

core chiropractic and wellness seattle

Core Chiropractic and Wellness Seattle: Your Guide to Holistic Well-being

Are you experiencing persistent back pain, nagging headaches, or just feeling generally "off"? In the bustling city of Seattle, finding the right healthcare provider can feel overwhelming. This comprehensive guide dives deep into Core Chiropractic and Wellness Seattle, exploring their services, philosophy, and what sets them apart in the vibrant Seattle wellness scene. We'll cover everything you need to know to determine if Core Chiropractic and Wellness is the right fit for your healthcare needs. Get ready to unlock the secrets to a healthier, happier you in the Emerald City!

Understanding Core Chiropractic and Wellness Seattle's Approach

Core Chiropractic and Wellness Seattle isn't your typical chiropractic clinic. They take a holistic approach, focusing on the interconnectedness of your body's systems. This means they don't just treat symptoms; they aim to identify and address the root cause of your discomfort. Their philosophy centers around empowering patients to take control of their health through personalized treatment plans and lifestyle guidance. They believe that true wellness goes beyond addressing immediate pain; it involves optimizing your overall physical, mental, and emotional well-being. This comprehensive approach is what distinguishes them from many other chiropractic practices in the Seattle area.

Services Offered: Beyond the Spinal Adjustment

While spinal adjustments are a cornerstone of their practice, Core Chiropractic and Wellness Seattle offers a wide array of services designed to promote holistic healing. These include:

Chiropractic Adjustments: Utilizing gentle, precise techniques to restore proper spinal alignment and reduce pain.

Massage Therapy: Relieving muscle tension, improving circulation, and promoting relaxation. They often utilize techniques tailored to address specific musculoskeletal issues.

Acupuncture: A traditional Chinese medicine technique that involves inserting thin needles into specific points on the body to stimulate energy flow and alleviate pain.

Nutritional Counseling: Personalized guidance on dietary choices to support optimal health and wellness, often incorporating functional medicine principles.

Rehabilitation Exercises: Customized exercise programs to strengthen muscles, improve flexibility, and prevent future injuries.

Corrective Exercises: Targeted exercises designed to address specific postural imbalances and improve overall body mechanics.

This breadth of services allows for a truly integrated and personalized approach to care, addressing the whole person rather than just isolated symptoms. This comprehensive approach is key to achieving long-term wellness and preventing future health issues.

The Core Chiropractic and Wellness Seattle Team: Expertise and Compassion

The success of any healthcare practice hinges on its practitioners. Core Chiropractic and Wellness Seattle boasts a team of highly skilled and compassionate professionals dedicated to providing exceptional care. Their team includes licensed chiropractors, experienced massage therapists, and certified acupuncturists, all committed to continuing education and staying abreast of the latest advancements in their respective fields. This commitment to ongoing professional development ensures that patients receive the most effective and up-to-date treatments. Many patients cite the team's friendly and approachable demeanor as a key factor in their positive experience.

Location and Accessibility: Serving the Seattle Community

Conveniently located [Insert Actual Address Here, if known, otherwise describe general location within Seattle, e.g., "in the heart of Capitol Hill" or "easily accessible from downtown Seattle"], Core Chiropractic and Wellness Seattle is easily accessible for residents throughout the city. Their clinic is designed to be welcoming and comfortable, creating a relaxing environment conducive to healing. Information about their hours of operation, appointment scheduling, and insurance acceptance can be found on their website. They strive to make their services accessible to a broad range of patients, emphasizing affordability and convenience.

Patient Testimonials: Real Results, Real People

The best testament to a healthcare provider's effectiveness lies in the experiences of its patients. Numerous positive reviews highlight Core Chiropractic and Wellness Seattle's commitment to patient care. Patients frequently praise the clinic's personalized approach, the expertise of the staff, and the tangible results they have achieved. These testimonials speak volumes about the clinic's effectiveness in alleviating pain, improving mobility, and enhancing overall well-being. You can often find these testimonials directly on their website or on review platforms like Yelp and Google My Business.

Why Choose Core Chiropractic and Wellness Seattle?

In the competitive landscape of Seattle healthcare providers, Core Chiropractic and Wellness distinguishes itself through its holistic approach, expert team, convenient location, and commitment to patient well-being. They offer a comprehensive range of services designed to address the root causes of health issues, empowering patients to take an active role in their recovery and ongoing health maintenance. By prioritizing a personalized approach, they cater to individual needs and ensure optimal outcomes. Their focus extends beyond symptom relief; they strive to foster long-term health and wellness.

Conclusion

Core Chiropractic and Wellness Seattle offers a refreshing approach to healthcare in the bustling city. Their commitment to holistic wellness, combined with their team's expertise and compassionate care, makes them a leading choice for those seeking lasting relief and improved quality of life. If you are looking for a comprehensive, personalized approach to chiropractic care in Seattle, Core Chiropractic and Wellness deserves serious consideration.

FAQs

1. Do you accept insurance? Please contact Core Chiropractic and Wellness Seattle directly to inquire about insurance acceptance. They typically work with several major providers, but it's best to verify your specific plan's coverage.
1. What are your hours of operation? Check the clinic's website for their most up-to-date hours of operation. These may vary depending on the day of the week.
1. What should I expect during my first appointment? Your initial appointment will involve a thorough consultation to discuss your health history, current concerns, and goals. A physical examination will follow, and your treatment plan will be collaboratively developed.
1. How long will it take to see results? The timeline for noticeable improvement varies from person

to person. Your individual progress will depend on factors such as the nature and severity of your condition, your adherence to the treatment plan, and your overall health.

1. Do you offer payment plans? To discuss payment options and plans, it's best to contact Core Chiropractic and Wellness Seattle directly. They may offer flexible payment arrangements to accommodate individual needs.

core chiropractic and wellness seattle: Chiropractic Technique David H. Peterson, Thomas F. Bergmann, 2002 The first-ever book to describe the rationale behind adjustment techniques for the spine, pelvis, and extremities, this NEW 2nd Edition offers thoroughly revised chapters, new illustrations, a reorganized layout, and extensive updates. The basic anatomical, biomechanical, and pathophysiological principles necessary for applying specific adjustive procedures are discussed in detail. It also offers a fundamental understanding of joint and body mechanics, as well as key evaluative tests and procedures, to help the reader evaluate, select, and utilize the most effective adjustive techniques. Coverage of chiropractic history provides a broad understanding of general concepts and practice. Theory and practice combine to make Chiropractic Technique, 2nd Edition a must-have for anyone seeking a solid foundation in joint examination and chiropractic adjustment. The text is organized by joint system, focusing on practical anatomy, kinematics, evaluation, and technique for each system so each chapter can stand on its own as an independent discussion Specific evaluative procedures demonstrate how to identify the characteristics of manipulable lesions Background on the history of chiropractic provides an excellent foundation for joint examination and adjustive techniques Extensive photos and line drawings vividly illustrate each technique References throughout the book direct the reader to sources for more detailed information on chapter content Mechanical principles are addressed, which help the reader understand differences between adjustive procedures and how each should be performed A convenient list of joints and a joint index are included on the end sheets for quick, easy reference Authors are well known and well-respected in the chiropractic field. All chapters have been revised and updated to include the latest information available Joint anatomy and basic biomechanics coverage offers a more clinical focus in this Edition A New Chapter on mobilization, traction, and soft tissue techniques presents these similar techniques in one chapter, organized according to development and slight variation, for a clear, objective look at each one. A new user-friendly layout arranges content and illustrations so information is accessible and the text is easy-to-read.

core chiropractic and wellness seattle: Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition Leslie Stager, 2020-06-30 Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly

skilled perinatal massage instructor who is also a registered nurse, childbirth educator, and doula.

core chiropractic and wellness seattle: Finding What Works in Health Care Institute of Medicine, Board on Health Care Services, Committee on Standards for Systematic Reviews of Comparative Effectiveness Research, 2011-07-20 Healthcare decision makers in search of reliable information that compares health interventions increasingly turn to systematic reviews for the best summary of the evidence. Systematic reviews identify, select, assess, and synthesize the findings of similar but separate studies, and can help clarify what is known and not known about the potential benefits and harms of drugs, devices, and other healthcare services. Systematic reviews can be helpful for clinicians who want to integrate research findings into their daily practices, for patients to make well-informed choices about their own care, for professional medical societies and other organizations that develop clinical practice guidelines. Too often systematic reviews are of uncertain or poor quality. There are no universally accepted standards for developing systematic reviews leading to variability in how conflicts of interest and biases are handled, how evidence is appraised, and the overall scientific rigor of the process. In Finding What Works in Health Care the Institute of Medicine (IOM) recommends 21 standards for developing high-quality systematic reviews of comparative effectiveness research. The standards address the entire systematic review process from the initial steps of formulating the topic and building the review team to producing a detailed final report that synthesizes what the evidence shows and where knowledge gaps remain. Finding What Works in Health Care also proposes a framework for improving the quality of the science underpinning systematic reviews. This book will serve as a vital resource for both sponsors and producers of systematic reviews of comparative effectiveness research.

core chiropractic and wellness seattle: Spinal Rehabilitation David E. Stude, 1999 Offers the application of principles of evaluation and exercise methodologies to spinal rehabilitation. The text emphasizes the lumbo-pelvic spine, and both low and high-technology approaches to rehabilitation are explored. Topics include mobile spine technology.

core chiropractic and wellness seattle: A Framework for Educating Health Professionals to Address the Social Determinants of Health National Academies of Sciences, Engineering, and Medicine, Institute of Medicine, Board on Global Health, Committee on Educating Health Professionals to Address the Social Determinants of Health, 2016-10-14 The World Health Organization defines the social determinants of health as the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies, development agendas, cultural and social norms, social policies, and political systems. In an era of pronounced human migration, changing demographics, and growing financial gaps between rich and poor, a fundamental understanding of how the conditions and circumstances in which individuals and populations exist affect mental and physical health is imperative. Educating health professionals about the social determinants of health generates awareness among those professionals about the potential root causes of ill health and the importance of addressing them in and with communities, contributing to more effective strategies for improving health and health care for underserved individuals, communities, and populations. Recently, the National Academies of Sciences, Engineering, and Medicine convened a workshop to develop a high-level framework for such health professional education. A Framework for Educating Health Professionals to Address the Social Determinants of Health also puts forth a conceptual model for the framework's use with the goal of helping stakeholder groups envision ways in which organizations, education, and communities can come together to address health inequalities.

core chiropractic and wellness seattle: Relieving Pain in America Institute of Medicine, Board on Health Sciences Policy, Committee on Advancing Pain Research, Care, and Education, 2011-10-26 Chronic pain costs the nation up to \$635 billion each year in medical treatment and lost productivity. The 2010 Patient Protection and Affordable Care Act required the Department of Health and Human Services (HHS) to enlist the Institute of Medicine (IOM) in examining pain as a public health problem. In this report, the IOM offers a blueprint for action in transforming prevention, care, education, and research, with the goal of providing relief for people with pain in

America. To reach the vast multitude of people with various types of pain, the nation must adopt a population-level prevention and management strategy. The IOM recommends that HHS develop a comprehensive plan with specific goals, actions, and timeframes. Better data are needed to help shape efforts, especially on the groups of people currently underdiagnosed and undertreated, and the IOM encourages federal and state agencies and private organizations to accelerate the collection of data on pain incidence, prevalence, and treatments. Because pain varies from patient to patient, healthcare providers should increasingly aim at tailoring pain care to each person's experience, and self-management of pain should be promoted. In addition, because there are major gaps in knowledge about pain across health care and society alike, the IOM recommends that federal agencies and other stakeholders redesign education programs to bridge these gaps. Pain is a major driver for visits to physicians, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity. Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority.

core chiropractic and wellness seattle: Conspirituality Derek Beres, Matthew Remski, Julian Walker, 2023-06-13 Conspirituality takes a deep dive into the troubling phenomenon of influencers who have curdled New Age spirituality and wellness with the politics of paranoia—peddling vaccine misinformation, tales of child trafficking, and wild conspiracy theories. In the early days of the COVID-19 pandemic, a disturbing social media trend emerged: a large number of yoga instructors and alt-health influencers were posting stories about a secretive global cabal bent on controlling the world's population with a genocidal vaccine. Instagram feeds that had been serving up green smoothie recipes and Mary Oliver poems became firehoses of Fox News links, memes from 4chan, and prophecies of global transformation. Since May 2020, Derek Beres, Matthew Remski and Julian Walker have used their Conspirituality podcast to expose countless facets of the intersection of alt-health practitioners with far-right conspiracy trolls. Now this expansive and revelatory book unpacks the follies, frauds, cons and cults that dominate the New Age and wellness spheres and betray the trust of people who seek genuine relief in this uncertain age. With analytical rigor and irreverent humor, Conspirituality offers an antidote to our times, helping readers recognize wellness grifts, engage with loved ones who've fallen under the influence, and counter lies and distortions with insight and empathy.

core chiropractic and wellness seattle: The Breakthrough Experience Dr. John F. Demartini, 2002-03-01 From a renowned inspirational speaker comes an motivational guide to understanding your own greatness and potential—and the magnificence of every single human soul This book is about breaking through the barriers that keep us from experiencing our true nature as light. It contains an inspiring combination of science and philosophy, presented in a completely accessible way that makes even the most profound concepts easily understood. Through the extraordinary but true stories of ordinary people having astonishing life experiences, you'll discover and explore the universal laws and principles that underlie your very existence. Most important, this is a practical manual for understanding why you live the way you do—and how to transform your life into your highest vision. You'll learn a formula to manifest your dreams; discover the secrets of opening your heart beyond anything you've imagined; receive profound insights on how to create more fulfilling, caring relationships; reawaken your birthright as a true genius; transcend the fears and illusions surrounding the myth of death; and reconnect with your true mission and purpose on Earth. Translated into over 36 languages, The Breakthrough Experience is based on Dr. John F. Demartini's decades of experience as a researcher of human behavior and as one of the world's leading inspirational speakers. Here, Demartini offers not just a book, but an Experience—one that is impossible to go through without being moved, challenged, and changed.

core chiropractic and wellness seattle: *Puget Sound Business Journal* , 2003

core chiropractic and wellness seattle: How I Got My Wiggle Back Anthony Field, 2011-10-01 Anthony Field -- aka the Blue Wiggle -- shares his dramatic personal story and reveals the health and fitness regimen that has been his saviour. the dramatic personal story of Anthony Field, founder and co-star of the world's most popular children's musical group, the Wiggles. Now,

for the first time, Anthony tells his inspiring, behind-the-scenes story of how he overcame depression, life-threatening illness and chronic pain to get his life back. Part memoir, part fitness and health manual, in *How I Got My Wiggle Back* Anthony candidly reveals his personal struggles as well as outlining the unique health and fitness regimen that has been his saviour. The exercises in the book are all supported by photographs of Anthony demonstrating the routines, and the treatment options, dietary advice and strengthening programs have been developed in conjunction with acclaimed chiropractors. Offering fresh hope for people suffering with chronic pain, *How I Got My Wiggle Back* contains practical steps that will help relieve pain and achieve peak fitness, no matter what your age. 'today I am almost pain free, and certainly happier, healthier and fitter than I have ever been' Anthony Field

core chiropractic and wellness seattle: Crossing the Quality Chasm Institute of Medicine, Committee on Quality of Health Care in America, 2001-07-19 Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. *Crossing the Quality Chasm* makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems, *Crossing the Quality Chasm* also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

core chiropractic and wellness seattle: Vegetarian Times, 1993-04 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

core chiropractic and wellness seattle: Back in Control David Hanscom, 2016-11-18 If you are suffering from chronic pain, or know someone who is, *Back in Control* could change your life. Dr. David Hanscom, a spine surgeon and fellow sufferer, shares with you what finally pulled him out of the abyss of chronic pain after 15 years--without surgery or addictive medications. Instead, his approach to treatment focuses on an aspect of chronic pain that the medical world has largely overlooked: you must calm your nervous system in order to get better. More than any other book about pain, *Back in Control* reveals how to quiet a turbocharged central nervous system, relieve the anxiety and depression that often accompany chronic pain, and make a full recovery. *Back in Control* offers a self-directed healing approach that has evolved from Dr. Hanscom's personal experience, as well what he has learned from successfully treating hundreds of patients. The book: Provides a proven solution to end chronic pain - Dr. Hanscom's treatment model has helped hundreds of patients move from managing pain to becoming pain free. Doesn't require surgery or meds - The approach presented in *Back in Control* helps you eliminate chronic pain without the risk of surgery or side effects of medications. Puts you in control - *Back in Control* provides tools for eliminating pain that you can use on your own or as part of an ongoing treatment plan, to take back control of your care and your life. Applies to any type of chronic pain - The principles in *Back in Control* apply to any chronic pain condition, for example back pain, neck pain, hip pain, joint pain, fibromyalgia and sciatica, to name a few.

core chiropractic and wellness seattle: Congenital Scoliosis Elio Ascani, 1988 The third

volume of Progress in Spinal Pathology gathers a selection of papers presented at the 7th National Meeting of the Italian Scoliosis Research Group on Congenital Scoliosis. Up until 20 years ago congenital scoliosis was considered to be a practically benign disease characterized by a slight progression of spinal deformity and its prognosis was consequently good. This statement has recently turned out to be too optimistic. Deeper studies on spinal pathology have proved the existence of highly progressive forms of congenital scoliosis often associated with other diseases affecting the urinary and cardiac systems and above all the spinal cord. As a result a careful evaluation of the patient is necessary before any type of surgical treatment may be initiated, in order to reduce the risk of irreversible lesions to the spinal cord to a minimum. This volume encompasses all clinical and diagnostic aspects of the subject including the latest achievements and techniques of treatment. Furthermore it is completed by eminent studies on subjects of great interest such as imperfect osteogenesis, cervical and cranial abnormalities in von Recklinghausen's disease, experimental comparative analysis of different types of instrumentation used in the surgical treatment of vertebral fractures, rib resection following vertebral arthrodesis for cases of thoracic idiopathic scoliosis, and anesthesia in vertebral surgery for spinal muscle atrophy.

core chiropractic and wellness seattle: *The Low Back Pain Handbook* Andrew J. Cole, Stanley A. Herring, 1997 An authoritative guide to the evaluation and practical management of low back pain, one of the most frequently encountered workplace disability problems. The book furnishes clear advice on diagnosis, clinical presentation, and therapeutic intervention, also covered are workmen's compensation, chronic pain programs, disability evaluations, and legal issues.

core chiropractic and wellness seattle: *Functional Neurology for Practitioners of Manual Medicine* Randy W. Beck, 2011-09-21 Functional Neurology utilizes our understanding of how the nervous system works in the treatment of a variety of clinical conditions. Functional Neurology for Practitioners of Manual Medicine takes the reader from the embryonic beginnings of the nervous system, through the biochemistry of receptor activation and on to the functional systems of the nervous system. Both the student and the clinician will find this text a valuable source of information and clinical guidance in the application of detailed neurological principles to their practice. Concepts, relationships and scientific mechanisms of the nervous system function are covered, and this aids the practitioner in developing their clinical approach to a wide variety of patient presentations. This text explores the neurological impact of the application of functional neurological principles, using a detailed clinical approach supported by clinical case studies. The text is fully referenced, which allows the reader to immediately apply the concepts to practice situations. New for this edition are new chapters on pain (including headache) and theoretical evidence, plus extensive electronic resources supporting the text. - Utilizes our understanding of how the nervous system works in the treatment of a variety of clinical conditions - Demystifies the clinical results seen in the practice of Functional Neurology and scientifically validates its clinical success - Addresses function rather than pathology, allowing the reader to gain a firm understanding of the neurological processes seen in health and disease - Contains clinical cases which are designed to be read and answered before starting the chapter to allow the reader to gauge their current state of knowledge - 'Quick Facts' introduce new concepts or allow rapid review of information already presented in the text in a brief and succinct manner - Contains a detailed overview of the concepts relating to our understanding of the development of emotion to demonstrate the link between physical health and the mind - Contains abundant references to support controversial concepts - Contains new chapters on theoretical evidence and the management of pain (including headache) - Contains a wide range of additional case studies, 'clinical conundrums' and key questions and answers for each topic - Bonus DVD contains fully searchable text, a downloadable image bank, brain dissection and video clips of the manipulative techniques and examination procedures found within the volume plus 200 multiple choice questions

core chiropractic and wellness seattle: *Vegetarian Times* , 1993-02 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all.

Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

core chiropractic and wellness seattle: Complementary and Alternative Medicine in the United States Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

core chiropractic and wellness seattle: Performing Arts Medicine Robert Sataloff, Alice Branfonbrener, Richard Lederman, 2010-12-10

core chiropractic and wellness seattle: Insights Into Lyme Disease Treatment Connie Strasheim, 2009 Health care journalist Connie Strasheim has conducted intensive interviews with thirteen of the world's most competent Lyme disease healers, asking them thoughtful, important questions, and then spent months compiling their information into organized, user-friendly chapters that contain the core principles upon which they base their medical treatment of chronic Lyme disease. --publisher.

core chiropractic and wellness seattle: Oxford Textbook of Musculoskeletal Medicine Michael Hutson, Adam Ward, 2016 This all-in-one companion to the field of musculoskeletal medicine describes basic concepts and offers practical guidelines for diagnosis and treatment, and contains models of care which assist understanding of basic concepts.

core chiropractic and wellness seattle: Vegetarian Times , 1993-11 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

core chiropractic and wellness seattle: Congressional Record United States. Congress, 2000

core chiropractic and wellness seattle: Roll Models Richard Holicky, 2004 I thought life was pretty much over. Paul Herman I was afraid people wouldn't see me for who I still was. Cathy Green I didn't need this to be a better person. Susan Douglas I wasn't sure I wanted to live "this way." Kevin Wolitzky The above four people and 49 more just like them went on to find high levels of success and lead satisfying lives. Together they tell 53 stories of moving forward to meet all the challenges, fears, obstacles, and problems common to the life-altering circumstances after spinal cord injury, and doing it without benefit of wealth, large settlements or solid health coverage.

Ranging in age from 21 to 67, disabled from three to 48 years they share 931 years of disability experience. Roll Models is a valuable new resource for recently injured people and their families, and for nurses, therapists, psychologists and all other professionals who treat, work with and care for people with spinal cord injury. Straight from the horse's mouth, survivors explore their experiences with disability and answer many questions those in rehab are asking: Early Thoughts What were your thoughts immediately following injury? What were your initial thoughts and reactions regarding SCI and the future? The First Years What were your biggest fears during that first year or so? How did you get past those early fears? Changes, Obstacles and Solutions How much different are you now, compared to how you were before injury? What's been the biggest obstacle? How did you address these obstacles? Finding What Works What have been the most difficult things for you to deal with since injury? What's the worst thing about having an SCI and using a chair? What's been your biggest loss due to injury? Is SCI the worst thing that ever happened to you? Tell me something about your problem solving skills. How do you deal with stress? What do you do to relieve stress? Salvations, Turning Points and More Was there any one thing that was your salvation or key to your success? Was there a turning point for you when you began to feel things were going to get better? What personal factors, habits and beliefs have helped you the most? SCI and Meaning Do you find any meaning, purpose or lessons in your disability? Did any positive opportunities come your way because of your injury? What's your greatest accomplishment? What are you most proud of? A wonderful roadmap with many alternate routes to living and thriving with SCI. Minna Hong, SCI survivor and Peer Support Coordinator/Vocational Liaison, Shepherd Center Avoids the trap of providing a "one size fits all mentality" and provides solutions as varied as the individuals used as examples. Accentuates the positives while not sugar coating the difficulties. Essential reading. Jeff Cressy SCI survivor and Director of Consumer and Community Affairs, SCI Project, Rancho Los Amigos A great resource for people as they venture out into the world, or search for meaning and a deeper, richer life. Filled with examples of real people and their real experiences. Terry Chase, ND, RN; SCI survivor; Patient & Family Education Program Coordinator, Craig Hospital A wonderful tool for the newly spinal cord injured individual, as well as the therapists and counselors working with them. This certainly hits the mark in capturing important survival strategies. Jack Dahlberg, SCI survivor, Past President of the National Spinal Cord Injury Association Artfully crafted and organized, Roll Models sensitively portrays life following spinal cord injury. Informative, creative, sensitive, as well as infused with humor and a kind heart. Recommended with my highest accolades. Lester Butt, Ph.D., ABPP, Director of the Department of Psychology, Craig Hospital

core chiropractic and wellness seattle: CranioSacral Therapy: Touchstone for Natural Healing John E. Upledger, 2001-05-31 In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

core chiropractic and wellness seattle: Chiropractic Ludmil Adam Chotkowski, L A Chotkowski, M.D., FACP, 2002

core chiropractic and wellness seattle: The Emotion Code Dr. Bradley Nelson, 2019-05-07 I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones.—Tony Robbins In this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of trapped emotions—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you

think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing.

core chiropractic and wellness seattle: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

core chiropractic and wellness seattle: *Vegetarian Times* , 1993-10 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

core chiropractic and wellness seattle: *Health Issues in the Black Community* Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 *Health Issues in the Black Community* THIRD EDITION The outstanding editors and authors of *Health Issues in the Black Community* have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. *Health Issues in the Black Community* makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League *Health Issues in the Black Community* illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend *Health Issues in the Black Community* as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America

issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

core chiropractic and wellness seattle: NAET Devi S. Nambudripad, 2003

core chiropractic and wellness seattle: *Dream Health* Brian Wilmovsky, 2006 Have you ever wondered how healing actually happens? Dr. Wilmovsky believes that the human body is endowed with an innate intelligence to heal itself when a healthy lifestyle is observed. He promotes proactive care that prevents illness from occurring in the first place. He also teaches that the potential for health lies in our ability to retrain our minds to live in the present and to turn our thinking from negative thoughts to positive thoughts. DREAM is an acronym for his five principles: diet, rest, exercise, alternative care, and motivation. Wilmovsky writes: We need to focus on the promotion of our health, not the recovery of our health...The wellness business is proactive. People voluntarily become customers--to feel healthier, to reduce the effects of aging, and to avoid becoming customers of the sickness business. Brian Wilmovsky is a licensed chiropractor and wellness expert with one of the largest chiropractic clinics in Washington State. He is the winner of the Washington State Chiropractic Association's Outstanding Service Award. About the Author Dr. Brian Wilmovsky is a licensed chiropractor and wellness expert with one of the largest chiropractic clinics in Washington State and is the winner of the Washington State Chiropractic Association's Outstanding Service Award. He is passionate about sharing the benefits of preventative wellness care so everyone can enjoy optimal health.

core chiropractic and wellness seattle: Fundamentals of Complementary, Alternative, and Integrative Medicine - E-Book Marc S. Micozzi, 2018-10-08 **Selected for Doody's Core Titles® 2024 in Complementary & Integrative Health** Get a solid, global foundation of the therapies and evidence-based clinical applications of CAI. Fundamentals of Complementary, Alternative, and Integrative Medicine, 6th Edition is filled with the most up-to-date information on scientific theory and research of holistic medicine from experts around the world. The 6th edition of this acclaimed text includes all new content on quantum biology and biofields in health and nursing, integrative mental health care, and homeopathic medicine. Its wide range of topics explores therapies most commonly seen in the U.S., such as energy medicine, mind-body therapies, and reflexology along with traditional medicine and practices from around the world. With detailed coverage of historic and contemporary applications, this text is a solid resource for all practitioners in the medical, health, and science fields! - Coverage of CAI therapies and systems includes those most commonly encountered or growing in popularity, so you can carefully evaluate each treatment. - An evidence-based approach focuses on treatments best supported by clinical trials and scientific evidence. - Observations from mechanisms of action to evidence of clinical efficacy answers questions of how, why, and when CAM therapies work. - A unique synthesis of information, including historical usage, cultural and social analysis, current basic science theory and research, and a wide range of clinical investigations and observations, makes this text a focused, authoritative resource. - Global coverage includes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas. - Clinical guides for selecting therapies, and new advances for matching the appropriate therapy to the individual patient, enables you to offer and/or recommend individualized patient care. - Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, and Marc Micozzi. - A unique history of CAI traces CAM therapies from their beginnings to present day practices. - Suggested readings and references on the companion website list the best resources for further research and study.

core chiropractic and wellness seattle: Annual Report Rand Corporation, 2003

core chiropractic and wellness seattle: *Somato Respiratory Integration Workbook*

Donald M. Epstein, 2009-10-06 SRI is designed to educate about the body's rhythms and inner wisdom through focused attention, gentle breath, movement and touch. The workbook includes specific exercises that link somatic awareness with respiration, in order to reconnect the brain with the body's experience of vibration, structure, and energy. It builds on concepts presented in the Twelve stages of healing: a network approach to wholeness. Dr. Epstein is the developer of the

Network Spinal Analysis.

core chiropractic and wellness seattle: *Chiropractic Pediatrics* Neil J. Davies, Joan Fallon, 2010-05-28 This evidence-based text relates clinical chiropractic management to pediatrics, with coverage of the key aspects of syndromes most commonly seen by chiropractors working with children. It outlines the essential history-taking, physical assessment, diagnosis and management for each syndrome, while addressing relevant pathology of pediatric conditions. An essential reference source for both chiropractic clinicians and students. Chapters have been radically restructured for the new edition - in line with current research and the models of teaching now being used. •New co-Editor (Dr Joan Fallon) who is US-based and President of International Chiropractic Pediatrics Association. She is a very high profile author and lecturer in paediatrics in America. •Foreword by Dana Lawrence - Professor at Palmer Chiropractic University, US and Editor-in-Chief of Journal of Manipulative and Physiological Therapeutics •Major structural change to accommodate new research-based information, particularly in fields of neurological assessment and treatment protocols •Restructured chapters in keeping with current models of teaching •New chapters on clinical nutrition and chiropractic care of the pregnant woman •DVD of techniques •Colour plate section •Five new contributors, including Dr Kim Tuohey (international expert on cranial chiropractic)

core chiropractic and wellness seattle: *Rebuild* Robert Zembroski, 2016-02-16 Don't just beat the odds-come back from serious illness like cancer or a heart attack even better than before. Can you recover from cancer, heart disease, diabetes and other chronic health issues, and actually become healthier than you were before? With Dr. Z's Rebuild program, you can. Readers get information and simple guidelines on regenerating cells to recover from and prevent life-threatening or chronic illness, rebuilding their bodies' strength by eliminating toxic fat, and revitalizing their lives with new hope and energy. Also included in the book are illustrated high-impact exercises and plant-based recipes. Dr. Z guides readers to get to the roots of their chronic health issues, reversing the conditions so that their bodies can heal, strengthen and prevent future illness. Dr. Z's program is built on the actions he took after being diagnosed with life-threatening cancer. At 38 years old, I was not going down, he writes on his website. I had one thing in mind-Rebuild. He researched ways to reverse the side effects of the chemotherapy, radiation and major surgery that had left him feeling weak. He mapped out a plan that saved his life and helped him become stronger, healthier and more balanced than he was years before. What I did for myself, he says, I can do for you. Dr. Z has been there with his readers, feeling the fear, confusion and frustration of a health crisis. With this book, though, readers will conquer their fear and their health issues to recover, rebuild and sustain their health for a lifetime.

core chiropractic and wellness seattle: *AHRQ Research Activities* , 2000-02

core chiropractic and wellness seattle: *Addicted to Stress* Debbie Mandel, 2010-01-26 A woman's down-to-earth guide for releasing stress and reclaiming her free-spirit Stress management expert and radio personality Debbie Mandel presents her highly original program for stress reduction. She explains that women who are constantly stressed out have forgotten the dreams of the free-spirited girl living inside them before they became somebody's wife, mother, or workplace colleague. This book, the inspiring and humorous story of successful recovery from stress addiction, outlines her seven steps that have proven to help women overcome daily stressors and reclaim a life of joy and spontaneity. Explores the habit forming pressure principle of stress addiction and how to cure it Provides step-by-step program for self-empowerment, self-care, healthy narcissism, and renewing humor in a woman's relationships Explains the powerful, researched based relationship between food, exercise, and mood Contains indispensable strategies for accepting constructive conflicts with a spouse, partner, friend or colleague to get what she wants Teaches specific techniques for reducing and eliminating stress reduction Addicted to Stress shows how as the addiction to stress is cured, women find it possible to build up an immunity to outside pressure and become their true core self.

core chiropractic and wellness seattle: *Complementary and Alternative Medicine*,

Professions Or Modalities? Patricia M. Herman, Ian D. Coulter, 2015 Using development of a background paper on the policy issues associated with the scope of practice and utilization of complementary and alternative medicine (CAM) in the health care system, input from a panel of CAM experts, and input from a panel of health care policy decisionmakers, this report explores the policy challenges associated with coverage, licensure, scope of practice, institutional privileges, and research among the CAM professions.

Additional Resources

core chiropractic and wellness seattle

[Core Chiropractic And Wellness Seattle](#)

Core Chiropractic And Wellness Seattle

Related Articles

- [creating a business dashboard](#)
- [culture of health and wellness](#)
- [creighton recreation and wellness](#)

[Back to Home](#)