

craig m wax do llc family medicine wellness

Craig M Wax DO LLC: Your Family's Path to Holistic Wellness

Are you searching for a family doctor who prioritizes a comprehensive, holistic approach to healthcare? Finding the right family physician can feel like searching for a needle in a haystack. You want someone who understands your family's unique needs, someone who treats the whole person, not just the symptoms. This post is dedicated to helping you understand what makes Craig M Wax DO LLC stand out in family medicine and wellness. We'll delve into the services offered, the philosophy behind their practice, and what makes them a top choice for families seeking comprehensive care.

Understanding Craig M Wax DO LLC's Approach to Family Medicine and Wellness

Craig M Wax DO LLC is not your typical doctor's office. They go beyond simply treating illnesses; they focus on proactive wellness and preventative care. This approach recognizes that true health is a multifaceted journey encompassing physical, mental, and emotional well-being. This philosophy is deeply embedded in every aspect of their practice, from initial consultations to ongoing patient care.

Comprehensive Services Offered at Craig M Wax DO LLC

The breadth of services provided by Craig M Wax DO LLC sets them apart. They offer a wide range of services designed to address the diverse healthcare needs of families. These include, but aren't limited to:

Preventive Care: Regular check-ups, screenings, and vaccinations are crucial for maintaining optimal health. Dr. Wax and his team emphasize the importance of proactive care to catch potential problems early. This includes age-appropriate screenings, personalized health advice, and wellness plans tailored to individual needs.

Acute and Chronic Illness Management: Whether you're dealing with a sudden illness or managing a long-term condition, Craig M Wax DO LLC provides comprehensive care. They work closely with patients to develop effective treatment plans and ensure optimal management of chronic conditions like diabetes, hypertension, and asthma. This involves not just medication management, but also lifestyle guidance and patient education.

Women's Health: Providing specialized care for women throughout their lives is a key component of their practice. This includes routine gynecological exams, prenatal care, and menopause management. They understand the unique health concerns women face at different life stages and offer compassionate and comprehensive support.

Men's Health: Similarly, they offer specialized care for men, addressing issues such as prostate

health, testosterone levels, and other specific male health concerns. This includes preventative screenings and guidance on maintaining overall well-being.

Pediatric Care: Providing care for children from infancy through adolescence is another significant aspect of their services. They understand the unique developmental stages of children and offer age-appropriate care, addressing everything from well-child visits to managing childhood illnesses.

Mental Health Integration: Recognizing the crucial link between physical and mental health, Craig M Wax DO LLC integrates mental health considerations into their practice. They offer support and referrals for mental health services when needed, ensuring holistic patient care. This integrated approach emphasizes the interconnectedness of physical and mental well-being.

Personalized Treatment Plans: Instead of a one-size-fits-all approach, Craig M Wax DO LLC develops individualized treatment plans based on each patient's unique needs, medical history, and lifestyle. This ensures that the care received is tailored to the specific circumstances of each individual and family.

Why Choose Craig M Wax DO LLC for Your Family's Healthcare?

Several factors contribute to Craig M Wax DO LLC's reputation as a leading provider of family medicine and wellness:

Patient-Centered Approach: Their practice prioritizes a patient-centered approach, placing the needs and preferences of patients at the forefront of all decisions. They take the time to listen to their patients, understand their concerns, and work collaboratively to develop treatment plans.

Holistic Philosophy: The emphasis on holistic wellness distinguishes their practice. They don't just treat symptoms; they address the root causes of illness and promote overall well-being through preventative care and lifestyle guidance.

Experienced and Compassionate Team: The team at Craig M Wax DO LLC comprises highly qualified and experienced medical professionals dedicated to providing compassionate and high-quality care. Their commitment to patient well-being is evident in every interaction.

Convenient Location and Accessibility: (Insert information about location and accessibility here, e.g., convenient office hours, online appointment scheduling, etc.) Easy access to care is a critical factor in ensuring timely treatment and management of health concerns.

Making the Right Choice for Your Family's Health

Choosing a family doctor is a significant decision, impacting the health and well-being of your entire family. Craig M Wax DO LLC offers a comprehensive approach to family medicine and wellness, emphasizing proactive care, holistic treatment, and personalized attention. By prioritizing patient needs and embracing a philosophy of wellness, they provide a unique and valuable resource for families seeking high-quality, compassionate healthcare.

Conclusion

Finding the right family doctor is an essential step in ensuring the health and well-being of your family. Craig M Wax DO LLC offers a refreshing approach to family medicine, emphasizing holistic wellness and personalized care. Their comprehensive services, patient-centered approach, and commitment to excellence make them an ideal choice for families seeking a dedicated and trustworthy healthcare provider. Contact them today to learn more about how they can support your family's health journey.

Frequently Asked Questions (FAQs)

1. Does Craig M Wax DO LLC accept my insurance? You should contact the office directly to verify which insurance plans they accept. Their contact information can be found on their website.
1. What are the office hours? Office hours vary and are best checked on their official website or by contacting them directly.
1. How do I schedule an appointment? Appointment scheduling is typically done through their website or by calling the office. Details can be found on their website.
1. What types of preventative care do they offer? Preventative care offered is extensive and includes age-appropriate screenings, immunizations, and personalized wellness plans; check their website for a more detailed list.
1. Do they offer telehealth appointments? Check their website or contact the office to inquire about the availability of telehealth appointments. Many practices are now incorporating telehealth into their services.

craig m wax do llc family medicine wellness: Choosing and Using a Health Plan , 1997

craig m wax do llc family medicine wellness: Families Caring for an Aging America

National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million

individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

craig m wax do llc family medicine wellness: Treatment of Skin Disease Mark Lebwohl, Warren R. Heymann, John Berth-Jones, 2014 Treatment of Skin Disease is your definitive source for managing the complete range of dermatologic conditions you're likely to encounter in practice. This medical reference book boasts an intuitive and easy to use format that covers the full spectrum of options, equipping you with not only standard treatment strategies, but second- and third-line therapies for instances when other alternatives fail--Publisher's website

craig m wax do llc family medicine wellness: MacArthur Competence Assessment Tool for Treatment (MacCAT-T) Thomas Grisso, Paul S. Appelbaum, 1998 The MacArthur Competence Assessment Tool for Treatment (MacCAT-T) is the product of an 8-year study of patients' capacities to make treatment decisions. It is a semi-structured interview that assists clinicians in assessing a patient's competence to consent to treatment. The process provides a patient with information about their medical/psychiatric condition, the type of treatment being recommended, its risks and benefits, as well as other possible treatments and their probable consequences. During this process, the MacCAT-T prompts the clinician to ask questions that assess the patient's understanding, appreciation, and reasoning regarding treatment decisions. The MacCAT-T Manual is a large-format, examiner-friendly field manual for conducting actual competency assessments. The MacCAT-T Record Form is well designed for recording, rating, and summarizing patient responses. The training videotape, Administering the MacCAT-T, demonstrates an actual administration of the test with discussion, comments, and annotations by Drs. Grisso and Appelbaum. The book, Assessing Competence to Consent to Treatment, describes the place of competence in the doctrine of informed consent, analyzes the elements of decision making, and shows how assessments of competence to consent to treatment can be conducted within varied general medical and psychiatric treatment settings. Includes numerous case studies.

craig m wax do llc family medicine wellness: Impacts of Climate Change on Human Health in the United States US Global Change Research Program, 2018-02-06 As global climate change proliferates, so too do the health risks associated with the changing world around us. Called for in the President's Climate Action Plan and put together by experts from eight different Federal agencies, The Impacts of Climate Change on Human Health: A Scientific Assessment is a comprehensive report on these evolving health risks, including: Temperature-related death and illness Air quality deterioration Impacts of extreme events on human health Vector-borne diseases Climate impacts on water-related illness Food safety, nutrition, and distribution Mental health and well-being This report summarizes scientific data in a concise and accessible fashion for the general public, providing executive summaries, key takeaways, and full-color diagrams and charts. Learn what health risks face you and your family as a result of global climate change and start preparing now with The Impacts of Climate Change on Human Health.

craig m wax do llc family medicine wellness: Orthopedic Surgery Clerkship Adam E. M. Eltorai, Craig P. Ebersson, Alan H. Daniels, 2017-08-09 This quick-reference guide is the first book written specifically for the many third- and fourth-year medical students rotating on an orthopedic surgery service. Organized anatomically, it focuses on the diagnosis and management of the most common pathologic entities. Each chapter covers history, physical examination, imaging, and common diagnoses. For each diagnosis, the book sets out the typical presentation, options for

non-operative and operative management, and expected outcomes. Chapters include key illustrations, quick-reference charts, tables, diagrams, and bulleted lists. Each chapter is co-authored by a senior resident or fellow and an established academic physician and is concise enough to be read in two or three hours. Students can read the text from cover to cover to gain a general foundation of knowledge that can be built upon when they begin their rotation, then use specific chapters to review a sub-specialty before starting a new rotation or seeing a patient with a sub-specialty attending. Practical and user-friendly, Orthopedic Surgery Clerkship is the ideal, on-the-spot resource for medical students and practitioners seeking fast facts on diagnosis and management. Its bullet-pointed outline format makes it a perfect quick-reference, and its content breadth covers the most commonly encountered orthopedic problems in practice.

craig m wax do llc family medicine wellness: Tell Your Children Alex Berenson, 2020-02-18 In “a brilliant antidote to all the...false narratives about pot” (American Thinker), an award-winning author and former New York Times reporter reveals the link between teenage marijuana use and mental illness, and a hidden epidemic of violence caused by the drug—facts the media have ignored as the United States rushes to legalize cannabis. Recreational marijuana is now legal in nine states. Advocates argue cannabis can help everyone from veterans to cancer sufferers. But legalization has been built on myths—that marijuana arrests fill prisons; that most doctors want to use cannabis as medicine; that it can somehow stem the opiate epidemic; that it is beneficial for mental health. In this meticulously reported book, Alex Berenson, a former New York Times reporter, explodes those myths, explaining that almost no one is in prison for marijuana; a tiny fraction of doctors write most authorizations for medical marijuana, mostly for people who have already used; and marijuana use is linked to opiate and cocaine use. Most of all, THC—the chemical in marijuana responsible for the drug’s high—can cause psychotic episodes. “Alex Berenson has a reporter’s tenacity, a novelist’s imagination, and an outsider’s knack for asking intemperate questions” (Malcolm Gladwell, *The New Yorker*), as he ranges from the London institute that is home to the scientists who helped prove the cannabis-psychosis link to the Colorado prison where a man now serves a thirty-year sentence after eating a THC-laced candy bar and killing his wife. He sticks to the facts, and they are devastating. With the US already gripped by one drug epidemic, *Tell Your Children* is a “well-written treatise” (Publishers Weekly) that “takes a sledgehammer to the promised benefits of marijuana legalization, and cannabis enthusiasts are not going to like it one bit” (Mother Jones).

craig m wax do llc family medicine wellness: A Century of Innovation 3M Company, 2002 A compilation of 3M voices, memories, facts and experiences from the company's first 100 years.

craig m wax do llc family medicine wellness: Making Healthy Places Andrew L. Dannenberg, Howard Frumkin, Richard J. Jackson, 2012-09-18 The environment that we construct affects both humans and our natural world in myriad ways. There is a pressing need to create healthy places and to reduce the health threats inherent in places already built. However, there has been little awareness of the adverse effects of what we have constructed-or the positive benefits of well designed built environments. This book provides a far-reaching follow-up to the pathbreaking *Urban Sprawl and Public Health*, published in 2004. That book sparked a range of inquiries into the connections between constructed environments, particularly cities and suburbs, and the health of residents, especially humans. Since then, numerous studies have extended and refined the book's research and reporting. *Making Healthy Places* offers a fresh and comprehensive look at this vital subject today. There is no other book with the depth, breadth, vision, and accessibility that this book offers. In addition to being of particular interest to undergraduate and graduate students in public health and urban planning, it will be essential reading for public health officials, planners, architects, landscape architects, environmentalists, and all those who care about the design of their communities. Like a well-trained doctor, *Making Healthy Places* presents a diagnosis of--and offers treatment for--problems related to the built environment. Drawing on the latest scientific evidence, with contributions from experts in a range of fields, it imparts a wealth of practical information, with an emphasis on demonstrated and promising solutions to commonly occurring problems.

craig m wax do llc family medicine wellness: Management of Obstructive Sleep Apnea Ki Beom Kim, Reza Movahed, Raman K. Malhotra, Jeffrey J. Stanley, 2021-01-04 This book provides comprehensive information on the etiology, pathophysiology, medical implications, diagnosis, and surgical and nonsurgical treatment of obstructive sleep apnea (OSA). Divided into five parts, the book begins with principles and fundamentals of OSA and its diagnostic considerations. Subsequent parts then address non-surgical management, surgical management, and maxillomandibular advancements for OSA. Chapters seek to approach this common disorder from the viewpoint of multiple specialties, thereby promoting the development of a broad strategy for the evaluation and management of OSA patients that draws on each of them. An invaluable reference, *Management of Obstructive Sleep Apnea: An Evidence-Based, Multidisciplinary Textbook* meets the needs of advanced dental and medical students, orthodontic, maxillofacial, ENT, neurology, and plastic surgery residents, and sleep medicine and pulmonary physicians.

craig m wax do llc family medicine wellness: Clinical Cases in Dental Hygiene Cheryl M. Westphal Theile, Mea A. Weinberg, Stuart L. Segelnick, 2019-01-30 *Clinical Cases in Dental Hygiene* is an indispensable resource to understanding both the theory and practice of dental hygiene, illustrated by real-life cases in a clinically relevant format. Offers a unique case-based format that supports problem-based learning Promotes independent learning through self-assessment and critical thinking Includes a wealth of relevant cases for understanding dental procedures and management of patients Covers all essential topics within the scope of dental hygiene

craig m wax do llc family medicine wellness: Pediatric Primary Care Beth Richardson, 2013 *Pediatric Primary Care: Practice Guidelines for Nurses, Second Edition* is a convenient reference that presents the latest information on nutrition, growth and development, common childhood disorders, and well child care. Divided into three sections, the first includes history taking with a family seen for the first time, interval history, newborn rounding, and breastfeeding. Organized by body system and written in outline format, the second section helps readers locate information quickly. The third section explores medications used in pediatrics with common uses, availability, adverse effects, and nursing implications. In addition, the appendices offer useful growth charts, BMI, asthma guidelines, and fluoride dosing. Providing comprehensive coverage of diagnostic methods, management, and treatment modalities, *Pediatric Primary Care: Practice Guidelines for Nurses, Second Edition* is the ideal resource for nurse practitioners (NP), students, and nurses starting out in practice.

craig m wax do llc family medicine wellness: Principles and Practice of College Health John A. Vaughn, Anthony J. Viera, 2020-12-04 This unique and comprehensive title offers state-of-the-art guidance on all of the clinical principles and practices needed in providing optimal health and well-being services for college students. Designed for college health professionals and administrators, this highly practical title is comprised of 24 chapters organized in three sections: Common Clinical Problems in College Health, Organizational and Administrative Considerations for College Health, and Population and Public Health Management on a College Campus. Section I topics include travel health services, tuberculosis, eating disorders in college health, and attention deficit hyperactivity disorder among college students, along with several other chapters. Subsequent chapters in Section II then delve into topics such as supporting the health and well-being of a diverse student population, student veterans, health science students, student safety in the clinical setting, and campus management of infectious disease outbreaks, among other topics. The book concludes with organizational considerations such as unique issues in the practice of medicine in the institutional context, situating healthcare within the broader context of wellness on campus, organizational structures of student health, funding student health services, and delivery of innovative healthcare services in college health. Developed by a renowned, multidisciplinary authorship of leaders in college health theory and practice, and coinciding with the founding of the American College Health Association 100 years ago, *Principles and Practice of College Health* will be of great interest to college health and well-being professionals as well as college administrators.

craig m wax do llc family medicine wellness: Pathways to Illness, Pathways to Health Angele

McGrady, Donald Moss, 2013-03-12 This book, designed for professionals, introduces a psychobiological model for understanding the paths that lead people to illness and provides recommendations for alterations of maladaptive pathways so that health is regained. Research findings are incorporated to identify causal variables for illness that can be targets for change. Evidence based recommendations for healthy behaviors and therapies are described. Throughout the book, the authors emphasize recognition of turning points on the path to illness that, through informed decision making and implementation of behavioral change, can be re-directed to pathways to health. This book presents case material to illustrate the directions that lead people to illness or to health. The pathways metaphor provides an organizing force, both in addressing variables contributing to illness onset, and in identifying interventions to restore health. This approach will guide the clinician to understanding how people become ill and the types of interventions that are appropriate for stress related illnesses. The clinician will also become better informed about ways to help clients make better decisions, mobilize clients' survival skills, and implement an interactive model of care. The book includes chapters on stress-related illnesses with high prevalence in today's society. For each illness, the genetic-psychobiological etiology is explored with enough detail so that the clinician understands the best method of patient assessment and treatment. One of the strengths of the book is the step-wise system of interventions that are applied to the stress-related illnesses. Beginning with re-establishment of normal daily psychobiological rhythms and continuing to evidence based state of the art interventions, the professional is presented with detailed intervention plans. For example, the section on Applications to common illnesses: metabolic disorders of behavior: diabetes, hypertension, and hyperlipidemia considers the confluence of genetics, behavior, and maladaptive mind body interactions to produce the metabolic syndrome. Then the personal and professional assessments are described to establish the baseline for recommending treatment while fully engaging the patient. Finally, multilevel interventions are formulated for these disorders. The plan begins with clinician guided self care recommendations to re-establish the normal rhythm of appetite and satiety. The next level of interventions consists of skill building techniques, such as relaxation and imagery. Lastly, psychotherapy and advanced applied psychophysiological interventions are detailed. Case examples are used throughout to illustrate the pathways to illness, the turning points, and the pathways to health. From the patients' viewpoints, the pathways metaphor is a motivator. The patient is guided to understand the paths that led to illness. Subsequently, the patient becomes empowered by the pathways framework to begin to make choices that lead to health.

craig m wax do llc family medicine wellness: Geriatric Gastroenterology C. S. Pitchumoni, T. Dharmarajan, 2012-07-26 As aging trends in the United States and Europe in particular are strongly suggestive of increasingly older society, it would be prudent for health care providers to better prepare for such changes. By including physiology, disease, nutrition, pharmacology, pathology, radiology and other relevant associated topics, Geriatric Gastroenterology fills the void in the literature for a volume devoted specifically to gastrointestinal illness in the elderly. This unique volume includes provision of training for current and future generations of physicians to deal with the health problems of older adults. It will also serve as a comprehensive guide to practicing physicians for ease of reference. Relevant to the geriatric age group, the volume covers epidemiology, physiology of aging, gastrointestinal physiology, pharmacology, radiology, pathology, motility disorders, luminal disorders, hepato-biliary disease, systemic manifestations, neoplastic disorders, gastrointestinal bleeding, cancer and medication related interactions and adverse events, all extremely common in older adults; these are often hard to evaluate and judge, especially considering the complex aging physiology. All have become important components of modern medicine. Special emphasis is be given to nutrition and related disorders. Capsule endoscopy and its utility in the geriatric population is also covered. Presented in simple, easy to read style, the volume includes numerous tables, figures and key points enabling ease of understanding. Chapters on imaging and pathology are profusely illustrated. All chapters are written by specialists and include up to date scientific information. Geriatric Gastroenterology is of great utility to residents in internal

medicine, fellows in gastroenterology and geriatric medicine as well as gastroenterologists, geriatricians and practicing physicians including primary care physicians caring for older adults.

craig m wax do llc family medicine wellness: *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.

craig m wax do llc family medicine wellness: Diseases of the Sinuses Christopher C. Chang, Gary A. Incaudo, M. Eric Gershwin, 2014-06-06 Diseases of the Sinuses: A Comprehensive Textbook of Diagnosis and Treatment, 2nd Edition, offers the definitive source of information about the basic science of the sinuses and the clinical approach to sinusitis. Since the widely praised publication of the first edition, understanding of sinus disease has changed dramatically, mainly as a result of recent developments and new discoveries in the field of immunology. This updated and expanded edition is divided into sections addressing, separately, the pathogenesis, clinical presentation, medical and surgical management of acute and chronic rhinosinusitis. Special entities such as autoimmune-related sinusitis, allergy and sinusitis, and aspirin-exacerbated respiratory disease are discussed in separate chapters. The role of immunodeficiency is also addressed. The management section has been fully updated to incorporate new medical modalities and surgical procedures. Developed by a distinguished group of international experts who share their expertise and insights from years of collective experience in treating sinus diseases, the book will appeal to anyone who has an interest in sinus disease, including both physicians and allied health professionals. Internists, pediatricians, allergists, otolaryngologists and infectious disease specialists will find the book to be an invaluable, comprehensive reference. Physician assistants and nurse practitioners who work with specialists who treat sinus disease will also benefit from the book.

craig m wax do llc family medicine wellness: Therapeutic Programs for Musculoskeletal Disorders James Wyss, Amrish Patel, 2012-12-17 This is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing prescriptions and developing individualized treatment plans. It offers a comprehensive approach to the conservative treatment of musculoskeletal disorders.

craig m wax do llc family medicine wellness: Gerontological Nursing: Competencies for Care Kristen L. Mauk, 2010-10-25 Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. Gerontological Nursing: Competencies for Care, Second Edition is a comprehensive and student-accessible text that offers a holistic and inter-disciplinary approach to caring for the elderly. The framework for the text is built around the Core Competencies set forth by the American Association of Colleges of Nursing (AACN) and the John A. Hartford Foundation Institute for Geriatric Nursing. Building upon their knowledge in prior medical surgical courses, this text gives students the skills and theory needed to provide outstanding care for the growing elderly population. It is the first of its kind to have more than 40 contributing

authors from many different disciplines. Some of the key features include chapter outlines, learning objectives, discussion questions, personal reflection boxes, and case studies.

craig m wax do llc family medicine wellness: *The Uninhabitable Earth* David Wallace-Wells, 2019-02-19 #1 NEW YORK TIMES BESTSELLER • “The Uninhabitable Earth hits you like a comet, with an overflow of insanely lyrical prose about our pending Armageddon.”—Andrew Solomon, author of *The Noontide Demon* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New Yorker • The New York Times Book Review • Time • NPR • The Economist • The Paris Review • Toronto Star • GQ • The Times Literary Supplement • The New York Public Library • Kirkus Reviews It is worse, much worse, than you think. If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible—food shortages, refugee emergencies, climate wars and economic devastation. An “epoch-defining book” (The Guardian) and “this generation’s Silent Spring” (The Washington Post), *The Uninhabitable Earth* is both a travelogue of the near future and a meditation on how that future will look to those living through it—the ways that warming promises to transform global politics, the meaning of technology and nature in the modern world, the sustainability of capitalism and the trajectory of human progress. *The Uninhabitable Earth* is also an impassioned call to action. For just as the world was brought to the brink of catastrophe within the span of a lifetime, the responsibility to avoid it now belongs to a single generation—today’s. LONGLISTED FOR THE PEN/E.O. WILSON LITERARY SCIENCE WRITING AWARD “The Uninhabitable Earth is the most terrifying book I have ever read. Its subject is climate change, and its method is scientific, but its mode is Old Testament. The book is a meticulously documented, white-knuckled tour through the cascading catastrophes that will soon engulf our warming planet.”—Farhad Manjoo, The New York Times “Riveting. . . . Some readers will find Mr. Wallace-Wells’s outline of possible futures alarmist. He is indeed alarmed. You should be, too.”—The Economist “Potent and evocative. . . . Wallace-Wells has resolved to offer something other than the standard narrative of climate change. . . . He avoids the ‘eerily banal language of climatology’ in favor of lush, rolling prose.”—Jennifer Szalai, The New York Times “The book has potential to be this generation’s Silent Spring.”—The Washington Post “The Uninhabitable Earth, which has become a best seller, taps into the underlying emotion of the day: fear. . . . I encourage people to read this book.”—Alan Weisman, The New York Review of Books

craig m wax do llc family medicine wellness: *Salt Sugar Fat* Michael Moss, 2013-02-26 From a Pulitzer Prize-winning investigative reporter at The New York Times comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. *Salt Sugar Fat* is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). *Salt Sugar Fat* is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry’s own say, Enough already.

craig m wax do llc family medicine wellness: *Sacred Natural Sites* Bas Verschuuren, Jeffrey McNeely, Gonzalo Oviedo, Robert Wild, 2012-06-25 Sacred Natural Sites are the world’s oldest protected places. This book focuses on a wide spread of both iconic and lesser known examples such as sacred groves of the Western Ghats (India), Sagarmatha /Chomolongma (Mt Everest, Nepal, Tibet - and China), the Golden Mountains of Altai (Russia), Holy Island of Lindisfarne (UK) and the sacred lakes of the Niger Delta (Nigeria). The book illustrates that sacred natural sites, although often under threat, exist within and outside formally recognised protected areas, heritage sites. Sacred natural sites may well be some of the last strongholds for building resilient networks of connected landscapes. They also form important nodes for maintaining a dynamic socio-cultural fabric in the

face of global change. The diverse authors bridge the gap between approaches to the conservation of cultural and biological diversity by taking into account cultural and spiritual values together with the socio-economic interests of the custodian communities and other relevant stakeholders.

craig m wax do llc family medicine wellness: Polarity Management Barry Johnson, 1992 University level text. Some complex problems simply do not have solutions. The key to being an effective leader is being able to recognize and manage such problems. Polarity Management presents a unique model and set of principles that will challenge you to look at situations in new ways. Also included are exercises to strengthen your skills, and case studies to help you begin applying the model to your own unsolvable problems.

craig m wax do llc family medicine wellness: Chris P. Bacon Len Lucero, Kristina Tracy, Chris P. Bacon, 2013 Welcome to the life of Chris P. Bacon, the adorable baby pig that became a YouTube and talk-show sensation. Chris is a unique little pig_x2015_he was born without the use of his back legs. He adopted dad, veterinarian Len Lucero, made Chris famous when he posted a video online of tiny Chris learning to use a special cart to help him get around. This determined piglet was soon rolling everywhere, including to interviews across the country. Here, in his first book, this inspiring little guy tells the story of his life so far. Keep an eye out for my next book . . . The Adventures of Chris P. Bacon!

craig m wax do llc family medicine wellness: Sustainable Aquaculture John E. Bardach, 1997-04-25 Aquaculture is a rapidly growing, successful approach to improving diets by providing more high quality fish and shellfish protein. It is also an industry with major unresolved issues because of its negative impact on the environment. This book is a pioneering effort in the development of environmentally benign aquaculture methods.

craig m wax do llc family medicine wellness: Keto-Adapted Maria Emmerich, 2013-12-09 A ketogenic diet isn't something new that has been recently formulated; people have been on a ketogenic diet for virtually three million years in which our brains were nurtured and evolved. Now the human brain is not only shrinking, but brain atrophy is the norm as we age and get plagued with diseases such as dementia, Alzheimer's disease and Parkinson's disease. People mistakenly think that they need to eat less and exercise more to create a calorie deficit in order to lose weight. This is not how diet and exercise helps with weight loss. A well-formulated keto-adapted diet along with proper exercise builds muscle and muscle builds mitochondria. It is in the mitochondria where fat is oxidized so you can keep your cells and liver insulin sensitized. Weight loss and health is about healthy mitochondria and about controlling hormones and specifically insulin. This is not a diet, it is a lifestyle. By eating this way, you will begin to heal your cells and will keep evolving your body into the happy and healthy person you want to be. This book is filled with the most impeccable nutrition information to fuel your cells. Maria's passion goes beyond explaining the 'why', she is a master in the kitchen and loves food. Her keto-adapted recipes at the end of the book tie all the nutrition together so you can become keto-adapted faster than ever.

craig m wax do llc family medicine wellness: *Why Dinosaurs Matter* Kenneth Lacovara, 2017-09-19 What can long-dead dinosaurs teach us about our future? Plenty, according to paleontologist Kenneth Lacovara, who has discovered some of the largest creatures to ever walk the Earth. By tapping into the ubiquitous wonder that dinosaurs inspire, Lacovara weaves together the stories of our geological awakening, of humanity's epic struggle to understand the nature of deep time, the meaning of fossils, and our own place on the vast and bountiful tree of life. Go on a journey--back to when dinosaurs ruled the Earth--to discover how dinosaurs achieved feats unparalleled by any other group of animals. Learn the secrets of how paleontologists find fossils, and explore quirky, but profound questions, such as: Is a penguin a dinosaur? And, how are the tiny arms of T. rex the key to its power and ferocity? In this revealing book, Lacovara offers the latest ideas about the shocking and calamitous death of the dinosaurs and ties their vulnerabilities to our own. *Why Dinosaurs Matter* is compelling and engaging—a great reminder that our place on this planet is both precarious and potentially fleeting. “As we move into an uncertain environmental future, it has never been more important to understand the past.”

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incorporates flap demonstration and application into each chapter, offering a more detailed description, true and specific to each anatomical site of the technique. Supplemented by high-quality images and figures, *Handbook of Lower Extremity Reconstruction: Clinical Case-Based Review and Flap Atlas* is an invaluable reference for practicing plastic and orthopedic surgeons and residents in training.

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exhibitions at major venues to everyday life as a working Black female artist. From the Bronx to Soho to Brixton, *Mirror Reflecting Darkly* is an exploration of the artist Rita Keegan's archive collection. Part autobiography and part critical history, it reproduces a cross-section of Keegan's archive, mapping an artistic practice that ranges from her exhibitions at such major museums and galleries as the ICA and the Tate to her curatorship of the Women of Colour Index, a groundbreaking 1987 initiative that documented Black and Asian women artists. It includes records of Keegan's journey through different creative environments of London in the 1980s and 1990s, offering rare ephemera drawn from her involvement in the Black British Art movement, covering her years as a fixture of Soho clubland, and documenting the intimate traces of her everyday life as a working Black female artist. Accompanying the selections from the archive are essays and personal reflections from a range of writers, academics, and artists--including Keegan herself--which expand upon the themes from the material: networks of creative kinship, the story of British Black Arts, self-archiving, and archiving as activism. Contributors Barby Asante, Ego Aghaiwe Sowinski, Mora J. Beauchamp-Byrd, Janice Cheddie, Lauren Craig, Lucy Davies, Althea Greenan, Joy Gregory, Hiroko Hagiwara, Matthew Harle, Rita Keegan, Shaheen Merali, Naomi Pearce

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