

atlantic medicine and wellness

Atlantic Medicine and Wellness: A Holistic Approach to Coastal Living

Are you ready to discover the secrets to vibrant health while embracing the breathtaking beauty of the Atlantic coast? This isn't just another wellness blog; it's a deep dive into the unique relationship between coastal living and optimal wellbeing, exploring the practices and philosophies that define "Atlantic Medicine and Wellness." We'll explore the natural resources, the mindful lifestyle, and the innovative approaches that combine traditional wisdom with cutting-edge medical advancements to create a truly holistic wellness experience. Get ready to embark on a journey to discover how you can thrive, both physically and mentally, in this remarkable coastal environment.

The Unique Benefits of Atlantic Coastal Living

The Atlantic Ocean isn't just a picturesque backdrop; it's a powerful force influencing health and wellbeing. The crisp sea air, rich in negative ions, is known for its invigorating and stress-reducing effects. Many studies link seaside living to lower rates of respiratory illnesses and improved cardiovascular health. The rhythmic sound of the waves is naturally calming, promoting relaxation and reducing anxiety. This inherent tranquility forms the foundation of Atlantic Medicine and Wellness, encouraging a mindful approach to life.

Beyond the air, the ocean itself offers incredible resources. Seaweed, for example, is packed with vitamins and minerals, utilized in various skincare and dietary supplements. Seafood, a staple of coastal diets, provides essential omega-3 fatty acids, crucial for brain health and reducing inflammation. This naturally abundant source of nutrition is a cornerstone of a healthy Atlantic lifestyle.

Incorporating Mindfulness into Atlantic Living

The tranquil rhythm of the Atlantic encourages a mindful lifestyle. The natural world encourages slowing down and appreciating the present moment. Activities like sunrise yoga on the beach, mindful walks along the shore, and simply observing the ocean's ebb and flow are all integral parts of an Atlantic Medicine and Wellness approach. These practices help reduce stress, enhance mental clarity, and improve overall emotional wellbeing.

Furthermore, connecting with the local community is essential. Building relationships, participating in local events, and creating a sense of belonging contributes to a strong social support network, a vital component of mental and emotional health. The strong sense of community often found in coastal towns fosters a supportive environment crucial for overall wellbeing.

Traditional Healing Practices in the Atlantic Region

For centuries, coastal communities have developed their own unique healing

practices, often utilizing readily available natural resources. Traditional herbal remedies, passed down through generations, play a significant role in many cultures. These often incorporate seaweed, coastal plants, and other locally sourced ingredients. Understanding these traditional practices and respectfully incorporating them into a modern wellness routine can offer valuable insights into holistic healing.

Moreover, the emphasis on fresh, locally sourced food aligns perfectly with modern nutritional guidelines. The abundance of seafood, fresh produce from local farms, and naturally raised livestock allows for a diet rich in essential nutrients, supporting optimal physical health. This commitment to sustainable and conscious food consumption is a core principle of Atlantic Medicine and Wellness.

Modern Approaches to Atlantic Medicine and Wellness

While embracing traditional wisdom, Atlantic Medicine and Wellness also incorporates modern medical advancements. Access to high-quality healthcare facilities, combined with a focus on preventative medicine, is crucial. Regular checkups, screenings, and early detection of potential health issues are paramount.

Furthermore, the integration of innovative therapies, such as acupuncture, massage therapy, and mindfulness-based stress reduction, enhances the holistic approach. These complementary therapies often work synergistically with conventional medicine to improve overall health and wellbeing. The focus is on a personalized and integrated approach, tailoring treatments to the unique needs of each individual.

Sustainable Living: An Integral Part of Atlantic Wellness

Atlantic Medicine and Wellness goes beyond individual health. It emphasizes a deep respect for the environment and a commitment to sustainable practices. Protecting the ocean's resources, reducing our carbon footprint, and supporting local businesses that prioritize sustainability are all integral components of this philosophy. By living in harmony with the natural world, we contribute not only to our own wellbeing but also to the health of the planet. This interconnectedness is vital to understanding the full scope of Atlantic Medicine and Wellness.

Conclusion

Atlantic Medicine and Wellness represents a unique and holistic approach to living a vibrant and fulfilling life. By embracing the natural resources of the coast, integrating mindfulness practices, incorporating traditional wisdom, and utilizing modern medical advancements, we can achieve optimal physical, mental, and emotional wellbeing. It is a journey of self-discovery, connection with nature, and a commitment to a sustainable future. The Atlantic Ocean offers a powerful and inspiring backdrop for this transformative experience.

FAQs

1. Is Atlantic Medicine and Wellness only for people living on the Atlantic coast?

No, the principles of Atlantic Medicine and Wellness, such as mindfulness, sustainable living, and a focus on natural resources, can be applied anywhere. Even if you don't live near the ocean, you can incorporate elements of this philosophy into your life.

1. What are some practical steps I can take to incorporate Atlantic Medicine and Wellness into my life?

Start by incorporating more mindful practices into your daily routine, such as meditation or mindful walks. Focus on eating a healthy diet rich in fresh, local produce and seafood. Consider exploring traditional healing modalities such as herbal remedies or acupuncture. And finally, make conscious efforts towards a more sustainable lifestyle.

1. How does Atlantic Medicine and Wellness differ from other wellness approaches?

Atlantic Medicine and Wellness emphasizes the unique benefits of coastal living and incorporates traditional healing practices specific to coastal communities. It emphasizes a strong connection with nature and a commitment to sustainable living, distinguishing it from other approaches that may focus solely on specific diets or therapies.

1. Are there any potential downsides to adopting an Atlantic Medicine and Wellness approach?

The main potential downside is the accessibility of some resources. Depending on your location, sourcing specific types of seaweed or traditional remedies might be challenging. Additionally, access to certain complementary therapies can also vary.

1. Where can I find more information on specific traditional healing practices mentioned in the article?

Researching specific traditional healing practices requires careful consideration. It's crucial to consult with qualified healthcare professionals and reputable sources to ensure safety and efficacy. Your local library or university may have resources on traditional medicine practices in your region. Always prioritize safety and verify information through multiple credible sources.

atlantic medicine and wellness: *Natural Causes* Barbara Ehrenreich, 2018-04-10 From the celebrated author of *Nickel and Dimed*, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, *Natural Causes* describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But *Natural Causes* goes deeper -- into the fundamental unreliability of our bodies and even our mind-bodies, to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own decisions, and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, *Natural Causes* examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

atlantic medicine and wellness: *Integrative and Functional Medical Nutrition Therapy* Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. *Integrative and Functional Medical Nutrition Therapy: Principles and Practices* will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

atlantic medicine and wellness: *Consciousness Medicine* Françoise Bourzat, Kristina Hunter, 2019-06-25 A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners, and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it's no wonder: despite having access to the latest wellness trends and advances in technology, we're no healthier, happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being recognized as potent catalysts for change and healing. But how do we ensure that we're approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat's skillful and heartfelt approach

presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of consciousness, offering an invaluable contribution to the field of healing and transformation.

atlantic medicine and wellness: **Drunk Yoga** Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

atlantic medicine and wellness: The Science of the Sacred Nicole Redvers, N.D., 2019-03-26 Indigenous naturopathic doctor Nicole Redvers pairs evidence-based research with traditional healing modalities, addressing modern health problems and medical processes Modern medical science has finally caught up to what traditional healing systems have known for centuries. Many traditional healing techniques and medicines are often assumed to be archaic, outdated, or unscientific compared to modern Western medicine. Nicole Redvers, a naturopathic physician and member of the Deninu K'ue First Nation, analyzes modern Western medical practices using evidence-informed Indigenous healing practices and traditions from around the world--from sweat lodges and fermented foods to Ayurvedic doshas and meditation. Organized around various sciences, such as physics, genetics, and microbiology, the book explains the connection between traditional medicine and current research around epigenetics and quantum physics, for example, and includes over 600 citations. Redvers, who has traveled and worked with Indigenous groups around the world, shares the knowledge and teachings of health and wellness that have been passed down through the generations, tying this knowledge with current scientific advances. Knowing that the science backs up the traditional practice allows us to have earlier and more specific interventions that integrate age-old techniques with the advances in modern medicine and technology.

atlantic medicine and wellness: Green Medicine Larry Malerba, D.O., 2011-03-15 According to Dr. Larry Malerba, modern medicine has perfected the short-term technical repair of the physical body at the expense of the long-term psychological and spiritual well-being of the whole person. In *Green Medicine* he examines this issue and provides a realistic blueprint for wellness and a valuable guide for those seeking deeper and more lasting healing. Written in an accessible style, the book draws on a rich range of fields—physics, philosophy, Jungian thought, shamanism, alchemy, Eastern thought, Western esotericism, sustainability, orthodox medicine—to create a green medical paradigm that represents a powerful integrative medical perspective. Dr. Malerba interweaves case histories from his own practice with innovative concepts from alternative and Western medicine in order to address a number of crucial questions: • What are the personal and environmental costs to the overuse of pharmaceutical drugs? • Is conventional medicine as scientific as it claims to be? • How can conventional doctors and alternative healers begin to work together? • How can individuals transform medicine and become participants in their own healthcare? *Green Medicine* offers a practical and philosophical basis for building a viable green alternative that draws on the inherent unity of body, heart, mind, soul, and nature.

atlantic medicine and wellness: *Changing the Game* Lucy Chow, 2022-09-27 The Future Is Now Video games are more than interactive entertainment; they are part of a multibillion-dollar industry you may have never heard of. Beyond the stereotypical isolated teenager, today's players

represent every demographic and every part of the world. Championship competitions in esports—complete with professional players, teams, and lucrative sponsorships—are often broadcast to audiences rivaling that of the Super Bowl. And the gaming industry is bursting with investment opportunities, emerging career paths, and innovation. Investment expert Lucy Chow has selected 34 essays from thought leaders in the gaming industry. These curated perspectives of the global network of game-changing esports insiders provide a back-stage pass to the impact and future of gaming. This diverse group of players, entrepreneurs, investors, and educators pull back the curtain, revealing the use of gaming in schools, the growing roles of women in the field, and innovative business opportunities. In building bridges among these, Chow welcomes you into a thriving community to discover a new opportunity for your own success.

atlantic medicine and wellness: Overtreated Shannon Brownlee, 2010-06-25 Our health care is staggeringly expensive, yet one in six Americans has no health insurance. We have some of the most skilled physicians in the world, yet one hundred thousand patients die each year from medical errors. In this gripping, eye-opening book, award-winning journalist Shannon Brownlee takes readers inside the hospital to dismantle some of our most venerated myths about American medicine. Brownlee dissects what she calls the medical-industrial complex and lays bare the backward economic incentives embedded in our system, revealing a stunning portrait of the care we now receive. Nevertheless, *Overtreated* ultimately conveys a message of hope by reframing the debate over health care reform. It offers a way to control costs and cover the uninsured, while simultaneously improving the quality of American medicine. Shannon Brownlee's humane, intelligent, and penetrating analysis empowers readers to avoid the perils of overtreatment, as well as pointing the way to better health care for everyone.

atlantic medicine and wellness: Healing with Whole Foods, Third Edition Paul Pitchford, 2002-11-05 With more than 600,000 copies sold, this treasure trove of nutritional wisdom is an indispensable resource for anyone seeking to nurture their body through natural means. Uncover the power of food as nature's ultimate medicine and unlock the healing potentials that rest within your own kitchen. Embark on a transformative wellness journey with Paul Pitchford's bestselling *Healing with Whole Foods*. This comprehensive handbook goes beyond the simple integration of traditional Chinese Medicine and modern nutritional science: it's a beacon of wisdom and insights for individuals committed to healthful living and holistic practitioners alike. Discover what makes *Healing with Whole Foods* a timeless bestseller: *Holistic Foundations*: The book grounds you in the principles of Qi vitality and Yin-Yang balance, illuminating the path of holistic healing and nutrition. *Bridging Ancient and Modern*: With masterful proficiency, Pitchford interlaces the wisdom of traditional Chinese medicine with contemporary nutritional science. Explore categories such as Oils and Fats, Sweeteners, Green Food Products, and Vitamins and Supplements. *Therapeutic Guide*: Delve into a dedicated section devoted to dietary treatments for prevalent health issues. Whether it's blood sugar imbalances or degenerative disorders, uncover practical, actionable guidance deeply rooted in the power of natural healing. *Informed Eating*: The book enlightens you on the deeper nuances of your diet, touching upon elements like food presentation and dietary practices, and their significant impact on wellness. *Delicious Healing Recipes*: Immerse yourself in Part V, with vegetarian recipes that unite robust flavor with therapeutic benefits. *A Lifelong Companion*: Pitchford's in-depth, reader-friendly approach makes the book a lifetime go-to guide for reliable nutritional insights. Readers return time and again to delve deeper into its vast knowledge base. *Transformational Journey*: Embarking on the journey with *Healing with Whole Foods* is a commitment to enhanced physical, mental, and emotional health. It inspires you to personalize your dietary plan, in tune with your unique needs. Ultimately, *Healing with Whole Foods* is more than just a book—it's an invitation to a healthier way of living. It beautifully illustrates how traditional wisdom and modern science can come together to inform our nutritional choices. This comprehensive guide invites you to embark on a journey of wellness, empowerment, and self-discovery, all facilitated by the power of whole foods.

atlantic medicine and wellness: The Cannabis Manifesto Steve DeAngelo, 2015-09-22 An

authoritative, persuasive, and riveting call for the legalization and responsible use of medical marijuana, *The Cannabis Manifesto* is a book whose time has come. *The Cannabis Manifesto* is both a call to action and a radical vision of humans' relationship with this healing but controversial plant. Steve DeAngelo, the founder of Harborside Health Center, the world's largest medical-cannabis dispensary, presents a compelling case for cannabis as a wellness catalyst that must be legalized. His view that there is no such thing as recreational cannabis use challenges readers to rethink everything they thought they knew about marijuana. *The Cannabis Manifesto* answers essential questions about the plant, using extensive research to fuel a thoughtful discussion about cannabis science and law, as well as its biological, mental, and spiritual effects on human beings. With a cultural critic's eye peering through the lens of social justice, DeAngelo explains how cannabis prohibition has warped our most precious institutions—from the family, to the workplace, to the doctor's office and the courtroom. In calling for a realistic national policy on a substance that has been used by half of all Americans, this essential primer will forever change the way the world thinks about cannabis, its benefits, and the laws governing its use.

atlantic medicine and wellness: The Cancer Code Dr. Jason Fung, 2020-11-10 Author of the international bestsellers *The Diabetes Code* and *The Obesity Code* Dr. Jason Fung returns with an eye-opening biography of cancer in which he offers a radical new paradigm for understanding cancer—and issues a call to action for reducing risk moving forward. Our understanding of cancer is slowly undergoing a revolution, allowing for the development of more effective treatments. For the first time ever, the death rate from cancer is showing a steady decline . . . but the “War on Cancer” has hardly been won. In *The Cancer Code*, Dr. Jason Fung offers a revolutionary new understanding of this invasive, often fatal disease—what it is, how it manifests, and why it is so challenging to treat. In this rousing narrative, Dr. Fung identifies the medical community's many missteps in cancer research—in particular, its focus on genetics, or what he terms the “seed” of cancer, at the expense of examining the “soil,” or the conditions under which cancer flourishes. Dr. Fung—whose groundbreaking work in the treatment of obesity and diabetes has won him international acclaim—suggests that the primary disease pathway of cancer is caused by the dysregulation of insulin. In fact, obesity and type 2 diabetes significantly increase an individual's risk of cancer. In this accessible read, Dr. Fung provides a new paradigm for dealing with cancer, with recommendations for what we can do to create a hostile soil for this dangerous seed. One such strategy is intermittent fasting, which reduces blood glucose, lowering insulin levels. Another, eliminating intake of insulin-stimulating foods, such as sugar and refined carbohydrates. For hundreds of years, cancer has been portrayed as a foreign invader we've been powerless to stop. By reshaping our view of cancer as an internal uprising of our own healthy cells, we can begin to take back control. The seed of cancer may exist in all of us, but the power to change the soil is in our hands.

atlantic medicine and wellness: 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.

atlantic medicine and wellness: CBD Leonard Leinow, Juliana Birnbaum, Michael H. Moskowitz, M.D., 2017-10-31 The essential book on CBD as medicine This practical, accessible guide to using CBD-dominant cannabis contains a wealth of information for both first-time explorers and experienced patients who want to know more about safely treating a number of health conditions

with remarkable results and low to no psychoactivity or negative side effects. CBD (cannabidiol) is a component of cannabis that can provide relief for conditions such as seizures, pain, inflammation, anxiety, depression, arthritis, and a number of other issues. This book offers guidance on various forms of the medicine such as oil infusions, alcohol-based tinctures, capsules, and CO2 concentrated extracts. The information is organized by health condition and also by recommended CBD-rich strains, which do not produce the highs associated with THC. With dosage suggestions, potential side effects and contraindications, and the pharmacology of the plant, this is an essential guide for both doctors and patients looking for a nontoxic alternative to opiate-based pain medications and other pharmaceuticals. While cannabis has been used for medicinal and recreational purposes for thousands of years, only in the last fifty years have scientists begun to shed light on the chemistry of the plant and its interactions with the human body. Research has led to the discovery of a whole new system in the body, the endocannabinoid system, which plays a role in mediating functions such as appetite, immunity, mood, pain response, and memory. The authors present case studies, interviews with doctors who prescribe cannabidiol products, and the latest research regarding other active phytocannabinoids and terpenoids present in cannabis that are being studied for medical use. They also address the difference between CBD products derived from industrial hemp or in a lab, versus those made from medical marijuana using the whole plant. In addition to offering the most up-to-date and comprehensive information on CBD-dominant cannabis therapy for humans, this book is the first to offer guidance for using the medicine for animals, with suggestions for dosage and delivery and useful forms and strains for common health issues in pets. Finally, the authors take a look at the future of cannabis medicine, charting trends in the legalization movement and suggesting how CBD might be used to fight the opioid epidemic.

atlantic medicine and wellness: Musculoskeletal Imaging Philip G. Conaghan, Philip O'Connor, David A. Isenberg, 2010-03-18 Diseases of the joints and surrounding tissues cannot be visualised without the help of imaging techniques. These range from x-rays (which have been available for over 100 years) to the highly sophisticated magnetic resonance imaging scanning. The variety of imaging techniques and indeed the quality of these images has improved radically in the past decade and this book attempts to capture the way in which rheumatologists and their colleagues can use a wide variety of techniques to analyse musculoskeletal diseases which are known to exist. This handbook provides the reader with an insight into both which imaging techniques should be applied to particular clinical problems and how the results can be used to determine the diagnosis and management of musculoskeletal conditions. It is extensively illustrated with examples of the various imaging techniques and joints to aid understanding, and is organised by anatomical region and specific musculoskeletal disorder to allow easy access to information.

atlantic medicine and wellness: Do You Believe in Magic? Paul A. Offit, 2013-06-18 A physician offers an impassioned and meticulously researched exposé of the alternative medicine industry, separating the sense from the nonsense. A half century ago, acupuncture, homeopathy, naturopathy, Chinese herbs, Christian exorcisms, dietary supplements, chiropractic manipulations, and ayurvedic remedies were considered on the fringe of medicine. Now these practices—known variably as alternative, complementary, holistic, or integrative medicine—have become mainstream, used by half of all Americans today to treat a variety of conditions, from excess weight to cancer. But alternative medicine is an unregulated industry under no legal obligation to prove its claims or admit its risks, and many popular alternative therapies are ineffective, expensive, or even deadly. In *Do You Believe in Magic?*, health advocate Dr. Offit debunks the treatments that don't work and tells us why, and takes on the media celebrities who promote alternative medicine. Using dramatic real-life stories, he separates the sense from the nonsense, explaining why any therapy—alternative or traditional—should be scrutinized. As Dr. Offit explains, some popular therapies are remarkably helpful due to the placebo response, but “there's no such thing as alternative medicine. There's only medicine that works and medicine that doesn't.”

atlantic medicine and wellness: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public

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

atlantic medicine and wellness: Archetypal Acupuncture Gary Dolowich M.D., 2011-09-20 The Chinese model of the Five Elements (wood, fire, metal, earth, and water) and the Twelve Officials (the organ systems that comprise the map of traditional Chinese medicine) has been applied as a system of medicine for three thousand years to balance chi, the vital force of the body. Archetypal Acupuncture explains to both acupuncturists and the general public how to work with these maps of energy and use them to diagnose physical illness, resolve emotional imbalances, and navigate the stages of life. Dr. Dolowich's goal is to revitalize these traditional teachings for the modern world—and in the process bring East and West together. Through an archetypal approach to Chinese medicine, he shows how we can gain fresh insights into the roots of illness while uncovering a positive vision of wellness and the healing process. The book draws on case histories, spiritual poetry (especially Rilke and Rumi), classic sources such as the I Ching, and examples from contemporary culture in order to bring the elements alive. Individual chapters explore the interface of Eastern and Western medicine, Chinese numerology, spiritual aspects of the elements, archetypal patterns in popular culture, and strategies for cultivating a life in harmony with the rhythms of nature.

atlantic medicine and wellness: 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

atlantic medicine and wellness: The DOs Norman Gevitz, 2004-04-13 Osteopathic medicine currently serves the health needs of more than 30 million Americans. In this book the author chronicles the history of this once-controversial medical movement from its origins in the nineteenth century to the present, describing the philosophy and practice of osteopathy as well as its impact on

medical care.

atlantic medicine and wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

atlantic medicine and wellness: The Cannabis Health Index Uwe Blesching, 2015-12-01 This comprehensive sourcebook combines evidence-based insights from more than 1,000 studies from cannabinoid and consciousness research to present a convincing case for the powerful healing effects of medical marijuana on over 100 chronic symptoms and diseases. Written by a former paramedic with a PhD in alternative healthcare, this in-depth reference shows that the subtle shifts in awareness commonly observed in cannabis-using patients vastly contribute to these compounds' therapeutic potential. The Cannabis Health Index is organized into condition-specific chapters, with eye-catching ratings of cannabis efficacy for each symptom, along with recommendations for use, and sidebars that suggest related mindfulness-based practices that enhance the body's own ability to heal. Organized alphabetically from aging to wound care, with sections on a variety of conditions including infections, cancer, cardiovascular health, eye diseases, inflammatory diseases, neurological diseases, and much more, the Index reveals that the huge body of scientific studies focused on cannabis is a tremendously under-utilized repository of knowledge. In synthesizing the findings of these studies, Blesching brings clarity to the process of making informed decisions about cannabis as a valid treatment. Informative, user-friendly, and practical, The Cannabis Health Index presents striking evidence that cannabis is remarkable safe and effective when used within the proper therapeutic window, especially compared with the risks of managing chronic symptoms with pharmaceuticals.

atlantic medicine and wellness: Women in White Coats Olivia Campbell, 2022-09-15 Meet the pioneering women who changed the medical landscape for us all For fans of Hidden Figures and Radium Girls comes the remarkable story of three Victorian women who broke down barriers in the medical field to become the first women doctors, revolutionising the way women receive health care. In the early 1800s, women were dying in large numbers from treatable diseases because they avoided receiving medical care. Examinations performed by male doctors were often demeaning and even painful. In addition, women faced stigma from illness--a diagnosis could greatly limit their ability to find husbands, jobs or be received in polite society. Motivated by personal loss and frustration over inadequate medical care, Elizabeth Blackwell, Elizabeth Garrett Anderson and Sophia Jex-Blake fought for a woman's place in the male-dominated medical field. For the first time ever, Women in White Coats tells the complete history of these three pioneering women who, despite countless obstacles, earned medical degrees and paved the way for other women to do the same. Though very different in personality and circumstance, together these women built women-run hospitals and teaching colleges - creating for the first time medical care for women by women. With gripping storytelling based on extensive research and access to archival documents, Women in White Coats tells the courageous history these women made by becoming doctors, detailing the boundaries they broke of gender and science to reshape how we receive medical care today.

atlantic medicine and wellness: Southern Folk Medicine Phyllis D. Light, 2018-01-16 For the first time ever, an active practitioner describes the history, folklore, and remedies of Southern and Appalachian Folk Medicine in this groundbreaking guide for curious herbalists. This book is the first to describe the history, folklore, assessment methods, and remedies of Southern and

Appalachian Folk Medicine—the only system of folk medicine, other than Native American, that developed in the United States. One of the system's last active practitioners, Phyllis D. Light has studied and worked with herbs, foods, and other healing techniques for more than thirty years. In everyday language, she explains how Southern and Appalachian Folk Medicine was passed down orally through the generations by herbalists and healers who cared for people in their communities with the natural tools on hand. Drawing from Greek, Native American, African, and British sources, this uniquely American folk medicine combines what is useful and practical from many traditions to create an energetic system that is coherent and valuable today.

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evidence related to the use of injectable biologics to provide faster and better healing for musculoskeletal lesions and conditions. The authors discuss approaches, such as blood derivatives and cell concentrates, applied to lesions of muscles, ligaments, tendons, bones, meniscus and cartilage, as well as osteoarthritis. Chapters are written by some of the most influential opinion leaders in the field, with up-to-date review of the current literature, where the authors explore both the potential and the limitations of these minimally invasive and promising treatments. The first section is devoted to the formulations and rationale for the use of injectable orthobiologics, while the second section reviews current treatment methods applied to specific joints and pathologies - ranging from tendinopathies through non-unions to articular degenerative processes - as well as the results of these treatment approaches. The third section explores future perspectives, such as pluripotent stem cells, gene therapy, and the stimulation of intrinsic stromal cell niches. Appealing to a broad readership, this book will be of interest to both laboratory research scientists and clinicians, including orthopedists, sports physicians, physiatrists, and regenerative medicine experts.

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strengthen and utilize this amazing muscle, and discusses its vital role in the emotional and spiritual state of the human being. The interconnection between the psoas and the root chakra is explored, along with yoga poses and postures that stimulate the psoas. Eighty full-color illustrations depict anatomical details, and show the key stretching and strengthening exercises in this practical and comprehensive treatment of the most important skeletal muscle in the human body.

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revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide*, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: Healing the gut and relieving digestive disorders Balancing blood sugar, blood pressure, weight, and adrenal function Neutralizing and flushing toxins from the liver and brain Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as Is it safe to drink celery juice while pregnant or breastfeeding?, Is blending better than juicing?, and Can I take my medications with it? Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls one of the greatest healing tonics of all time.

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that gave rise to Eastern European Jewish herbalism. Part I introduces a brief history of the Ashkenazim and provides an overview of traditional medicine among Eastern European Jews. Part II offers a comparative overview of healing customs among Jews of the Pale of Settlement, their many native plants, and the remedies applied by local healers to treat a range of illnesses. This materia medica names each plant in Yiddish, English, Latin, and other relevant languages, and the book also details a brief history of medicine; the roles of the ba'alei shem, feldshers, opshprekherins, midwives, and brewers; and the remedy books used by Jewish healers.

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