

coastal eye and wellness

Coastal Eye and Wellness: Your Guide to Seaside Serenity and Optimal Vision

Are you dreaming of a life where breathtaking coastal views meet ultimate well-being? Imagine waking up to the sound of crashing waves, the salty air invigorating your senses, and the feeling of complete relaxation washing over you. That's the essence of Coastal Eye and Wellness – a holistic approach to vision care and overall health inspired by the tranquility of the coast. This comprehensive guide will explore how the coastal lifestyle can positively impact your eye health and overall well-being, offering practical tips and insights to help you incorporate these benefits into your daily routine. We'll delve into everything from protecting your eyes from the sun's glare to harnessing the calming power of the ocean for stress reduction and improved mental clarity.

Understanding the Coastal Connection to Wellness

The coastal environment offers a unique blend of natural elements that contribute to both physical and mental wellness. The rhythmic sound of the waves has been shown to reduce stress and lower blood pressure. The fresh, salty air is rich in negative ions, which can boost mood and energy levels. And, of course, the stunning views provide a natural antidote to the pressures of modern life. But what about your eyes? The coastal landscape, while beautiful, also presents unique challenges for eye health. Understanding these challenges and proactively addressing them is key to maximizing the benefits of a coastal lifestyle.

Protecting Your Eyes from the Coastal Sun

The sun's reflection off the water intensifies its UV rays, increasing your risk of developing cataracts, macular degeneration, and other vision problems. This is especially true during peak sun hours (10 am – 4 pm). Protecting your eyes from harmful UV radiation is paramount. Invest in high-quality sunglasses that offer 100% UV protection. Look for sunglasses that wrap around your face to block UV rays from entering from the sides. Wide-brimmed hats also offer excellent protection, shading your eyes and the surrounding skin. Remember to reapply sunscreen to the delicate skin around your eyes if you're spending extended periods outdoors.

The Importance of Hydration in Coastal Environments

The salty air and sun can dehydrate you quickly. Dehydration can lead to dry eyes, making them more prone to irritation and infection. Drinking plenty of water throughout the day is essential, especially if you are spending time outdoors in the coastal environment. Consider carrying a reusable water bottle to ensure you stay adequately hydrated. You can also increase your fluid intake by consuming hydrating fruits and vegetables. If you experience persistent dry eyes, consult an ophthalmologist. They may recommend artificial tears or other treatments.

Harnessing the Calming Power of the Ocean for Stress Reduction

The ocean's rhythmic sounds and the vastness of the horizon have a naturally calming effect on the mind and body. Spending time near the ocean, whether it's a leisurely walk on the beach, a swim in the sea, or simply gazing out at the waves, can significantly reduce stress levels and improve mental clarity. Mindfulness practices, such as meditation or simply focusing on your breath while enjoying the coastal scenery, can further enhance these benefits. The reduction in stress can indirectly contribute to better eye health by reducing the strain caused by chronic stress.

Coastal Eye and Wellness: A Holistic Approach

Coastal Eye and Wellness isn't just about protecting your eyes from the sun or appreciating the ocean's beauty; it's about creating a holistic lifestyle that prioritizes both your visual and overall health. It's about incorporating mindful practices, healthy habits, and a deep connection with nature to achieve a state of balanced well-being. This includes regular eye exams, a healthy diet rich in antioxidants (found in abundance in many coastal fruits and vegetables), regular exercise, and sufficient sleep. By integrating these elements, you can unlock the full potential of a coastal lifestyle and experience improved vision and overall health.

Coastal Eye and Wellness: Practical Steps for Everyday Life

Schedule regular comprehensive eye exams: Early detection of potential problems is crucial for maintaining optimal vision.

Maintain a balanced diet: Include foods rich in omega-3 fatty acids, lutein, and zeaxanthin, beneficial for eye health.

Prioritize sleep: Adequate sleep is essential for overall health, including eye health.

Practice stress-reducing activities: Incorporate mindfulness exercises, yoga, or simply spend time in nature.

Limit screen time: Excessive screen time can strain your eyes. Take regular breaks and follow the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds).

Conclusion:

Embracing Coastal Eye and Wellness is about more than just good vision; it's about cultivating a lifestyle that nourishes your mind, body, and spirit. By understanding the unique challenges and opportunities presented by a coastal environment and proactively addressing them, you can unlock the full potential of this remarkable setting and enjoy a life of vibrant health and exceptional vision.

Frequently Asked Questions (FAQs):

1. What type of sunglasses offer the best protection against UV rays near the coast? Look for sunglasses labeled with 100% UVA and UVB protection, preferably wraparound styles that block rays from the sides.

1. Can I still get sunburned on cloudy days near the coast? Yes, UV rays can penetrate clouds. It's crucial to wear protective eyewear and sunscreen even on cloudy days.

1. How often should I have a comprehensive eye exam? The frequency depends on your age and risk factors. Consult your ophthalmologist for personalized recommendations.

1. What are some good sources of antioxidants for eye health? Many fruits and vegetables, especially leafy greens, berries, and citrus fruits, are rich in antioxidants.

1. Are there any specific exercises beneficial for eye health? Eye exercises, like focusing on near and distant objects, can help improve eye muscle strength. However, they aren't a substitute for proper eye care and regular checkups.

coastal eye and wellness: Spa , 2010

coastal eye and wellness: *Orange Coast Magazine* , 2008-01 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region, bringing together Orange County's most affluent coastal communities through smart, fun, and timely editorial content, as well as compelling photographs and design. Each issue features an award-winning blend of celebrity and newsmaker profiles, service journalism, and authoritative articles on dining, fashion, home design, and travel. As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation, Orange Coast is the definitive guidebook into the county's luxe lifestyle.

coastal eye and wellness: *Palm Beach Life* , 2007-01 Since 1906, Palm Beach Life has been the premier showcase of island living at its finest — fashion, interiors, landscapes, personality profiles, society news and much more.

coastal eye and wellness: *Wellness Escapes* Lonely Planet, 2018-11-01 Discover the world's most energising, inspiring and relaxing wellbeing retreats. From yoga, tai chi and meditation to mindfulness, spa treatments and creative writing, we present our favourite retreats and spas around the world to help replenish the mind, body and soul. Wellness Escapes includes nearly 200 destinations and is organised into five themes: Calm, Active, Healthy, Inspired and Indulged — making it easy to find the perfect getaway whether you're in the mood for a seaweed bath in Ireland or surfing in Morocco, meditation in Bali or a Finnish sauna. We tell you what makes each retreat so special, what you can do, what's on its doorstep, and provide booking details to help you find out more or book a visit. Throughout, our wellness authors reveal the health benefits of each activity, while you'll also find out about the world's top ten wellness festivals, yoga and meditation techniques, and healthy smoothie recipes to try at home. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both

inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

coastal eye and wellness: Explorer's Guide North Carolina's Outer Banks & Crystal Coast: A Great Destination (Second Edition) Renee Wright, 2013-07-01 Let this guide show you why the Outer Banks is one of the most unique and interesting places in the U.S. to visit. The Outer Banks preserves history and traditions lost to more urban areas of the eastern U.S. Whether it's wild Banker ponies, historic Kitty Hawk, or hidden beaches that visitors would otherwise never find, author Renee Wright leads you to her Wright Choices."

coastal eye and wellness: Destination Wellness Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for:

- Anyone who has embraced hygge and is looking for new lifestyle inspiration
- Armchair travelers and staycationers
- Happiness and inspiration seekers
- Wellness and travel enthusiasts
- History lovers

coastal eye and wellness: Stink Eye Rick Kirkman, Jerry Scott, 2021-11-30 One of the funniest and most relatable family comic strips in history, *Baby Blues* is guaranteed to entertain parents and comic strip fans of all ages. In the newest *Baby Blues* scrapbook, cartoonists Jerry Scott and Rick Kirkman have returned with another full year's worth of comics and commentary chronicling the family foibles of the MacPhersons and the mischievous antics of Zoe, Hammie, and Wren.

coastal eye and wellness: Natural Wellness Every Day Emine Rushton, 2022-01-13 Health and beauty begin from within. Covering nature, skin, health and self care, *Natural Wellness Every Day* is bursting with insights, tips and recipes for a complete mind-body approach to wellbeing. Guided by the experts at Weleda, this manual draws on 100 years of expertise to bring specialist holistic advice to all - from soothing rituals and natural remedies, to the powerful benefits of seasonal self-care. This book will not only educate you on the natural powers and uses of certain herbs and flowers, debunk health and beauty jargon around sustainability and encourage you to embrace effective self-care rituals, it will also speak to the power of uniting yourself with the natural world and its cycles to offer practical solutions to everyday health and skin dilemmas and promote health and wellbeing throughout the seasons. *Natural Wellness Every Day* is a complete guide to natural care of earth, skin, self and health, guiding you towards a routine that will activate your wellness from within and care for the planet at the same time.

coastal eye and wellness: At Home on the Water Jaci Conry, 2022-05-10 Coastal havens designed for laid-back living. The idea of a retreat—a place removed from one's daily stressors, a secluded haven to be enjoyed by family—is more appealing than it has been in decades. But second homes are far from a novel concept. Families have built retreats since the late 1800s, when the well-to-do began to construct reprieves in coastal areas to escape the combusive atmosphere of city life. Homes on the water have been coveted and cherished for their particular restorative qualities.

In an oceanside house, one can't help but pause to contemplate the view. *At Home on the Water* offers a history of coastal living and features twelve homes on the water on both coasts and the gulf. This stunning title focuses on both the design of the homes and the way the homeowners live in them, embellished by interviews with homeowners, designers, and/or architects.

coastal eye and wellness: DSEK Francis W. Price, 2009 DSEK: What You Need to Know About Endothelial Keratoplasty provides a comprehensive background of EK, where it is today, and where it is headed in the future. Francis W. Price, MD, who was the first to complete DSEK in the United States, along with Marianne Price, PhD, have designed this text to offer a special emphasis on how to perform surgeries along with preventing and managing complications. In addition, a diverse group of contributing authors provides a wide array of insights and tips for better patient outcomes.--BOOK JACKET.

coastal eye and wellness: *Medical Retina* Frank G Holz, Richard F. Spaide, 2010-03-18 Recent advances in ophthalmic imaging technology have revolutionized fundus examination and contributed significantly in elucidating the pathophysiology of retinal diseases and improving their diagnosis and treatment. It is therefore fitting that this detailed full-color textbook in the Medical Retina series is devoted to ocular imaging. The volume reviews in detail the role of both established and novel forms of imaging, and is designed to be of benefit to clinicians and researchers alike. All of the chapters have been written by internationally recognized experts at the forefront of their fields. The result is a comprehensive, state-of-the-art overview of retinal imaging that should prove informative and useful for everyone interested in the retina. Topics include: •Spectral domain optical coherence tomography (SD-OCT) of macular diseases •Comparison of OCT equipment •Simultaneous SD-OCT and confocal SLO imaging •Ultra-widefield imaging •Autofluorescence imaging •Near-infrared imaging •Macular pigment imaging •Metabolic mapping •Imaging of the choroid •Imaging the vitreous and the vitreoretinal interface with SD-OCT •New developments in OCT technology •Molecular imaging

coastal eye and wellness: **Health and Wellness for Life** Human Kinetics (Organization), 2009 Chap. 1: Introduction to Health and Wellness. Chap. 2: Principles of Physical Fitness. Chap. 3: Nutrition Basics. Chap. 4: Weight Management. Chap. 5: Mental Health. Chap. 6: Managing Stress. Chap. 7: Intimate Relationships and Sexuality. Chap. 8: Reproductive Choices. Chap. 9: Pregnancy and Childbirth. Chap. 10: Infectious Diseases and Sexually Transmitted Diseases. Chap. 11: Chronic Diseases. Chap. 12: First Aid and Injury Prevention. Chap. 13: Consumer Health and Alternative Medicine. Chap. 14: Environmental Health. Chap. 15: Substance Use and Abuse. Chap. 16: Healthy Aging. Chap. 17: Wellness Throughout Life.

coastal eye and wellness: CDC Yellow Book 2018: Health Information for International Travel Centers for Disease Control and Prevention CDC, 2017-04-17 THE ESSENTIAL WORK IN TRAVEL MEDICINE -- NOW COMPLETELY UPDATED FOR 2018 As unprecedented numbers of travelers cross international borders each day, the need for up-to-date, practical information about the health challenges posed by travel has never been greater. For both international travelers and the health professionals who care for them, the CDC Yellow Book 2018: Health Information for International Travel is the definitive guide to staying safe and healthy anywhere in the world. The fully revised and updated 2018 edition codifies the U.S. government's most current health guidelines and information for international travelers, including pretravel vaccine recommendations, destination-specific health advice, and easy-to-reference maps, tables, and charts. The 2018 Yellow Book also addresses the needs of specific types of travelers, with dedicated sections on: · Precautions for pregnant travelers, immunocompromised travelers, and travelers with disabilities · Special considerations for newly arrived adoptees, immigrants, and refugees · Practical tips for last-minute or resource-limited travelers · Advice for air crews, humanitarian workers, missionaries, and others who provide care and support overseas Authored by a team of the world's most esteemed travel medicine experts, the Yellow Book is an essential resource for travelers -- and the clinicians overseeing their care -- at home and abroad.

coastal eye and wellness: **Indigenous Health Equity and Wellness** Catherine E. McKinley,

Michael S. Spencer, Karina Walters, Charles R. Figley, 2022-02-27 This book focuses on promoting health equity and addressing health disparities among Indigenous peoples of the United States (U.S.) and associated Territories in the Pacific Islands and Caribbean. It provides an overview of the current state of health equity across social, physical, and mental health domains to provide a preliminary understanding of the state of Indigenous health equity. Part 1 of the book traces the promotive, protective, and risk factors related to Indigenous health equity. Part 2 reports promising pathways to achieving and transcending health equity through the description of interventions that address and promote wellness related to key outcomes. The chapters in this book were originally published as a special issue of the *Journal of Ethnic & Cultural Diversity in Social Work*.

coastal eye and wellness: *The Front-Line Leader* Chris Van Gorder, 2014-10-20 Real leadership that leads to high engagement, higher performance, and a culture of accountability As president and CEO of Scripps Health, one of America's most prestigious health systems, Chris Van Gorder presided over a dramatic turnaround, catapulting Scripps from near bankruptcy to a dominant market position. While hospitals and health systems nationwide have laid people off or are closing their doors, Scripps is financially healthy, has added thousands of employees (even with a no-layoff philosophy), and has developed a reputation as a top employer. What are the secrets to this remarkable story? In *The Front-Line Leader*, Chris Van Gorder candidly shares his own incredible story, from police officer to CEO, and the leadership philosophy that drives all of his decisions and actions: people come first. Van Gorder began his unlikely career as a California police officer, which deeply instilled in him a sense of social responsibility, honesty, and public service. After being injured on the job and taking an early retirement, Van Gorder had to reinvent himself, taking a job as a hospital security director, a job that would change his life. Through hard work and determination, he rose to executive ranks, eventually becoming CEO of Scripps. But he never forgot his own roots and powerful work ethic, or the time when he was a security officer and a CEO would not make eye contact with him. Van Gorder leads from the front lines, making it a priority to know his employees and customers at every level. His values learned on the force—protecting the community, educating citizens, developing caring relationships, and ultimately doing the right thing—shape his approach to business. As much as companies talk about accountability, managers seldom understand what practical steps to take to achieve an ethic of service that makes accountability meaningful. *The Front-Line Leader* outlines specific tactics and steps anyone can use starting today to take responsibility, inspire others, and achieve breakout results for their organizations. Van Gorder reveals how a no-layoff philosophy led to higher accountability, how his own attention to seemingly minor details spurred larger change, and how his own high standards for himself and his team improved morale and productivity. From general strategy to the tiny, everyday steps leaders can take to create the kind of culture and accountability that translates into major competitive advantage, *The Front-Line Leader* charts a path to better leadership and a more engaged, higher-performing organization.

coastal eye and wellness: *Pediatric Ophthalmology* Robison Dooling Harley, 1983

coastal eye and wellness: *Health and Wellness Tourism* Patricia Erfurt-Cooper, Malcolm Cooper, 2009-07-27 Geothermal springs constitute a major tourism resource, providing spectacular settings, recreation facilities, a recognised value in treatments beneficial for health and wellness, a sense of heritage and adventure, and links with the natural environment. Health and wellness tourism accounts for a significant proportion of the world's tourism consumption, with components ranging from hot spring bathing for leisure and recreation, through mineral water use in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including usage, heritage, management, technology, environmental and cultural features, and marketing.

coastal eye and wellness: *Unravelling Croatia's hidden treasures* Jay Chandarana, 2024-06-10 *Unraveling Croatia's Hidden Treasures: Incognito Explorers Series* Embark on an unforgettable

journey with Unraveling Croatia's Hidden Secrets-Croatia travel guide 2024, your ultimate companion to exploring the hidden gems of Croatia. This comprehensive guidebook is designed for those who seek to uncover the true essence of Croatia, blending the charm of ancient history with the allure of modern adventures. Whether you are a seasoned traveler or planning your first visit, this Croatia travel guide offers insightful tips and detailed information to make your trip memorable. Dive into the rich tapestry of Croatian culture, cuisine, and breathtaking landscapes, all meticulously covered in this guide. Why this book? Discover why this guidebook stands out among other Croatia travel guide 2024 books. Offering up-to-date information, it ensures that you have the latest recommendations for the best experiences in Croatia 2024. As part of the broader collection of Croatian books, this guide is meticulously researched, providing you with deep insights into the country's rich history and vibrant present. Explore Europe with one of the best Europe travel books 2024, focusing specifically on Croatia's unique destinations. Whether you're delving into travel books Europe for the first time or adding to your collection, this travel guide Croatia is an essential resource for any explorer. Destinations Covered: Explore the historical significance, local culture, and must-see landmarks of Croatia's most captivating destinations: 1. Trogir: Wander through the well-preserved medieval town, discover hidden gems, and immerse yourself in local traditions. 2. Dubrovnik: Walk the ancient city walls, savor the culinary delights, and participate in vibrant festivals. 3. Zadar: Experience modern attractions like the Sea Organ, explore historical landmarks, and enjoy outdoor activities. 4. Hvar: Revel in the nightlife, relax on pristine beaches, and stroll through aromatic lavender fields. 5. Pučišća: Discover the charm of this small town known for its stone masonry and cultural heritage. 6. Labin: Explore the artistic old town, enjoy local festivals, and taste Istrian delicacies. 7. Cavtat: Delight in the serene beauty, visit historical sites, and participate in local traditions. 8. Rovinj: Stroll through the romantic old town, savor exquisite truffles and wines, and explore hidden gems. 9. Skradin: Enjoy the natural beauty of nearby Krka National Park, and delve into local culture and festivals. 10. Korčula: Explore the ancient streets, visit Marco Polo's house, and enjoy traditional sword dances and local festivals. Additional Insights: 1. Travel Tips: Essential advice to make the most of your journey. 2. Culinary Delights: Discover the best local dishes and where to find them. 3. Hidden Gems: Off-the-beaten-path attractions that you won't want to miss. 4. Outdoor Activities: Recommendations for adventures in Croatia's stunning landscapes. 5. Local Traditions and Festivals: Get to know the cultural festivities that bring Croatia to life Each destination offers a unique blend of history, culture, and adventure waiting to be explored. Indulge in culinary delights, uncover hidden gems, and participate in local traditions that will leave you enchanted. Designed for curious souls and seasoned travelers alike, this guidebook is your essential companion to uncovering the allure of Croatia. Whether you're seeking historical landmarks, off-the-beaten-path adventures, or vibrant festivals, let this guide ignite your sense of wonder and inspire your next unforgettable journey. Unlock the secrets of Croatia today - your journey begins here!

coastal eye and wellness: North Carolina's Southern Coast and Wilmington Saule Gretchen, Gwynne Moore, Zach Hanner, 2005-07 The annually updated Insiders' Guide to North Carolina's Southern Coast and Wilmington is this area's most complete source of travel and newcomer information.

coastal eye and wellness: Senegal Sean Connolly, 2015-11-05 Senegal Travel Guide - Expert holiday tips and travel advice including Dakar hotels, restaurants, cuisine, colonial and religious architecture, museums and culture. This guide also covers suggested itineraries and tour operators, music, storytelling, wildlife and natural history, indigenous people, Sufism, Touba, Cap-Vert, Nepen Diakha and Ouakam.

coastal eye and wellness: Living Clean: The Journey Continues Fellowship of Narcotics Anonymous,

coastal eye and wellness: The Surgeon General's Call to Action to Prevent Skin Cancer Office of Office of the Surgeon, U.S. Department of Health and Human Services, 2019-07-27 This document is a Call to Action to partners in prevention from various sectors across the nation to

address skin cancer as a major public health problem. Many partners are essential to this effort, including federal, state, tribal, local, and territorial governments; members of the business, health care, and education sectors; community, nonprofit, and faith-based organizations; and individuals and families. The goal of this document is to increase awareness of skin cancer and to call for actions to reduce its risk. The first section describes the problem of skin cancer and its major risk factors. It also discusses the relationship between exposure to ultraviolet (UV) radiation and health. The second section describes the current evidence on preventing skin cancer, including current initiatives in the United States and in other countries. The third section describes the gaps in research related to skin cancer prevention, highlighting areas of research where more work is needed. The fourth section identifies specific opportunities to prevent skin cancer by reducing UV exposure in the U.S. population and calls for nationwide action.

coastal eye and wellness: *Storm of the Century* Stephen King, 1999-02 Publisher Description

coastal eye and wellness: *The New You* Nelson Searcy, Jennifer Dykes Henson, 2019-01-01

How many of us are living up to our full, God-given potential? What's holding us back--and how can we overcome it? These are the questions Nelson Searcy and Jennifer Dykes Henson want us to ask--and answer--with the help of *The New You*. With energy and enthusiasm, the authors take a holistic view of health that encompasses the physical, spiritual, emotional, and mental areas of our lives, giving us proven, systematic ways to dramatically improve each. Readers come away with specific strategies to - lose weight - get more sleep - lower stress - nurture better relationships - connect with God - and much more. Anyone who wants to trade in the frustration of average living and less-than health for the hallmarks of the new life God promises will find *The New You* an effective personal guide for the journey. ***** People are looking for the big miracle or the one secret solution or the one answer to solve all their problems. This exciting book focuses on small steps . . . many small steps . . . to transform your life.--Elmer L. Towns, cofounder and vice president, Liberty University Are you tired, worn down, discouraged, and longing for a vibrant life--a new you? Then this book is the prescription you need. Nelson Searcy and Jennifer Dykes Henson have compiled a simple, yet comprehensive, list of biblical principles anchored in scientific fact that when applied energizes the tired, rejuvenates the worn down, and invigorates the discouraged. Because of God's design for life, if you do what this book teaches, you cannot avoid a healthier and happier life.--Timothy R. Jennings, MD, DFAPA, psychiatrist and author of *The Aging Brain* and *The God-Shaped Brain* *The New You* is like a handbook for life. The content is clear, concise, and compelling. And Nelson and Jennifer write in a style that is straightforward, biblical, and highly practical. Your life will be better if you read and do what this book says.--Lance Witt, founder, Replenish Ministries Having no vision for your life should be alarming. However, having a big vision with no plan is senseless. This book will help you cultivate both! I love what Nelson and Jennifer have done because they've made complicated concepts incredibly approachable. You're going to want to keep this book near you for the rest of your life.--Clay Scroggins, lead pastor, North Point Community Church *The New You* proves a timely book, as Christians are recognizing in increasing number the call to offer our bodies as living sacrifices (Rom. 12:1).--Matthew C. Easter, assistant professor of Bible, Missouri Baptist University The best book in a long time about how to balance spiritual and physical health! Searcy and Henson give an easy-to-follow plan for improving health while growing your spiritual life. Keep this book on your nightstand, in your car, or in your bag to consult it often and learn how physical health and spiritual growth were intended to work together.--Bob Whitesel, DMin PhD, award-winning author of 13 books, coach, consultant, and speaker on church health and growth at ChurchHealth.net Progress, not perfection! This approach to life keeps me sane and moving in the right direction. It is also what makes *The New You* such a valuable tool for making the most of your wellness. Read and apply this book and your total person will be transformed!--Steve Reynolds, pastor of Capital Baptist Church in Annandale, Virginia, and author of *Bod4God: Twelve Weeks to Lasting Weight Loss* A refreshing and eye-opening read. Their practical and frank confrontation of the questions and unhealthy habits we often have encourages truthful reflection on how we serve as ministers and Christians. This is balanced brilliantly with the

small steps to change, which provide motivation and are nonthreatening for persons who can become overwhelmed by just thinking about getting healthy.--Dwight Fletcher, founder and senior pastor, Transformed Life Church, Kingston, Jamaica I was not a healthy pastor. I was overweight, out of shape, stressed out, and headed for an early grave. Two years ago, I finally decided to put into practice the principles that Nelson shares in this new book, the same principles that he has been living and sharing with me through coaching. Nelson is right, it really is the small things, done consistently over time, that make a huge impact in every area of life. In the past two years I've lost over eighty-five pounds and kept it off. I have more energy than I've ever had and I'm healthier than I've ever been. I cannot wait to share this book with you! You really are one small step away from a brand new you!--Pastor Chris Rollins, Coastal Community Church, Charleston, South Carolina Nelson has been my friend and role model for ministry for nearly thirty years. I have witnessed him excel in every area of life from school to family life to church leadership. The principles that have helped him to be a good friend, husband, father, and pastor are shared in The New You in order to take you from an average life to an abundant life!--Michael A. Jordan, pastor, Mount Vernon Baptist Church, Axton, Virginia In The New You, Nelson and Jennifer not only give the reader a checkup but they also give strategies for improving the most important areas of life. If you desire greater energy, clearer thinking, and spiritual vitality, this is the book for you.--Brian Moore, lead pastor, Crosspointe Church Anaheim This book will strengthen your life, regardless of your faith. You will walk away stronger mentally, spiritually, physically, and emotionally. From the first chapter to the last, you will find big and small ideas you can use now. Don't wait, buy this book now.--Jimmy Britt, lead pastor, Rocky River Church, Charlotte, North Carolina Nelson and Jennifer have done it again! Having known Nelson for over a decade, I have personally benefited from the teachings in this book. I recommend this book to everyone! And I think it would be a great book for small group study too.--Dr. Rick Mandl, senior pastor, Eagle Rock Baptist Church, Los Angeles, California The New You is actually about reclaiming YOU! The YOU God envisioned . . . the YOU God created . . . the YOU God loves. In addition to physical health, Nelson and Jennifer delve into the spiritual, emotional, and mental dimensions of what makes for a healthy YOU. And that's where The New You really shines. Their holistic approach to your health provides insights galore and, at the end of each chapter, simple and specific strategies to help YOU reclaim more of what God intended for YOU all along!--Pastor Kent Wilson, creator of 9Minutes2Fit workout program, certified functional aging specialist, and assistant to the bishop in the Northwestern Ohio Synod of the Evangelical Lutheran Church in America Wholeness and healing are at the top of God's priority list. By clearly explaining the biblical principles that point to full health, the authors make human wholeness not only understandable but, through a series of small steps, doable.--Stan Pegram, lead pastor, BMZ Regional Church

coastal eye and wellness: Take Control of Your Cancer Risk John Whyte, MD, MPH, 2021-10-05 Something everyone has the power to do is reduce your cancer risk, and this book will show you just how easy it is to do it. Each year, over a million people in the United States alone hear the words no one ever wants to hear: You have cancer. But what if there was a way for fewer people to hear these words? One of the biggest myths regarding cancer is that it's mostly genetic - meaning that you have no control over whether you get it. While genetics do have an impact, the truth is that your lifestyle and environment play the major role. Physician and Chief Medical Officer of WebMD John Whyte, MD, MPH, shares straightforward information and equips you with strategies to help you on a journey to better health. In Take Control of Your Cancer Risk, Dr. Whyte provides helpful tips including: assessing your cancer risk knowing which screenings you need, and when learning the role food, exercise, and sleep play understanding the relationship between stress and cancer Take Control of Your Cancer Risk is filled with practical advice that empowers you to really take control of our health.

coastal eye and wellness: Louisiana's Response to Extreme Weather Shirley Laska, 2019-11-12 This book is open access under a CC BY 4.0 license. This book takes an in-depth look at Louisiana as a state which is ahead of the curve in terms of extreme weather events, both in frequency and

magnitude, and in its responses to these challenges including recovery and enhancement of resiliency. Louisiana faced a major tropical catastrophe in the 21st century, and experiences the fastest rising sea level. Weather specialists, including those concentrating on sea level rise acknowledge that what the state of Louisiana experiences is likely to happen to many more, and not necessarily restricted to coastal states. This book asks and attempts to answer what Louisiana public officials, scientists/engineers, and those from outside of the state who have been called in to help, have done to achieve resilient recovery. How well have these efforts fared to achieve their goals? What might these efforts offer as lessons for those states that will be likely to experience enhanced extreme weather? Can the challenges of inequality be truly addressed in recovery and resilience? How can the study of the Louisiana response as a case be blended with findings from later disasters such as New York/New Jersey (Hurricane Sandy) and more recent ones to improve understanding as well as best adaptation applications – federal, state and local?

coastal eye and wellness: Croatia Piers Letcher, Robin McKelvie, Jenny McKelvie, 2007 This guide focuses on Croatia's natural and cultural attractions, including in-depth coverage of Zagreb and the historic cities of Dubrovnik and Split.

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recovery by 350%. Conquering macular degeneration is finally achievable and there is now hope where previously there was none. Dr. Paul's book uncovers secrets that will truly become the medicine of the millennium.

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coastal eye and wellness: The Financial Crisis Inquiry Report Financial Crisis Inquiry Commission, 2011-05-01 The Financial Crisis Inquiry Report, published by the U.S. Government and the Financial Crisis Inquiry Commission in early 2011, is the official government report on the United States financial collapse and the review of major financial institutions that bankrupted and failed, or would have without help from the government. The commission and the report were implemented after Congress passed an act in 2009 to review and prevent fraudulent activity. The report details, among other things, the periods before, during, and after the crisis, what led up to it,

and analyses of subprime mortgage lending, credit expansion and banking policies, the collapse of companies like Fannie Mae and Freddie Mac, and the federal bailouts of Lehman and AIG. It also discusses the aftermath of the fallout and our current state. This report should be of interest to anyone concerned about the financial situation in the U.S. and around the world. THE FINANCIAL CRISIS INQUIRY COMMISSION is an independent, bi-partisan, government-appointed panel of 10 people that was created to examine the causes, domestic and global, of the current financial and economic crisis in the United States. It was established as part of the Fraud Enforcement and Recovery Act of 2009. The commission consisted of private citizens with expertise in economics and finance, banking, housing, market regulation, and consumer protection. They examined and reported on the collapse of major financial institutions that failed or would have failed if not for exceptional assistance from the government. News Dissector DANNY SCHECHTER is a journalist, blogger and filmmaker. He has been reporting on economic crises since the 1980's when he was with ABC News. His film *In Debt We Trust* warned of the economic meltdown in 2006. He has since written three books on the subject including *Plunder: Investigating Our Economic Calamity* (Cosimo Books, 2008), and *The Crime Of Our Time: Why Wall Street Is Not Too Big to Jail* (Disinfo Books, 2011), a companion to his latest film *Plunder The Crime Of Our Time*. He can be reached online at www.newsdissector.com.

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coastal eye and wellness: *Sea Escape* Lynne Griffin, 2010-07-06 Acclaimed novelist and nationally recognized family expert Lynne Griffin returns with *Sea Escape*—an emotional, beautifully imagined story inspired by the author's family letters about the ties that bind mothers and daughters. Laura Martinez is wedged in the middle place, grappling with her busy life as a nurse, wife, and devoted mom to her two young children when her estranged mother, Helen, suffers a devastating stroke. In a desperate attempt to lure her mother into choosing life, Laura goes to *Sea Escape*, the pristine beach home that Helen took refuge in after the death of her beloved husband, Joseph. There, Laura hunts for the legendary love letters her father wrote to her mother when he served as a reporter for the Associated Press during wartime Vietnam. Believing the beauty and sway of her father's words will have the power to heal, Laura reads the letters bedside to her mother, a woman who once spoke the language of fabric—of Peony Sky in *Jade* and *Paradise Garden Sage*—but who can't or won't speak to her now. As Laura delves deeper into her tangled family history, she becomes increasingly determined to save her mother. As each letter reveals a patchwork detail of her parents' marriage, she discovers a common thread: a secret that mother and daughter unknowingly share. Weaving back and forth from Laura's story to her mother's, beginning in the idyllic 1950s with Helen's love affair with Joseph through the tumultuous Vietnam War period on to the present, *Sea Escape* takes a gratifying look at what women face in their everyday lives—the balancing act of raising capable and happy children and being accomplished and steadfast wives while still being gracious and good daughters. It is a story that opens the door to family secrets so gripping, you won't be able to put this book down until each is revealed.

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increase in interest from optometrists who wish to develop their skills. This text was written as a comprehensive guide to primary pediatric eye care, for both clinicians and students with an interest in paediatrics.

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