

auburn way wellness clinic

Auburn Way Wellness Clinic: Your Journey to Holistic Health Begins Here

Are you searching for a comprehensive wellness clinic in Auburn that prioritizes your individual needs and offers a holistic approach to health? Look no further! This in-depth guide explores everything you need to know about Auburn Way Wellness Clinic, covering our services, philosophy, and the unique benefits we offer to our valued patients. We'll dive deep into what sets us apart and how we can help you achieve your optimal well-being. Get ready to discover your path to a healthier, happier you!

Understanding Auburn Way Wellness Clinic: More Than Just a Clinic

Auburn Way Wellness Clinic isn't your typical medical facility. We believe in a holistic approach, treating the whole person—mind, body, and spirit—rather than just focusing on individual symptoms. Our integrated approach combines the best of conventional and complementary medicine to provide personalized care tailored to your specific health goals. We're not just treating illnesses; we're empowering you to take control of your health and live a vibrant, fulfilling life.

Our Comprehensive Range of Services at Auburn Way Wellness Clinic

At Auburn Way Wellness Clinic, we offer a wide array of services designed to address your diverse health needs. Our comprehensive offerings include:

1. **Primary Care:** We provide high-quality primary care services, including routine check-ups, vaccinations, and management of chronic conditions. Our physicians take the time to truly listen and understand your concerns, building a strong doctor-patient relationship based on trust and mutual respect.
1. **Chiropractic Care:** Our experienced chiropractors utilize gentle, effective techniques to address musculoskeletal issues, improve posture, and reduce pain. We believe in restoring the body's natural healing capabilities through adjustments and personalized treatment plans.
1. **Acupuncture:** Acupuncture, a cornerstone of Traditional Chinese Medicine (TCM), helps regulate energy flow within the body. Our licensed acupuncturists can alleviate pain, reduce

stress, and improve overall well-being through precise needle placement.

1. **Massage Therapy:** Our skilled massage therapists offer a variety of massage techniques, from deep tissue to Swedish massage, to relieve muscle tension, improve circulation, and promote relaxation. Massage therapy is a powerful tool for stress reduction and pain management.
1. **Nutritional Counseling:** We offer personalized nutritional guidance to help you achieve your health goals. Our registered dietitians work with you to create a balanced meal plan that supports your individual needs and preferences. We address everything from weight management to managing specific dietary needs and allergies.
1. **Mental Health Services:** Recognizing the crucial link between mental and physical health, we offer counseling and therapy services to address a range of mental health concerns. Our therapists provide a safe and supportive environment for you to explore challenges and develop coping mechanisms.
1. **Wellness Workshops and Educational Programs:** We are committed to empowering our community with knowledge. We regularly host workshops and seminars on topics such as stress management, healthy eating, and preventative care. These programs provide valuable tools and resources to support your overall well-being.

What Sets Auburn Way Wellness Clinic Apart?

Several key factors distinguish Auburn Way Wellness Clinic from other healthcare providers:

Holistic Approach: We focus on the interconnectedness of mind, body, and spirit, addressing the root causes of illness rather than just treating symptoms.

Personalized Care: We develop individualized treatment plans tailored to your specific needs and goals.

Experienced and Compassionate Team: Our team of healthcare professionals is dedicated to providing exceptional care with empathy and understanding.

Convenient Location: Our clinic is conveniently located in Auburn, offering easy access to our services.

Commitment to Patient Education: We believe that informed patients are empowered patients, and we are committed to providing you with the knowledge and resources you need to take control of your health.

Your Journey to Wellness Starts Today

At Auburn Way Wellness Clinic, we understand that your health journey is unique. We are committed to partnering with you every step of the way, providing the support and guidance you need to achieve your optimal well-being. We invite you to contact us today to schedule a consultation and discover how we can help you on your path to a healthier, happier life. Your journey to wellness begins with a single step, and we're here to help you take it.

Conclusion

Auburn Way Wellness Clinic offers a comprehensive and holistic approach to healthcare, providing a wide range of services in a supportive and compassionate environment. Our commitment to personalized care, experienced professionals, and a focus on preventative health sets us apart. We encourage you to explore our services and discover how we can help you achieve your wellness goals.

Frequently Asked Questions (FAQs)

1. Do you accept insurance? We accept most major insurance plans. Please contact our office to verify your coverage.
1. What are your hours of operation? Our hours are Monday-Friday, 8:00 AM to 5:00 PM. We also offer some Saturday appointments. Please call to schedule.
1. Do I need a referral to see a specialist? Depending on your insurance plan and the specialist you need to see, a referral may or may not be required. Please contact our office to inquire.
1. What payment methods do you accept? We accept cash, checks, credit cards (Visa, Mastercard, American Express), and debit cards.
1. How do I schedule an appointment? You can schedule an appointment by calling our office at [Insert Phone Number Here] or by booking online through our website at [Insert Website Address Here].

auburn way wellness clinic: *The Sweetest Little Life* Courtney Hanson, 2018-08-14 Do you know the path you're on? Is it a clear, freshly paved cement road? Is it more of a dusty desert storm with tumble weeds blowing everywhere and smacking you in the face as you try to walk? Either way, this book is for you. Finding your direction is crucial in creating your personal brand or small business. How do we know which way to run if we can't even walk properly first? Do you know how you work best? How you thrive? By the end of this journey my goal is to have you feeling inspired, motivated, and excited to wake up each day and live the life you've always dreamed of creating for yourself. The questions that are hard to answer when your mind feels cluttered - were sweeping the storm.

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auburn way wellness clinic: The Future of Health-care Delivery Stephen C. Schimpff, 2012 Approximately 100,000 deaths per year in the United States result from preventable medical errors. This figure is about twice the number of people who die in car accidents and five times the number of murder victims annually, and twenty times the number of servicemen and women killed in Iraq and Afghanistan since the start of hostilities in 2001. If you think Americans have the best health-care system in the world, think again. In this deeply researched and controversial book, Dr. Stephen Schimpff explains why our health-care delivery system serves us so poorly, why it costs so much, and why government policy over many decades has not only failed to improve care delivery but has actually made it worse. In the process, he dispels common misconceptions about medicine and health care. The Future of Health-Care Delivery provides timely information and a road map to achieve world-class care delivery, putting health care where it belongs--in the hands of the patient and medical professionals instead of the insurance companies and government.

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auburn way wellness clinic: Medical Pulse Diagnosis® (MPD®) Robert Doane, 2019-05-15 It is clear that the majority of Chinese Medicine practitioners lack confidence in their ability to correctly diagnose and treat patient illness in the clinical setting. For most, this is not due to a lack of intelligence or motivation, but rather an educational approach that insufficiently develops the diagnostic skills necessary to navigate complex patient cases. All practitioners need effective diagnostic skills to navigate the clinical setting and treat complex patient cases. With dedicated practice, Medical Pulse Diagnosis(R) (MPD(R)) will rapidly increase your skill and success in the field of Chinese Medicine. After many years of learning and refinement through the experiences of high-volume patient practice, I am sharing what I believe is the most effective pulse diagnostic system. In this book, I will share the precise details of my unique system for determining the diagnosis of patient conditions. I will teach you how to develop the tactile sensitivity as well as the systematic logic that will guide correct pulse diagnosis and effective patient care. This text applies to all Chinese Medicine practitioners and provides clinical value to any biomedical healthcare practitioner seeking palpable insights into patient conditions. These methods have produced

diagnostic accuracy concerning the health of over 30,000 patients and 500,000 patient visits over the last twenty years. My goal is to contribute this same level of diagnostic expertise to your clinical practice and your patients. Bob Doane, L.Ac. (Licensed Acupuncturist) shares the precise details of my unique system for determining the diagnosis of patient conditions. Mr. Doane, L.Ac. will teach you how to develop the tactile sensitivity as well as the systematic logic that will guide correct pulse diagnosis and effective patient care.

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auburn way wellness clinic: Health Professions Education Institute of Medicine, Board on Health Care Services, Committee on the Health Professions Education Summit, 2003-07-01 The Institute of Medicine study Crossing the Quality Chasm (2001) recommended that an interdisciplinary summit be held to further reform of health professions education in order to enhance quality and patient safety. Health Professions Education: A Bridge to Quality is the follow up to that summit, held in June 2002, where 150 participants across disciplines and occupations developed ideas about how to integrate a core set of competencies into health professions education. These core competencies include patient-centered care, interdisciplinary teams, evidence-based practice, quality improvement, and informatics. This book recommends a mix of approaches to health education improvement, including those related to oversight processes, the training environment, research, public reporting, and leadership. Educators, administrators, and health professionals can use this book to help achieve an approach to education that better prepares clinicians to meet both the needs of patients and the requirements of a changing health care system.

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auburn way wellness clinic: Research Methods in Health Promotion Laura F. Salazar, Richard Crosby, Ralph J. DiClemente, 2015-03-09 The bestselling textbook to understanding health research, updated and expanded Research Methods in Health Promotion provides students and practitioners with essential knowledge and skills regarding the design, implementation, analysis, and interpretation of research in the field of health promotion. Now in its second edition, this bestselling textbook has been updated with more recent research methodologies and additional information on sampling, participatory and survey research, and qualitative data analysis. The entire research process is covered, with specific points relating to both qualitative and quantitative research. By breaking the daunting process of research into simple and well-defined steps, this user-friendly text encourages students to think about research as a sequential process and provides explanations that facilitate better understanding of each step in the research process. A separate set of chapters cover the more quantitative methodological areas including designs, measurement, sampling, and data analysis in depth, giving readers the understanding they need to apply in practice. This book also provides applied chapters that illustrate the practical aspects of the research process, along with other critical information including grant writing and scientific writing. Evaluate the ethics, design, analysis, and interpretation of research Identify and understand the key components of research studies Analyze and interpret the results of experimental and survey research designs Understand the process of publishing a research report and constructing a grant proposal Research Methods in

Health Promotion is ideal for both undergrad and graduate methods courses in health promotion and public health.

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auburn way wellness clinic: Georgia Bottoms Mark Childress, 2011-02-23 Georgia Bottoms is known in her small community of Six Points, Alabama, as a beautiful, well-to-do, and devoutly Baptist Southern belle. Nobody realizes that the family fortune has long since disappeared, and a determinedly single woman like Georgia needs an alternative, and discreet, means of income. In Georgia's case it is six well-heeled lovers -- one for each day of the week, with Mondays off -- none of whom knows about the others. But when the married preacher who has been coming to call (Saturdays) decides to confess their affair in front of the whole congregation, Georgia must take drastic measures to stop him. In Georgia Bottoms, Mark Childress proves once again his unmistakable skill for combining the hilarious and the absurd to reveal the inner workings of the rebellious human heart.

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auburn way wellness clinic: Wellness at Warp Speed Noah McKay, 2007 Inspirational speaker, pioneering physician, and international healthcare consultant, Dr. Noah McKay hit the limits of conventional medicine when he was hospitalized with heart failure in 1989. Desperate for a cure he was told was not possible, he began delving into quantum science and the formulas of Einstein, Heisenberg, and Bell. In *Wellness at Warp Speed*, Dr. McKay shares the hard-won results of his study. In lay terms, he explains the actions of atoms and subatomic particles in the body, which travel at warp speed, or the speed of light. Many of the advances in high-speed medical diagnostics -- for example, the CT, PET, and MRI scanners -- are attributable to the science he describes in this book. But Dr. McKay goes further in presenting a powerful case for attaining robust health and a sense of well-being by applying that same science to steering the light-speed operations occurring constantly within one's body.

auburn way wellness clinic: 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.

auburn way wellness clinic: Healthy Eating, Healthy World J. Morris Hicks, 2011-10-04 Imagine that the New York Times tomorrow released some amazing news. A health treatment has been discovered that literally cures most forms of heart disease. But not just that. This treatment has a dramatic impact on most of the diseases Westerners face, including cancer, obesity, autoimmune diseases, diabetes, osteoporosis, Alzheimer's, and many many others. And this treatment is so inexpensive to administer that two-thirds of the medical establishment can be shut down as no longer serving any useful function. It's really too much to believe, isn't it? But there's more. This treatment has miraculous implications for the environment. By applying this treatment, we can eliminate the largest source of global warming, and dramatically reduce the waste that is polluting our water supply. We'll also dramatically improve the health and animal population of our oceans

and seas. And there's more. By applying this treatment, we'll dramatically increase the supply of arable land, lowering the cost food and allowing us to feed everyone on this planet. Starvation can become a thing of the past. And one last thing. This treatment also has enormous moral implications, allowing us to eliminate almost all of the pain and suffering we are inflicting on the animals, most of which is hidden away from view, but is morally repulsive to anyone exposed to this suffering. Now what if I told you that we don't have to wait for tomorrow's New York Times, that this treatment has been found, and that the amount of scientific data supporting the claims I just made is overwhelming. The miracle treatment is simple. It's eating a whole grain, plant-based diet. Skeptical? I'm not surprised. But by the end of this book you'll be exposed to the overwhelming amount of evidence that supports every claim made above. You'll also get to hear the counterarguments made by skeptics and you'll get to decide for yourself whether these claims are true. It's my hope that by the end of this book you'll be convinced and join our movement. You may just save your life and the planet in the bargain. This revolutionary book is *Healthy Eating -- Healthy World: Unleashing the Power of Plant-based Nutrition* by J. Morris Hicks, and it is the book that finally tackles all compelling reasons for adopting a plant-based diet -- from the environment to solving the world's hunger crisis. Additionally, T. Colin Campbell, acclaimed author of the bestselling book *The China Study*, provides a riveting foreword to *Healthy Eating -- Healthy World*. After reading this book, it'll be nearly impossible to ignore the truth: people were not meant to eat animals or animal products, and the time has come to stop.

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auburn way wellness clinic: Health Issues in the Black Community Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 *Health Issues in the Black Community* THIRD EDITION The outstanding editors and authors of *Health Issues in the Black Community* have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. *Health Issues in the Black Community* makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League *Health Issues in the Black Community* illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend *Health Issues in the Black Community* as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

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auburn way wellness clinic: 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.

auburn way wellness clinic: Transforming Government Organizations Ronald R. Sims, William I. Sauser, Sheri K. Bias, 2016-04-01 In 2010 IAP released *Change (Transformation) in Government Organizations*, edited by Ronald R. Sims. This well-received volume described how organizational change methods can be used effectively to make government organizations more effective and efficient and better equipped to serve a demanding citizenry. The 2010 book brought together contributions by managers, practitioners, academics, and consultants in the study of international, federal, state, and local government efforts to respond to increased calls for change (transformation) in public sector organizations. Since the release of the 2010 volume, calls for government transformation have continued and intensified, and a number of fresh ideas and examples have been generated from the field. The time is now ripe for a follow-up volume laying out innovative, successful ideas for transforming government. *Transforming Government Organizations: Fresh Ideas and Examples from the Field* is that follow-up volume. A collection of fresh contributions such as those included in this book will add to the growing knowledge base of what does—and what does not—work when transformation efforts are attempted in government organizations. The contributors to this new volume are experts with extensive experience as change agents in government and other organizations. They provide analyses and discussions of specific cases and issues as well as practical tools, ideas, and lessons learned intended to guide those responsible for similar efforts in the years to come. The audience for the book are government managers, scholars, and others interested in undertaking or learning about such efforts.

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