

clarity health and wellness jacksonville ar

Clarity Health and Wellness Jacksonville AR: Your Path to a Healthier You

Are you searching for a holistic approach to health and wellness in Jacksonville, Arkansas? Feeling overwhelmed by the endless options and unsure where to begin your journey to a healthier, happier you? Then you've come to the right place! This comprehensive guide dives deep into Clarity Health and Wellness, a leading provider of holistic wellness services in Jacksonville, AR. We'll explore the services they offer, the benefits of their approach, and why they're a top choice for individuals seeking lasting well-being. Let's unlock the secret to a healthier, more vibrant life together.

Understanding Clarity Health and Wellness Jacksonville AR

Clarity Health and Wellness in Jacksonville, AR, distinguishes itself by offering a personalized and integrated approach to health. They move beyond addressing just symptoms and focus on identifying the root causes of health imbalances. This holistic philosophy considers the interconnectedness of mind, body, and spirit, offering a unique and comprehensive wellness experience unavailable in many traditional medical settings.

Services Offered at Clarity Health and Wellness

Clarity Health and Wellness boasts a wide array of services designed to cater to diverse individual needs. These include, but are not limited to:

1. **Chiropractic Care:** Experienced chiropractors address spinal misalignments and other musculoskeletal issues, improving posture, reducing pain, and enhancing overall body function. This is a cornerstone of their holistic approach, emphasizing the body's natural healing capabilities.
1. **Massage Therapy:** Therapeutic massage techniques help alleviate muscle tension, improve circulation, and reduce stress. Different modalities are likely offered to address specific needs, from deep tissue massage for chronic pain to Swedish massage for relaxation.
1. **Acupuncture:** This ancient Chinese medicine practice uses thin needles inserted into specific points on the body to stimulate energy flow and promote healing. It's frequently used to address pain, reduce inflammation, and improve overall well-being.

1. **Nutritional Counseling:** Working with a registered dietitian or nutritionist can help you create a personalized diet plan that supports your health goals. This often involves identifying food sensitivities, optimizing nutrient intake, and creating sustainable dietary habits.
1. **Wellness Coaching:** A wellness coach provides guidance and support to help you achieve your health and wellness goals. This could include goal setting, habit formation, stress management techniques, and accountability.
1. **Other Potential Services:** Depending on the specific practice, Clarity Health and Wellness might also offer additional services such as yoga, meditation classes, or workshops focusing on stress reduction and mindfulness techniques. It's always best to check their website or contact them directly for the most up-to-date service list.

The Benefits of a Holistic Approach

Choosing a holistic approach like the one offered by Clarity Health and Wellness in Jacksonville, AR, offers several significant advantages:

Addresses the Root Cause: Unlike traditional medicine that often focuses on treating symptoms, a holistic approach seeks to identify and address the underlying causes of health issues.

Personalized Care: Treatment plans are tailored to each individual's unique needs and circumstances, ensuring a more effective and sustainable outcome.

Improved Well-being: By addressing the mind, body, and spirit, holistic approaches promote overall well-being, not just physical health.

Preventative Care: Holistic wellness focuses on prevention as much as treatment, empowering individuals to take proactive steps towards maintaining their health.

Reduced Stress and Anxiety: Many holistic practices, such as massage therapy and meditation, are excellent tools for managing stress and anxiety.

Why Choose Clarity Health and Wellness in Jacksonville, AR?

While many wellness centers exist, choosing Clarity Health and Wellness offers specific advantages. The commitment to a truly holistic approach, coupled with a potentially strong reputation within the Jacksonville community, makes it a compelling choice. Look for testimonials and reviews online to gauge the patient experience and ensure their philosophy aligns with your own health goals.

Finding Clarity Health and Wellness and Getting Started

To find Clarity Health and Wellness in Jacksonville, AR, a simple online search using "Clarity Health and Wellness Jacksonville AR" should quickly provide their contact information, address, website, and

phone number. Their website likely contains detailed information about their services, practitioner bios, and scheduling options. Don't hesitate to reach out with any questions or to schedule a consultation to discuss your individual needs.

Conclusion

Clarity Health and Wellness in Jacksonville, AR, offers a refreshing and effective approach to health and wellness. By embracing a holistic philosophy and providing a range of services tailored to individual needs, they empower individuals to take control of their health and achieve lasting well-being. If you're seeking a path to a healthier, happier life, Clarity Health and Wellness is definitely worth exploring. Take the first step towards a better you today!

FAQs

1. Does Clarity Health and Wellness accept insurance? This will vary depending on the specific services and your insurance provider. Contact Clarity Health and Wellness directly to inquire about insurance coverage.
1. What are the hours of operation? Their hours of operation can be found on their website or by calling their office. Hours may vary depending on the day of the week.
1. Do I need a referral to see a practitioner at Clarity Health and Wellness? In most cases, a referral is not required. However, it's always best to check with your insurance provider and Clarity Health and Wellness to confirm.
1. What forms of payment do they accept? Check their website or contact them directly to learn about accepted forms of payment (e.g., cash, credit cards, HSA/FSA cards).
1. What should I expect during my first appointment? Your first appointment will likely involve a consultation to discuss your health history, goals, and concerns. The practitioner will then conduct a thorough assessment to determine the best course of treatment. Be prepared to answer questions about your health and lifestyle.

often stated with great confidence that pattern baldness is the result of defective genes and male androgenic hormones (e.g., testosterone, DHT), the theory is physiologically unsound. In fact, after 60 years of research the genetic-androgen doctrine has produced a single FDA-approved therapy that works less than 50% the time and can result in permanent chemical castration. ...Standing on the shoulders of giants (e.g., Otto Warburg, Albert Szent-Györgyi, Gilbert Ling, Ray Peat and others), Hair Like a Fox sets up an alternative bioenergetic model of pattern hair loss with a focus on the smallest unit of life, the cell. This same context elucidates simple yet effective therapies for halting and perhaps reversing pattern hair loss in a way that harmonizes with our unique physiology--Amazon.com.

clarity health and wellness jacksonville ar: Our Parents, Ourselves Judith Steinberg Turiel, 2005-11-09 The prospect of caring for elderly relatives who may be too old, fragile, or forgetful to manage on their own looms large for millions of women and men who are unprepared for the difficulties such an experience can bring. Written by a daughter of aging parents, this book takes an honest, unflinching look at aging in America, weaving together personal stories with current medical information to trace exactly how social and health care policies are affecting daily lives. Judith Steinberg Turiel addresses such topics as healthy aging and independent living; mental impairment brought on by Alzheimer's, other dementias, and depression; women as caregivers; health care rationing; the power of prescription drug makers; end-of-life care; and prospects for Medicare. Her book clearly demonstrates the pressing need for quality health care for people of all ages—through universal, publicly funded health insurance.

clarity health and wellness jacksonville ar: Practice Guideline for the Treatment of Patients with Schizophrenia American Psychiatric Association, 1997 The American Psychiatric Association (APA) is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

clarity health and wellness jacksonville ar: The 4 Day Diet Ian K. Smith, M.D., 2010-04-01 Dr. Ian demands big results from his diet plans: whether on VH1's Celebrity Fit Club, State Farm's 50 Million Pound Challenge or his numerous inspirational appearances across the country, his advice has helped countless numbers of dieters lose millions of pounds. With over twenty years of experience watching how and why dieters lose weight—and how they don't—Dr. Ian developed a program that actually retrains the brain to diet naturally. In The 4 Day Diet, Dr. Ian distills that program into the acronym SMARTER: --Sense of where you are: don't fool yourself about your habits and what kind of shape you're in --Make realistic goals: don't sabotage your success by trying to do too much too fast --Activate your motivational engine: learn how to be your own best diet coach --Resist temptation: how to put yourself in an environment that supports your diet and keeps you disciplined --Think thin: why visualization works --Every bite counts: track your intake, but learn how to enjoy what you eat more at the same time --Reward yourself: indulge yourself in small and big ways along the road to permanent weight loss

clarity health and wellness jacksonville ar: Diffuse Cystic Lung Diseases Nishant Gupta, Kathryn A. Wikenheiser-Brokamp, Francis X. McCormack, 2021-01-28 This book is a comprehensive reference on diffuse cystic lung diseases (DCLDs). DCLDs are a group of pathophysiologically heterogeneous processes that are characterized by the presence of multiple spherical or irregularly shaped, thin-walled, air-filled spaces within the pulmonary parenchyma. In recent years, tremendous advancements have been made in these diseases leading to improved understanding of the underlying pathophysiology, and improved outcomes with targeted therapies. The authors, who are leading experts in the field, delineate DCLDs as a separate category distinct from other interstitial lung diseases, and have created this textbook specifically dedicated to this disease group. This book begins with a chapter introducing the definition and classification of DCLDs. Subsequent chapters address the pathogenic mechanisms underlying pulmonary cyst formation and provide a detailed overview of the radiological and pathological features of DCLDs. The common as well as uncommon causes of DCLDs are comprehensively reviewed in individual chapters, as are the varied clinical presentations and extrapulmonary manifestations, and approaches to management and treatment.

The book culminates in a final chapter that presents a practical algorithmic approach to diagnosis that progresses from least invasive to most invasive approaches. This textbook provides a one-stop, comprehensive and integrated, clinical, radiologic, and pathologic overview of DCLDs that will be as useful to the practicing clinician as it is to the clinical investigator.

clarity health and wellness jacksonville ar: *Negotiating the Inner Peace Treaty* Chelsea Wakefield LCSW, 2012-02-15 A real gift to anyone interested in finding out more about the many selves that make up our Inner Cast of Characters. Clear, thoughtful, and lyrical, it guides the reader along the fascinating journey of self-discovery, providing support and practical suggestions along the way. Hal Stone, PhD and Sidra Stone, PhD, Creators of Voice Dialogue, authors of *Embracing Our Selves*; *Embracing Your Inner Critic*; *Partnering*; and *The Shadow King*. *Negotiating the Inner Peace Treaty* inevitably leads to greater peace and productivity in the outer world as well. The exercises and insights offered here are profound, clear, and attainable for anyone. I am particularly impressed with how this book presents a view of Jung's archetypes that is lucid, moving and transformative. Jeremy Taylor, D. Min., Unitarian Minister, author of *Dream Work*; and *Where People Fly* and *Water Runs Uphill*. This creative work presents a lucid, practical set of tools for those not formally trained in Jungian psychology, who seek to come to peace with the inner turmoil that fragments our lives. Her clear presentation of shadow and dream work are very helpful I highly recommend it! Keith Parker, PhD Jungian Analyst, author of *Seven Cherokee Myths*. Chelsea Wakefield's work moves us beyond wounds of the past, expanding our potential for love and intimacy. Here is a guide that is both visionary and integrative. Gina Ogden, PhD, LMFT Author of *The Heart and Soul of Sex*; and *Return of Desire*

clarity health and wellness jacksonville ar: *National Admissions to Substance Abuse Treatment Services*, 1992

clarity health and wellness jacksonville ar: *The Lions of Little Rock* Kristin Levine, 2013-01-10 Satisfying, gratifying, touching, weighty—this authentic piece of work has got soul.—The New York Times Book Review As twelve-year-old Marlee starts middle school in 1958 Little Rock, it feels like her whole world is falling apart. Until she meets Liz, the new girl at school. Liz is everything Marlee wishes she could be: she's brave, brash and always knows the right thing to say. But when Liz leaves school without even a good-bye, the rumor is that Liz was caught passing for white. Marlee decides that doesn't matter. She just wants her friend back. And to stay friends, Marlee and Liz are even willing to take on segregation and the dangers their friendship could bring to both their families. Winner of the New-York Historical Society Children's History Book Prize A New York Times Book Review Editor's Choice

clarity health and wellness jacksonville ar: *Sustainability and the U.S. EPA* National Research Council, Policy and Global Affairs, Science and Technology for Sustainability Program, Committee on Incorporating Sustainability in the U.S. Environmental Protection Agency, 2011-09-08 Sustainability is based on a simple and long-recognized factual premise: Everything that humans require for their survival and well-being depends, directly or indirectly, on the natural environment. The environment provides the air we breathe, the water we drink, and the food we eat. Recognizing the importance of sustainability to its work, the U.S. Environmental Protection Agency (EPA) has been working to create programs and applications in a variety of areas to better incorporate sustainability into decision-making at the agency. To further strengthen the scientific basis for sustainability as it applies to human health and environmental protection, the EPA asked the National Research Council (NRC) to provide a framework for incorporating sustainability into the EPA's principles and decision-making. This framework, *Sustainability and the U.S. EPA*, provides recommendations for a sustainability approach that both incorporates and goes beyond an approach based on assessing and managing the risks posed by pollutants that has largely shaped environmental policy since the 1980s. Although risk-based methods have led to many successes and remain important tools, the report concludes that they are not adequate to address many of the complex problems that put current and future generations at risk, such as depletion of natural resources, climate change, and loss of biodiversity. Moreover, sophisticated tools are increasingly

available to address cross-cutting, complex, and challenging issues that go beyond risk management. The report recommends that EPA formally adopt as its sustainability paradigm the widely used three pillars approach, which means considering the environmental, social, and economic impacts of an action or decision. Health should be expressly included in the social pillar. EPA should also articulate its vision for sustainability and develop a set of sustainability principles that would underlie all agency policies and programs.

clarity health and wellness jacksonville ar: Food and Nutrients in Disease Management

Ingrid Kohlstadt, 2016-04-19 Food and nutrients are the original medicine and the shoulders on which modern medicine stands. But in recent decades, food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress. With contributions from highly regarded experts who work on the frontlines of di

clarity health and wellness jacksonville ar: Stop Avoiding Stuff Matthew S. Boone, Jennifer Gregg, Lisa W. Coyne, 2020-11-01 Afraid? Do it anyway! The 25 microskills in this little book will help you stand up to your fears, so you can live the life you really want. To fear is to be human. But fear can also keep us stuck living lives that are stale, stagnant, or downright miserable. Fear leads us down paths that feel more safe, but that deep down we know are wrong for us. The good news is that you can stand up to your fears and change your life for the better. If you're ready to stop avoiding stuff and say yes to opportunity, the easy-to-implement strategies in this book will help you break the avoidance habits that have been keeping you in a rut. Drawing on evidence-based acceptance and commitment therapy (ACT), this accessible guide offers 25 microskills to help you face your fears so you can live a truly courageous and meaningful life. With this book, you'll learn: Why you avoid stuff Tips to increase self-awareness in moments of fear Strategies for untangling from distressing thoughts How to hold the inevitable pain and discomfort of life lightly Ways to connect with your values and take action We are hardwired to avoid, control, and escape the stuff that makes us uncomfortable. But if you're ready to stop living scared, the tips and tools in this little book will help you pivot back to what really matters to you.

clarity health and wellness jacksonville ar: *Evidence-Based Geriatric Nursing Protocols for Best Practice* Marie Boltz, PhD, RN, GNP-BC, FGSA, FAAN, Elizabeth Capezuti, PhD, RN, FAAN, Terry T. Fulmer, PhD, RN, FAAN, DeAnne Zwicker, DrNP, APRN, BC, 2016-03-28 This new edition of one of the premier references for geriatric nurses in hospital, long-term, and community settings delivers current guidelines, real-life case studies, and evidence-based protocols developed by master educators and practitioners. With a focus on improving quality of care, cost-effectiveness, and outcome, the fifth edition is updated to provide the most current information about care of common clinical conditions and issues in older patients. Several new expert contributors present current guidelines about hip fractures, frailty, perioperative and postoperative care, palliative care, and senior-friendly emergency departments. Additionally, chapters have been reorganized to enhance logical flow of content and easy information retrieval. Protocols, systematically tested by more than 300 participating NICHE (Nurses Improving Care for Health system Elders) hospitals, are organized in a consistent format and include an overview, evidence-based assessment and intervention strategies, and an illustrative case study with discussion. Additionally, protocols are embedded within chapter text, providing the context and detailed evidence for each. Chapter objectives, annotated references, and evidence ratings for each protocol are provided along with resources for additional study. New to the Fifth Edition: Reorganized to enhance logical flow of information and ease of use Updated and revised Includes new contributions from expert educators and practitioners Provides new chapters on perioperative and postoperative care, general surgical care, care of hip fracture, palliative care, and the senior-friendly emergency department Key Features: Includes PowerPoints and a test bank for instructors Delivers evidence-based, current guidelines and protocols for care of common clinical conditions in the older person Illustrates the application of clinical protocols to real-life practice through case studies and discussion Edited by nationally known geriatric leaders who are endorsed by the Hartford Institute for Geriatric Nursing and NICHE Written for nursing students, nurse leaders, and practitioners at all levels, including those in

specialty roles

clarity health and wellness jacksonville ar: Toward Understanding Homelessness , 2007

clarity health and wellness jacksonville ar: Posttraumatic Stress Disorder and Related Diseases in Combat Veterans Elspeth Cameron Ritchie, 2015-10-27 This book takes a case-based approach to addressing the challenges psychiatrists and other clinicians face when working with American combat veterans after their return from a war zone. Written by experts, the book concentrates on a wide variety of concerns associated with posttraumatic stress disorder (PTSD), including different treatments of PTSD. The text also looks at PTSD comorbidities, such as depression and traumatic brain injury (TBI) and other conditions masquerading as PTSD. Finally, the authors touch on other subjects concerning returning veterans, including pain, disability, facing the end of a career, sleep problems , suicidal thoughts, violence, , and mefloquine "toxidrome". Each case study includes a case presentation, diagnosis and assessment, treatment and management, outcome and case resolution, and clinical pearls and pitfalls. Post-Traumatic Stress Disorder and Related Diseases in Combat Veterans is a valuable resource for civilian and military mental health practitioners, and primary care physicians on how to treat patients returning from active war zones.

clarity health and wellness jacksonville ar: Cerebrovascular Neurosurgery Dr Peter Nakaji, Dr Michael Levitt, 2019-08-15 Part of the Neurosurgery by Example series, this volume on cerebrovascular neurosurgery presents exemplary cases in which renowned authors guide readers through the assessment and planning, decision making, surgical procedure, after care, and complication management of common and uncommon disorders. The cases explore the spectrum of clinical diversity and complexity within cerebrovascular neurosurgery, including aneurysms, ischemic/occlusive disease, arteriovenous malformation, dural arteriovenous fistula, and more. Each chapter also contains 'pivot points' that illuminate changes required to manage patients in alternate or atypical situations, and pearls for accurate diagnosis, successful treatment, and effective complication management. Containing a focused review of medical evidence and expected outcomes, Cerebrovascular Neurosurgery is appropriate for neurosurgeons who wish to learn more about a subspecialty, and those preparing for the American Board of Neurological Surgery oral examination.

clarity health and wellness jacksonville ar: Nursing Leadership and Management for Patient Safety and Quality Care Elizabeth Murray, 2021-11-08 Take an evidence-based approach that prepares nurses to be leaders at all levels. Learn the skills you need to lead and succeed in the dynamic health care environments in which you will practice. From leadership and management theories through their application, you'll develop the core competences needed to deliver and manage the highest quality care for your patients. You'll also be prepared for the initiatives that are transforming the delivery and cost-effectiveness of health care today. New, Updated & Expanded! Content reflecting the evolution of nursing leadership and management New! Tables that highlight how the chapter content correlates with the core competencies of BSN Essentials, ANA Code of Ethics, and Standards of Practice or Specialty Standards of Practice New! 10 NCLEX®-style questions at the end of each chapter with rationales in an appendix New & Expanded! Coverage of reporting incidents, clinical reasoning and judgment, communication and judgment hierarchy, quality improvement tools, leveraging diversity, security plans and disaster management, health care and hospital- and unit-based finances, and professional socialization Features an evidence-based and best practices approach to develop the skills needed to be effective nurse leaders and managers—from managing patient care to managing staff and organizations. Encompasses new quality care initiatives, including those from the Institute of Medicine (IOM) Report, AACN Essentials of Baccalaureate Education, and Quality and Safety Education for Nurses (QSEN) Report which form the foundation of the content. Discusses the essentials of critical thinking, decision-making and problem solving, including concepts such as SWOT, 2x2 matrix, root-cause analysis, plan-do-study-act, and failure mode and effects analysis. Demonstrates how to manage conflict, manage teams and personnel, utilize change theory, and budget Uses a consistent pedagogy in each chapter, including key terms, learning outcomes, learning activities, a case study, coverage of evidence, research and best practices, and a chapter summary.

clarity health and wellness jacksonville ar: Introduction to Business Lawrence J. Gitman, Carl McDaniel, Amit Shah, Monique Reece, Linda Koffel, Bethann Talsma, James C. Hyatt, 2024-09-16 Introduction to Business covers the scope and sequence of most introductory business courses. The book provides detailed explanations in the context of core themes such as customer satisfaction, ethics, entrepreneurship, global business, and managing change. Introduction to Business includes hundreds of current business examples from a range of industries and geographic locations, which feature a variety of individuals. The outcome is a balanced approach to the theory and application of business concepts, with attention to the knowledge and skills necessary for student success in this course and beyond. This is an adaptation of Introduction to Business by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

clarity health and wellness jacksonville ar: Annual Review of Nursing Research, Volume 25, 2007, 2007-06-11 This 25th anniversary edition of the Annual Review of Nursing Research is focused on nursing science in vulnerable populations. Identified as a priority in the nursing discipline, vulnerable populations are discussed in terms of the development of nursing science, diverse approaches in building the state of the science research, integrating biologic methods in the research, and research in reducing health disparities. Topics include: Measurement issues Prevention of infectious diseases among vulnerable populations Genomics and proteomics methodologies for research Promoting culturally appropriate interventions Community-academic research partnerships with vulnerable populations Vulnerable populations in Thailand: women living with HIV/AIDS As in all volumes of the Annual Reviews, leading nurse researchers provide students, other researchers, and clinicians with the foundations for evidence-based practice and further research.

clarity health and wellness jacksonville ar: Understanding Media Marshall McLuhan, 2016-09-04 When first published, Marshall McLuhan's Understanding Media made history with its radical view of the effects of electronic communications upon man and life in the twentieth century.

clarity health and wellness jacksonville ar: Textbook of Administrative Psychiatry John A. Talbott, Robert E. Hales, 2001 This textbook provides the practitioner and student of administration in behavioral healthcare an overview of the evolving behavioral health system, core and new administrative psychiatry concepts, new roles for behavioral health players, how selected behavioral health systems are changing, the trend toward integrated systems, and law and ethics.

clarity health and wellness jacksonville ar: Mental Health and the Church Stephen Grcevich, MD, 2018-02-06 The church across North America has struggled to minister effectively with children, teens, and adults with common mental health conditions and their families. One reason for the lack of ministry is the absence of a widely accepted model for mental health outreach and inclusion. In Mental Health and the Church: A Ministry Handbook for Including Children and Adults with ADHD, Anxiety, Mood Disorders, and Other Common Mental Health Conditions, Dr. Stephen Grcevich presents a simple and flexible model for mental health inclusion ministry for implementation by churches of all sizes, denominations, and organizational styles. The model is based upon recognition of seven barriers to church attendance and assimilation resulting from mental illness: stigma, anxiety, self-control, differences in social communication and sensory processing, social isolation and past experiences of church. Seven broad inclusion strategies are presented for helping persons of all ages with common mental health conditions and their families to fully participate in all of the ministries offered by the local church. The book is also designed to be a useful resource for parents, grandparents and spouses interested in promoting the spiritual growth of loved ones with mental illness.

clarity health and wellness jacksonville ar: Ragged Gretchen Ronnevik, Elyse Fitzpatrick, 2021-05-11 When we mistake spiritual disciplines for to-dos, time slots on our schedule, or Instagram-able moments, we miss the benefits of Christ's continual and constant work for us. In Ragged, Gretchen Ronnevik aims to reclaim spiritual disciplines as good gifts given by our good

Father instead of heavy burdens of performance carried by the Christian. Only when we recognize our failures to maintain God's commands do we also realize the benefit of our dependence on his promises. Gretchen uses this distinction on law and gospel, presented throughout Scripture, to guide readers through spiritual disciplines including prayer, meditation, Scripture reading, and discipleship among others. Despite our best efforts, the good news is that spiritual disciplines have less to do with what we bring before God and more about who Christ is for us, not only as the author but also as the perfecter of our faith.

clarity health and wellness jacksonville ar: Cracking the Metabolic Code B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

clarity health and wellness jacksonville ar: Understanding Global Health, 2E William H. Markle, Melanie A. Fisher, Raymond A. Smego, 2013-11-05 The first edition of Understanding Global Health set a new information standard for this rapidly emerging subject. Written by a remarkable group of authors and contributors, this comprehensive, engagingly written text offers unmatched coverage of every important topic--from infectious disease to economics to war. Created with the non-specialist in mind, Understanding Global Health explores the current burden of disease in the world, how health is determined, and the problems faced by populations and health care workers around the world. The second edition has been thoroughly updated to include the most current information and timely topics. New chapters cover such topics as human trafficking, malaria and neglected tropical diseases, surgical issues in global health, and mental health. Every chapter includes Learning Objectives, Summary, Study Questions, and References and, in many instances, practical case examples. -- Provided by publisher.

clarity health and wellness jacksonville ar: Sally Mann Sally Mann, 2006

clarity health and wellness jacksonville ar: Everyday Ease Shanti Douglas, 2018-08-04 After recovering from 20+ years in corporate finance, Shanti Douglas has dedicated her life to empowering people everywhere to create greater peace, balance, and resiliency so they can live authentically and energized from their heart. As a student of Zen Master Thich Nhat Hanh and Mindfulness and HeartMath® Coach, Shanti has insights and experiences that are perfect for the busy professional woman who struggles to balance the impossible all. She's spoken to over 20,000 people, sharing practices of peace and ease. This book is perfect for you if: ~ You're so overwhelmed and overloaded you can't think straight. ~ You over-react, get stressed out, or worry about the small stuff. ~ Your neck muscles are ridiculously tight and tense. It feels impossible to relax. ~ You're so busy taking care of everyone else that you've sacrificed yourself. ~ You eat to calm your emotional hunger, not your body hunger. Take back your precious life. It doesn't need to be like this. Learn how to find balance, ease, and resiliency without adding big changes to your day. You've already got enough on your plate! Everyday Ease will create dramatic shifts in your energy and level of presence so you can show up fresh, clear, and truly in charge. The practical and integrative practices of this six week experiential Easebook give you a manageable structure to follow, offering insights to calm your chaotic life and bring balance to your burnout. With mindfulness at the helm,

exploring simple acts of self-care and love will have you feeling fantastic again. From here, it's all possible.

clarity health and wellness jacksonville ar: Elevating Construction Superintendents

Jason Schroeder, 2020-11-28 To be a great superintendent, you need training. Without this, you may become defensive, learn to accept waste and low standards, or even espouse false concepts that will lead to certain failure. However, with proper fundamental training, learning from the best builders throughout history, and effectively using the modern concepts of lean, we can guide superintendents to have the best trained role in construction. Right now in our industry, project managers and project engineers are better trained, better paid, and are becoming leaders of the entire team. The positions of superintendents and project managers should be equal, but to be equal, we need to step up and take our place as the driving force of the project. This book will help you to do that and bring respect back to field positions everywhere. Before writing *Elevating Construction Superintendents - The Art of the Builder*, I had never found a book available for the art and form of being a superintendent. Yes, there are books about lean; yes, there are books about construction management; and yes, there are books about the skills of a superintendent, but there are none that cover the art of the builder in construction and the back-to-basics fundamental attributes of a true leader in the field. This is the first revision of the book we need and want for our wonderful builders in the field of construction. This book is filled with principles and actionable steps for assistant superintendents. I invite you to learn these, take massive action, and implement each step one-by-one. Please keep driving until everything on your project brings you joy. That is the measure of success. Expect more - Step up - Let's go

clarity health and wellness jacksonville ar: Thyroid Ultrasound Alexander N. Sencha, Yury

N. Patrunov, 2019-07-30 This book is a wide-ranging and up-to-date guide to the use of ultrasound for imaging of the thyroid that will meet the needs of novices while providing more experienced professionals with advanced information. All of the techniques employed in modern thyroid ultrasound are covered, from conventional grayscale and Doppler imaging to elastography and contrast-enhanced ultrasound, with a focus on practical aspects and with detailed analysis of their diagnostic value and limitations. The characteristic ultrasound findings of the normal thyroid and a wide range of thyroid diseases and disorders are described with the aid of hundreds of high-quality images. Diffuse changes and thyroid lesions are discussed in depth, paying close attention to aspects of importance for early detection and differential diagnosis. In this context the authors summarize their personal experiences in the use of qualitative parameters of compression elastography and quantitative data of shear-wave elastography. In addition, a practical approach to the risk stratification of thyroid nodules is proposed. The book concludes with a resumé of the main challenges and pitfalls in thyroid ultrasound.

clarity health and wellness jacksonville ar: Mindfulness and Acceptance in Social Work

Matthew S. Boone, 2014-05 Social work focuses on serving the most vulnerable members of society, and social workers must often address the contextual forces that contribute to human problems. Mindfulness and acceptance are powerful tools for this practice. By offering interventions like dialectical behavior therapy (DBT), mindfulness-based stress reduction (MBSR), and acceptance and commitment therapy (ACT), social workers can help their clients become more aware and take effective action. In *Mindfulness and Acceptance in Social Work*, editor and social worker Matthew S. Boone brings together contributions from emerging voices in social work, such as Elana Rosenbaum, Yuk-Lin Renita Wong, and Diana Coholic, along with ACT pioneers Kirk Strosahl, Patricia Robinson, and others. This book focuses not only on mindfulness-based interventions for direct practice, but also on the intersection of mindfulness and social work education, cultural diversity, and macro social work. It includes a framework for moving past culturally-informed biases, and for how to best utilize mindfulness interventions for both individuals and the community at large.

clarity health and wellness jacksonville ar: Analytics, Data Science, and Artificial

Intelligence Ramesh Sharda, Dursun Delen, Efraim Turban, 2020-03-06 For courses in decision support systems, computerized decision-making tools, and management support systems.

Market-leading guide to modern analytics, for better business decisionsAnalytics, Data Science, & Artificial Intelligence: Systems for Decision Support is the most comprehensive introduction to technologies collectively called analytics (or business analytics) and the fundamental methods, techniques, and software used to design and develop these systems. Students gain inspiration from examples of organisations that have employed analytics to make decisions, while leveraging the resources of a companion website. With six new chapters, the 11th edition marks a major reorganisation reflecting a new focus -- analytics and its enabling technologies, including AI, machine-learning, robotics, chatbots, and IoT.

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