

coastal wellness family medicine

Coastal Wellness Family Medicine: Your Guide to Holistic Coastal Living and Healthcare

Are you searching for a family doctor who understands the unique needs of coastal living? Do you crave a healthcare experience that goes beyond routine check-ups, incorporating the restorative power of the ocean and a holistic approach to wellbeing? Then you've come to the right place. This comprehensive guide dives deep into the world of coastal wellness family medicine, exploring its benefits, what to expect, and how to find the perfect fit for your family. We'll cover everything from the advantages of a coastal lifestyle on your health to the specific services offered by practices specializing in this unique approach to family healthcare. Get ready to discover a new level of wellness for you and your loved ones!

What is Coastal Wellness Family Medicine?

Coastal wellness family medicine represents a progressive approach to healthcare that integrates the inherent benefits of a coastal lifestyle with comprehensive family medical care. It's more than just a convenient location; it's a philosophy that leverages the natural healing power of the ocean and its surroundings to enhance physical and mental wellbeing. Think fresh air, reduced stress from natural surroundings, and opportunities for increased physical activity like swimming, surfing, or simply enjoying a seaside stroll. These environmental factors contribute significantly to improved mental and physical health outcomes. A coastal wellness family medicine practice takes these benefits into account, often incorporating them into their patient care plans.

The Benefits of Coastal Living for Your Health

The benefits of living near the coast are well-documented and significantly impact your overall health and wellbeing. These include:

Reduced Stress and Improved Mental Health: The sound of the ocean, the fresh sea air, and the vastness of the horizon have a calming effect, reducing stress hormones and promoting relaxation. Studies have shown a direct correlation between proximity to the ocean and lower rates of anxiety and depression.

Increased Physical Activity: Coastal living often encourages more physical activity. Walking on the beach, swimming, surfing, kayaking – these are all readily accessible and enjoyable activities that improve cardiovascular health, strengthen muscles, and boost overall fitness.

Improved Air Quality: Coastal air often contains higher levels of negative ions, which are associated with improved respiratory function and enhanced mood. This cleaner air can be especially beneficial for individuals with respiratory conditions.

Access to Natural Resources: Many coastal communities have access to fresh, locally sourced seafood, which is rich in omega-3 fatty acids and other essential nutrients vital for optimal health.

Stronger Sense of Community: Coastal towns and villages often have a strong sense of community, which can contribute to social wellbeing and reduce feelings of isolation.

Services Offered by Coastal Wellness Family Medicine Practices

While the specific services offered can vary between practices, you can generally expect a holistic approach that integrates traditional family medicine with the unique advantages of coastal living. This may include:

Preventative Care: Routine check-ups, vaccinations, and screenings for common health issues.

Chronic Disease Management: Support and management for conditions like diabetes, hypertension, and heart disease, often incorporating lifestyle modifications encouraged by coastal living.

Mental Health Services: Addressing mental health concerns through therapy, counseling, or referrals to specialists. The natural calming effects of the coastal environment can be a significant part of the treatment plan.

Nutritional Counseling: Guidance on healthy eating habits, often emphasizing the benefits of locally sourced, fresh seafood and other coastal produce.

Lifestyle Medicine: Promoting healthy lifestyle choices, including physical activity, stress management techniques, and mindfulness practices inspired by the coastal environment.

Telemedicine Options: Many practices now offer telehealth appointments, extending convenient access to care, especially helpful for those in remote coastal areas.

Finding the Right Coastal Wellness Family Medicine Practice

Choosing the right family doctor is a crucial decision. When searching for a coastal wellness practice, consider the following:

Location and Accessibility: Choose a practice conveniently located near your home or workplace.

Philosophy and Approach: Look for a practice that aligns with your values and preferences regarding holistic care and integration of coastal lifestyle benefits.

Doctor's Experience and Credentials: Ensure the doctors are licensed, experienced, and have a good reputation.

Patient Reviews and Testimonials: Read online reviews to gain insights into other patients' experiences.

Insurance Coverage: Confirm that your insurance plan covers the services offered by the practice.

Conclusion

Coastal wellness family medicine represents a unique and effective approach to healthcare that prioritizes both physical and mental wellbeing. By combining traditional family medicine with the inherent benefits of coastal living, this model offers a comprehensive and holistic path to a healthier, happier life. Take the time to research practices in your area that embrace this philosophy. Your family's health will thank you for it!

FAQs

1. Is Coastal Wellness Family Medicine right for everyone? While the benefits of coastal living are significant, it's not suitable for everyone. Consider your personal preferences, accessibility, and health needs when making a decision.
1. How can I find a Coastal Wellness Family Medicine practice near me? Start by searching online using keywords like "coastal wellness family medicine," along with your location. You can also check your insurance provider's directory for in-network physicians.
1. Does Coastal Wellness Family Medicine cost more than traditional family medicine? This can vary depending on the practice and your insurance coverage. It's important to check with your insurance provider and the practice directly to understand the costs.
1. What if I don't live directly on the coast, but close by? Even proximity to the coast can offer many of the same benefits. Look for practices that emphasize holistic wellness and incorporate lifestyle medicine principles into their care.
1. Are there specific certifications for Coastal Wellness Family Medicine? Currently, there isn't a specific certification for this specialized area of family medicine. However, look for doctors who demonstrate a commitment to holistic care and incorporate the benefits of coastal living into their practice philosophy.

coastal wellness family medicine: Departments of Labor, Health and Human Services.

Education, and Related Agencies Appropriations for 2006: Department of Health and Human Services United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 2005

coastal wellness family medicine: The 3-Minute Musculoskeletal & Peripheral Nerve Exam Alan Miller, MD, Kimberly DiCuccio Heckert, MD, Brian A. Davis, MD, 2008-08-13 With over 200 techniques available for examining different muscles and joints, it is impractical to accurately remember them all. But now there is a shortcut: The 3-Minute Musculoskeletal & Peripheral Nerve Exam is a clear, concise, and accessible reference for conducting a thorough musculoskeletal and peripheral nerve examination in a clinical setting. With a consistent presentation of each examination technique, this pocket-sized guide is both a tutorial for students and a reference for experienced practitioners. Each examination includes detailed photographs of models with labeled structures, and a standard format that covers: What action the patient performs What action the examiner performs Findings that indicate a positive test What the positive test signifies Covering a comprehensive collection of the conditions for which a patient would seek medical care, The 3-Minute Musculoskeletal & Peripheral Nerve Exam features: Small, discreet trim size, perfect for quick review prior to seeing a patient Extensive use of detailed photographs for each exam A section on the American Spinal Cord Injury Association examination and classification protocols An illustrative tutorial on gait and posture A comprehensive table of clinically relevant muscles and their action, location for EMG/Botox needle placement and nerve/root innervation A quick reference guide to all of these conditions and procedures The 3-Minute Musculoskeletal & Peripheral Nerve Exam will aid in the evaluation of joint problems through physical exam maneuvers and will teach the detection of muscle weakness and the examination of peripheral nerves and reflexes. It is an essential means of quick reference for residents and clinicians in physiatry, neurology, pain medicine, orthopedics, internal medicine, and family practice.

coastal wellness family medicine: Integrative Pain Management Robert Alan Bonakdar, Andrew W. Sukiennik, 2016 Integrative Pain Management is a comprehensive guide written by experts in the field that provides case examples of pain conditions, reviews common integrative treatments including physical therapy, behavioral strategies, and advanced procedures to maximize function and reduce pain; and with extensive resources.

coastal wellness family medicine: Integrative Women's Health Victoria Maizes, Tieraona Low Dog, 2010-02-26 Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care. Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

coastal wellness family medicine: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health

status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

coastal wellness family medicine: Deeper Still JOHN. STIRK, 2021-01-25 *Deeper Still* is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from *The Original Body* this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. *Deeper Still* goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. *Deeper Still* enables teachers to take their students to a deeper dimension. It also provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

coastal wellness family medicine: 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 wellness family medicine: 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 wellness family medicine: Food, Nature & Wellness: Dueling Epistemologies Debbie L. Humphries, Alder Keleman Saxena, Padma Venkatasubramanian, 2023-11-14

coastal wellness family medicine: 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 wellness family medicine: Prepare Operational Budgets Sharon Rumble, 2018-09-01 *Prepare Operational Budgets* is for students of the Certificate IV in Accounting and has been specifically developed to meet the requirements of the unit of competency: *Prepare Operational Budgets*. Content is presented in bite-sized segments to allow learners to access individual parts at their own pace, and detailed mapping to learning outcomes is provided throughout the text. A complete tool for learning and assessment for both students and instructors, the text includes an assessment tool as an appendix, which has been developed and mapped to meet all essential requirements of assessment. An end-of-chapter developing case study task provides students with practical tasks and activities that build on the concepts covered in previous chapters, enabling a scaffolded approach to the application, and holistic understanding of preparing operational budgets using a realistic case study business scenario.

coastal wellness family medicine: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies

illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

coastal wellness family medicine: The Practice of Family Medicine David Frew Coulter, Derek John Llewellyn, 1971

coastal wellness family medicine: Health and Wellness for Life Human Kinetics, 2018-07-16

Health on Demand and Health and Wellness for Life provide professors teaching general-ed health courses the option to customize their student textbooks to match their syllabi. With a custom Health on Demand text, your students pay for only the material you'll actually cover in class, plus you can match the text's content to the unique needs of your setting. The standard text, Health and Wellness for Life, offers a ready-made option for those looking for a textbook that covers all the essential personal health topics for the general student population. Both options feature content developed by 15 veteran health educators and organized into a cohesive course text by Human Kinetics, a publisher with more than 30 years of experience in providing top-quality information resources to the fields of health and physical education and to the various kinesiology subdisciplines. The standard text includes 16 chapters of the topics most often covered in a general-education health course. Or you can choose from a total of 23 chapters to ensure your text includes the material that is most important for your students. For those electing to customize a text, new chapters will be offered as they are developed to expand your options even further. Student-friendly textbook features make reading and learning more enjoyable Both the standard text Health and Wellness for Life and the customizable Health on Demand text include the following student-friendly features:

- A conversational tone used throughout the book makes it accessible and relevant for any student.
- Discussion and assessment questions, quizzes, surveys, hypothetical scenarios, and learning objectives add interest to the textbook and help students retain what they've learned.
- A look at the effect of gender and ethnicity on health issues makes learning more personal for each individual.
- Special focus on timely and controversial issues encourages students to think critically about media and advertising.
- Special elements on steps for behavioral change and the mind-body connection show students how to take action to address health issues to improve mental and physical health.
- A glossary of terms defines concepts presented in each chapter.
- Several application activities for each chapter engage students' critical-thinking skills.
- The online student resource provides additional information, links, and tools that expand on topics from the text.

Complete coverage of important concepts The standard textbook covers these important topics:

- Fitness, nutrition, and weight management
- Mental health and stress management
- Relationships, reproductive choices, and pregnancy and childbirth
- Health promotion, chronic diseases, and prevention of infectious diseases
- Consumer health and alternative medicine, environmental health, and substance abuse and dependency
- Healthy aging and wellness throughout life

The customizable text from the Health on Demand series allows you to select the chapters you'll actually use, with options on how sensitive topics such as abortion are treated. Alternative chapters cover topics such as these:

- Body Composition
- Musculoskeletal Health
- Cardiovascular Health
- Injury Prevention and First Aid
- Death and Dying
- Spirituality
- Reproductive Choices (without abortion)

Professors may select any combination of chapters from the standard book and optional chapters and have them placed in any order in the final textbook. Professors can also write their own foreword or add a chapter (subject to Human Kinetics' review and approval), and information on campus-specific health resources (such as the campus health center, phone numbers, and other resources). The cover can be customized with a photo of the professor's choosing (such as a campus landmark or school mascot), or a school name or logo can appear on the cover. Professors can even create their own title for the textbook. Complete ancillaries help instructors implement the course Whether you choose the standard textbook Health and Wellness for Life or choose to customize your own Health on Demand book for course instruction, you will receive access to a complete set of ancillaries tailored to match the book

you've selected. The ancillaries include the following features: - Presentation package with more than 500 PowerPoint lecture slides covering all available chapters - Test package with more than over 500 multiple-choice, fill-in-the-blank, and short-answer questions covering the content from all chapters - Online student resource includes extended discussions of topics related to the content of each chapter, answers to review questions from the textbook, and definitions of terms used in each chapter Human Kinetics makes custom publishing for health education a reality with reliable information in a style students will love and the ability to tailor content to meet specific needs. With Health and Wellness for Life and Health on Demand, you can help your students create their paths to lifelong well-being.

coastal wellness family medicine: 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 wellness family medicine: Global Perspectives on the Opportunities and Future Directions of Health Tourism Do?an, O?uz, 2023-02-17 Millions of patients travel abroad every year, and the number of trips around the world to benefit from health services is increasing. The high level of global demand for health services has influenced the rapid development of the tourism industry. Many destinations providing high-quality healthcare services at low prices have emerged. Due to these developments in the industry, the health tourism market, one of the fastest growing markets, has emerged. Countries operating in the industry are also striving to increase their market shares. Therefore, it is important to understand the dynamics of this global phenomenon. Global Perspectives on the Opportunities and Future Directions of Health Tourism provides new theoretical, practical, and strategic insights into the field of health tourism. It discusses in detail the health tourism industry and its importance for the global economy, countries, and destinations. Covering topics such as elderly consumers, historical development, and image and branding, this premier reference source is an essential resource for government officials, hospital administrators, policymakers, business managers and executives, students and educators of higher education, librarians, researchers, and academicians.

coastal wellness family medicine: Conceive Magazine , 2010

coastal wellness family medicine: Conceive Magazine , 2010

coastal wellness family medicine: Integrative Cardiology Stephen Devries, James E. Dalen, 2011-02-03 Integrative Cardiology is an exploration of a new and much-needed perspective in cardiac care: the intelligent synthesis of conventional medicine with alternative approaches not typically part of Western medical curriculum. More than a blending of two approaches, this new perspective in cardiology highlights specific gaps in conventional heart care, and examines how alternative approaches may be ideally suited to address these missed opportunities. Cardiology is an ideal specialty for an integrative approach. Heart disease is largely preventable. The influence of nutrition, physical activity, metabolic factors, and emotional state on heart health is unmistakable, and the wide-angle lens of integrative medicine is an ideal model to address these multi-faceted needs. Most importantly, the focus of this work is directed at prevention. The approaches described in this book emphasize collaboration of the patient and health care provider--both seeking to obtain the best possible outcome taking into account the intangible, but vital, nuances of the patient's culture, beliefs, and preferences. The first section in this book describes the core elements of integrative cardiology, beginning with nutrition. Foundational chapters that follow include exercise, botanicals, aspirin, metabolic cardiology, acupuncture, spirituality, mind/body approaches, and energy medicine. Contributing authors, all of whom have a background in academic medicine, share the approaches they have found most effective in their own practices, referencing their work with

the best scientific evidence available.

coastal wellness family medicine: Mohs Micrographic Surgery Stephen N. Snow, George R. Mikhail, 2004 Mohs Micrographic Surgery, an advanced treatment procedure for skin cancer, offers the highest potential for recovery--even if the skin cancer has been previously treated. This procedure is a state-of-the-art treatment in which the physician serves as surgeon, pathologist, and reconstructive surgeon. It relies on the accuracy of a microscope to trace and ensure removal of skin cancer down to its roots. This procedure allows dermatologists trained in Mohs Surgery to see beyond the visible disease and to precisely identify and remove the entire tumor, leaving healthy tissue unharmed. This procedure is most often used in treating two of the most common forms of skin cancer: basal cell carcinoma and squamous cell carcinoma. The cure rate for Mohs Micrographic Surgery is the highest of all treatments for skin cancer--up to 99 percent even if other forms of treatment have failed. This procedure, the most exact and precise method of tumor removal, minimizes the chance of regrowth and lessens the potential for scarring or disfigurement

coastal wellness family medicine: The Postnatal Depletion Cure Dr. Oscar Serrallach, 2018-06-05 While postpartum depression has become a recognizable condition, this is the first book to treat root causes of mommy brain, baby blues, and other symptoms that leave mothers feeling exhausted. Any woman who has read What to Expect When You're Expecting needs a copy of The Postnatal Depletion Cure. Filled with trustworthy advice, protocols for successful recovery, and written by a compassionate expert in women's health, this book is a guide to help any mother restore her energy, replenish her body, and reclaim her sense of self. Most mothers have experienced pain, forgetfulness, indecision, low energy levels, moodiness, or some form of baby brain. And it's no wonder: The process of growing a baby depletes a mother's body in substantial ways--on average, a mother's brain shrinks 5% during pregnancy, and the placenta saps her of essential nutrients that she needs to be healthy and contented. But with postnatal care ending after 6 weeks, most women never learn how to rebuild their strength and care for their bodies after childbirth. As a result, they can suffer from the effects of depletion for many years, without knowing what's wrong as well as getting the support and treatments that they need.

coastal wellness family medicine: Ultraprevention Mark Hyman, 2005-01-04 Offers a science-based, patient-centered program designed to improve overall health, prevent disease, increase energy, enhance mood, diminish stress, and provide better overall health for people of all ages.

coastal wellness family medicine: Essential Wellness Nancy J. Hajeski, 2019-07-16 Enhance your physical and mental well-being through practical solutions that are easy to incorporate into your daily routine. Whatever your goals, Essential Wellness walks you through the many ways you can maximize health and minimize stress. Whether you're recovering from illness, controlling your weight, managing an addiction, minimizing the effects of aging, or simply boosting your overall well-being, this book provides you with recipes, routines, tips, and tricks for living your healthiest life. It introduces powerful tools that are easy to incorporate into your daily routine, including yoga, meditation, massage, and herbal remedies. Essential Wellness covers the simple but effective tools you can use to care for body and mind.

coastal wellness family medicine: *Healthy, Resilient, and Sustainable Communities After Disasters* Institute of Medicine, Board on Health Sciences Policy, Committee on Post-Disaster Recovery of a Community's Public Health, Medical, and Social Services, 2015-09-10 In the devastation that follows a major disaster, there is a need for multiple sectors to unite and devote new resources to support the rebuilding of infrastructure, the provision of health and social services, the restoration of care delivery systems, and other critical recovery needs. In some cases, billions of dollars from public, private and charitable sources are invested to help communities recover. National rhetoric often characterizes these efforts as a return to normal. But for many American communities, pre-disaster conditions are far from optimal. Large segments of the U.S. population suffer from preventable health problems, experience inequitable access to services, and rely on overburdened health systems. A return to pre-event conditions in such cases may be short-sighted

given the high costs - both economic and social - of poor health. Instead, it is important to understand that the disaster recovery process offers a series of unique and valuable opportunities to improve on the status quo. Capitalizing on these opportunities can advance the long-term health, resilience, and sustainability of communities - thereby better preparing them for future challenges. *Healthy, Resilient, and Sustainable Communities After Disasters* identifies and recommends recovery practices and novel programs most likely to impact overall community public health and contribute to resiliency for future incidents. This book makes the case that disaster recovery should be guided by a healthy community vision, where health considerations are integrated into all aspects of recovery planning before and after a disaster, and funding streams are leveraged in a coordinated manner and applied to health improvement priorities in order to meet human recovery needs and create healthy built and natural environments. The conceptual framework presented in *Healthy, Resilient, and Sustainable Communities After Disasters* lays the groundwork to achieve this goal and provides operational guidance for multiple sectors involved in community planning and disaster recovery. *Healthy, Resilient, and Sustainable Communities After Disasters* calls for actions at multiple levels to facilitate recovery strategies that optimize community health. With a shared healthy community vision, strategic planning that prioritizes health, and coordinated implementation, disaster recovery can result in a communities that are healthier, more livable places for current and future generations to grow and thrive - communities that are better prepared for future adversities.

coastal wellness family medicine: Multicultural Approaches to Health and Wellness in America Regan A. R. Gurung, 2014-04-21 Led by a UCLA-trained health psychologist, a team of experts describes non-traditional treatments that are quickly becoming more common in Western society, documenting cultural variations in health and sickness practices to underscore the diversity among human society. This unique two-volume set describes the variety of cultural approaches to health practiced by people of varying cultural heritages and places them in stark context with traditional Western approaches to health care and medicine. Examining health practices such as Ayurveda, an ancient system of medicine that focuses on the body, the sense organs, the mind, and the soul; and traditional Chinese medicine (TCM), the author examines why these different approaches can explain some of the cultural variations in health behaviors, differences in why people get sick, and how they cope with illness. Traditional health care providers of all kinds—including clinicians, counselors, doctors, nurses, and social workers—will all greatly benefit by learning about vastly different approaches to health, while general readers and scholars alike will gain insight into the rich diversity of world culture and find the material fascinating.

coastal wellness family medicine: *Medical and Health Information Directory* , 2010

coastal wellness family medicine: What Matters in Medicine David Loxterkamp, 2013-02-18 An honest and insightful reflection on lessons learned about primary care from a life as a small town doctor

coastal wellness family medicine: Primary Care Institute of Medicine, Committee on the Future of Primary Care, 1996-09-05 Ask for a definition of primary care, and you are likely to hear as many answers as there are health care professionals in your survey. Primary Care fills this gap with a detailed definition already adopted by professional organizations and praised at recent conferences. This volume makes recommendations for improving primary care, building its organization, financing, infrastructure, and knowledge base—as well as developing a way of thinking and acting for primary care clinicians. Are there enough primary care doctors? Are they merely gatekeepers? Is the traditional relationship between patient and doctor outmoded? The committee draws conclusions about these and other controversies in a comprehensive and up-to-date discussion that covers: The scope of primary care. Its philosophical underpinnings. Its value to the patient and the community. Its impact on cost, access, and quality. This volume discusses the needs of special populations, the role of the capitation method of payment, and more. Recommendations are offered for achieving a more multidisciplinary education for primary care clinicians. Research priorities are identified. Primary Care provides a forward-thinking view of

primary care as it should be practiced in the new integrated health care delivery systems—important to health care clinicians and those who train and employ them, policymakers at all levels, health care managers, payers, and interested individuals.

coastal wellness family medicine: Diabetes in Indian country : hearing ,

coastal wellness family medicine: Moving to Maine Victoria Doudera, 2015-08-20 This is a completely revised and expanded edition of the best-selling, comprehensive guide covering not only reasons to move to Maine but also what newcomers will find once they get here. The book answers questions about what Maine is really like as a place to live, providing a broad range of information about schools, housing, cultural life, taxes, work and employment opportunities, and even the weather.

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economies. The examples show that an entrepreneurial approach to service delivery and infrastructure provision by local organizations and governments is needed. Critical economic and community development supports are crucial to assist creative and innovative sets of solutions that work for small communities. Chapters in this book argue that community development foundations for resilient rural and small town communities and regions must be co-constructed and co-delivered in partnership by both local and senior government actors, in terms of both policy and committed resources. This volume will be extremely valuable for students, scholars, and community development practitioners exploring policy-making, government initiatives, and community service provision in rural and small town places.

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evolution. The magnitude of these challenges calls for fundamental change to address inherent problems in the healthcare system and ensure sustainable access to healthcare for generations to come. The problem is understanding where and how to change. Failures of strategy are often failures to anticipate a reality different than what organizations are prepared or willing to see. Both system-wide and organizational transformation means doing current activities more efficiently while layering on change. This book aims to provide leaders with the tools to help organizations and healthcare systems adapt and evolve to meet the new challenges of healthcare as it continues to evolve. Praise for *Leading Strategic Change in an Era of Healthcare Transformation* The authors make the case for healthcare transformation, and more importantly outline the required steps from changing mindsets to opinions development...a useful guide for all future healthcare leaders.- John A. Quelch, Charles Edward Wilson Professor of Business Administration at Harvard Business School There are several lifetimes of knowledge in the book about leading strategic transformation in the healthcare sector... Strategic transformation requires 2 ingredients: expertise in the healthcare sector and knowledge about leading change. This volume accomplishes both.- Karen Hein, Former President of the William T. Grant Foundation, Adjunct Professor of Family & Community Medicine, Dartmouth Medical School and Visiting Fellow, Feinstein International Center, Tufts University An essential guide for healthcare leaders seeking to transform their organization in these demanding times.- Dr. Mario Moussa, President, Moussa Consulting and co-author of *The Art of Woo: Using Strategic Persuasion to Sell Your Ideas and Committed Teams: Three Steps to Inspiring Passion and Performance*

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