contributes to heart disease, diabetes, Alzheimer's—and even cancer. And diet—specifically one high in processed, fatty, and sugary foods—is one of the main causes of chronic inflammation. But preventing and/or reducing inflammation can be easy as making a delicious drink—let this book show you how! Anti-Inflammatory Drinks for Health contains 100 great-tasting recipes for drinks packed with anti-inflammatory foods including cinnamon, tart cherries, ginger, turmeric, blueberries, and many more. In addition to helping reduce the risk of developing disease, these drinks also can aid in:

- Weight loss
- Increasing energy
- Reducing pain
- Slowing the signs of aging

Also included is a list of inflammatory foods to avoid and even more ideas for how to add inflammation-fighting foods to any diet! Improve your diet, your health, and your life, with Anti-Inflammatory Drinks for Health!

what are wellness shots: The Juice Lover's Big Book of Juices Vanessa Simkins, 2016-10-15 Filled with 425 recipes, The Juice Lover's Big Book of Juices is the ultimate juicing resource.

what are wellness shots: The Witch's Guide to Wellness Krystle L. Jordan, 2022-03-08 Explore natural healing, tune into your body's needs, and use magic to create a joyful, healthy lifestyle with this essential guide to wellness for your witchcraft practice. Magic meets healthy living in this guidebook to help you become a healthier version of yourself. From crystal healing to moon cycles to other natural remedies, you'll learn everything you need to know to strengthen, treat, and support your body and spirit—all while using your witchcraft skills. In The Witch's Guide to Wellness, you will bring your spiritual practice into the practical world with spells, potions, and powerful activities. You will be able to treat common ailments, understand your body's cycle, and develop a positive relationship with your mind and body. You'll find remedies like:

- A hydration ritual to help you detoxify your body
- A magical herb jar that will alleviate worry
- A grounding ritual for spiritual balance
- And much more!

The Witch's Guide to Wellness shows you just how easy it is to connect with yourself, listen in to what your body needs, and add a little magic to make sure you're living your healthiest life.

what are wellness shots: The Smoothie Recipe Book Mendocino Press, 2013-03-20 Delicious, nutrient-packed smoothie recipes to help you improve your health Whether you want to detox, lose weight, or just make sure you get your daily dose of essential vitamins and minerals, drinking a smoothie is a tasty way to do it. This smoothie recipe book makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables. Fill your glass with vitamins

that suit your needs, and discover how sweet being healthy can be. The Smoothie Recipe Book features: 150 Recipes—Make all sorts of fresh and tasty breakfast smoothies, weight-loss smoothies, green smoothies, and more. Chapter overviews—Get help choosing the smoothies that will meet your unique dietary needs and health goals. Ingredient profiles—Gain a better understanding of the nutritional advantages of specific fruits and vegetables. Discover the nutritional power of smoothies with The Smoothie Recipe Book.

what are wellness shots: Crazy Sexy Juice Kris Carr, 2015-10-20 In Crazy Sexy Juice, wellness advocate and New York Times best-selling author Kris Carr teaches you everything you need to know about creating fresh, nutritious juices and smoothies, and creamy, indulgent nut and seed milks. With enough recipes to keep your juicer and blender humming through every season, she shows you how to fit them into your life, helping you make health deposits - instead of withdrawals! Cha-ching! She guides you through her wonderful world by teaching you: • How to create flavor combinations that tantalize your taste buds • How to choose the best juicer, blender, and kitchen tools • Ways to save money while prioritizing fresh, organic produce • Troubleshooting advice for common kitchen mishaps • Tips for selection, storage, and preparation of ingredients • Answers to frequently asked questions and health concerns • Suggestions for juicing and blending on the go • Tips on how to get your family onboard and make this lifestyle stick • And oh, so much more... Whether you're an old pro at making liquid magic or just starting out, Kris will help you experience juicing and blending as a fun and delicious journey into the transformative powers of fruits and veggies! By simply adding these nutrient-dense beverages to your daily life, you can take control of your health - one sip at a time. With more than 100 scrumptious recipes and oodles of information, you'll be ready to dive into a juicing paradise. Cheers to that! Includes an easy and energizing 3-day cleanse!

what are wellness shots: Clean Cuisine Ivy Larson, Andrew Larson, 2013-02-05 What you eat matters more than how much you eat. Discover why in this revolutionary nutrition guide to clean eating, exercise, and an anti-inflammatory diet that can enhance your wellness and quality of life. There is a diet and exercise plan that covers all the bases—food we should eat and food that tastes good; what is best for our bodies and what is easily doable in the real world—all while offering hunger-free weight loss. Developed by Andrew Larson, M.D. and certified Health Fitness Specialist Ivy Larson, Clean Cuisine is scientifically proven to reverse diabetes, improve cholesterol and blood pressure, and ease the symptoms of other inflammatory diseases such as multiple sclerosis, fibromyalgia, asthma, allergies, and arthritis. Broken down into eight easy steps and spread over the course of eight weeks, Clean Cuisine will enable readers to transform their bodies one delicious meal at a time by adopting an anti-inflammatory diet and choosing unrefined foods in their most natural, whole state. With guilt-free, delicious recipes and a workout program that has been proven to deliver substantial results with just three 30-minute sessions a week, Clean Cuisine is the long-term answer to eating for optimal health, disease prevention, weight loss, vitality, longevity, and good taste.

what are wellness shots: The Juicing Companion Ari Sexner, 2018-11 This is not just a recipe book. It's an idea book. The Juicing Companion was written to enable chefs, juice entrepreneurs, and general juice enthusiasts to develop amazing recipes from scratch.

what are wellness shots: Juice Manifesto Andrew Cooper, 2016-10-25 Promising 100 percent natural and unprocessed nutrition, Andrew Cooper's Juicemanifesto is brimming with easy juices, smoothies, teas, tonics, and nut milks as well as energizing breakfasts and wholesome snacks. It even offers amazingly delicious ideas on what to do with the pulp! This diverse range of 120 recipes packed with beauty and health benefits—from medicinal juices that combat digestive problems to smoothies for detoxing—helps achieve and maintain optimum wellness and is super-family friendly. Rounded out with beautiful photography, a juice cleanse plan, exercise tips, and advice for better health, this is the one-stop inspiration for nourishing juices and smoothies to jump-start New Year, new you, and for sticking to those resolutions year-round.

what are wellness shots: The Plant-Forward Solution: Charlotte Martin, 2021-11-30 In her new

book, registered dietitian Charlotte Martin shows you how to make plants the center of your diet while still having the flexibility to incorporate healthy portions of your favorite animal proteins (i.e., meat, poultry, and seafood) whenever the craving strikes! The Plant-Forward Solution provides a wealth of easy-to-digest scientific evidence showing the power of plants for weight and blood sugar control, gut health, heart health, longevity, and more and explains how to make a mostly (but not entirely) plant-based diet a sustainable, lifelong dietary model. Charlotte also teaches you how to effortlessly reboot your diet in just four weeks without feeling deprived. After completing the reset, you will be fully adapted to a plant-forward lifestyle that will fuel your gut microbiome and will help you lose weight, increase energy, and achieve better physical and emotional health with proven long-term results. The Plant-Forward Solution contains more than 70 recipes to meet an array of dietary needs. Many recipes offer options for gluten-free, dairy-free, nut-free, and more. Also included is a comprehensive 28-day meal plan with shopping lists, tips and tricks on how to boost your creativity in the kitchen, and more! Sample recipes include: Peaches & Cream Quinoa Porridge Portobello Pitas Spicy Roll "Sushi" Bowl Rainbow Soba Salad Butternut Squash-Three Bean Chipotle Chili Glowing Green Soup Fully Loaded Plantain Nachos Sweet Potato Tahini Brownies Chickpea Hazelnut-ella Whether you are new to plant-forward eating or a lifelong follower, The Plant-Forward Solution will help you achieve health and happiness through a plant-centric diet that brings just the right amount of meat, poultry, and seafood to make it easy to sustain.

what are wellness shots: *Well* Sandro Galea, 2019 In a stirring and radical new treatise from one of America's most respected voices in health and medicine, *Well* examines the subtle factors that determine who gets to be healthy in the United States. Physician Sandro Galea reckons with our country's many fraught relationships--with history, money, pain, and pleasure, which are in turn augmented by factors like luck, compassion, and values--in terms of how they determine the health of those in the world's richest country. *Well* represents a radical new approach to Americans' ingrained understanding of health. It examines the forces that are not typically part of the health discussion--but should be--and is a clarion call for where the country goes from here--

what are wellness shots: *Quench Your Own Thirst* Jim Koch, 2016-04-12 NATIONAL BESTSELLER and named a 2016 Best Book of the Year by Inc., Business Insider, and Forbes Founder of The Boston Beer Company, brewer of Samuel Adams Boston Lager, and a key catalyst of the American craft beer revolution, Jim Koch offers his unique perspective when it comes to business, beer, and turning your passion into a successful company or career. "Boston Beer's Jim Koch offers readers a six-pack of wisdom." - The Boston Globe Pull up a chair and crack open a Sam Adams. It's time to leave behind business as you know it. *Quench Your Own Thirst* covers everything from finding your own Yoda to Koch's theory on how a piece of string can teach you the most important lesson you'll ever learn about business. Koch also has surprising advice on sales, marketing, hiring, and company culture. His anecdotes, quirky musings, and bits of wisdom go far beyond brewing. A fun, engaging guide for building a career or launching a successful business, *Quench Your Own Thirst* is the key to the ultimate dream: being successful while doing what you love. So, are you quenching your own thirst - or someone else's? Like Steve Jobs, Bill Gates, Larry Ellison, and the other greats, Jim Koch's entrepreneurial journey is motivated by a deep commitment to making superb products and building a unique culture that reinforces innovation and risk-taking. This book tells a compelling story about how he did it. The lessons will be invaluable for anyone starting a business or building a career. —Bill Hambrecht, co-founder of Hambrecht & Quist and chairman of WRHambrecht + Co

what are wellness shots: *Juicing for Wellness in Your Nama* Jeanette Velasco Shane, 2024-04-02 Squeeze the Most Out of Your Nama® Juicer Maximize your daily nutrition and the potential of your Nama® juicer with healthy, refreshing juice recipes. These blends from the creator of Juicy Juicing J are key to developing a sustainable—and delicious—juicing routine using the Nama's® hands-free, whole-fruit juicing capabilities. These juices are developed with specific health benefits in mind so that each ingredient boosts your body's natural defenses quickly and easily, without sacrificing taste. Plus, the Nama's® cold press method preserves more nutrients than

regular juicers, so these nourishing recipes use your fresh fruits and veggies to their full potential. Try a blend of oranges, limes, papaya and carrots that's incredible for digestive health, an energy-boosting golden wellness shot packed with turmeric and ginger or the viral kale-cucumber-pineapple juice that even had kids drinking their greens. No time to juice every day? Batch recipes and invaluable storing instructions will make prepping for your week near-effortless. Full of practical juicing advice and colorful new combos to try, this must-have guide will have experienced juice lovers and juicing newbies alike finding something to love.

what are wellness shots: *Three Shots at Prevention* Keith Wailoo, Julie Livingston, Steven Epstein, Robert Aronowitz, 2010-10-01 In 2007, Texas governor Rick Perry issued an executive order requiring that all females entering sixth grade be vaccinated against the human papillomavirus (HPV), igniting national debate that echoed arguments heard across the globe over public policy, sexual health, and the politics of vaccination. *Three Shots at Prevention* explores the contentious disputes surrounding the controversial vaccine intended to protect against HPV, the most common sexually transmitted infection. When the HPV vaccine first came to the market in 2006, religious conservatives decried the government's approval of the vaccine as implicitly sanctioning teen sex and encouraging promiscuity while advocates applauded its potential to prevent 4,000 cervical cancer deaths in the United States each year. Families worried that laws requiring vaccination reached too far into their private lives. Public health officials wrestled with concerns over whether the drug was too new to be required and whether opposition to it could endanger support for other, widely accepted vaccinations. Many people questioned the aggressive marketing campaigns of the vaccine's creator, Merck & Co. And, since HPV causes cancers of the cervix, vulva, vagina, penis, and anus, why was the vaccine recommended only for females? What did this reveal about gender and sexual politics in the United States? With hundreds of thousands of HPV-related cancer deaths worldwide, how did similar national debates in Europe and the developing world shape the global possibilities of cancer prevention? This volume provides insight into the deep moral, ethical, and scientific questions that must be addressed when sexual and social politics confront public health initiatives in the United States and around the world.

what are wellness shots: *CBD Drinks for Health* Carlene Thomas, 2020-01-14 Nutritional expert Carlene Thomas shares 100 delicious recipes from juices and smoothies to tonics and cocktails so you can create the perfect CBD drink for total mind and body wellness any time of the day. We've all heard that CBD oil can reduce stress, anxiety, pain, and inflammation, and its effects can be felt immediately. Now, this book offers 100 recipes for delicious CBD infused drinks that you can make any time of the day. From spritzes to smoothies and tonics to cocktails (with mocktail variations for the sober seekers), find the perfect drink to help you enjoy the many benefits of CBD oil. Registered dietician and nutritionist Carlene Thomas, who was named America's Next Great Nutritionist by mindbodygreen, explains all about CBD oil, or cannabidiol oil, including why it's legal, how it works in the body, its health benefits, proper dosage, special considerations, and much more. Unwind with the refreshing, relaxing beverages in *CBD Drinks for Health* and learn everything you need to know about using CBD oil with confidence and peace of mind.

what are wellness shots: *Crazy Healthy with 4 Ingredients* Dee Dine, 2019-11 Healthy 4-ingredient desserts, snacks, breakfasts - all made with plant-based foods. Easy on the wallet. Easy on your schedule. And so good for your health. As the creator behind the popular healthy food blog, Green Smoothie Gourmet, Dee Dine knows how to make eating healthy easy, sharing nourishing and energizing recipes on her blog. In her debut cookbook, *Crazy Healthy with 4 Ingredients*, she makes it easy for anyone, from a single working adult, college student, to entire families, to slip a few whole food recipes into their meal rotation. Not only are her recipes simple to make, the ingredients are also easy to find, often common, with any few unusual options given more mainstream swaps. And for those who find it hard to meet a daily veggie quota, Dee has carried her hidden veggie talent known on her blog to the recipes in her book, sharing recipes with sneaky healthy ingredients. Sneaky Healthy: Lentil Fudge Cups, Quinoa Flatbread, Zucchini Pizzas, White Bean Meatballs, Miso Ice Cream. Chocolate: Chocolate Gingerbread Milk, Chocolate Mousse Lollipops,

Quinoa Chocolate Brittle, Chocolate Hummus Shake. Breakfast: Macchiato Overnight Buckwheat, Quinoa Breakfast Pizza, Oat Zucchini Waffles. Dessert: Apple Aquafaba Cake, Cherry-Mango Dole Whip, Blueberry Clove Ice Cream Snacks: Potato Cauliflower Tots, Spicy Carrot Latkas, and Mexican Pozole Ramen. In addition to a repertoire of whole food recipes, Dee provides a few special useful extras, such as a healthy capsule pantry guide that allows quick assembly of ingredients for these and other healthy recipes. And not only are these recipes nutritionally robust on their own, Dee sorts her recipes according to nutritional concentrations, so a recipe can be chosen according to a specific need, such as weight control, sleep, immunity, stress, beauty support and more. And on her blog, Dee provides additional book-supporting resources such as a living list of products, equipment and even studies that back up the nutritional information. Easy on time, easy on budget, Crazy Healthy with 4 Ingredients is perfect for anyone who wants an easy way to eat more plant-based foods.

what are wellness shots: The Joy of Movement Kelly McGonigal, 2021-03-02 Now in paperback. The bestselling author of *The Willpower Instinct* introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness. McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of movement to create happiness, meaning, and connection.

what are wellness shots: Dead Hot Shot Victoria Houston, 2011-07-29 Murder never takes a holiday...or so Loon Lake learns one wintry Thanksgiving Day. Chief of Police Lew Ferris, short-handed thanks to an AWOL coroner, never even gets the turkey stuffed before the bodies start to surface. By the end of the day, credit card theft and dysfunctional families have so muddied the waters that not even expert tracker and dedicated fishing guide Ray Pradt can hope to fish the final day of muskie season. And while retired dentist Doc Osborne had counted on sitting by the fire with Lew (out of uniform) and planning a fly-fishing trip to Wyoming, the unexpected arrival of Gina Palmer, former investigative reporter turned forensics database expert, ramps up the action with her pursuit of a Canadian link to the theft of merchandise from stores across the upper Midwest. *Dead Hot Shot*, ninth in the Loon Lake Mystery series, is a heady mix of murder, mayhem, and fishing in the northwoods of Wisconsin.

what are wellness shots: The Gut Wellness Guide Allison Post, Stephen Cavaliere, 2018-08-07 A user-friendly guide for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple ways to relieve the stress related to some of today's most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. *The Gut Wellness Guide* expands upon the method previously introduced in the authors' first book, *Unwinding the Belly*. *Unwinding* is a clear and accessible way

to connect the “gut brain” to the “main brain” and to relax, tune into your body, and create a customized action plan to heal.

what are wellness shots: *Dude Perfect 101 Tricks, Tips, and Cool Stuff* Dude Perfect,, 2021-06-22 You may know Dude Perfect from their mind-blowing, world record-breaking, viral trick shot videos and hilarious Overtime videos! NOW, with the guys’ new, massive, photo-intensive book *Dude Perfect 101 Tricks, Tips, and Cool Stuff*, you’ll experience a behind-the-scenes look at their stunts and their personal lives, PLUS step-by-step instructions so you can attempt their tricks at home! At Dude Perfect, we do everything we can to bring families closer together, and that’s why we’re excited to share this book with you. Follow our step-by-step instructions to have your own Dude Perfect-style fun! Tweens and teens, ages 8 to 12, will enjoy complete panda-monium with this in-depth look at Dude Perfect: five guys who are kickin' it, throwin' it, tossin' it, and shootin' it for more than 55 million YouTube subscribers and more than twelve billion views. With an oversize format and fun, informative graphics, *Dude Perfect 101 Tricks, Tips, and Cool Stuff* includes . . . Step-by-step instructions to perform your own real life trick shots using everyday objects. A behind-the-scenes view of those hilarious Overtime videos and extreme sports moments. Dude Perfect teaching about what a blast patience, perseverance, teamwork, friendship, and faith can be. Fun science facts behind the seemingly impossible tricks—because really, how did they do that?! Infographics with No way! truths from the inspirational to the absurd. A deeper look into each Dude's personal life, including stats, favorite stunts, and insights. Each trick in *Dude Perfect 101 Tricks, Tips, and Cool Stuff* is the perfect combination of challenging and doable to keep your young reader off-screen for hours. This interactive book is a great gift for birthdays, Easter baskets, holiday gift giving, or just because. Whether your own trickster wants to perform solo, challenge a friend, or host a family date night, this visually engaging book is a slam dunk for anyone who is young at heart.

what are wellness shots: *Super Blend Me!* Jason Vale, 2018-02-25 Jason Vale, the world's number one name in juicing, is back with his first ever protein-based blending plan. It's Jason's quickest and easiest programme to date, and has been specifically developed for people who want to get super lean, super healthy and super fast ... but don't want to clean a juicer! *Super Blend Me!* has been designed with everyone in mind. It doesn't matter if you have an enormous amount of weight to lose, or just want to get a little healthier and shredded - *Super Blend Me!* is the perfect plan for all. Due to its rich, plant-based high-protein recipes, it has also been designed with physical exercise in mind. So whether you're an athlete or just someone who likes to exercise daily, you can run or lift to your heart's content on this programme. *Super Blend Me!* has also been designed with satisfaction, speed and convenience at its forefront. Jason has ensured that each recipe not only tastes amazing and fully satisfies on the hunger front, but is also super fast to make and its ingredients easy to get hold of! All of the ingredients can be conveniently found in any major supermarket and are all recognisable, so there's no need to forage for designer berries that can only be found in an Amazonian rainforest! You can choose from either a 7-, 10-, 14- or full 21-day *Super Blend Me!* Challenge depending on your goals, and Jason has even included a handy working journal as part of the book, so you can log your progress and keep on track. This unique and exciting plan has already been put to the test by a trial group of over 50 people, and the results were incredible.

what are wellness shots: *Dairy-Free Gluten-Free Baking Cookbook* Danielle Fahrenkrug, 2019-12-17 No gluten? No dairy? No problem. Baking is delicious again. Sensitivities to dairy and gluten can't hold you back from homemade baked goods anymore. This dairy-free and gluten free cookbook is your door to a sweeter world, with 75 recipes that contain no gluten or dairy—and taste incredible. Learn to make your own flour blends, which ingredient substitutions work (or don't), and a whole new way to bake and share everything from cakes and cookies to breads and pies. This dairy-free and gluten free cookbook offers: Troubleshooting tips—Lopsided muffins? Your bread didn't rise? Help is here. Only the good stuff—This dairy-free and gluten free cookbook puts you in control of the ingredients, without the additives or preservatives of store-bought versions. Free and clear—Every recipe is free of both gluten and dairy (not just one or the other) so every sensitivity is safe. This is the dairy-free and gluten free cookbook that will take your baking to the next level.

what are wellness shots: The Juice Generation Eric Helms, 2014-01-14 From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation ! Refresh, Restore, and Rejuvenate Get ready to live juicy with The Juice Generation. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes The Juice Generation offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you're newly juice curious, or already an old pro, The Juice Generation's plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. Juicing Tools for Detoxing and Healing The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

what are wellness shots: Destination Wellness Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. Destination Wellness is the perfect book for: • Anyone who has embraced hygge and is looking for new lifestyle inspiration • Armchair travelers and staycationers • Happiness and inspiration seekers • Wellness and travel enthusiasts • History lovers

what are wellness shots: The Juice Lover's Big Book of Juices Vanessa Simkins, 2016-10-15 Experience a wide array of the freshest juices, including detox juice, green juice, even nightcaps. They're all in The Juice Lover's Big Book of Juices. Try as we might, it can be difficult to fit in the recommended six to eight servings of fruit and vegetables every day. Juicing makes it easy! Filled with 425 recipes, The Juice Lover's Big Book of Juices is the ultimate juicing resource for those looking to boost their nutrition. Author and juicing expert Vanessa Simkins provides you with fresh, raw recipes you can juice everyday. Accessible to both experienced juicers and those looking to get started, The Juice Lover's Big Book of Juices is packed with fun, colorful photos and information on the preventative and curative health benefits of juicing. In addition to lots of recipes for detox juices and green juices, you'll find recipes using ingredients hard to find in other juicing books, such as nut milks and chia, as well as newer juicing trends, like juice shots and nightcap juices. Drink up!

what are wellness shots: Clearing the Way to Health and Wellness Ellen Cutler DC with Richard Tunkel MD, 2013-02 Dr. Ellen Cutler is one of the pioneering holistic doctors who have spent years of research to find the best ways to boost our immune system and get it back in its power. By following her advice, you can not only get younger biologically and become more vital, but you are also making your body ... more cancer-proof. ... There is no one I trust more than Dr. Ellen Cutler. To have her in your corner is already winning half the battle. Please study this book and apply all the advice as soon as possible. Your life and health could depend on it. --Roy Martina, MD,

bestselling author of Emotional Balance Four years ago, my fibromyalgia symptoms forced me to 'retire' from medical practice. Thanks to Ellen Cutler's BioSET treatments, the guaifenesin protocol, and acupuncture, my health is so much better. I have been able to return to practice medicine as a fibromyalgia consultant, and I feel blessed to be able to continue my recovery with the help of Dr. Cutler's digestive enzymes and clearing treatments. --Melissa Congdon, MD, fibromyalgia consultant

If you are one of the millions of people who suffer from chronic fatigue syndrome, fibromyalgia, Crohn's Disease, colitis, Hashimoto's thyroiditis, candidiasis, sinusitis, hay fever, environmental illnesses, and other autoimmune disorders and sensitivities, you've probably tried a myriad of treatments just trying to gain control of your life. Clearing the Way to Health and Wellness presents BioSET(R), an innovative technique that offers hope for those for whom other treatments have failed. It provides an empowering new explanation of allergies and sensitivities as the cause of chronic illness, as well as a groundbreaking approach to overcoming them. Allergies and sensitivities can be reduced or eliminated, not miraculously and instantaneously, but inevitably and permanently. With contributions from Dr. Richard Tunkel, Dr. Ellen Cutler outlines the relationships among allergies, sensitivities, and chronic health and autoimmune disorders, guiding both patients and health-care practitioners in identifying and eliminating sensitivities that trigger symptoms. Case studies and personal stories illustrate how this powerful new approach has ended the suffering for thousands of all ages without the use of drugs.

what are wellness shots: Juicing for Beginners Callisto Publishing, 2013-08-23 Nourish your body and promote weight loss with healthy juices! Juicing is a tasty way to get a big, daily dose of essential vitamins and minerals in just one cup, bottle, or thermos—which can lift your energy levels, kick-start your metabolism, and help you feel your best. And Juicing for Beginners is your go-to guide to getting started. Learn the ins and outs of detoxes and cleanses, explore different juicing plans, and find 100 fresh and nutrient-dense juicing recipes to keep you on track with your health goals. Juicing 101—Learn how to create a juicing routine that works for you, choose the right juicing machine, pick the best produce, and more. Understand your ingredients—Discover the health benefits of different fruits and veggies as well as popular additives like wheatgrass and whey powder. Fit and flavorful—Infuse your day with a wide variety of citrusy, sweet, and tart juices that target different aspects of wellness, like weight, immunity, and digestion. This comprehensive juice recipe book makes it easy to add juicing into your life to help you get lean and feel great.

what are wellness shots: *Juice Chef* Gary Dowse, 2020-10-10 This book is more than just a recipe book. It contains vital information about the benefits of cold pressed juicing, and it will help you to understand why juicing is a vital key to good health and healing! Cold pressed juice is simply the best way to drink natural, living, raw juice and still absorb all the healing benefits of plant-made nutrients. Did you know that one cup of cold pressed juice provides hundreds, maybe even thousands of phytochemicals, enzymes, vitamins, minerals, antioxidants and soluble fibres, many of which haven't even been identified by science yet? These natural juices are easy on your digestive system, they can reduce acidity and toxicity in the body and best of all they taste good. This book contains the best of the best juices! In addition to the 52 delicious tasting cold pressed juice recipes, I am also sharing my 3-day Juice Cleanse program with you, so you can feel supported to do this yourself at home. If you want to shed a few kilos, have heaps of energy and feel better than ever, then I encourage you to have a look at the 3-day Juice Cleanse as it may just be the answer you've been looking for. I have personally done numerous juice cleanses and I have also guided many people through their own cleanse where they have benefited from giving their body a break while they thrive on nothing but natural, living cold pressed juice. I am super excited you have this book in your hands because I believe that cold pressed juicing has the power to change lives? it certainly changed mine!

what are wellness shots: Jump Shot Tiki Barber, Ronde Barber, 2013-11-05 The Barber brothers know their way around a football field—but can they succeed on the basketball court? Find out in this slam dunk with “lively basketball action and life lessons aplenty (Kirkus Reviews)” from NFL superstars and bestselling authors Tiki and Ronde Barber. As Tiki and Ronde count the days

until the start of football season, the basketball coach approaches them looking for new recruits, and Tiki and Ronde sign on. While Hidden Valley Junior High has always been a powerhouse in football, the school has never done as well in basketball. Ronde is a good passer, but he needs Tiki to get free to sink his shots. Tiki doesn't feel the inner confidence he felt on the football field: it's one thing to play in the driveway, but it's another to sink one on the court, when so much is on the line. The brothers need a winning attitude—and they need to bring everyone together to win. That is their only way to victory. Can they do it?

what are wellness shots: Burnout Emily Nagoski, PhD, Amelia Nagoski, DMA, 2019-03-26
NEW YORK TIMES BESTSELLER • “This book is a gift! I’ve been practicing their strategies, and it’s a total game changer.”—Brené Brown, PhD, author of *Dare to Lead* “A primer on how to stop letting the world dictate how you live and what we think of ourselves, *Burnout* is essential reading [and] . . . excels in its intersectionality.”—*Bustle* This groundbreaking book explains why women experience burnout differently than men—and provides a roadmap to minimizing stress, managing emotions, and living more joyfully. *Burnout*. You, like most American women, have probably experienced it. What’s expected of women and what it’s really like to exist as a woman in today’s world are two different things—and we exhaust ourselves trying to close the gap. Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the all-too-familiar cycle of feeling overwhelmed and exhausted. They compassionately explain the obstacles and societal pressures we face—and how we can fight back. You’ll learn • what you can do to complete the biological stress cycle • how to manage the “monitor” in your brain that regulates the emotion of frustration • how the Bikini Industrial Complex makes it difficult for women to love their bodies—and how to defend yourself against it • why rest, human connection, and befriending your inner critic are keys to recovering from and preventing burnout With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in *Burnout*—and will be empowered to create positive change. A BOOKRIOT BEST BOOK OF THE YEAR

what are wellness shots: Dairy-Free Cookbook for Kids Danielle Fahrenkrug, 2020-09-08
100 Deliciously dairy free, kid-friendly recipes even your pickiest eater will love It can be a challenge to create dairy free meals that are affordable, nutritious, and friendly to kids' tastes. The Dairy-Free Cookbook for Kids is everything a dairy free cookbook should be—it helps simplify mealtime with 100 quick, scrumptious recipes for meals the entire family can enjoy. Kids won't feel like they're missing out with family favorites like Everyday Oat Pancakes, Classic Chicken Nuggets, Lasagna Roll-Ups, and Chocolate Chunk Marshmallow Bars. The tasty recipes in this dairy free cookbook require minimal, simple ingredients you can find at your local grocery store and can be completed in less than an hour. This dairy free cookbook includes: Guide to living dairy free—This dairy free cookbook includes helpful info about reading food labels, stocking your pantry, and cooking with common dairy substitutes. Tips for picky eaters—Explore 10 pointers for helping your picky eater adapt to dairy free foods while still enjoying a balanced diet, like making food fun and letting them prepare a dinner from this dairy free cookbook. Make dairy free staples—Discover easy recipes for making everyday food staples that are free from dairy, like 6 kinds of plant-based milk, homemade shredded cheese, alfredo sauce, and beyond. Whip up delicious dairy free meals for the whole family in no time—this dairy free cookbook will be your new favorite kitchen companion.

what are wellness shots: A Shot to Save the World Gregory Zuckerman, 2021-10-26 An inspiring and informative page-turner. -Walter Isaacson Longlisted for the FT/McKinsey Business Book of the Year Award The authoritative account of the race to produce the vaccines that are saving us all, from the #1 New York Times bestselling author of *The Man Who Solved the Market* Few were ready when a mysterious respiratory illness emerged in Wuhan, China in January 2020. Politicians, government officials, business leaders, and public-health professionals were unprepared for the most devastating pandemic in a century. Many of the world's biggest drug and vaccine makers were slow to react or couldn't muster an effective response. It was up to a small group of unlikely and untested scientists and executives to save civilization. A French businessman dismissed by many as a fabulist. A Turkish immigrant with little virus experience. A quirky Midwesterner

obsessed with insect cells. A Boston scientist employing questionable techniques. A British scientist despised by his peers. Far from the limelight, each had spent years developing innovative vaccine approaches. Their work was met with skepticism and scorn. By 2020, these individuals had little proof of progress. Yet they and their colleagues wanted to be the ones to stop the virus holding the world hostage. They scrambled to turn their life's work into life-saving vaccines in a matter of months, each gunning to make the big breakthrough—and to beat each other for the glory that a vaccine guaranteed. A #1 New York Times bestselling author and award-winning Wall Street Journal investigative journalist lauded for his “bravura storytelling” (Gary Shteyngart) and “first-rate” reporting (The New York Times), Zuckerman takes us inside the top-secret laboratories, corporate clashes, and high-stakes government negotiations that led to effective shots. Deeply reported and endlessly gripping, this is a dazzling, blow-by-blow chronicle of the most consequential scientific breakthrough of our time. It's a story of courage, genius, and heroism. It's also a tale of heated rivalries, unbridled ambitions, crippling insecurities, and unexpected drama. A Shot to Save the World is the story of how science saved the world.

what are wellness shots: The Wellness Capsules Sujata Naik, 2019-07-22 After the roaring success of the first book The Wellness Shots of her series, Sujata Naik is back with her even shorter pocket-sized notes for all to read and reflect on. The road to wellness lies in these crisp capsules that have been quite sought after on social media too. These are based on her own perception of little everyday issues connected with health and well-being, packed into little capsules aimed to have a positive impact on day-to-day living. The Wellness Capsules is bound to keep the reader asking for more!

what are wellness shots: Nutrition for Foodservice and Culinary Professionals Karen E. Drummond, Lisa M. Brefere, 2021-12-21 Combine the insights of an experienced dietitian and a renowned chef in this practical guide to nutrition and food In the newly revised 10th Edition of Nutrition for Foodservice and Culinary Professionals, registered nutritionist Karen E. Drummond and executive chef Lisa M. Brefere deliver an insightful guide to incorporating healthy, balanced dietary techniques into everyday practice. From national nutrition guidelines to food preparation and labeling standards, the authors cover every relevant aspect of planning, preparing, and serving healthy meals. They include updated 2020-2025 Dietary Guidelines for Americans from the USDA, the latest nutrition research, culinary trends, ingredients, and planning menus to meet the diverse nutritional needs of today's customers. This book also includes: A thorough introduction to the fundamentals of nutrition and foods, including why nutrition is important, what constitutes a healthy diet, and discussions of calories and nutrients A comprehensive exploration of balanced cooking and menus, including how to build flavor, balanced baking, modifying recipes, and gluten-free baking Practical discussions of applied nutrition, including how to handle customers' special nutrition requests, weight management, and nutrition for people of all ages Several appendices including serving sizes for MyPlate food groups and dietary reference intakes An enhanced e-book with links to technique videos, interactive games, quizzes, and glossary entries Perfect for students completing a culinary arts or foodservice management curriculum, Nutrition for Foodservice and Culinary Professionals, Tenth Edition is also an indispensable resource for chefs, cooks, and anyone else who professionally prepares food.

what are wellness shots: Turmeric Unveiled: Exploring the Golden Spice's Health Benefits and Culinary Marvels Tresno Saras, 2023-08-14 Turmeric Unveiled takes readers on a captivating journey into the world of turmeric, a vibrant and versatile spice celebrated for its rich flavor and exceptional health benefits. From its historical significance to its modern applications in both culinary and wellness realms, this book delves deep into the multifaceted nature of turmeric. Discover the secrets behind its golden hue, explore its culinary magic, and unravel the scientific evidence supporting its role in promoting well-being. With enticing recipes, captivating anecdotes, and expert insights, Turmeric Unveiled is a comprehensive guide that celebrates the golden spice's timeless allure.

what are wellness shots: Wellness Nathan Hill, 2024-07-23 The New York Times best-selling

author of *The Nix* is back with a poignant and witty novel about marriage, the often baffling pursuit of health and happiness, and the stories that bind us together. From the gritty '90s Chicago art scene to a suburbia of detox diets and home-renovation hysteria, *Wellness* reimagines the love story with a healthy dose of insight, irony, and heart. A hilarious and moving exploration of a modern marriage that astounds in its breadth and intimacy. —Brit Bennett, author of *The Vanishing Half*

When Jack and Elizabeth meet as college students in the '90s, the two quickly join forces and hold on tight, each eager to claim a place in Chicago's thriving underground art scene with an appreciative kindred spirit. Fast-forward twenty years to married life, and alongside the challenges of parenting, they encounter cults disguised as mindfulness support groups, polyamorous would-be suitors, Facebook wars, and something called Love Potion Number Nine. For the first time, Jack and Elizabeth struggle to recognize each other, and the no-longer-youthful dreamers are forced to face their demons, from unfulfilled career ambitions to painful childhood memories of their own dysfunctional families. In the process, Jack and Elizabeth must undertake separate, personal excavations, or risk losing the best thing in their lives: each other.

what are wellness shots: Nursing for Wellness in Older Adults Carol A. Miller, 2018-01-10

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. This text covers the theory and practice of wellness-oriented gerontological nursing, addressing both physiologic and psychosocial aspects of aging. Organized around the author's unique Functional Consequences Theory, the book explores age-related changes as well as the risk factors that often interfere with optimal health and functioning. Key features include: NEW! Technology to Promote Wellness in Older Adults boxes describe examples of technology-based interventions that can be effective for promoting wellness for older adults. NEW! Interprofessional Collaboration (IPC) material, which is found in boxes or is highlighted with orange bars in the margins, indicates the responsibilities of nurses to collaborate with other professionals and paraprofessionals in health care and community-based settings when caring for older adults. NEW! Global Perspective boxes provide examples of the various ways in which health care professionals in other countries provide care for older adults. NEW! Unfolding Patient Stories, written by the National League for Nursing, are an engaging way to begin meaningful conversations in the classroom. These vignettes, which open each unit, feature patients from Wolters Kluwer's vSim for Nursing | Gerontology (co-developed with Laerdal Medical) and DocuCare products; however, each Unfolding Patient Story in the book stands alone, not requiring purchase of these products. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this frontmatter. NEW! Transitional Care Unfolding Case Studies, which unfold across Chapters 27 through 29, to illustrate ways in which nurses can provide effective transitional care to an older adult whose progressively worsening condition requires that her needs be met in several settings. For your convenience, a list of these case studies, along with their location in the book, appears in the "Case Studies in This Book" section later in this frontmatter. Updated unfolding case studies illustrate common experiences of older adults as they progress from young-old to old-old and are affected by combinations of age-related changes and risk factors. Evidence-based information is threaded through the content and summarized in boxes in clinically oriented chapters. Assessment and intervention guidelines help nurses identify and address factors that affect the functioning and quality of life of older adults. Nursing interventions focus on teaching older adults and their caregivers about actions they can take to promote wellness. Case studies include content on transitional care, interprofessional collaboration, and QSEN!

what are wellness shots: A Path to Healing Andrea D. Sullivan, 1998 Twenty years ago, at age twenty-nine, Andrea Sullivan was a high-level executive at HUD in a state of what she now calls dis-ease: stressed out, thirty-pounds overweight, with a face full of acne. Moved by a desire to help her community and herself in a meaningful way, she quit her job and decided to become a doctor. She applied and was accepted to Bastyr Medical School for Alternative Medicine and became a naturopathic physician. Since then, Dr. Sullivan has been at the vanguard of naturopathic medicine

and has helped hundreds of African Americans create dramatic and lasting lifestyle changes. Unlike traditional doctors, naturopathic physicians, with the aid of herbs, roots, and other natural remedies, treat the patient, not the disease. Here, in easy-to-understand language, Dr. Sullivan provides an overview of alternative medicine (paying close attention to naturopathy), discusses the African American tradition and its link to naturopathic medicine, and delves into stress, high blood pressure, arthritis, obesity, depression, and diabetes (all problems that plague African Americans), and prescribes an overall guide to maintaining health and keeping disease at bay. In *A Path to Healing*, Dr. Sullivan makes a convincing case for naturopathic medicine as the best way to prevent disease and treat chronic illnesses, while not discounting the use of traditional Western medicine, especially in cases of traumatic injury.

what are wellness shots: Traditionally Fermented Foods Shannon Stonger, 2017-05-09
Stronger and her husband moved their family off the grid to discover a more simple, agrarian life. With only minimal solar-powered electricity, she relies on food preservation techniques such as fermentation to provide food for her family while cutting food costs. In this book, she shows readers how to preserve food using traditional fermentation techniques--often without refrigeration--as an alternative to canning and freezing.

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