

# **back road wellness lima ohio**

## **Back Road Wellness Lima Ohio: Your Guide to Holistic Healing in the Heart of Ohio**

Are you searching for a path to better health and well-being, but tired of the impersonal feel of large medical facilities? Are you looking for a holistic approach that addresses the root cause of your health concerns, rather than just masking symptoms? If so, you've come to the right place. This comprehensive guide dives deep into Back Road Wellness in Lima, Ohio, exploring its unique offerings, the benefits of holistic care, and why it might be the perfect fit for your wellness journey. We'll uncover what makes this wellness center stand out, providing you with all the information you need to decide if it's the right choice for you.

### **Understanding Back Road Wellness Lima Ohio: A Holistic Approach**

Back Road Wellness in Lima, Ohio, is more than just another wellness center; it's a philosophy. It's a commitment to personalized care that integrates various holistic modalities to help you achieve optimal health and wellness. Instead of focusing solely on treating symptoms, they delve into the underlying causes of imbalances, empowering you to take control of your health proactively. This holistic approach encompasses several key areas, including but not limited to:

#### **1. Chiropractic Care: Aligning Your Body for Optimal Function**

Chiropractic care is often a cornerstone of holistic wellness. At Back Road Wellness, experienced chiropractors use gentle, precise adjustments to correct spinal misalignments, improving posture, reducing pain, and restoring proper nerve function. This can have a cascading effect on overall health, impacting everything from digestion to sleep quality. They likely employ techniques such as spinal manipulation, mobilization, and soft tissue therapy tailored to individual needs.

#### **2. Massage Therapy: Unwinding Tension and Promoting Healing**

Massage therapy plays a crucial role in releasing muscle tension, reducing stress, and improving circulation. Back Road Wellness likely offers a range of massage styles, from deep tissue to Swedish massage, allowing you to choose the best option for your specific needs and preferences. These therapies can help alleviate pain, improve flexibility, and promote a sense of deep relaxation, fostering both physical and mental well-being.

### **3. Nutritional Counseling: Fueling Your Body for Optimal Health**

Nutrition is fundamental to overall well-being. A qualified nutritionist at Back Road Wellness can work with you to create a personalized nutrition plan that addresses your specific dietary needs and goals. This might involve identifying food sensitivities, optimizing nutrient intake, and developing healthy eating habits to support your body's natural healing processes. They may also offer guidance on supplements to support overall health and wellness.

### **4. Acupuncture: Restoring Balance Through Ancient Techniques**

Acupuncture, an ancient Chinese medical practice, involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. At Back Road Wellness, experienced acupuncturists might use this technique to address a range of health concerns, from pain management to stress reduction. It's a gentle yet powerful modality that can help restore balance and promote overall well-being.

### **5. Other Holistic Modalities: A Comprehensive Approach**

Back Road Wellness might offer other holistic therapies to further enhance your well-being journey. This could include things like aromatherapy, utilizing essential oils to promote relaxation and healing; yoga or other movement-based practices to improve flexibility, strength, and mindfulness; or even meditation or mindfulness techniques to manage stress and enhance mental clarity. The specific offerings may vary, so it's always best to contact the center directly to inquire about their full range of services.

### **Why Choose Back Road Wellness Lima Ohio?**

Choosing a holistic wellness center requires careful consideration. Here are some compelling reasons why Back Road Wellness in Lima, Ohio, might be the right choice for you:

**Personalized Care:** Holistic healthcare is all about personalization. At Back Road Wellness, they likely take the time to understand your unique needs and tailor a treatment plan accordingly.

**Experienced Practitioners:** They likely employ highly qualified and experienced professionals in various holistic modalities, ensuring you receive high-quality care.

**Holistic Approach:** The integrated approach addresses the root cause of your health concerns, rather than simply treating symptoms.

**Community Focus:** Many holistic centers foster a sense of community, creating a supportive environment for healing and well-being.

**Convenience:** The location in Lima, Ohio, offers convenient access for residents of the surrounding area.

## **Finding Back Road Wellness & Getting Started**

To connect with Back Road Wellness Lima Ohio and begin your journey towards improved health and wellness, simply search online for their contact information, website, or social media pages. You can typically find details on their services, practitioner profiles, and scheduling information on their website. Don't hesitate to call and ask questions; a welcoming and informative staff is key to a positive experience.

## **Conclusion: Your Path to Holistic Wellness Awaits**

Back Road Wellness in Lima, Ohio, represents a beacon of hope for those seeking a more holistic and personalized approach to healthcare. By integrating various modalities, they offer a comprehensive and effective pathway to improved physical, mental, and emotional well-being. If you're ready to embark on a journey toward better health, explore what Back Road Wellness has to offer - your body and mind will thank you.

### **FAQs:**

1. Does Back Road Wellness accept insurance? This will vary depending on the specific services and your insurance provider. It's best to contact them directly to inquire about insurance coverage.
1. What are the typical costs of services at Back Road Wellness? Pricing for services can vary widely depending on the type of treatment and the length of the session. Checking their website or contacting them directly will provide the most accurate pricing information.
1. Do I need a referral to see a practitioner at Back Road Wellness? Usually, a referral isn't required for most services, but it's always best to check with them to confirm their policies.
1. What are the hours of operation for Back Road Wellness? Operating hours can vary. The best way to find accurate information is by checking their website or contacting them directly.
1. What should I expect during my first visit to Back Road Wellness? Your first visit will likely involve a comprehensive consultation to discuss your health history, goals, and concerns. The practitioner will then develop a personalized treatment plan tailored to your individual needs.

**back road wellness lima ohio:** *The Pig Book* Citizens Against Government Waste, 2013-09-17  
The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, *The Pig Book* proves one thing about Capitol Hill: pork is king!

**back road wellness lima ohio: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986** , 1988

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**back road wellness lima ohio: Peterson's Graduate & Professional Programs: An Overview--Profiles of Institutions Offering Graduate & Professional Work** Peterson's, 2011-06-01 Graduate & Professional Programs: An Overview--Profiles of Institutions Offering Graduate & Professional Work contains more than 2,300 university/college profiles that offer valuable information on graduate and professional degree programs and certificates, enrollment figures, tuition, financial support, housing, faculty, research affiliations, library facilities, and contact information.

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**back road wellness lima ohio: Official Gazette of the United States Patent and Trademark Office** , 2003

**back road wellness lima ohio:** The Complete Book of Colleges, 2018 Edition Princeton Review, 2017-07 Mega-guide to 1,573 colleges and universities. 2018 edition of The Complete Book of Colleges includes indexes listing schools according to cost, location, size, and selectivity.

**back road wellness lima ohio:** Never Too Old to Get Rich Kerry E. Hannon, 2019-06-17 Start a successful business mid-life When you think of someone launching a start-up, the image of a twenty-something techie probably springs to mind. However, Gen Xers and Baby Boomers are just as likely to start businesses and reinvent themselves later in life. *Never Too Old to Get Rich* is an

exciting roadmap for anyone age 50+ looking to be their own boss and launch their dream business. This book provides up-to-date resources and guidance for launching a business when you're 50+. There are snappy profiles of more than a dozen successful older entrepreneurs, describing their inspirational journeys launching businesses and nonprofits, followed by Q&A conversations, and pull-out boxes containing action steps. The author walks you through her three-part fitness program: guidelines for becoming financially fit, physically fit, and spiritually fit, before delving more deeply into how would-be entrepreneurs over 50 can succeed. • Describes how you can find capital to start your own business • Offers encouraging stories of real people who have become their own bosses and succeeded as entrepreneurs • Written by PBS Next Avenue's entrepreneur expert, Kerry Hannon • Teaches you how to start your own business Never Too Old to Get Rich is the ideal book for older readers looking to pursue new business ventures later in life.

**back road wellness lima ohio: The Complete Book of Colleges, 2017 Edition** Princeton Review (Firm), 2016-07 The MEGA-GUIDE to 1,355 COLLEGES AND UNIVERSITIES! No one knows colleges better than The Princeton Review! Inside The Complete Book of Colleges, 2017 Edition, you'll find meticulously researched information that will help you narrow the search for the best college for you! Each of the 1,355 user-friendly profiles answers your questions, including: \* How much are tuition and other student fees and costs? \* What types of financial aid are available, and when are the applications due? \* What do admissions officers most look for in test scores and recommendations? \* Which majors are the most popular and have the highest enrollment? \* What is the housing like, and how accessible is technology on campus? \* What are the key campus organizations, athletics, and student activities? \* How selective is the school? \* Plus! Indexes based on cost, selectivity, and size that will help you narrow your search. Get a leg up on your college search with this easy-to-use, comprehensive, and savvy guidebook from the experts at The Princeton Review.

**back road wellness lima ohio: Reaching a Generation for Christ** Richard R. Dunn, Mark H. Senter III, 1997-03-05 Things have changed. The Truth has not. The 1950's are gone forever. The days of the Sunday school attendance award and the much-loved Sunday school picnic have faded into oblivion. Yet some youth ministries still operate as if today's kids are living in a vacuum, unaffected by the changing morals of today's society. How can we reach these kids with the truth of the gospel? More than fifty of America's youth experts give advice and encouragement to those who long to see this generation know the love of Christ. They help readers think through their philosophies of youth ministry, break down barriers that impede progress, and maximize their own gifts and the gifts of those who work with them. They answer tough questions such as: How can leaders build a relational youth ministry? How can we find and support volunteers? What are the issues women face in youth ministry? How do we minister in ethnic communities? How should we respond to popular culture? How can we help hurting adolescents? You can have a vibrant youth ministry even in these uncertain times. You can reach this generation for Christ.

**back road wellness lima ohio: Sacred Acts** Mallory McDuff, 2012-04-24 Looks at the efforts of churches all over North America to confront climate change through stewardship, advocacy, spirituality and justice. Original.

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specialists' credentials by the National Committee for Quality Assurance (NCQA) and the Joint Commission for Accreditation of Healthcare Organizations (JCAHO), and the American Accreditation Healthcare Commission (URAC). The latest edition offers you... . Over 653,000 physician profiles-including over 22,000 brand-new names for 2005! . Coverage of 36 specialties and 90 subspecialties. . 496,000 biographies. . 312,000 phone numbers and 232,000 fax numbers. . 541,000 published addresses. . And so much more! Published by Elsevier in cooperation with the American Board of Medical Specialties(R).

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**back road wellness lima ohio: Ten Commandments of Faith and Fitness** Henry G. Brinton, Vikram Khanna, 2008 Building on the Ten Commandments that guide our spiritual lives, Henry Brinton and Vikram Khanna have devised Ten Commandments of Faith and Fitness, a scientifically sound resource that teaches how to properly incorporate physical activity into daily life and how to eat better, while building faith in the process.

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**back road wellness lima ohio: Born to Run** Bruce Springsteen, 2017-09-05 In 2009, Bruce Springsteen and the E Street Band performed at the Super Bowl's half-time show. The experience was so exhilarating that Bruce decided to write about it. That's how this extraordinary autobiography began. Over the past seven years, Bruce Springsteen has privately devoted himself to writing the story of his life, bringing to these pages the same honesty, humour, and originality found in his songs. He describes growing up Catholic in Freehold, New Jersey, amid the poetry, danger, and darkness that fueled his imagination, leading up to the moment he refers to as The Big Bang: seeing Elvis Presley's debut on The Ed Sullivan Show. He vividly recounts his relentless drive to become a musician, his early days as a bar band king in Asbury Park, and the rise of the E Street Band. With disarming candour, he also tells for the first time the story of the personal struggles that inspired his best work, and shows us why the song Born to Run reveals more than we previously realized.

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**back road wellness lima ohio: Yoga Journal** , 1992-01 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

**back road wellness lima ohio: Making the Best of Basics** James Talmage Stevens, 1997 This book, long a standard on in-home food storage and family preparedness, has been expanded, revised, and updated. With almost 100 additional pages of charts, tables, and recipes, plus a new 80-page yellow pages section listing suppliers of preparedness resources in the U.S. and Canada, the Family preparedness handbook is the most comprehensive single volume ever compiled on in-home storage.

**back road wellness lima ohio:** Attached Amir Levine, Rachel Heller, 2010-12-30 “Over a decade after its publication, one book on dating has people firmly in its grip.” —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back. • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

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**back road wellness lima ohio:** We Must Not Be Enemies Michael Austin, 2019-05-15 At the end of his first inaugural address, delivered to a nation deeply divided and on the brink of civil war, Abraham Lincoln concluded, “We are not enemies, but friends. We must not be enemies.” Lincoln’s words ring true today, especially for a new generation raised on political discourse that consists of vitriolic social media and the echo chambers of polarized news media. In *We Must Not Be Enemies*, Michael Austin combines American history, classical theories of democracy, and cognitive psychology to argue that the health of our democracy depends on our ability to disagree about important things while remaining friends. He argues that individual citizens can dramatically improve the quality of our democracy by changing the way that we interact with one another. Each of his main chapters advances a single argument, supported by contemporary evidence and drawing on lessons from American history. The seven arguments at the heart of the book are: 1. We need to learn how to be better friends with people we disagree with. 2. We should disagree more with people we already consider our friends. 3. We should argue for things and not just against things. 4. We have a moral responsibility to try to persuade other people to adopt positions that we consider morally important. 5. We have to understand what constitutes a good argument if we want to do more than shout at people and call them names. 6. We must realize that we are wrong about a lot of things that we think we are right about. 7. We should treat people with charity and kindness, not out of a sense of moral duty (though that’s OK too), but because these are good rhetorical strategies in a democratic society. For anyone disturbed by the increasingly coarse and confrontational tone of too much of our political dialogue, *We Must Not Be Enemies* provides an essential starting point to restore the values that have provided the foundation for America’s tradition of democratic persuasion.

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