

womens wellness llc

Women's Wellness LLC: Your Holistic Path to a Healthier, Happier You

Are you a woman juggling a million things – career, family, social life – and feeling overwhelmed and depleted? Do you yearn for a more balanced, energized, and fulfilling life, but don't know where to start? Then you've come to the right place. This comprehensive guide delves into the world of Women's Wellness LLC, exploring what we offer and how we can help you prioritize your well-being. We'll cover everything from our core services to the philosophy behind our approach, ensuring you understand how we can empower you to become the best version of yourself.

Understanding Women's Wellness LLC: More Than Just a Name

Women's Wellness LLC isn't just another wellness center; it's a holistic approach to women's health and happiness. We understand that women face unique challenges and require tailored support to thrive. We move beyond the superficial, addressing the interconnectedness of physical, mental, and emotional well-being. Our mission is to provide a nurturing and supportive environment where women can connect with their bodies, minds, and spirits, leading to lasting transformation.

We believe in empowering women to take control of their health journeys. This means offering a range of services designed to meet individual needs and preferences. We're not a one-size-fits-all solution; instead, we work collaboratively with each client to create a personalized wellness plan.

Our Core Services: A Holistic Approach to Well-being

At Women's Wellness LLC, we offer a diverse range of services designed to address various aspects of women's wellness. These include:

1. **Personalized Wellness Coaching:** Our certified wellness coaches work one-on-one with clients to identify their unique wellness goals and develop actionable strategies to achieve them. This might include setting realistic fitness targets, improving nutrition habits, managing stress, or enhancing mindfulness practices. We tailor our coaching to your individual circumstances and preferences, ensuring you feel supported and motivated throughout the process.
1. **Nutritional Guidance:** Proper nutrition is fundamental to overall well-being. Our registered dietitians provide personalized dietary plans that cater to your specific needs and preferences. We focus on whole foods, balanced nutrition, and sustainable lifestyle changes, helping you fuel your body for optimal health and energy levels. We address common issues like weight management, hormonal imbalances, and digestive problems through evidence-based

nutritional strategies.

1. **Stress Management Techniques:** In today's fast-paced world, stress is a common challenge for women. We offer a variety of stress-management techniques, including yoga, meditation, breathwork, and mindfulness practices. These techniques help reduce stress levels, improve sleep quality, and enhance overall mental clarity. We guide you in finding the practices that resonate most with you, empowering you to manage stress effectively in your daily life.
1. **Fitness and Movement Programs:** We offer a range of fitness programs designed to improve strength, flexibility, and cardiovascular health. From yoga and Pilates to strength training and cardio workouts, we have options to suit all fitness levels. Our instructors are highly qualified and committed to providing safe and effective exercise programs tailored to your individual needs and goals. We emphasize mindful movement, connecting the mind and body for a more fulfilling exercise experience.
1. **Support Groups and Workshops:** Connecting with other women who share similar experiences can be incredibly empowering. We regularly host support groups and workshops focused on various aspects of women's wellness, providing a safe space for sharing, learning, and building community. These events provide valuable opportunities for peer support, education, and personal growth.

The Women's Wellness LLC Philosophy: Empowering Women Through Holistic Care

Our approach is rooted in a holistic philosophy that values the interconnectedness of mind, body, and spirit. We believe that true well-being encompasses all aspects of a woman's life. We don't just treat symptoms; we address the root causes of imbalance, empowering women to make sustainable lifestyle changes that lead to long-term health and happiness.

We prioritize a compassionate and non-judgmental approach, creating a safe and supportive environment where women feel comfortable being themselves. We believe in celebrating individuality and empowering each woman to define her own path to well-being.

Investing in Your Well-being: Why Choose Women's Wellness LLC?

Investing in your well-being is an investment in yourself and your future. Choosing Women's Wellness LLC means choosing a personalized approach to wellness, supported by experienced professionals who are passionate about empowering women. We offer a supportive community,

evidence-based strategies, and a commitment to helping you achieve your wellness goals. We understand that every woman's journey is unique, and we are dedicated to providing the support and guidance you need to thrive.

Conclusion

Women's Wellness LLC is more than just a business; it's a community dedicated to supporting women on their journey to holistic well-being. By offering a comprehensive range of services and a compassionate, personalized approach, we empower women to prioritize their health and happiness, leading to more fulfilling and balanced lives. Contact us today to learn more about how we can help you achieve your wellness goals.

FAQs

1. Do you accept insurance? We do not currently accept insurance, but we can provide you with a receipt for submission to your insurance provider.
1. What is the cost of your services? Pricing varies depending on the service. Please contact us for a detailed price list and to discuss payment options.
1. How do I schedule an appointment? You can schedule an appointment online through our website or by calling us directly.
1. What if I'm not in the local area? We offer both in-person and virtual consultations, making our services accessible to women across various locations.
1. What makes your approach different from other wellness centers? We focus on a truly holistic approach, integrating physical, mental, and emotional well-being, with a specific emphasis on the unique needs and challenges faced by women.

womens wellness llc: *Women's Health and Wellness Across the Lifespan* Ellen Olshansky, 2014-10-07 Women's Health and Wellness Across the Lifespan offers the innovative approach to care that today's patients often demand, combining traditional medicine and alternative approaches. It covers women's wellness care and specific issues during puberty through young adulthood, midlife,

and old age. In addition, it provides information essential to enabling your patients to achieve their full health potential, covering wellness for special populations, physical activity and nutrition, oral health, herbal medicine and pharmacologic approaches, methods to promote healing, healthy sleep, and peaceful dying.

womens wellness llc: *Health First!* Eleanor Hinton Hoytt, Hilary Beard, 2012-02-01 The story of Black women in America is one of triumph and grace, even with odds stacked high against them. *Health First! The Black Woman's Wellness Guide* provides you with a comprehensive guide to your #1 resource: yourself. Today, as Black women face an unprecedented health crisis, denial and self-neglect are no longer viable options. This groundbreaking volume is rooted in the pioneering work of the Black Women's Health Imperative, the nation's only nonprofit organization devoted to advancing the health and wellness of Black women and girls. It offers a core health philosophy—too long denied Black women—based on putting your health first. *Health First!* explores Black women's most critical health challenges, connecting the dots through honest discussions with experts and the uncensored stories of real women—from adolescence through elderhood. The focus is on prevention and awareness, across generations and circumstances—from candid conversations about reproductive health and HIV/AIDS to frank explorations of Black women's Top 10 Health Risks, including cancer, obesity, and violence. No matter what your age or health status, this unprecedented health reference will become a trusted ally as you seek accessible and relevant information to help you navigate your most pressing health needs. In an age of uncertainty, it's time to take control and truly discover the vitality, power, and joy that can be yours when you learn how to put your health first.

womens wellness llc: *Women's Health and Fitness Guide* Michele Kettles, Colette L. Cole, Brenda S. Wright, 2006 Examining the benefits of exercise for women, from osteoporosis prevention to reducing the risk of cardiovascular disease, this book reviews the physiological fitness differences between men and women. It also helps women to tailor an exercise programme to their stage in life: adolescence, pre-menopause, menopause, post-menopause and ageing.

womens wellness llc: *Women's Health for Life* Donnica Moore, 2009-01-06 Women need their own health reference source. Research into gender-specific medicine — particularly identifying the ways in which diseases and their treatment affect men and women differently — has gained ground in the past 25 years. While this information is familiar to the medical community, much of it is unknown to the layperson. For example, more women than men die of cardiovascular disease every year, possibly because their symptoms are not recognized. Organized by body system, each chapter starts out with an explanation of how that system works and ways to maintain healthy function through diet, exercise, and other self-help measures. This is followed by an explanation of some of the medical conditions affecting that particular system and how they should be treated — in women, not men. Highly regarded as a women's health expert and advocate; as a physician educator and as a media commentator, Dr. Moore is the Founder and President of DrDonnica.com, a popular women's health information website launched in Sept. 2000. She is also Founder and President of Sapphire Women's Health Group LLC, a multimedia women's health education and communications firm. Team-written by female specialists in the US and UK, all of whom are experts in their respective fields.

womens wellness llc: *Dropping the Baby and Other Scary Thoughts* Karen Kleiman, Amy Wenzel, 2020-11-09 This accessible guide addresses the nature of the intrusive and unwanted thoughts that can be common in new parenthood, and offers practical answers and advice on how to tackle these. With fresh material focusing on how to overcome barriers to disclosure and stigma, and updated treatment approaches and case descriptions, this revised edition explains exactly what these negative thoughts are, why they come about, and what can be done about them. Chapters offer information on the specific nature of perinatal anxiety and related disorders, along with take-home points and evidence-based strategies for symptom relief that clinicians can use effectively with new parents. Written by two leading clinicians in the perinatal community, in collaboration with two promising leaders in this specialized field, *Dropping the Baby and Other Scary Thoughts*, 2nd edition

offers a compassionate approach to breaking the cycle of scary thoughts that is invaluable to new parents and clinicians alike.

womens wellness llc: Dr. Libby's Women's Wellness Wisdom Libby Weaver, 2016-08-31 The latest book by eight times number one best-selling author Dr Libby, *Women's Wellness Wisdom*, is, quite simply, the book that every woman needs to read. In this unique approach to wellness, designed to specifically address the issues that women of all ages face, readers gain a deep understanding of their body and what it needs in order to not just survive but to thrive. Often, we are simply told to eat healthily because it is good for us. Rarely does a book this beautiful explain the processes of the body, and how they're all interdependent on each other, while offering real guidance on how we can support ourselves in such succinct and easy to understand language. From over two decades of research, Dr Libby takes all the guesswork out of being a woman, providing insight into the questions that plague western women around the world, including: Why some people emotionally eat and how to end this, why our skin breaks out and why we might lose our hair, how estrogen and progesterone affect our bodies and our minds, why we believe 'if I don't do it, it won't get done', why we store body fat in a certain place and what we can do about it, why our liver is the number one organ to look after, and why we have big conversations at night, rather than at breakfast. With interactive worksheets, real-life examples and step-by-step guides to making life-transforming changes, *Women's Wellness Wisdom* is both practical and inspiring. Illuminating how women can thrive in today's fast-paced modern world, and filled from front to back with Dr Libby's unique blend of nutrition, biochemical science and emotional care, this beautifully illustrated book is truly the definitive guide for women about looking after their bodies, minds and hearts.

womens wellness llc: What About Us? Karen Kleiman, 2021-09-14 The demands of a new baby can test a couple's relationship like nothing else! When we factor in sleep deprivation, hormonal changes, depression and anxiety, and different personalities, life with a newborn can feel a bit CRAZY. Couples tend to misinterpret this rough patch as a sign that something is wrong with the relationship, but when couples take steps toward open communication and safeguard their relationship, they can face everything new parenthood throws at them together. From the team behind the bestselling *Good Moms Have Scary Thoughts* comes a new guidebook of short essays, comics, and quick journal prompts about the stressful newborn stage, the struggles that so many new parents face, and the skills you need to tap into your strength as a couple.

womens wellness llc: Root & Nourish Abbey Rodriguez, Jennifer Kurdyla, 2021-04-06 Embrace the ancient healing power of plants with more than 100 whole-food, plant-based, gluten-free herbal recipes, designed around the most common health concerns of modern women.

womens wellness llc: A Guide to Women's Health Tolu Oyelowo, Judith (Judi) L. Johnson, 2017-04-20 Preceded by Mosby's guide to women's health / Tolu Oyelowo. St. Louis, Mo.: Mosby Elsevier, c2007.

womens wellness llc: Life Admin Elizabeth F. Emens, 2019 Life admin are the administrative tasks that have exploded in our busy lives. Scheduling. Planning. Paying. The busier our lives are, the more the invisible admin piles up on top of us. A working mother, Emens realized that mental labor was consuming her. To survive-- and to help others along the way-- she gathered favorite tips and tricks, admin confessions, and the secrets of admin-happy households. Get past the invisible quicksand that is holding you back and learn how to do less admin--And do it better. -- adapted from publisher info

womens wellness llc: Grief One Day at a Time Dr. Alan Wolfelt, 2016-04-01 After a loved one dies, each day can be a struggle. But each day, you can also find comfort and understanding in this daily companion. With one brief entry for every day of the calendar year, this little book by beloved grief counselor Dr. Alan Wolfelt offers small, one-day-at-a-time doses of guidance and healing. Each entry includes an inspiring or soothing quote followed by a short discussion of the day's theme. This compassionate gem of a book will accompany you.

womens wellness llc: Our Bodies, Ourselves Boston Women's Health Book Collective, Judy Norsigian, 2011-10-04 THE BESTSELLING WOMEN'S HEALTH CLASSIC—INFORMING AND

INSPIRING WOMEN ACROSS GENERATIONS Hailed by The New York Times as a “feminist classic,” this comprehensive guide to all aspects of women’s sexuality and reproductive health—including menopause, birth control, childbirth, sexual health, sexual orientation, gender identity, mental health, and overall wellbeing—changed the women’s health movement around the world and remains as important and relevant as ever. Providing detailed and empowering information on women’s reproductive health and sexuality, this latest edition of *Our Bodies, Ourselves* shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them. Including the latest vital information on: -Changes in the health care system—especially how health care reform affects women and how to get the care you need. -Safer sex—how to engage in pleasurable, satisfying sexual experiences while protecting your health and the health of your partner. -Environmental health risks—including minimizing exposure to everyday pollutants that endanger reproductive health. -Body image—resisting negative media stereotypes and embracing healthier approaches to looking and feeling good. -Local and global activism—using social media and organizing tactics to build community and advocate for policies that improve women’s lives. -As well as crucial information about gender identity, sexual orientation, birth control, abortion, pregnancy and birth, perimenopause, and sexuality and sexual health as we age. Together with its companion website, OurBodiesOurselves.org, *Our Bodies, Ourselves* is a one-stop resource that belongs on the bookshelves of women of all ages.

womens wellness llc: *Schoolgirls* Peggy Orenstein, 2013-02-06 A NEW YORK TIMES NOTABLE BOOK OF THE YEAR When Peggy Orenstein's now-classic examination of young girls and self-esteem was first published, it set off a groundswell that continues to this day. Inspired by an American Association of University Women survey that showed a steep decline in confidence as girls reach adolescence, Orenstein set out to explore the obstacles girls face—in school, in the home, and in our culture. For this intimate, girls' eye view of the world, Orenstein spent months observing and interviewing eighth-graders from two ethnically disparate communities, seeking to discover what was causing girls to fall into traditional patterns of self-censorship and self-doubt. By taking us into the lives of real young women who are struggling with eating disorders, sexual harassment, and declining academic achievement, Orenstein brings the disturbing statistics to life with the skill and flair of an experienced journalist. Uncovering the adolescent roots of issues that remain important to American women throughout their lives, this groundbreaking book challenges us to change the way we raise and educate girls.

womens wellness llc: *The Anxiety Workbook for Teens* Lisa M. Schab, 2010-01-07 This professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable worksheets for your clients. About one in four teens suffers from mild to serious problems with anxiety, and many of them get little or no help. *The Anxiety Workbook for Teens*, written by an experienced therapist, gives teens a collection of tools to help control anxiety and face day-to-day challenges. This workbook both gives anxious teens insight into their problems and offers practical guidance for overcoming them.

womens wellness llc: *Girllink* Carol Weston, 2009-03-17 From bra shopping to babysitting, from making close friends to making great grades, *Girllink* has all the answers Upbeat and up-to-date, honest and hip, *Girllink* is an indispensable guide (Working Mother) for girls ages eleven to eighteen. This Fourth Edition is the ultimate preteen and teen source for advice on: Body: looking and feeling your best Friendship: you don't like everybody -- why should everybody like you? Love: falling in, falling out Sex: what you should know before saying yes Family: making the best of your nest Education: getting through school, getting into college Money: making it, saving it, spending it Smoking, Drinking, and Drugs: advice without lectures Quizzes: getting to know yourself

womens wellness llc: *Women's Health Aromatherapy* Pam Conrad, 2019-05-21 Aromatherapy has seen a huge surge in popularity in the past decade, and has proven effective for a wide array of women's health problems. However, the number of women interested in introducing aromatherapy to their personal health care dwarfs the number of clinicians formally trained in it. As

a result, large numbers of women self-treat with aromatherapy, which can increase risk factors particularly during pregnancy and lactation. Condensing thorough research into concise, easy-to-digest language, this scientific evidence-based guide enables women's healthcare professionals and aromatherapists to quickly determine the safest and most effective way to apply aromatherapy in any given situation. The perfect bedside clinical guide for busy professionals, it covers 20 essential oils and their uses in women's health, from pregnancy to menopause. Readers will come away equipped with new tools to improve their patients' comfort and wellbeing, with the confidence of drawing from a reliable base of clinical evidence.

womens wellness llc: The Women's Health Big Book of 15-Minute Workouts Selene Yeager, 2011-10-25 Presents an assortment of short exercise routines which take only fifteen minutes per day and includes workouts for different fitness levels, with some moves targeting specific body parts.

womens wellness llc: Beyond the Egg Timer Sharon Praissman Fisher, Emma Williams, 2018-04-23 This is an inspirational and motivational book for women who are trying to conceive at age 35 or older. It was written by two good friends--Emma, a public health researcher, and Sharon, a mental health nurse practitioner and Buddhist lay meditation teacher. They have both struggled with this issue themselves, knew a need existed for this kind of book, and wanted to write it to help other women.

womens wellness llc: Integrative Women's Health Victoria Maizes, Tieraona Low Dog, 2010-02-26 Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care. Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

womens wellness llc: *Dear Mama, You Matter* Amanda Hardy, PhD, 2020-05-21 Dear Mama, Once a baby is born, so much of the focus and energy turns toward them. It's natural for all the books and chatter to be about the baby. But, Mama, this book is all about YOU. You matter, too, and these words are my love letter to you. I want you to know: Hard is normal (but that doesn't mean it's any less hard). Perfection is a myth (and it's a dangerous one). You matter (big time). You are not alone (we're all in the same boat). I hope you find comfort and relief in that what you're experiencing in this transition is actually pretty darn normal. Hard, but normal. One big reason it's hard, perhaps the most misunderstood and unacknowledged reason, is new parents are in the process of becoming something new! The magazines and dominant culture narrative love to talk about when we're going back. Getting our body back. Getting our life back. Back to our old selves. This idea implies that we're just ourselves but with a baby in tow. As if a baby just fits into this carved out little corner of our lives and everything goes on pretty much as normal. This is an absolutely absurd notion, and I think it's actually hurting us. Imagine how differently you'd think about your postpartum and transition to parenthood if our cultural story was about reinvention and redefinition of ourselves, rather than going back. This book serves to give you some new and different tools, resources, and ideas for your difficult journey of parenthood and reduce feelings of fear, shame, or guilt. My hope is, after reading these words you'll feel more loved, more valued, and know you are enough. There is

nothing I say in this book that I say with greater conviction and certainty than this: you are worthy of love, grace, and compassion, and you are enough. With love, Amanda

womens wellness llc: Primary Care of Women Barbara Hackley, Jan M. Kriebs, Mary Ellen Rousseau, 2007 This text presents primary care information for the nurse-midwifery scope of practice, including management of primary care problems in essentially healthy women, and the management/coordination of primary care for pregnant women with significant, established medical conditions. The text covers prevention, including lifestyle changes and immunizations; screening; management of common health problems appropriate to nurse-midwifery practice; and the presentation and management of common health problems in pregnancy.

womens wellness llc: The Active Female Jacalyn J. McComb, Reid Norman, Mimi Zumwalt, 2007-12-26 This book investigates the growing and ever-changing health issues for girls and women who lead an active lifestyle and participate in sports and exercise. Easy to read, the volume provides an educational foundation for understanding how disordered eating, amenorrhea, and osteoporosis can be interrelated while also looking at image disorders and reproductive health. It contains thorough analysis of common prevention and management techniques, and provides useful links to resources on the internet for additional screening tools.

womens wellness llc: New Dimensions in Women's Health Linda Lewis Alexander, Judith H. LaRosa, Helaine Bader, 2000 New Dimensions in Women's Health is a comprehensive overview of all major dimensions of women's health across the lifespan, providing various perspectives such as historical, epidemiological, sociocultural, and clinical issues for each topic. Data-driven chapters, with an emphasis on prevention and informed decision making, offer students broader sections of psychological dimensions, lifestyle and social dimensions, personal and sexual dimensions, and healthy dimensions for older women in order to create an effective style and structure for understanding the components of women's health.

womens wellness llc: The Strong Women's Journal Miriam E. Nelson, 2003-12-01 A year-long journal designed to help women reach their individual fitness goals helps readers track their goals, progress, daily eating and exercise patterns, and thoughts and feelings along the way, with a step-by-step plan to shape up, dietary tips, aerobic and strength-training exercises, inspirational quotes, charts, and more. Original.

womens wellness llc: Stellar Medicine Saralyn Mark, 2012 An endocrinologist, geriatrician, and woman's health specialist, Mark was the first senior medical advisor to the Office on Women's Health within the Department of Health and Human Services. She presents a framework of science and experience to encourage both women and men to live a balanced life and to help maintain wellness even in the face of stress and trouble.

womens wellness llc: Beyond the Pill Jolene Brighten, 2019-01-29 All women need to read this book.—Dave Asprey, author of The Bulletproof Diet Groundbreaking solutions for the common hormonal struggles women face both on and off birth control.—Amy Medling, founder of PCOS Diva and author of Healing PCOS A natural, effective program for restoring hormone balance, normalizing your period, and reversing the harmful side effects of 'The Pill'—for the millions of women who take it for acne, PMS, menstrual cramps, PCOS, Endometriosis, and many more reasons other than contraception. Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book Beyond the Pill, specializes in treating women's hormone imbalances

caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, *Beyond the Pill* is an actionable plan for taking control, and will help readers: Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, *Beyond the Pill* is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

womens wellness llc: Dr. Nieca Goldberg's Complete Guide to Women's Health Nieca Goldberg, 2009-01-13 Dr. Nieca Goldberg provides information to help women understand the changes in their body, discusses problems that plague women starting in their mid-thirties, and offers advice on finding the right doctor for optimal health care.

womens wellness llc: Our Bodies, Ourselves: Pregnancy and Birth Boston Women's Health Book Collective, Judy Norsigian, 2008-03-04 The trusted editors of *Our Bodies, Ourselves*, called “a feminist classic” by *The New York Times*, present a comprehensive guide to pregnancy and childbirth, from prenatal care and emotional well-being to how to handle the pain of childbirth. Pregnancy and birth are as ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce you’re expecting, you may be bombarded with advice from every angle—well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn’t do, and it’s easy to feel overwhelmed by their conflicting recommendations. *Our Bodies, Ourselves: Pregnancy and Birth* will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. You’ll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about:

- Choosing a good health care provider
- Selecting a place of birth
- Understanding prenatal testing
- Coping with labor pain
- Speeding your physical recovery
- Adjusting to life as a new mother

Our Bodies, Ourselves: Pregnancy and Birth is an essential resource for women that will guide you through the many decisions ahead.

womens wellness llc: General Gynecology Andrew I. Sokol, Eric R. Sokol, 2007-01-01 *The Requisites in Obstetrics and Gynecology* is a series of volumes that offers a concise overview of the field of obstetrics and gynecology in the following areas: High Risk Obstetrics, General Gynecology, Gynecologic Oncology, and Reproductive Endocrinology and Infertility. Each volume contains the core material that is fundamental to each area and includes a presentation that allows the user to absorb the information quickly and thoroughly. This volume is devoted to General Gynecology, which covers care of the female patient outside of pregnancy or during the initial weeks of pregnancy. Topics include gynecologic imaging, family planning, congenital and developmental abnormalities, abnormal uterine bleeding, and pelvic floor disorders.

womens wellness llc: The Strong Black Woman Marita Golden, 2021-10-12 Major Health Crisis Among Black Women Generated from Systemic Racism “Marita Golden’s *The Strong Black Woman* busts the myth that Black women are fierce and resilient by letting the reader in under the mask that proclaims ‘Black don’t crack.’” —Karen Arrington, coach, mentor, philanthropist, and author of NAACP Image Award-winning *Your Next Level Life* Sarton Women’s Book Award #1 New Release in Reference Meet Black women who have learned through hard lessons the importance of self-care and how to break through the cultural and family resistance to seeking therapy and professional mental health care. *The Strong Black Woman Syndrome*. For generations, in response to systemic racism, Black women and African American culture created the persona of the Strong Black Woman, a woman who, motivated by service and sacrifice, handles, manages, and overcomes

any problem, any obstacle. The syndrome calls on Black women to be the problem-solvers and chief caretakers for everyone in their lives—never buckling, never feeling vulnerable, and never bothering with their pain. Hidden mental health crisis of anxiety and depression. To be a Black woman in America is to know you cannot protect your children or guarantee their safety, your value is consistently questioned, and even being “twice as good” is often not good enough. Consequently, Black women disproportionately experience anxiety and depression. Studies now conclusively connect racism and mental health—and physical health. Take care of your emotional health. You deserve to be emotionally healthy for yourself and those you love. More and more young Black women are re-examining the Strong Black Woman syndrome and engaging in self-care practices that change their lives. Hear stories of Black women who: Asked for help Built lives that offer healing Learned to accept healing If you have read *The Unapologetic Guide to Black Mental Health*, *The Racial Healing Handbook*, or *Black Fatigue*, *The Strong Black Woman* is your next read.

womens wellness llc: *Sex Without Pain* Heather Jeffcoat (DPT.), 2014-02-15

womens wellness llc: *The Book of Gutsy Women* Hillary Rodham Clinton, Chelsea Clinton, 2019-10-01 Now an eight-part docuseries on Apple TV+ Hillary Rodham Clinton and her daughter, Chelsea, share the stories of the gutsy women who have inspired them—women with the courage to stand up to the status quo, ask hard questions, and get the job done. She couldn’t have been more than seven or eight years old. “Go ahead, ask your question,” her father urged, nudging her forward. She smiled shyly and said, “You’re my hero. Who’s yours?” Many people—especially girls—have asked us that same question over the years. It’s one of our favorite topics. HILLARY: Growing up, I knew hardly any women who worked outside the home. So I looked to my mother, my teachers, and the pages of *Life* magazine for inspiration. After learning that Amelia Earhart kept a scrapbook with newspaper articles about successful women in male-dominated jobs, I started a scrapbook of my own. Long after I stopped clipping articles, I continued to seek out stories of women who seemed to be redefining what was possible. CHELSEA: This book is the continuation of a conversation the two of us have been having since I was little. For me, too, my mom was a hero; so were my grandmothers. My early teachers were also women. But I grew up in a world very different from theirs. My pediatrician was a woman, and so was the first mayor of Little Rock who I remember from my childhood. Most of my close friends’ moms worked outside the home as nurses, doctors, teachers, professors, and in business. And women were going into space and breaking records here on Earth. Ensuring the rights and opportunities of women and girls remains a big piece of the unfinished business of the twenty-first century. While there’s a lot of work to do, we know that throughout history and around the globe women have overcome the toughest resistance imaginable to win victories that have made progress possible for all of us. That is the achievement of each of the women in this book. So how did they do it? The answers are as unique as the women themselves. Civil rights activist Dorothy Height, LGBTQ trailblazer Edie Windsor, and swimmer Diana Nyad kept pushing forward, no matter what. Writers like Rachel Carson and Chimamanda Ngozi Adichie named something no one had dared talk about before. Historian Mary Beard used wit to open doors that were once closed, and Wangari Maathai, who sparked a movement to plant trees, understood the power of role modeling. Harriet Tubman and Malala Yousafzai looked fear in the face and persevered. Nearly every single one of these women was fiercely optimistic—they had faith that their actions could make a difference. And they were right. To us, they are all gutsy women—leaders with the courage to stand up to the status quo, ask hard questions, and get the job done. So in the moments when the long haul seems awfully long, we hope you will draw strength from these stories. We do. Because if history shows one thing, it’s that the world needs gutsy women.

womens wellness llc: *The Women's Fitness Book* Kelly Thompson, 2012 More than 200 exercises and home workouts for a healthy, toned body--Cover.

womens wellness llc: *The Uterine Health Companion* Eve Agee, 2010-02-23 The uterus is a remarkable organ—it is our first home, contributes to women’s sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction

and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy--the highest rate in the world. In *The Uterine Health Companion*, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. *The Uterine Health Companion* demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, Health: Women's Health category, 2011 International Book Awards

womens wellness llc: Women's Encyclopedia of Health & Emotional Healing Denise Foley, 1995-03-01 A comprehensive guide to women's physical and emotional health provides professional information, tips, techniques, and advice for leading a fuller, richer, healthier life. Reprint.

womens wellness llc: The Menopause Manifesto Dr. Jennifer Gunter, 2021-05-25 'A guide to counteract medical misogyny' New Scientist 'The world's most famous - and outspoken - gynaecologist' Guardian In *The Menopause Manifesto* internationally renowned, New York Times bestselling author Dr Jen Gunter brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective and expert advice. The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease - it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why and what to do about it is both empowering and reassuring. Frank and funny, Dr Jen debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: * Perimenopause * Hot flashes * Sleep disruption * Sex and libido * Depression and mood changes * Skin and hair issues * Outdated therapies * Breast health * Weight and muscle mass * Health maintenance screening * And much more Filled with practical, reassuring information, this essential guide will revolutionise how women experience menopause - including how their lives can be even better for it!

womens wellness llc: *Black Therapists Rock* Deran Young, 2018-05-28 The black community is often thought of as an ongoing saga of reliance, incredible strength, and perseverance, in spite of a brutally harsh past. However, the obvious connection between mental health and racial oppression, health disparities, cultural differences, societal factors, poverty, and reduced quality of life, often goes unspoken. Thousands of black people are suffering in the shadows while making every attempt to be seen. Although there is no single narrative, mental health and psychosocial wellness underpin many of the challenges experienced by black people. *Black Therapists Rock* has become a movement that is passionate about loudly speaking our varied truths to begin the healing of emotional wounds

that are multiple generations deep. Although we may not be the cause of this deep-seated pain, it is ours to bear and soothe. The professional perspectives shared in this book strive to inspire hope, beyond the divorce courts, housing developments, emergency rooms, domestic violence shelters, broken homes, jails/prisons, homeless centers, welfare offices, or foster care systems. NONE of us are immune. Statistically, we all have at least one relative that has experienced one or more of these situations. And now, with our #villagementality, we can offer an honest and true source of healing; with compassion, forgiveness and genuine connection for ourselves and others.

womens wellness llc: *Women's Bodies, Women's Wisdom* Christiane Northrup, 1995 Based on the connection between physical and spiritual health, a popular holistic guide to alternative medicine for women contains an alphabetical list of women's ailments and conditions, including fibroids, menstruation, vaginitis, and menopause. Reprint.

womens wellness llc: How Your Doctor Is Slowly Killing You Angela Derosa, 2014-03 Common health conditions and diseases in women of all ages can often be traced to one root cause: hormone imbalances and deficiencies, and women can have them from the onset of puberty.

womens wellness llc: Between the Hips Dr Rorabeck, Megan Rorabeck, 2020-10-16 This compassionate guide crushes pelvic health myths from adolescence to elderhood. Including practical solutions with over fifty illustrations, eighty citations, a robust index, and a recommended resources section, this book will empower women.

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