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Health And Wellness

Even with today's mobile technology, most work is still undertaken in a physical workplace. Today's workplaces need to be healthy environments

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that minimize the risks of illnesses or injuries to occupants to compete in the marketplace. This necessitates the application of good ergonomics design principles to the creation of effective workplaces, and this is

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the focus of this book. This book will:

- Focus on ergonomic design for better health and ergonomic design for better productivity
- Presents environments that support new ways of working and alternative workplace strategies,

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as well as the impacts of new technologies · Covers the role of ergonomics design in creating sustainable workplaces · Includes ergonomics design for a wide variety of workplaces, from offices to hospitals, to hotels to vehicles,

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etc... · Shows the design principles on how to design and create a healthy and productive workplace The market lacks an ergonomics design book that covers the topics that this book will cover. This book summarizes

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design principles for practitioners, and applies them to the variety of workplace settings described in the book. No other book currently on the market does that.

Chap. 1: Introduction to Health and Wellness. Chap. 2: Principles

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of Physical Fitness. Chap. 3: Nutrition Basics. Chap. 4: Weight Management. Chap. 5: Mental Health. Chap. 6: Managing Stress. Chap. 7: Intimate Relationships and Sexuality. Chap. 8: Reproductive Choices.

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Chap. 9: Pregnancy and Childbirth. Chap. 10: Infectious Diseases and Sexually Transmitted Diseases. Chap. 11: Chronic Diseases. Chap. 12: First Aid and Injury Prevention. Chap. 13: Consumer Health and

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Alternative Medicine. Chap. 14:
Environmental Health. Chap. 15:
Substance Use and Abuse. Chap.
16: Healthy Aging. Chap. 17:
Wellness Throughout Life.
Betsan Corkhills book will
transform the way you think about

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your health, wellness and knitting. It rises above other self-help books because it provides an accessible tool which gets you actively involved in improving your health and wellbeing and shows you how to do this any time,

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anywhere. It quite literally puts the power in your hands. Betsan shares her knowledge of using Therapeutic Knitting clinically and integrates this with recent research, her medical knowledge, data from a survey of over 3,500

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knitters from 31 countries, and numerous stories sent to her from knitters around the globe. Her writing style makes this an easy, enjoyable read whilst at the same time conveying valuable neuroscience, research and

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knowledge which will improve your life. Betsan is the recognised world expert on the use of Therapeutic Knitting for improving health, wellness and managing illness. She has pioneered this research since 2005.

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Health, Wellness, and Physical Fitness is designed to teach students everything they need to know to make informed decisions for a lifetime of wellness. Aligned to Common Core State Standards, the activities in this

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workbook teach students about heredity, exercise, and nutrition, as well as tobacco, illegal drugs, mental health, and becoming a wise consumer. Self-assessments, real-world situations, games, puzzles, and

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quizzes reinforce these important lessons while also building strong, independent learners.

Community Health and Wellness
A Revolutionary Approach to
Living Younger, Healthier, Longer
Awaken the Wellness Within

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Nurse Coaching

Primary Health Care in Practice

Natural Health and Wellness

Manual

OCCUPATIONAL THERAPY IN the

PROMOTION OF HEALTH and

WELLNESS

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A program designed to teach children how to make healthy life choices.

This up-to-date guide addresses all the subjects you would expect to find in an authoritative book on pregnancy "plus" issues of special concern to the 60 to 80 percent of women who hold jobs during their pregnancies: . Is my

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workplace safe for my developing baby? . When should I tell my employer that I am expecting? . How can I handle the discomforts of pregnancy when I need to work? . What laws will protect me when I take medical leave? The answers to these questions and myriad others can be

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found in the pages of this practical and reassuring book. Dr. Marjorie Greenfield draws from her experiences as an obstetrician and working mom, and from more than a hundred interviews with mothers ranging from factory workers to high-powered attorneys, to create a unique resource

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for working women. Dr. Greenfield includes checklists for multitasking working moms-to-be, helpful illustrations, stories and advice from experienced mothers, and information on everything from planning a pregnancy to balancing life after the baby is born. "The Working Woman's

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Pregnancy Book" is an invaluable expert resource that will inform, reassure, and empower any working woman throughout the miraculous journey of her pregnancy."

This book integrates the growing clinical research evidence related to the emerging transdisciplinary field of

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occupational health and wellness. It includes a wide range of important topics, ranging from current conceptual approaches to health and wellness in the workplace, to common problems in the workplace such as presenteeism/abstenteeism, common illnesses, job-related burnout, to

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prevention and intervention methods. It consists of five major parts. Part I, "Introduction and Overviews," provides an overview and critical evaluation of the emerging conceptual models that are currently driving the clinical research and practices in the field. This serves as the initial platform to

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help better understand the subsequent topics to be discussed. Part II, "Major Occupational Symptoms and Disorders," exposes the reader to the types of critical occupational health risks that have been well documented, as well as the financial and productivity losses associated with

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them. In Part III, "Evaluation of Occupational Causes and Risks to Workers' Health," a comprehensive evaluation of these risks and causes of such occupational health threats is provided. This leads to Part IV, "Prevention and Intervention Methods," which delineates methods

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to prevent or intervene with these potential occupational health issues. Part V, "Research, Evaluation, Diversity and Practice," concludes the book with the review of epidemiological, measurement, diversity, policy, and practice issues—with guidelines on changes that

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are needed to decrease the economic and health care impact of illnesses in the workplace, and recommendations for future. All chapters provide a balance among theoretical models, current best-practice guidelines, and evidence-based documentation of such models and guidelines. The

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contributors were carefully selected for their unique knowledge, as well as their ability to meaningfully present this information in a comprehensive manner. As such, this Handbook is of great interest and use to health care and rehabilitation professionals, management and human resource

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personnel, researchers and academicians alike.

A Practical Guide to Health and Happiness

Health and Wellness in 19th-Century America

Principles of primary health care

A DIY Guide to Living Well with

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Chronic Illness

Kabbalah for Health and Wellness

Health and Wellness, Student Edition

Nurse Coaching: Integrative

Approaches for Health and

Wellbeing By Barbara

Montgomery Dossey, Susan

Luck, and Bonney Gulino

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Schaub Paperback—October 2014 This is the first comprehensive Nurse Coach textbook that describes the theoretical and clinical relevance and practical application of an innovative, integrative,

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holistic, and integral nurse coaching model. This user-friendly book will guide your Nurse Coach practice to promote lifestyle behavioral change for health and wellbeing for both the nurse and the client/patient. It

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can be used in all healthcare environments and implemented in diverse settings including hospitals, communities, and private practice. In this book you will find theories and strategies to help you:

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Theory of Integrative Nurse Coaching; Integrative Nurse Coach Leadership Model; Integrative Nurse Coach™ Process and Competencies; coaching conversations, case studies, and coaching journeys with

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clients/patients; bio-psycho-social-spiritual-cultural-environment model of nurse coaching; evidenced-based coaching methodologies and practices; nutrition and environmental coaching skills; Integrative Health

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and Wellness Assessment™;
nurse coach guidelines for
practice, education,
research, healthcare policy
and advocacy; and
integrative lifestyle
resources and toolkit. This
book is for all nurses and

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other health care providers seeking coaching knowledge and skills. For information on the Integrative Nurse Coach™ Certificate Program go to [www.inursecoach.com/inccp/Health and Wellness: Secrets](http://www.inursecoach.com/inccp/Health%20and%20Wellness%3A%20Secrets)

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That Will Change Your Life shows you spectacularly simple ways to avoid such chronic killers as cancer, diabetes, heart disease, and obesity You'll learn how good nutrition heals the body and boosts the mind;

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how purpose increases resilience; how love and forgiveness mend the heart! Health and Wellness caught the attention of award-winning documentary filmmaker Martin Doblmeier. "While there are countless

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self-help books on the market today, Health and Wellness: Secrets That Will Change Your Life stands apart because it speaks from proven success. Contained in these insightful chapters is an emphasis on making wise

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choices about the riches entrusted to each of us—a body that has the potential to heal itself, a mind capable of the extraordinary, and a spirit that longs to be reunited with the Creator. This book

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not only offers a road map for a healthier, more productive life-it provides the greatest gift of all: the reason for the journey." Book jacket.

Since 1900, the nation has witnessed unprecedented

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improvement in the health of its people thanks, in large part, to the public health movement that works to prevent disease and its spread, and to promote mental, physical and emotional well-being. As a

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result of a century of public health initiatives, such as vaccinations, improved nutrition and sanitation, and new treatments to combat acute illnesses, millions of people have led longer,

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healthier lives. As a result, the emphasis of the nation's work in public health has shifted from a focus solely on acute illnesses to a more balanced approach that has added attention to chronic medical

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conditions and the factors that cause them. The perception of disability—a condition of the body, mind, or senses of a person of any age that may affect the ability to work, learn or participate in community

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life—also is in transition. With the recognition that disability is not an illness, the emphasis increasingly is on continuity of care and the relationship between a person with a disability and

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the environment at the physical, emotional and environmental levels. This approach is based on the knowledge that good health means the same thing for everyone, and that the best possible health status and

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quality of years of life should be a goal for everyone, whether experiencing a disability or not. Today, 54 million Americans—more than one fifth of us—are living with at least one disability.

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Some individuals are born with a disability; others acquire disabilities over the course of their lifetime. At any time, each of us is at risk for acquiring a disability, whether through an illness,

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an injury, genetics, or any number of other causes. This Call to Action to Improve the Health and Wellness of Persons with Disabilities is built on the need to promote accessible, comprehensive health care that enables

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persons with disabilities to have a full life in the community with integrated services, consistent with the President's New Freedom Initiative. Persons with disabilities must have accessible, available and

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appropriate health care and wellness promotion services. They need to know how to—and to be able to—protect, preserve and improve their health in the same ways as everyone else. This Call to Action encourages health

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care providers to see and treat the whole person, not just the disability; educators to teach about disability; a public to see an individual's abilities, not just his or her disability; and a community

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to ensure accessible health care and wellness services for persons with disabilities. This volume provides a roadmap for change. It delineates the challenges and strategies to address this critical public

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health concern. Because it is based on input not only from health specialists in the disability field, but also from individuals with disabilities and their family members, this Call to Action presents not just a

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scientific perspective on disability, but also the reality experienced by those living daily with disabilities. This Call to Action can, and must, resonate with community leaders in both the public

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and private sectors (including employers and the media) and with policymakers who craft or influence the creation of community programs. The principle and goals of this document can both incentivize and yield

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dividends for employers of persons with disabilities, including greater productivity and lower overall health costs by preventing illnesses and injuries secondary to a disability. Advocates for

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persons with disabilities can use this Call to Action to promote the involvement of individuals with disabilities as equal partners in all aspects of American life. With concerted action—undertaken

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through public-private partnerships spanning all levels of government and all service, education and research systems—the full potential of legal, health policy and health program initiatives to improve

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access to health and wellness services by persons with disabilities can be realized.

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through small, focused changes. Featuring a foreword by #1 New York Times bestselling author Dr. Mehmet C. Oz, Quantum Wellness will forever change the way readers approach healthy living.

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The Autoimmune Wellness
Handbook

Health, Wellness, and
Physical Fitness, Grades 5 -
8

Handbook of Occupational
Health and Wellness

Secrets that Will Change

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Your Life

The College Wellness Guide

Macmillan/McGraw-Hill Health
and Wellness

**CONCEPTS IN HEALTH AND
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to provide readers with

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essential personal health information they can use to develop a lifetime of wellness skills. This book is approachable, inviting and straightforward and will help readers develop

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the knowledge and motivation they need to maintain wellness throughout adulthood. More importantly, this book will empower readers with the skills to access

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that enhance the textual material and engage the reader through application exercises.

Health and Wellness, Tenth Edition is written in a personal and engaging

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style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and

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longevity of life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and

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spiritual perspectives, with a central theme of self-responsibility for one's behavior.

Health and Wellness

Tourism takes an innovative look at this

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rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products

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that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the

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multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors

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also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of

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features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

At 19 years old, Jordan Rubin was a healthy 6'1"

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and 180 pounds. Shockingly, his weight fell to just 104 lbs. in a matter of months. His immune system was at an all-time low, as he suffered from Crohn's

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disease, food allergies, anemia, fibromyalgia, intestinal parasites, and a host of other conditions. After seeing over 70 health professionals, using both

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conventional and alternative medicines, Rubin was sent home in a wheelchair to die. But his story didn't end there. Through determination and a powerful faith in God,

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Rubin refused to give in to disease. Instead, he educated himself on natural health, and applied its principles. Now, ten years later, Rubin is fully recovered-

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and he desires to share the keys to his own good health. These keys aren't just for the disease-ridden; they are for anyone desiring to live an abundant life of health

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and wellness.

Cooking for Winter Health
Wellness

How to Knit a Flexible
Mind & More...

Integrative Approaches for
Health and Wellbeing

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Seven Keys to Unlock Your Health Potential Cannabis and CBD Grade one

Each of the 13 million high school students in public high schools are required to take one semester

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of health education. For health instruction to be successful, the instructional program should be grounded in good science, include a behavioral component, and be packaged in a way that can be easily implemented. Essentials of Health and Wellness provides the

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teacher with everything needed to engage the learner and to create a successful health course. It is designed to be student friendly and is centered on the important, but often overlooked, notion of building personal wellness. All health concepts are

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brought back to the student, who is encouraged to develop positive wellness behaviors through the creation of a personal wellness plan. Based on the framework of the National Standards for School Health Education, this product is the total package for high school

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health education. With a small but rich ancillary offering, including a separate Sexuality Supplement (ISBN 1-4018-1525-1) that goes into greater detail about sensitive issues that may not be desirable to all school districts and a free

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Online Companion with additional lesson plans, teaching activities, and student worksheets, this text provides teachers with a well-rounded, effective system for health education instruction.

"Featuring Chad Moeller with other experts from around the

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world"--Jacket.

NEW YORK TIMES BESTSELLER

The revolutionary book
coauthored by the Nobel Prize
winner who discovered
telomerase and telomeres' role in
the aging process and the health
psychologist who has done

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original research into how specific lifestyle and psychological habits can protect telomeres, slowing disease and improving life. Have you wondered why some sixty-year-olds look and feel like forty-year-olds and why some forty-year-olds look and feel like sixty-

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year-olds? While many factors contribute to aging and illness, Dr. Elizabeth Blackburn discovered a biological indicator called telomerase, the enzyme that replenishes telomeres, which protect our genetic heritage. Dr. Blackburn and Dr. Elissa Epel's

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research shows that the length and health of one's telomeres are a biological underpinning of the long-hypothesized mind-body connection. They and other scientists have found that changes we can make to our daily habits can protect our telomeres

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and increase our health spans (the number of years we remain healthy, active, and disease-free). THE TELOMERE EFFECT reveals how Blackburn and Epel's findings, together with research from colleagues around the world, cumulatively show that sleep

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quality, exercise, aspects of diet, and even certain chemicals profoundly affect our telomeres, and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them. Drawing from this scientific

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body of knowledge, they share lists of foods and suggest amounts and types of exercise that are healthy for our telomeres, mind tricks you can use to protect yourself from stress, and information about how to protect your children against

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developing shorter telomeres, from pregnancy through adolescence. And they describe how we can improve our health spans at the community level, with neighborhoods characterized by trust, green spaces, and safe streets. THE TELOMERE EFFECT

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will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a cellular level and how we can make simple changes to keep our chromosomes and cells healthy, allowing us to stay disease-free

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longer and live more vital and meaningful lives.

The sixth edition of Community Health and Wellness has been fully revised and streamlined to incorporate contemporary thinking and research in community health and wellness

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from Australia, New Zealand and the global community. Written by Jill Clendon and Ailsa Munns, the new edition provides an easy-to-use text with a strong focus on the foundational principles of primary health care that underpin community health and wellness.

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The text builds on the unique socio-ecological approach to primary health care of previous editions, guiding readers to consider the health of individuals and populations in their personal, family and community environments. Ancillary resources

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Eliminating Inequities for Women with Disabilities

The Working Woman's Pregnancy Book

Occupational Therapy in the Promotion of Health and Wellness
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This book provides a comprehensive description of what being sick and receiving "medical care" was like in 19th-century America, allowing modern

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readers to truly appreciate the scale of the improvements in healthcare theory and practice. Health and Wellness in 19th-Century America covers a period of

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dramatic change in the United States by examining our changing understanding of the nature of the disease burden, the increasing size of the nation, and our

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conceptions of sickness and health. With topics ranging from the unsanitary tenements of New York's Five Points, the field hospitals of the Civil War, and to the

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laboratories of Johns Hopkins Medical School, author John C. Waller reveals a complex picture of tradition, discovery, innovation, and occasional spectacular success. This

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book draws upon an extensive literature to document sickness and wellness in environments like rural homesteads, urban East-coast slums, and the hastily built

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cities of the West. It provides a fascinating historical examination of a century in which Americans made giant strides in understanding disease yet also clung to

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traditional methods and ideas, charting how U.S. medical science gradually transformed from being a backwater to a world leader in the field.

The way autoimmune disease

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is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true

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wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey

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Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or

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even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and

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connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved

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astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back

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to living a vibrant, healthy life.

Music has a universal and timeless potential to influence how we feel, yet, only recently, have researchers begun to

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explore and understand the positive effects that music can have on our wellbeing. This book brings together research from a number of disciplines to explore the relationship

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between music, health and wellbeing.

Women with disabilities often have difficulty accessing health care services, and the quality of the health care they do

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receive is often worse than the care received by women without disabilities and men with disabilities. The consequences of these disparities include increased prevalence of

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secondary complications, diminished quality of life, and even premature death. In this book, researchers from a range of disciplines, with expertise in a range of

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disabilities, investigate the causes and consequences of these health care disparities and offer plans for action to improve wellness, health promotion, and

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disease prevention among this broad yet consistently underserved population. Using an integrated care framework as a foundation, authors tackle the structural,

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environmental, and social barriers that prevent women with disabilities from accessing effective and culturally-competent care and services, and address related issues

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including psychosocial health, interpersonal violence, health care policy, health promotion, disease prevention programs, and telehealth, as well as reproductive

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and sexual health, and dental care.

Essentials of Health and Wellness

A Student's Guide to Managing Mental, Physical, and Social Health on

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The Surgeon General's Call
to Action to Improve the
Health and Wellness of
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Christian Paths to Health and Wellness

This compelling book on health, wellbeing, and fulfilment investigates the scientific basis of what we think we know about healthy living. How much do we

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actually know about the information that is presented as fact by health crusaders and in the media? How do perceptions of truth and validity influence our behaviour and our health?

Guided by the author's practice

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in academic and non-profit medicine, this book highlights the practical impact of scientific studies in a broad range of disciplines and brings to life their relevance and limitations. It presents a journey of discovery

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that includes the foundations of knowledge, factors of health, implications of lifestyle choices, positive psychology, and social science. The book takes a realistic look at the evidence of biological, psychological, and

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cultural determinants of health, and is essential reading for anyone who wonders why there is so much left to learn about what truly enhances wellbeing and survival. It is an empowering book that provides a key to

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understanding how we can all improve and support our health to thrive in any phase of life. Find more on this topic at: lifestyleforhealthandwellness.com.

This book focuses on promoting health equity and addressing

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health disparities among Indigenous peoples of the United States (U.S.) and associated Territories in the Pacific Islands and Caribbean. It provides an overview of the current state of health equity across social,

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physical, and mental health domains to provide a preliminary understanding of the state of Indigenous health equity. Part 1 of the book traces the promotive, protective, and risk factors related to Indigenous health

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equity. Part 2 reports promising pathways to achieving and transcending health equity through the description of interventions that address and promote wellness related to key outcomes. The chapters in this

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book were originally published as a special issue of the Journal of Ethnic & Cultural Diversity in Social Work.

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thinking and research in community health and wellness from Australia, New Zealand and the global community. It challenges students and health professionals to become more aware of the primary health care

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(PHC) environments in which they work in order to gain an understanding of what is socially determining the health of the individuals, families and communities within their care. .
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symptoms. A life out of balance will catch up with you eventually, and everyone that is sick is out of balance. This book inspires the reader to find the formulas to health, wellness, and longevity in their lives and to live to their

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thinking, a new type of knowledge. It's hard to overstate how far that "obvious" idea has come. This is a new health paradigm made simple. You will learn throughout this book that there is only one disease, two

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