

can i pay optimum wellness plan for just one month

Can I Pay for Optimum Wellness Plan for Just One Month? A Comprehensive Guide

Are you considering Optimum Wellness but hesitant about committing to a long-term plan? The question "Can I pay for Optimum Wellness plan for just one month?" is a common one. This comprehensive guide dives deep into the Optimum Wellness payment options, exploring whether a one-month payment is feasible and what alternatives might be available. We'll break down the details, helping you decide if Optimum Wellness is the right fit for your budget and timeframe.

Understanding Optimum Wellness Payment Structures

Optimum Wellness, like many wellness programs, typically operates on a subscription model. This usually means paying a recurring monthly fee for access to their services. While the exact structure depends on your chosen plan and location, most providers prioritize longer-term commitments to offer more competitive pricing. This incentivizes customers to stay enrolled for a longer duration. This strategy benefits both the customer (through lower monthly costs) and the provider (through increased revenue predictability).

However, the core question remains: is a one-month payment possible? The answer, unfortunately, is rarely a straightforward "yes."

Why Most Wellness Plans Don't Offer Month-to-Month Options

Several factors contribute to the difficulty of securing a one-month Optimum Wellness plan:

Operational Costs: Wellness programs often involve significant upfront investment in infrastructure, personnel, and program development. These costs are spread across the duration of a subscriber's engagement. Offering month-to-month plans significantly increases administrative overhead, potentially impacting profitability. Each new signup and cancellation requires processing fees, potentially exceeding the profit margin from a single month's payment.

Customer Retention Strategies: Wellness programs often rely on long-term engagement for success. Consistent participation is crucial for achieving measurable health improvements. Short-term memberships discourage the development of lasting healthy habits and make it harder for the provider to track progress and efficacy.

Pricing Models: The cost of a single month's subscription, if offered, would likely be significantly higher than the monthly cost of a longer-term plan. This is designed to offset the higher administrative and logistical burden.

Exploring Alternatives to a One-Month Plan

While a single-month payment might not be readily available, several alternatives can make Optimum Wellness more accessible:

Trial Periods: Some providers offer free trials or introductory offers. These allow you to experience the benefits of the program before committing to a longer-term subscription. Look for these options on the Optimum Wellness website or through your provider.

Negotiation: Don't hesitate to contact Optimum Wellness customer service directly. While they may not offer a one-month plan outright, they might be flexible and willing to negotiate a shorter-term contract under certain circumstances.

Short-Term Packages: Instead of a month-to-month plan, inquire if they offer packages covering a shorter duration, such as three months or six months. This can provide a trial period that is more substantial than a single month.

Finding Similar Programs with Flexible Plans: If a one-month option is non-negotiable with Optimum Wellness, research similar wellness programs that might offer greater payment flexibility. Comparing options can uncover more suitable alternatives.

What to Expect When Contacting Optimum Wellness

When contacting Optimum Wellness about payment options, be prepared to:

Clearly state your needs: Explain your desire for a shorter-term commitment and why. A clear and concise explanation can increase your chances of finding a solution.

Be open to alternatives: Be receptive to suggestions such as shorter-term packages or trial periods. Flexibility can greatly improve your chances of success.

Be polite and professional: Maintain a positive and respectful tone throughout your communication. This will ensure a more positive interaction and potentially increase your chances of finding a workable solution.

Is a One-Month Payment Worth It?

Ultimately, the decision of whether to pursue a one-month payment (if even possible) depends on your individual circumstances and goals. Weigh the potential benefits of a brief engagement against the cost and potential lack of substantial progress. If your goal is a quick trial, a short-term package or a trial period may be a more reasonable and cost-effective approach.

Conclusion

While a dedicated one-month payment plan for Optimum Wellness is unlikely, several viable alternatives can help you access their services without long-term commitments. By carefully exploring trial periods, negotiating with customer service, or considering shorter-term packages, you can find a solution that fits your needs and budget. Remember, effective communication and flexibility are key to finding the best arrangement.

FAQs

Q1: What happens if I cancel my Optimum Wellness plan after one month (if allowed)?

A1: The cancellation policy will be outlined in your contract. It likely involves a fee if you cancel before the end of the agreed-upon term.

Q2: Can I pause my Optimum Wellness plan instead of canceling?

A2: Some programs allow for pausing subscriptions, but this option is not universally available. Contact Optimum Wellness directly to determine if pausing is an option.

Q3: Does Optimum Wellness offer any discounts for longer-term commitments?

A3: Many wellness programs do offer discounts for longer-term plans to incentivize ongoing participation. Check their website or contact customer service for details.

Q4: What methods of payment does Optimum Wellness accept?

A4: Optimum Wellness likely accepts major credit cards, debit cards, and possibly other payment methods. Check their website or contract for specifics.

Q5: Is there a difference in services offered between one-month and longer-term plans?

A5: In most cases, the core services are consistent across all plans. However, certain premium features or added benefits might be reserved for longer-term subscribers.

can i pay optimum wellness plan for just one month: *The 10-20-30 Life Wellness Plan*
Douglas C. Pearson, 2011-01-26 The 10-20-30 Life Wellness Plan provides a simple, common sense approach to life wellness, developed from 12 years of experience and extensive research. It is a holistic approach, yet targeted at three basic elements to improve your health. The program is easy to follow but demands a personal commitment in looking at behavior patterns in nutrition and exercise so your life changes. The book focuses on existing health issues related to improper nutrition and lack of exercise, how nutrition and exercise can positively impact your wellness, motivation to energize your abilities, recommended exercise workouts, assessments of your current fitness, setting goals for a personal wellness plan and information on each area of The 10-20-30 Wellness Plan.

can i pay optimum wellness plan for just one month: *Diseases of Dogs & Cats Veterinary*

Surgeon, 1893

can i pay optimum wellness plan for just one month: Transit Operator Health and Wellness Programs Mary Joyce McGlothin Davis, 2004 The report documents current information on prevention and intervention strategies and resources that can be used by transit agencies. It offers survey information obtained from individuals with the responsibility for managing health and wellness programs. This synthesis covers the state of the practice at 14 U.S. transit agencies of various sizes, operating different modes, in diverse locales around the nation.

can i pay optimum wellness plan for just one month: Vegetarian Times , 1998-02 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

can i pay optimum wellness plan for just one month: Pacazo Roy Kesey, 2012-02-02 John Segovia is many things - American, corpulent, shambolic, and obsessed with the history of South America. This history is what drew him to the city of Piura in the coastal desert of Peru, where every grain of sand teems with stories of Incas and conquistadors. Here, where past and present intermesh, he thought he'd finally found a life for himself. He met Pilar and he married her; they had a baby girl. But John is now a widower - and a killer remains at large. A foreigner in a riotous, mythic city, John must somehow learn to be a father to his infant daughter, to cope with the visceral trauma of loss, and to suppress a voracious desire for impossible revenge. His story features an extraordinary cast of characters (a one-eyed nanny, a collective of monk-like vigilantes, the conquistadors themselves); it travels centuries within sentences, encompasses slapstick and heartbreak, and takes John from bordellos to bat-infested cinemas and ancient burial grounds in his attempts to 'beat back death'. Alive with risk and innovation, Pacazo is a novel which maximises the freedom of fiction. It gives living form to anger and fear and desire, to courage and kindness, strength and love, and tells a story as richly entertaining as it is moving.

can i pay optimum wellness plan for just one month: How to Comply with Federal Employee Laws Sheldon I. London, 1991

can i pay optimum wellness plan for just one month: Breath James Nestor, 2020-05-26 A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of Big Magic and Eat Pray Love No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, Breath turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

can i pay optimum wellness plan for just one month: Optimal Wellness Ralph Golan, M.D., 1995-09-26 If you fall into the gray zone between health and disease but your physician can't

find anything wrong ... if you have an illness for which modern medicine can offer no cure ... if your medical treatments are working, but you still don't feel healthy, then Optimal Wellness is just what the doctor ordered. This empowering self-care guide challenges the crisis/disease orientation of modern medicine -- prescription drugs, expensive surgery, and high-tech intervention -- and points the way to a more comprehensive system of health care that heals the whole person. Learn to identify and understand the Ten Common Denominators of illness that most frequently threaten optimal health. Take the Master Symptom Survey, which reveals the hidden conditions that are eroding your good health. Find a practical framework for identifying dietary hazards and creating your own optimal diet. Learn about recommended dosages for vitamins, minerals, and herbal remedies --New age and age-old approaches to wellness, such as fasting, herbal medicine, and energy medicine. Read the guidelines for choosing and working more effectively with your doctor and other health professionals. And much, much more.

can i pay optimum wellness plan for just one month: *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.

can i pay optimum wellness plan for just one month: *Do Less* Kate Northrup, 2019-04-02 A practical and spiritual guide for working moms to learn how to have more by doing less. This is a book for working women and mothers who are ready to release the culturally inherited belief that their worth is equal to their productivity, and instead create a personal and professional life that's based on presence, meaning, and joy. As opposed to focusing on fitting it all in, time management, and leaning in, as so many books geared at ambitious women do, this book embraces the notion that through doing less women can have--and be--more. The addiction to busyness and the obsession with always trying to do more leads women, especially working mothers, to feel like they're always failing their families, their careers, their spouses, and themselves. This book will give women the permission and tools to change the way they approach their lives and allow them to embrace living in tune with the cyclical nature of the feminine, cutting out the extraneous busyness from their lives so they have more satisfaction and joy, and letting themselves be more often instead of doing all the time. Do Less offers the reader a series of 14 experiments to try to see what would happen if she did less in one specific way. So, rather than approaching doing less as an entire life overhaul (which is overwhelming in and of itself), this book gives the reader bite-sized steps to try incorporating over 2 weeks!

can i pay optimum wellness plan for just one month: *Vegetarian Times* , 2003

can i pay optimum wellness plan for just one month: *The Quest for Wellness* Mark Sherwood, Michele Neil-Sherwood, 2015-08-01 I AM ONE HUNDRED PERCENT confident that this book will help you gain more energy, strength, focus and peace. The Quest for Wellness is a guided journey where the destination is a restored life... a life you used to know and enjoy when you were younger. You may have thought those days were gone and your youthful vitality has been replaced with aches, pains, sickness and fatigue. The Quest for Wellness is a powerfully simple and balanced approach to wellness for everyone who desires to live life with optimum health, and peak performance. You will learn how to LIVE the Wellness Lifestyle, which can be achieved by taking simple, yet effective steps to see immediate changes in your body, mind, emotions and your spirit.

The Quest for Wellness is a journey, but it is one that is worth taking. The rewards are literally life-changing. So, take charge of your own health and GET YOUR LIFE BACK! You can go from exhausted to energized... let me prove it to you!

can i pay optimum wellness plan for just one month: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction—foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels—they are about enjoying delicious food that's also good for you.

can i pay optimum wellness plan for just one month: Prescription for Nutritional Healing Phyllis A. Balch, 2006 BALCH/PRESCRIPTION FOR NUTRITIONAL

can i pay optimum wellness plan for just one month: Yoga Journal , 1983-03 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.

can i pay optimum wellness plan for just one month: Workplace Wellness: Healthy Employees, Healthy Families, Healthy ROI ,

can i pay optimum wellness plan for just one month: The Sugar Smart Diet Anne Alexander, 2013-12-24 Shrink your sugar belly and find your path to optimum health! Sugar—public health enemy #1 or an innocent indulgence? The Sugar Smart Diet, from Prevention—the leading healthy lifestyle brand in the US—has the answer. The powerful, proven 32-day plan helps you conquer cravings, gain energy, slash your risk of heart disease and diabetes, and drop pounds like never before—all while reclaiming the pure pleasure of sugar. You will: Lose up to 16 pounds and 16 inches in just 32 days Lower cholesterol, triglycerides, and blood pressure Never feel hungry Discover surprising sugar bombs along with healthy sugar swaps Indulge in 50 delicious sugar-smart recipes Learn how to enjoy sugar without triggering fatigue or weight gain or increasing the risk of diabetes, heart disease, and other ailments Discover how all this and more is possible when you get smart about sugar!

can i pay optimum wellness plan for just one month: Prescription for Nutritional Healing, Fifth Edition Phyllis A. Balch CNC, 2010-10-05 Prescription for Nutritional Healing is the nation's #1 bestselling guide to natural remedies. The new fifth edition incorporates the most recent information on a variety of alternative healing and preventive therapies and unveils new science on vitamins, supplements, and herbs. With an A-to-Z reference to illnesses, updates include: How omega-3 and exercise may help those suffering from Alzheimer's Current information on the latest drug therapies for treating AIDs What you need to know about H1N1 virus Nutritional information for combating prostate cancer Leading research on menopause and bio identical hormones And much, much more In the twenty years since the first edition was released, the natural health movement has gone mainstream, and the quest for optimal nutrition is no longer relegated to speciality stores. With more than 800 pages of comprehensive facts about all aspects of alternative ways to wellness, Prescription for Nutritional Healing, Fifth Edition, unites the best of age-old

remedies with twenty-first-century science.

can i pay optimum wellness plan for just one month: The Whole Body Reset Stephen Perrine, Heidi Skolnik, AARP, 2022-03 The first-ever weight-loss plan specifically designed to stop-and reverse-age-related weight gain and muscle loss, while shrinking your belly, extending your life, and creating your healthiest self at mid-life and beyond--

can i pay optimum wellness plan for just one month: Secrets of Self-Healing Maoshing Ni, 2008 East meets West in this extraordinary guide to natural healing by a prominent doctor of Chinese medicine and the author of Secrets of Longevity. Dr. Mao's philosophy is simple: We all have a built-in healing ability, so why not try to activate it with natural means before we resort to drugs and invasive procedures? For the common cold, why not exploit the power of garlic, ginger, and the herb astragalus instead of taking cold medicine that simply replaces symptoms with side effects? For insomnia, why not try to find a long-term solution through acupuncture or feng shui instead of popping sleeping pills, which don't treat the source of the problem? Chinese medicine sees well-being as a result of a balanced life, not just a healthy body. In Part One of Secrets of Self-Healing, Dr. Mao explains that healing food and herbs, exercise, a positive emotional life, a suitable living environment, and spiritual growth are all essential to vitality and lasting health. Using examples of his own patients' experiences, he demonstrates: - How negative emotions can make us ill - How clutter in our homes can create imbalances in our bodies - How Eastern and Western medicine can work together to fight cancer Then, in Part Two, he reveals detailed home remedies for seventy common ailments, such as sore throat, allergies, high blood pressure, sunburn, insomnia, memory loss, and jet lag. Inspirational yet practical, Secrets of Self-Healing will put readers on the path to a balanced and healthy life.

can i pay optimum wellness plan for just one month: Happy Healthy You KJ Landis, 2017-08-15 The successful life coach and author of Superior Self offers concrete, easy-to-follow strategies for bringing more health and happiness into your life. With our hectic modern lives, it's easy to feel drained and worn down. But when we stop to consider what's tapping our energy most, we discover that old habits, unconscious patterns, and past experiences are dragging us down and blocking our self-growth. In Happy Healthy You, life coach KJ Landis helps identify how, why, and where we get ourselves stuck, and how we can utilize the drama and trauma of the past as a springboard to becoming our most authentic, vibrant selves. We all face a lot of stress in our day to day lives. Over time, those stressors can build into a major obstacle, causing us to retreat into survival mode. And when you're only surviving, you're not thriving. KJ Landis knows the story all too well—because she lived it herself. Now, she provides the playbook for tackling the blockages in our lives and moving beyond them to a life of happiness and health. In this book you will learn: • The root of what keeps us “stuck” in our lives • How to use the Negative Thought Pot to rid ourselves of self-deprecating beliefs • How hormones and epigenetics affect mental and physical wellness • The role of nutrition in our day-to-day health • Therapeutic movement as a mode of healing • The power of self-care through restorative practices • And much, much more!

can i pay optimum wellness plan for just one month: Good Housekeeping , 1997

can i pay optimum wellness plan for just one month: Clean Alejandro Junger, 2009-05-12 How many of us can honestly say we do not suffer from at least one of the following: Colds or viruses each year Allergies or hay fever Extra pounds that won't come off Restless nights Recurrent indigestion, constipation, or irritable bowel syndrome Itchy skin, acne, or any other troubling skin condition Depression, anxiety, or frequent fatigue If you were to seek medical advice for any of the above, you would likely be prescribed pills, topical lotions, injections, or even surgery. Such treatments are used to manage the symptoms and do not address the root of the problem. Too often, doctors treat these common ailments as inevitable costs of living a modern life. The result is a patchwork approach to health care that has become the norm. In Clean, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger offers a major medical breakthrough. Dr. Junger argues that the majority of these common ailments are the direct result of toxic buildup in our systems accumulated through the course of our daily lives. As the

toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid pace. The toxins are everywhere, but Clean offers a solution. Clean is an M.D.'s program that provides all the tools necessary to support and reactivate our detoxification system to its fullest capabilities, and can be easily incorporated into a busy schedule. The effect is transformative: nagging health problems will suddenly disappear, extra weight will drop away, and for the first time in our lives we will experience what it truly means to feel healthy. Every day spent on the Clean program is a major step in healing not just the symptom but the root of the problem, effectively and simply. Dr. Junger's life-changing program restores what rightfully belongs to you—your health, vitality, and peace of mind.

can i pay optimum wellness plan for just one month: *Getting to G.R.E.A.T.: A 5-Step Strategy For Work and Life; Based on Science and Stories* Madelaine Claire Weiss, 2021-03-10 A great life depends on a great fit between who we are and the environments in which we work and live. Getting to G.R.E.A.T. is a lively, practical guidebook for living with a proven method that has already changed so many lives. Loaded with science and stories, each information-packed chapter launches with a topic-relevant vignette from the author's own experience, moves to research and practical recommendations on each chapter topic, and concludes with a chapter-specific case example and exercise for personal use. Beginning with the pivotal event that shaped the trajectory of her work and life, Madelaine Weiss reveals a powerfully effective five-step strategy for satisfaction and success in your own work and life.

can i pay optimum wellness plan for just one month: Prescription for Nutritional Healing, Sixth Edition Phyllis A. Balch CNC, 2023-03-28 The nation's #1 bestselling guide to natural remedies, totally revised and updated. This fully revised edition includes both time-honored, proven strategies and the latest science to arm you with the best natural therapies for your health. In this volume—a reference work of unparalleled authority—the updated material includes: natural ways to lessen the severity of Alzheimer's symptoms cutting-edge information about COVID-19 and other viral infections as well as practical ways to help your body cope with acute and long-term symptoms nutritional information on menopause and breast and prostate cancers science about chronic fatigue syndrome (CFS) and fibromyalgia (FMS) and how you can gain more control over your symptoms Prescription for Nutritional Healing, Sixth Edition, is the source for accessible, evidence-based information that serves as a guide for using natural nutritional remedies to achieve and maintain wellness.

can i pay optimum wellness plan for just one month: **Judgment Detox** Gabrielle Bernstein, 2018-01-02 "Gabrielle is the real thing. I respect her work immensely." —Dr. Wayne Dyer "A new role model." —The New York Times "I came to one of Bernstein's monthly lectures and got my first look at the woman I'd one day unabashedly refer to as 'my guru.'" —Elle From #1 New York Times bestselling author Gabrielle Bernstein comes a clear, proactive, step-by-step process to release the beliefs that hold you back from living a better life. This six-step practice offers many promises. Petty resentments will disappear, compassion will replace attack, the energy of resistance will transform into freedom and you'll feel more peace and happiness than you've ever known. I can testify to these results because I've lived them. I've never felt more freedom and joy than I have when writing and practicing these steps. My commitment to healing my own relationship to judgment has changed my life in profound ways. My awareness of my judgment has helped me become a more mindful and conscious person. My willingness to heal these perceptions has set me free. I have been able to let go of resentments and jealousies, I can face pain with curiosity and love, and I forgive others and myself much more easily. Best of all, I have a healthy relationship to judgment so that I can witness when it shows up and I can use these steps to quickly return to love. The Judgment Detox is an interactive six-step process that calls on spiritual principles from the text A Course in Miracles, Kundalini yoga, the Emotional Freedom Technique (aka Tapping), meditation, prayer and metaphysical teachings. I've demystified these principles to make them easy to commit to and apply in your daily life. Each lesson builds upon the next to support true healing. When you commit to

following the process and become willing to let go, judgment, pain and suffering will begin to dissolve. And the miracles will keep coming. Once you begin to feel better you start to release your resistance to love. The more you practice these steps, the more love enters into your consciousness and into your energetic vibration. When you're in harmony with love, you receive more of what you want. Your energy attracts its likeness. So when you shift your energy from defensive judgment to free-flowing love your life gets awesome. You'll attract exactly what you need, your relationships will heal, your health will improve and you'll feel safer and more secure. One loving thought at a time creates a miracle. Follow these steps to clear all blocks, spread more love and live a miraculous life.

can i pay optimum wellness plan for just one month: The Plant Paradox Dr. Steven R. Gundry, MD, 2017-04-25 From renowned cardiac surgeon Steven R. Gundry, MD, the New York Times bestselling *The Plant Paradox* is a revolutionary look at the hidden compounds in healthy foods like fruit, vegetables, and whole grains that are causing us to gain weight and develop chronic disease. Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the "gluten-free" foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

can i pay optimum wellness plan for just one month: You Can't Afford to Get Sick Andrew Weil, M.D., 2010-12-28 With a two-week plan for optimum wellness, "America's best-known doctor" (The New York Times) shows you what you need to know to be in the best health and have the best care. The crisis in American health has hit home in very personal ways. Every thirty seconds someone in this country files for bankruptcy in the aftermath of a serious health problem. And although America spends more on health care than any other country, the World Health Organization recently ranked our health outcomes lowest among the developed nations. Now, in this visionary New York Times bestseller, world-renowned pioneer in the field of integrative medicine Andrew Weil, MD, busts the myths underpinning our health-care system and provides cogent strategies for change as well as specific prescriptive information explaining how—beginning with his two-week jumpstart plan for optimum wellness—to get and maintain good health.

can i pay optimum wellness plan for just one month: *WishCraft* Shauna Cummins, 2021-02-04 Shauna Cummins widens the lens of how we think about manifestation, re-introducing it as the art of wishing well, for ourselves, for others, and for the wider world. The mind is a magical tool, and with *Wishcraft* she shows us how to actively engage it for self-healing. - Ruby Warrington,

author of *Material Girl*, *Mystical World*, and *Sober Curious* When we learn the art, benefit and practice of well-wishing, our subconscious mind becomes a proverbial wishing well; an ideal place to plant our wishes, and manifest the positive future we can see in our mind. Featuring an explanation of what WishCraft really is: a detailed history of wishing in social and historical context, methods for preparing your 'wishing mind, descriptions on the myriad of ways to wish, self-hypnosis and most importantly, the wishes themselves. This book will help you to discover how to turn your fears, phobias and negative feelings into positive, empowering tools and to find your inner strengths and skills. Wishes can act as a focusing lens for our desires and portal for divine intervention, and WishCraft is here to show you how. So what are you waiting for? PERCEIVE. BELIEVE. RECEIVE.

can i pay optimum wellness plan for just one month: Spontaneous Happiness Andrew Weil, 2011-11-08 Everyone wants to be happy. But what does that really mean? Increasingly, scientific evidence shows us that true satisfaction and well-being come only from within. Dr. Andrew Weil has proven that the best way to maintain optimum physical health is to draw on both conventional and alternative medicine. Now, in *Spontaneous Happiness*, he gives us the foundation for attaining and sustaining optimum emotional health. Rooted in Dr. Weil's pioneering work in integrative medicine, the book suggests a reinterpretation of the notion of happiness, discusses the limitations of the biomedical model in treating depression, and elaborates on the inseparability of body and mind. Dr. Weil offers an array of scientifically proven strategies from Eastern and Western psychology to counteract low mood and enhance contentment, comfort, resilience, serenity, and emotional balance. Drawn from psychotherapy, mindfulness training, Buddhist psychology, nutritional science, and more, these strategies include body-oriented therapies to support emotional wellness, techniques for managing stress and anxiety and changing mental habits that keep us stuck in negative patterns, and advice on developing a spiritual dimension in our lives. Lastly, Dr. Weil presents an eight-week program that can be customized according to specific needs, with short- and long-term advice on nutrition, exercise, supplements, environment, lifestyle, and much more. Whether you are struggling with depression or simply want to feel happier, Dr. Weil's revolutionary approach will shift the paradigm of emotional health and help you achieve greater contentment in your life.

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