

Chapter 1 : Wellness Medicine - TotalCare

Personalized patient care is what sets Wellness Medicine apart from the rest. When you visit our office you can expect to receive world class care. Expert physician specialists and caring clinical staff provide you with an exceptional health care experience.

Client Testimonials Back on the tennis court! I have been playing tennis since I was about 8 years old. Unfortunately I suffered a severe elbow injury, which damaged tendons and ligaments in my inner, lower right elbow. At the time, the only real option to treat such an injury was with surgery that involved a long recovery period. I visited a renown elbow specialist in NYC at the Hospital for Special Surgery, who told me to treat it conservatively and get more PT before even considering the surgical route. At that point I decided I would not have the surgery, and resigned to the fact that I would probably never play tennis again. Fast forward almost 15 years where I start my treatment regimen for my elbow with Dr. I first had the Tenex procedure done, followed by PRP therapy, and finally a few treatments of prolotherapy. Granted, I am about 15 lbs. Guy Sadkin, Williamsville T Before I started to see Dr Kaplan, I have tried physical therapy, herbal anti-inflammatory medicines, vibration therapy, and stem cell injections. These treatments provided some relief but I continued to have pain during windsurfing, and other strenuous activities. My shoulder was getting gradually worse, and was popping, rubbing, and grinding. My quality of life was significantly affected. Windsurfing is my passion and I became depressed as it became increasingly more difficult for me to enjoy the sport. I was also having difficulty sleeping and using crutches which I need to use when I am not wearing my leg prosthesis. They were done under ultrasound guidance for accuracy. I can move my shoulder with less popping and grinding and sleep better at night. Kaplan has a practical and knowledgeable approach. His evaluation by ultrasound at each treatment allows for better injection technique and with reduced discomfort. I had severe sciatic pain in my right calf. Standing or walking caused excruciating pain! On the pain scale, it was certainly a It would certainly be worth the time to consult with Dr. His staff is wonderful! Always pleasant and helpful. I highly recommend Dr. Kaplan for pain management. May 30, Prolotherapy has truly been a success story for me. Speciale has accurately diagnosed my conditions and then successfully treated them using comprehensive Prolotherapy! Thank you to all the good folks at OWM Buffalo! As a lifelong trades person, I have developed chronic pain from repetitive overuse. I have tried PT throughout the years, massage therapy, muscle relaxers, trigger point injections and chiropractic. My neck and upper trapezius ache all the time. Working on a computer, cutting the grass, working out â€” even simple sit-ups, and sleeping are difficult. I limit what I do to help alleviate pain and discomfort. I had one prolotherapy treatment with Dr. Kaplan and I was amazed at how good I felt. I had forgotten what it felt like not to be in pain or constant discomfort. Kaplan explained everything he did prior to doing it. He was kind and compassionate during the treatment, and the office called to check on me the next day. I have had disc issues in my neck for over 20 years. My lower extremities were painful and weak. I had trouble walking more than 10 feet without stopping to rest. My activities of daily living went downhill. No gardening, sitting or standing for any length of time. My sleeping pattern was awful. Depression was increasing and energy was decreasing. I am so excited to continue my treatment here at OWM Buffalo. Everyone here is fabulous. No one could ask for anything or anyone better. The entire staff is a prayer being answered! I had back and hip pain.

Chapter 2 : Vermont Wellness Medicine and Integrative Oncology

Arizona Wellness Medicine's aim is to Achieve True Health with Functional Medicine. Combining our consultations with our blog and recipes we will assist you on your way to true health. Functional Medicine.

An increasing number of studies and reports from different organizations and contexts examine the linkages between health and different factors, including lifestyles, environments, health care organization and health policy, one specific health policy brought into many countries in recent years was the introduction of the sugar tax. Beverage taxes came into light with increasing concerns about obesity, particularly among youth. Sugar-sweetened beverages have become a target of anti-obesity initiatives with increasing evidence of their link to obesity. The maintenance and promotion of health is achieved through different combination of physical, mental, and social well-being, together sometimes referred to as the "health triangle. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. This includes characteristics of the natural environment, the built environment and the social environment. Factors such as clean water and air, adequate housing, and safe communities and roads all have been found to contribute to good health, especially to the health of infants and children. Genetics, or inherited traits from parents, also play a role in determining the health status of individuals and populations. This can encompass both the predisposition to certain diseases and health conditions, as well as the habits and behaviors individuals develop through the lifestyle of their families. For example, genetics may play a role in the manner in which people cope with stress, either mental, emotional or physical. For example, obesity is a significant problem in the United States that contributes to bad mental health and causes stress in the lives of great numbers of people [32]. One difficulty is the issue raised by the debate over the relative strengths of genetics and other factors; interactions between genetics and environment may be of particular importance. Potential issues This section has an unclear citation style. The references used may be made clearer with a different or consistent style of citation and footnoting. March Learn how and when to remove this template message A number of types of health issues are common around the globe. Disease is one of the most common. Another health issue that causes death or contributes to other health problems is malnutrition, especially among children. One of the groups malnutrition affects most is young children. Bodily injuries are also a common health issue worldwide. These include smoking cigarettes, and can also include a poor diet, whether it is overeating or an overly constrictive diet. Inactivity can also contribute to health issues and also a lack of sleep, excessive alcohol consumption, and neglect of oral hygiene Moffett There are also genetic disorders that are inherited by the person and can vary in how much they affect the person and when they surface Moffett, Though the majority of these health issues are preventable, a major contributor to global ill health is the fact that approximately 1 billion people lack access to health care systems Shah, Arguably, the most common and harmful health issue is that a great many people do not have access to quality remedies. Mental health The World Health Organization describes mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". Having a mental illness can seriously impair, temporarily or permanently, the mental functioning of a person. Mental illnesses are the leading cause of disability in the US and Canada. Examples include, schizophrenia, ADHD, major depressive disorder, bipolar disorder, anxiety disorder, post-traumatic stress disorder and autism. Some of the key mental health issues seen in teens are: There are many ways to prevent these health issues from occurring such as communicating well with a teen suffering from mental health issues. Biological factors, such as genes or brain chemistry Life experiences, such as trauma or abuse Family history of mental health problems Maintaining Achieving and maintaining health is an ongoing process, shaped by both the evolution of health care knowledge and practices as well as personal strategies and organized interventions for staying healthy. Diet Percentage of overweight or obese population in, Data source: A healthy diet includes a variety of plant-based and animal-based foods that provide nutrients to your body. Such nutrients give you energy and keep your body running. Nutrients help build and strengthen bones, muscles, and tendons and also regulate body processes i. The food guide pyramid

is a pyramid-shaped guide of healthy foods divided into sections. Each section shows the recommended intake for each food group i. Protein, Fat, Carbohydrates, and Sugars. Making healthy food choices is important because it can lower your risk of heart disease, developing some types of cancer , and it will contribute to maintaining a healthy weight. It strengthens muscles and improves the cardiovascular system. According to the National Institutes of Health , there are four types of exercise: Sleep and Sleep deprivation Sleep is an essential component to maintaining health. In children, sleep is also vital for growth and development. Ongoing sleep deprivation has been linked to an increased risk for some chronic health problems. In addition, sleep deprivation has been shown to correlate with both increased susceptibility to illness and slower recovery times from illness.

Chapter 3 : Self Help Online - The Wellness Medical institute

Wellness is generally used to mean a state beyond absence of illness but rather aims to optimize well-being.. The notions behind the term share the same roots as the alternative medicine movement, in 19th-century movements in the US and Europe that sought to optimize health and to consider the whole person, like New Thought, Christian Science, and Lebensreform.

Behavioral Health Program Behavioral Health Plan for residents includes six free and confidential visits not submitted to insurance. Does not need to be for a medical diagnosis. Available for stress management, relationship problems, etc. This room is dedicated to accommodate the residents and students as a tranquil, peaceful place for reflection, meditation and prayer. Private, curtained spaces offer privacy for trainees. This program is in development and lead by a steering committee that includes program director in Psychiatry, St. Taxi vouchers for residents too fatigued to safely drive home. Mindfulness training for all incoming interns. Critical Incident Stress Debriefing. Initiated by nursing managers through nursing leadership to discuss difficult situations. Unit-based support with a minimum four sessions includes weekend and all shifts. Donation drives to collect items for patients. Discharge with dignity closet. Staff-contributed clothing and other personal care items given to patients and staff who are in need. Comfort cart, which makes rounds on floors with snacks. This is done on special occasions and holidays. Every two weeks, the basket goes to a different department. Baskets are filled with treats, gifts and "thank you" cards. Baskets are then refilled and passed to the next department. All emergency medicine personnel are trained with a self-care component included. All new nurses will be trained starting January Residents can participate on this committee which addresses safety in workplace. Call room space is available for all resident students who are in need of a place to rest. Employee Assistance Program, which provides free, anonymous service to employees. The chapel is utilized for Muslim prayer on Friday afternoons Chaplains can be paged and respond to all codes, deaths and rapid response events. Memorial service is conducted annually for families of patients that have died or employees who have died. All families are invited. Caring Physicians Award Ceremony, which annually recognizes four physicians that provide compassionate care. In the new hospital, a chapel is being designed with an upper loft area that overlooks the chapel. The loft area is being proposed as a multi-faith reflection area available for staff and physicians. Wellness Champions Wellness Champions, comprised of residents and faculty, are individuals who will serve as liaisons to programs and residents on wellness initiatives. The Wellness Champion team consists of 12 to 15 faculty members and 15 to 20 residents who are appointed by their department chair, program director, self-nominated or members of the Wellness Steering Committee. Wellness Champions are expected to: Commit to one year of service Attend the kick-off retreat and quarterly evening meetings Be a liaison to programs and residents on wellness initiatives Communicate and disseminate resources to programs Promote professionalism and "Just Culture" at SLU Champion efforts to improve wellness across the School of Medicine Engage with GME and hospital leadership in assessing the outcome of wellness initiatives Current Champions.

Chapter 4 : Frederick T. Sutter, MD, LLC - Center for Wellness Medicine

What is "Wellness Medicine?" Wellness Medicine is a concept coined by Dr. Bond in upon opening TotalCare. A fusion of many other medical disciplines, Wellness Medicine focuses on several main "Pillars of Wellness", which we feel imperative to experiencing optimal health and wellness.

Chapter 5 : Welcome to Arizona Wellness Medicine's Patient Portal

The 12 Dimensions of Wellness are represented in the Wellness Inventory diagram below: [.

Chapter 6 : Arizona Wellness Medicine Location - Dr. Emily Parke - Arizona Wellness Medicine, LLC

Specializing in integrative oncology, Vermont Wellness Medicine is a private clinic led by Dr. Amy Littlefield. Learn more about our services, approach, and scheduling patient visits. Specializing in integrative oncology, Vermont Wellness Medicine is a private clinic led by Dr. Amy Littlefield.

Chapter 7 : Wellness (alternative medicine) - Wikipedia

Food is truly medicine and a well-balanced whole food diet can heal many ailments, promote weight loss, and a state of well-being. Our nutritional counselors work hand in hand with our doctors to develop a nutritional plan that is suited to each individual's needs.

Chapter 8 : OWM Buffalo | Osteopathic Wellness Medicine

Located within the Center for Wellness Medicine is a health retail store, called The Restore Wellness Shoppe. The Restore Wellness Shoppe stocks supplements, vitamins, proteins, bariatric supplies, personal lubricants and probiotics.

Chapter 9 : Contact - Wellness Medicine Clifton Hill

In she moved into our current premises and started Wellness Medicine. 'Our clinic will always have both Integrative Medical practitioners and good GPs working together. Our philosophy is to combine Integrative (sometimes called 'Functional') Medicine with the best standard of care in General Practice.