

dr durland simple wellness

Dr. Durland Simple Wellness: Your Path to a Healthier, Happier You

Are you feeling overwhelmed by the constant barrage of conflicting health advice? Do you crave a simpler, more effective approach to wellness that fits seamlessly into your busy life? Then you've come to the right place. This comprehensive guide dives deep into the philosophy and practical applications of Dr. Durland's Simple Wellness approach, offering actionable strategies to improve your physical, mental, and emotional well-being. We'll explore the core principles, practical tips, and frequently asked questions to help you embark on your journey towards a healthier, happier you.

Understanding Dr. Durland's Simple Wellness Philosophy

Dr. Durland's Simple Wellness isn't about restrictive diets or grueling workout routines. Instead, it's a holistic approach centered around making small, sustainable changes that accumulate significant positive impacts over time. The core philosophy hinges on three pillars: mindful movement, nutritious nourishment, and intentional rest. It's about making conscious choices that align with your body's natural rhythms and needs, rather than forcing yourself into rigid, unsustainable habits. This approach emphasizes listening to your body, understanding its signals, and responding accordingly. It's about making wellness accessible and enjoyable, not a chore to be endured.

Mindful Movement: More Than Just Exercise

Forget the pressure of intense gym sessions. Dr. Durland's Simple Wellness promotes mindful movement – activities you genuinely enjoy that get you moving. This could be anything from a brisk walk in nature, a yoga class, dancing, gardening, or even a playful game with your children. The key is consistency and pleasure. Finding activities you enjoy increases adherence, making it far more likely you'll stick with your wellness plan long-term. Integrate movement into your daily routine – take the stairs instead of the elevator, walk during your lunch break, or simply stretch regularly at your desk. These small changes accumulate and significantly contribute to your overall health.

Nutritious Nourishment: Fueling Your Body Right

Dr. Durland's Simple Wellness doesn't advocate for restrictive diets. Instead, it focuses on nourishing your body with whole, unprocessed foods. This means prioritizing fruits, vegetables, lean proteins, and whole grains. It's about making conscious food choices that fuel your body and mind optimally. This doesn't mean eliminating treats entirely; it's about mindful consumption and balance. Pay attention to how different foods make you feel. Are you energized and focused after a meal, or sluggish and bloated? Use this feedback to

guide your choices. Cooking at home more often also allows for greater control over ingredients and portion sizes.

Intentional Rest: The Unsung Hero of Wellness

Rest is often overlooked in our fast-paced society, yet it's crucial for physical and mental well-being. Dr. Durland's Simple Wellness emphasizes the importance of both physical and mental rest. This includes getting enough sleep (7-9 hours per night), incorporating relaxation techniques like meditation or deep breathing, and scheduling regular downtime to disconnect from technology and stress. Prioritize activities that bring you joy and relaxation – reading, spending time in nature, listening to music, or pursuing hobbies. Learning to say no to commitments that drain your energy is also essential for effective rest.

Integrating Dr. Durland's Simple Wellness into Your Life

The beauty of Dr. Durland's Simple Wellness is its adaptability. You don't need to overhaul your entire life overnight. Start small. Choose one area – mindful movement, nutritious nourishment, or intentional rest – and focus on making one small, sustainable change. Once that change becomes a habit, add another. Track your progress, celebrate your successes, and don't be discouraged by occasional setbacks. Remember, consistency is key. Over time, these small changes will accumulate, leading to significant improvements in your overall health and well-being. Embrace the journey, and enjoy the process of becoming a healthier, happier you.

Conclusion

Dr. Durland's Simple Wellness offers a refreshing and achievable approach to wellness. By focusing on mindful movement, nutritious nourishment, and intentional rest, you can cultivate a healthier and happier lifestyle without feeling overwhelmed or deprived. Remember to listen to your body, make conscious choices, and celebrate your progress along the way. Your journey to a better you begins with a single step.

Frequently Asked Questions (FAQs)

1. Is Dr. Durland's Simple Wellness suitable for everyone? Yes, the principles are adaptable to various lifestyles and health conditions. However, it's always advisable to consult with your doctor before making significant changes to your diet or exercise routine, especially if you have pre-existing health concerns.
1. How long will it take to see results? The timeline varies from person to person. Consistency is key. You may notice improvements in energy levels and mood relatively quickly, while other changes, such as weight loss, may take longer.

1. What if I miss a day or two of my wellness routine? Don't beat yourself up! Life happens. Just get back on track as soon as possible. Consistency is important, but occasional lapses won't derail your progress.

1. Does Dr. Durland's Simple Wellness require expensive products or equipment? No, it emphasizes affordable and accessible methods. Many activities can be done at home with minimal equipment.

1. Where can I find more information about Dr. Durland and their work? Further information may be available on Dr. Durland's official website or through other reputable online resources. (Note: This would require further research to provide accurate links).

dr durland simple wellness: The 30-Day Heart Tune-Up Steven Masley, 2014-02-04 Follow this step-by-step program to optimize your cardiovascular health, boost your energy, slim your waistline, and heat up your sex life — all while enjoying sixty delicious recipes! Cardiovascular disease is the #1 killer of Americans today. But, the good news is that everyone—regardless of size, genetics, gender, or age—can treat arterial plaque and prevent heart attacks and strokes with this book. The keys to the program are shrinking arterial plaque, improving circulation, and strengthening your heartbeat. The tools in this book include heart-healing foods, exercise that strengthens the heart and arteries, stress management, and a customized heart-friendly supplement plan. The 30-Day Heart Tune-Up program is easy, fast, and could even be called sexy. Dr. Masley devotes a chapter to showing how improving heart health enhances sex drive and function in both men and women.

dr durland simple wellness: Cerebrovascular Neurosurgery Dr Peter Nakaji, Dr Michael Levitt, 2019-08-15 Part of the Neurosurgery by Example series, this volume on cerebrovascular neurosurgery presents exemplary cases in which renowned authors guide readers through the assessment and planning, decision making, surgical procedure, after care, and complication management of common and uncommon disorders. The cases explore the spectrum of clinical diversity and complexity within cerebrovascular neurosurgery, including aneurysms, ischemic/occlusive disease, arteriovenous malformation, dural arteriovenous fistula, and more. Each chapter also contains 'pivot points' that illuminate changes required to manage patients in alternate or atypical situations, and pearls for accurate diagnosis, successful treatment, and effective complication management. Containing a focused review of medical evidence and expected outcomes, Cerebrovascular Neurosurgery is appropriate for neurosurgeons who wish to learn more about a subspecialty, and those preparing for the American Board of Neurological Surgery oral examination.

dr durland simple wellness: Dark Matter Gregory Sholette, 2010-12-15 Art is big business, with some artists able to command huge sums of money for their works, while the vast majority are ignored or dismissed by critics. This book shows that these marginalized artists, the dark matter of the art world, are essential to the survival of the mainstream and that they frequently organize in

opposition to it. Gregory Sholette, a politically engaged artist, argues that imagination and creativity in the art world originate thrive in the non-commercial sector shut off from prestigious galleries and champagne receptions. This broader creative culture feeds the mainstream with new forms and styles that can be commodified and used to sustain the few artists admitted into the elite. This dependency, and the advent of inexpensive communication, audio and video technology, has allowed this dark matter of the alternative art world to increasingly subvert the mainstream and intervene politically as both new and old forms of non-capitalist, public art. This book is essential for anyone interested in interventionist art, collectivism, and the political economy of the art world.

dr durland simple wellness: Uprooting Racism Paul Kivel, 2011-09-27 In 2008 the United States elected its first black president, and recent polls show that only twenty-two percent of white people in the United States believe that racism is a major societal problem. On the surface, it may seem to be in decline. However, the evidence of discrimination persists throughout our society. Segregation and inequalities in education, housing, health care, and the job market continue to be the norm. Post 9/11, increased insecurity and fear have led to an epidemic of the scapegoating and harassment of people of color. *Uprooting Racism* offers a framework for understanding institutional racism. It provides practical suggestions, tools, examples, and advice on how white people can intervene in interpersonal and organizational situations to work as allies for racial justice. Completely revised and updated, this expanded third edition directly engages the reader through questions, exercises, and suggestions for action, and takes a detailed look at current issues such as affirmative action, immigration, and health care. It also includes a wealth of information about specific cultural groups such as Muslims, people with mixed-heritage, Native Americans, Jews, recent immigrants, Asian Americans, and Latinos. Previous editions of *Uprooting Racism* have sold more than fifty thousand copies. Accessible, personal, supportive, and practical, this book is ideal for students, community activists, teachers, youth workers, and anyone interested in issues of diversity, multiculturalism, and social justice. Paul Kivel is an award-winning author and an accomplished trainer and speaker. He has been a social justice activist, a nationally and internationally recognized anti-racism educator, and an innovative leader in violence prevention for over forty years.

dr durland simple wellness: History of Soy Nutritional Research (1990-2021) William Shurtleff; Akiko Aoyagi, 2021 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 30 photographs and illustrations - mostly color. Free of charge in digital PDF format.

dr durland simple wellness: Bates' Nursing Guide to Physical Examination and History Taking Beth Hogan-Quigley, 2012 Assessment is a key nursing function that ensures each patient receives optimal care. *Bates' Nursing Guide to Physical Examination and History Taking* is designed specifically for undergraduate nursing students, thoroughly covering all aspects of the essential processes of obtaining a patient history and performing a comprehensive physical examination. *Bates' Nursing Guide* helps students build on basic knowledge of human anatomy and physiology as they acquire patient assessment skills that will translate directly into the professional nursing role. Case study scenarios and evidence-based practice throughout further emphasize the application of physical examination and assessment in a real-world setting.

dr durland simple wellness: The Better Brain Solution Steven Masley, 2018 Alzheimer's disease is the #1 most terrifying disease today. Despite billions of dollars of research, there are no significant cures for dementia or Alzheimer's (the most common form of memory loss), which accounts for up to 70 percent of all dementia. Almost six million Americans have been diagnosed with Alzheimer's; with an annual cost of dementia care and research in the United States of \$215 billion, more than is spent on cancer or heart disease. In *The Better Brain Solution*, Dr. Steven Masley writes of the two urgent epidemics we are facing now--escalating rates of disabling memory loss and rapidly increasing rates of diabetes and pre-diabetes--and yet both conditions are largely preventable. Most people today understand the effect that elevated blood sugar has on their cardiovascular health, but few understand that insulin resistance is significantly damaging to the brain. In the *The Better Brain Solution*, Masley offers a program that, in the fight against diabetes,

memory loss, and cognitive decline, can reverse insulin resistance, enhance cognitive performance, and stop cognitive decline before it is too late. Masley gives the reader the tools he has developed for his own private patients to prevent and reverse this metabolic syndrome and to achieve normal blood sugar levels (below 95 mg/dL). He explores the impact of insulin resistance on the brain and the heart/brain/diabetes connection, explaining how cognitive function and memory work and he discusses the risk factors for memory loss. The Better Brain Solution offers the reader a comprehensive plan for achieving optimal brain health, providing information on brain-boosting foods and supplements as well as providing a practical way to assess cognitive function. With 50 recipes for foods that improve brain and body and that are easy to prepare.

dr durland simple wellness: *Handbook of Practical Program Evaluation* Joseph S. Wholey, Harry P. Hatry, Kathryn E. Newcomer, 2004-06-08 The second edition of *Handbook of Practical Program Evaluation* offers managers, analysts, consultants, and educators in government, nonprofit, and private institutions a valuable resource that outlines efficient and economical methods for assessing program results and identifying ways to improve program performance. The *Handbook* has been thoroughly revised. Many new chapters have been prepared for this edition, including chapters on logic modeling and on evaluation applications for small nonprofit organizations. The *Handbook of Practical Program Evaluation* is a comprehensive resource on evaluation, covering both in-depth program evaluations and performance monitoring. It presents evaluation methods that will be useful at all levels of government and in nonprofit organizations.

dr durland simple wellness: *Guiding Principles for Evaluators* William R. Shadish, 1995 The volume ends with a look to the future, to the sorts of issues and activities that we should keep in mind for the continued use and development of these principles.

dr durland simple wellness: *Orthopaedic Manual Physical Therapy* Christopher H. Wise, 2015-04-10 Take an eclectic, evidence-based approach to orthopaedic manual therapy. From theory through practical application of soft tissue and joint mobilization techniques—this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision-making as part of a comprehensive intervention regimen.

dr durland simple wellness: *Persistent Viral Infections* R. Ahmed, Irvin Chen, 1999 *Persistent Viral Infections* Edited by Rafi Ahmed Emory Vaccine Center, Atlanta, USA and Irvin S. Y. Chen UCLA School of Medicine, Los Angeles, USA During the past decade much of our attention has focused on diseases associated with viral persistence. Major breakthroughs in immunology, and the advent of molecular approaches to study pathogenesis have increased our understanding of the complex virus-host interactions that occur during viral persistence. *Persistent Viral Infections* focuses on: * The pathogenesis and immunology of chronic infections * Animal models that provide, or have the potential to provide, major insights This volume will be essential reading for virologists, immunologists, oncologists and neurologists.

dr durland simple wellness: *Drama and Intelligence* Richard Courtney, 1990 One of the greatest dramatists of all time, Shakespeare, recognized that dramatic action was not limited to the stage. Now, in *Drama and Intelligence*, a work firmly rooted in developmental drama, Richard Courtney is the first to examine dramatic action as an intellectual and cognitive activity. Courtney explores the nature of those experiences we live through and which involve us in what is termed as if thinking and action.

dr durland simple wellness: *The Link between Religion and Health* Harold G. Koenig, Harvey J. Cohen, 2002-01-17 This book is the first to present new medical research establishing a connection between religion and health and to examine the implications for Eastern and Western religious traditions and for society and culture. The distinguished list of contributors examine a series of psychoneuroimmunology (PNI) topics that relate to religious faith and behavior. PNI studies the relationships between mental states and the nervous, endocrine, and immune systems. Among the issues it focuses upon are how mental states, in general, and belief states, in particular, affect physical health. The contributors argue that religious involvement and belief can affect certain neuroendocrine and immune mechanisms, and that these mechanisms, in turn, susceptibility to

cancer and recovery following surgery. This volume is essential reading for those interested in the relationship between religion and health.

dr durland simple wellness: Research Methods in Social Network Analysis Linton C. Freeman, Douglas R. White, Antone Kimball Romney, 1992 Since the publication of Herbert Spencer's Principles of Sociology in 1875, the use of social structure as a defining concept has produced a large body of creative speculations, insights, and intuitions about social life. However, writers in this tradition do not always provide the sorts of formal definitions and propositions that are the building blocks of modern social research. In its broad-ranging examination of the kind of data that form the basis for the systematic study of social structure, Research Methods in Social Network Analysis marks a significant methodological advance in network studies. As used in this volume, social structure refers to a bundle of intuitive natural language ideas and concepts about patterning in social relationships among people. In contrast, social networks is used to refer to a collection of precise analytic and methodological concepts and procedures that facilitate the collection of data and the systematic study of such patterning. Accordingly, the book's five sections are arranged to address analytical problems in a series of logically ordered stages or processes. The major contributors define the fundamental modes by which social structural phenomena are to be represented; how boundaries to a social structure are set; how the relations of a network are measured in terms of structure and content; the ways in which the relational structure of a network affects system actors; and how actors within a social network are clustered into cliques or groups. The chapters in the last section build on solutions to problems proposed in the previous sections. This highly unified approach to research design combined with a representative diversity of viewpoints makes Research Methods in Social Network Analysis a state-of-the-art volume.

dr durland simple wellness: The Great Cholesterol Myth, Revised and Expanded Jonny Bowden, Stephen T. Sinatra, M.D., F.A.C.C, C.N.S., 2020-08-04 The best-selling book on heart disease, updated with the latest research and clinical findings on high-fat/ketogenic diets, sugar, genetics, and other factors. Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: inflammation, fibrinogen, triglycerides, homocysteine, belly fat, triglyceride to HDL ratios, and high glycemic levels. Best-selling health authors Jonny Bowden, PhD, and Stephen Sinatra, MD, give readers a four-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Myths vs. Facts Myth: High cholesterol is the cause of heart disease. Fact: Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth: Saturated fat is dangerous. Fact: Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth: The higher the cholesterol, the shorter the lifespan. Fact: Higher cholesterol protects you from gastrointestinal disease, pulmonary disease, and hemorrhagic stroke. Myth: High cholesterol is a predictor of heart attack. Fact: There is no correlation between cholesterol and heart attacks. Myth: Lowering cholesterol with statin drugs will prolong your life. Fact: There is no data to show that statins have a significant impact on longevity. Myth: Statin drugs are safe. Fact: Statin drugs can be extremely toxic including causing death. Myth: Statin drugs are useful in men, women, and the elderly. Fact: Statin drugs do the best job in middle-aged men with coronary disease. Myth: Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact: Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease.

dr durland simple wellness: Spirituality in Patient Care Harold G Koenig, 2007-09 Koenig

addresses the whys, hows, whens, and whats of patient-centered integration of spirituality into patient care, including details on the health-related sacred traditions for each major religious group. He provides health care professionals with the training necessary to screen patients sensitively and competently for spiritual needs, begin to communicate with patients about these issues, and learn when to refer patients to trained spiritual-care professionals who can competently address spiritual needs. --from publisher description.

dr durland simple wellness: Cholesterol Down Janet Bond Brill, PhD, RD, LDN, 2009-01-21 Take control of your cholesterol with this 10-point plan from nutrition and fitness expert Dr. Janet Brill—without using drugs. If you are one of the nearly 100 million Americans struggling with high cholesterol, then Dr. Janet Brill offers you a revolutionary new plan for taking control of your health—without the risks of statin drugs. With Dr. Brill's breakthrough Cholesterol Down Plan, you simply add nine "miracle foods" to your regular diet and thirty minutes of walking to your daily routine. That's all. This straightforward and easy-to-follow program can lower your LDL ("bad") cholesterol by as much as 47 percent in just four weeks. Cholesterol Down explains Dr. Brill's ten-point plan as well as the science behind it. You'll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect, as well as: • How eating whole grains helps reduce LDL cholesterol in your bloodstream • Why antioxidants keep plaque from building up in your arteries • How certain steps change the structure of LDL cholesterol particles (and why it's best for them to be large and fluffy) • Why walking just thirty minutes a day lowers "bad" cholesterol and cuts dangerous belly fat With everything you need to stay focused on the plan, including a daily checklist, a six-month chart for tracking LDL cholesterol changes, tools for assessing your risk level for cardiovascular disease, sample weekly menus, and even heart-healthy recipes, Cholesterol Down is the safe and effective alternative or complement to statin drugs.

dr durland simple wellness: Civic Agriculture Thomas A. Lyson, 2012-05-22 A engaging analysis of food production in the United States emphasizing that sustainable agricultural development is important to community health.

dr durland simple wellness: The Revised Statutes of Nova Scotia Nova Scotia, 1873

dr durland simple wellness: Bitten Kris Newby, 2019-05-14 A riveting thriller reminiscent of The Hot Zone, this true story dives into the mystery surrounding one of the most controversial and misdiagnosed conditions of our time—Lyme disease—and of Willy Burgdorfer, the man who discovered the microbe behind it, revealing his secret role in developing bug-borne biological weapons, and raising terrifying questions about the genesis of the epidemic of tick-borne diseases affecting millions of Americans today. While on vacation on Martha's Vineyard, Kris Newby was bitten by an unseen tick. That one bite changed her life forever, pulling her into the abyss of a devastating illness that took ten doctors to diagnose and years to recover: Newby had become one of the 300,000 Americans who are afflicted with Lyme disease each year. As a science writer, she was driven to understand why this disease is so misunderstood, and its patients so mistreated. This quest led her to Willy Burgdorfer, the Lyme microbe's discoverer, who revealed that he had developed bug-borne bioweapons during the Cold War, and believed that the Lyme epidemic was started by a military experiment gone wrong. In a superb, meticulous work of narrative journalism, Bitten takes readers on a journey to investigate these claims, from biological weapons facilities to interviews with biosecurity experts and microbiologists doing cutting-edge research, all the while uncovering darker truths about Willy. It also leads her to uncomfortable questions about why Lyme can be so difficult to both diagnose and treat, and why the government is so reluctant to classify chronic Lyme as a disease. A gripping, infectious page-turner, Bitten will shed a terrifying new light on an epidemic that is exacting an incalculable toll on us, upending much of what we believe we know about it.

dr durland simple wellness: The Importance of Being Famous Maureen Orth, 2014-02-04 Vanity Fair's veteran special correspondent pulls back the curtain on the world of celebrity and those who live and die there. Maureen Orth always makes news. From Hollywood to murder trials to the corridors of politics, this National Magazine Award winner covers lives led in public, on camera, in the headlines. Here she takes us close-up into the world of fame--bridging

entertainment, politics, and news--and the lives of those who understand the chemistry, the very DNA, of fame and how to create it, manipulate it, sustain it. Moving from former Prime Minister Margaret Thatcher to Michael Jackson, the ultimate child/monster of show business, Orth describes our evolution from a society where talent attracted attention to a place where the star-making machinery of the celebrity-industrial complex shapes, reshapes, and sells its gods (and monsters) to the public. From divas letting their hair down (Tina Turner) to Little Gods (Woody Allen and Princess Diana's almost father-in-law Mohammed Fayed), political theater (Arnold's Hollywood hubris, Arianna Huffington's guru-guided gubernatorial quest), news-gone-soap-opera (I Love Laci), and even the Queen Mother of reinvention (Madonna as dominatrix/children's-book author), Orth delivers a portrait of an era. *The Importance of Being Famous* shows us the real world of the big room where the rules that govern mere mortals don't matter--and anonymity is a crime.

dr durland simple wellness: Inside Conducting Christopher Seaman, 2013 Exactly what does a conductor do in front of an orchestra? Internationally renowned conductor Christopher Seaman offers lively and informative answers in this wise yet humorous book. What does a conductor actually do? How much effect does he or she have? Can the orchestra manage without one? Why don't the players look at the conductor more? Is it necessary for the conductor to play every instrument? What about interpretation? What happens at rehearsals? Why do some conductors thrash around more than others? Who's the boss in a concerto: the soloist or the conductor? These are some of the questions that receive lively and informative answers in this book by renowned conductor Christopher Seaman. Composed of short articles on individual topics, it is accessible and easy to consult. Each article begins with an anecdote or saying and ends with quotations from musicians, often expressing opposing views. There are many books on the art of conducting, but none like this. Music lovers wondering what the figure on the podium actually does, and aspiring conductors eager to learn more about the art and craft of leading an orchestra, will all treasure this wise yet humorous book. Christopher Seaman has been successful at both ends of the baton. After four years as principal timpanist of the London Philharmonic Orchestra, he was appointed principal conductor of the BBC Scottish Symphony Orchestra and has enjoyed a busy international conducting career for over forty years. He is now Conductor Laureate for Life of the Rochester Philharmonic Orchestra, New York, and he continues to bring great music and wise words to audiences, students, and readers around the world.

dr durland simple wellness: *The Federal Student Aid Information Center*, 1997

dr durland simple wellness: Making Health Care Whole Christina Puchalski, Betty Ferrell, 2011-06-01 In the last fifteen years, the field of palliative care has experienced a surge in interest in spirituality as an important aspect of caring for seriously ill and dying patients. While spirituality has been generally recognized as an essential dimension of palliative care, uniformity of spiritual care practice has been lacking across health care settings due to factors like varying understandings and definitions of spirituality, lack of resources and practical tools, and limited professional education and training in spiritual care. In order to address these shortcomings, more than forty spiritual and palliative care experts gathered for a national conference to discuss guidelines for incorporating spirituality into palliative care. Their consensus findings form the basis of *Making Health Care Whole*. This important new resource provides much-needed definitions and charts a common language for addressing spiritual care across the disciplines of medicine, nursing, social work, chaplaincy, psychology, and other groups. It presents models of spiritual care that are broad and inclusive, and provides tools for screening, assessment, care planning, and interventions. This book also advocates a team approach to spiritual care, and specifies the roles of each professional on the team. Serving as both a scholarly review of the field as well as a practical resource with specific recommendations to improve spiritual care in clinical practice, *Making Health Care Whole* will benefit hospices and palliative care programs in hospitals, home care services, and long-term care services. It will also be a valuable addition to the curriculum at seminaries, schools of theology, and medical and nursing schools.

dr durland simple wellness: *A Story of Karma* Michael Schauch, 2020-09-29 A deeply personal

travel memoir that combines alpine adventure, family connections, and spiritual encounters in two very different worlds: a Himalayan village and Vancouver, Canada. In 2012, Michael Schauch and his wife, Chantal, undertook an expedition deep in the Himalaya of northern Nepal, into a remote valley that had been closed off to outsiders for decades. They led a team of artists (a photographer, a musician, and a painter), with the objective of capturing a moment in time through their unique lenses. As a mountaineering fanatic, Michael had a second (and less conspicuous) goal to climb an unknown mountain he had only identified through a photograph. What unfolded in the mountains forced him to question his values and his own identity, and eventually resulted in meeting a little girl, which was the most profound encounter of his life. Little did either know that from that moment they would completely change the trajectory of each other's life. *A Story of Karma* recounts this journey, and the years that follow as Karma (the little girl), and Michael and Chantal grow their lives together amidst the confusing dichotomies and backdrop of Karma's 17th-century Himalayan village; the impoverished and polluted Kathmandu; and the modern world of Vancouver, Canada.

dr durland simple wellness: *Concept Mapping for Planning and Evaluation* Mary Kane, William M. K. Trochim, 2007 This is a complete guide to the concept mapping methodology and strategies behind using it for a broad range of social scientists - including students, researchers and practitioners.

dr durland simple wellness: 2021 Lippincott Pocket Drug Guide for Nurses Rebecca Tucker, 2021-09-06 The 2021 Lippincott Pocket Drug Guide for Nurses provides current, vital drug information in a nutshell. This handy pocket guide by Rebecca Tucker gives essential information on over 4,200 medications, including 38 generic drugs newly approved by the FDA, in an easy-access A-to-Z format. The drug monographs include generic and trade names, drug classes, pregnancy risk category and controlled substance schedule, black box warnings, indications & dosages, dose adjustments, adverse effects, drug interactions, nursing considerations, and patient teaching. A special section following the A-to-Z drugs provides essential Patient Safety information. Appendices cover topical and ophthalmic medications, laxatives, combination products, contraceptives, biological agents (vaccines), and more.

dr durland simple wellness: Reverse Heart Disease Now Stephen T. Sinatra, M.D., James C. Roberts, M.D., 2008-01-18 While most books focus solely on the role of cholesterol in heart disease, *Reverse Heart Disease Now* draws on new research that points to the surprising other causes. Two leading cardiologists draw on their collective fifty years of clinical cardiology research to show you how to combine the benefits of modern medicine, over-the-counter vitamins and supplements, and simple lifestyle changes to have a healthy heart.

dr durland simple wellness: **Spiritual, Religious, and Faith-Based Practices in Chronicity** Andrew R. Hatala, Kerstin Roger, 2023-05-31 This book explores how people draw upon spiritual, religious, or faith-based practices to support their mental wellness amidst forms of chronicity. From diverse global contexts and spiritual perspectives, this volume critically examines several chronic conditions, such as psychosis, diabetes, depression, oppressive forces of colonization and social marginalization, attacks of spirit possession, or other forms of persistent mental duress. As an inter- and transdisciplinary collection, the chapters include innovative ethnographic observations and over 300 in-depth interviews with care providers and individuals living in chronicity, analyzed primarily from the phenomenological and hermeneutic meaning-making traditions. Overall, this book depicts a modern global era in which spirituality and religion maintain an important role in many peoples' lives, underscoring a need for increased awareness, intersectoral collaboration, and practical training for varied care providers. This book will be of interest to scholars of religion and health, the sociology and psychology of religion, medical and psychological anthropology, religious studies, and global health studies, as well as applied health and mental health professionals in psychology, social work, physical and occupational therapy, cultural psychiatry, public health, and medicine.

dr durland simple wellness: *Smart Fat* Steven Masley, M.D., Jonny Bowden, PhD, 2017-01-03 The innovative guide that reveals how eating more fat—the smart kind—is the key to health,

longevity, and permanent weight loss. For years experts have told us that eating fat is bad. But by banning fat from our diets, we've deprived ourselves of considerable health benefits—and have actually sabotaged our own efforts to lose weight. Though they originally came from vastly different schools of thought about diet and weight loss, renowned nutritionist Jonny Bowden and well-respected physician Steven Masley independently came to the same conclusion about why so many people continually fail to shed pounds and get healthy. It all comes back to a distinction far more important than calories vs. carbs or paleo vs. plant-based: smart fat vs. dumb fat. In *Smart Fat*, they explain the amazing properties of healthy fat, including its ability to balance hormones for increased energy and appetite control, and its incredible anti-inflammatory benefits. The solution for slimming down—and keeping the pounds off for life—is to “smart-fat” your meals, incorporating smart fats with fiber, protein, and most importantly, flavor. Bowden and Masley identify smart fats, explain what not to eat, and provide a thirty-day meal plan and fifty recipes based on the magic formula of fat, fiber, protein, and flavor. It's time to unlearn what we think we know about food. Getting smart about fat—and everything you eat—and learning to smart-fat your meals is the only solution you'll ever need.

dr durland simple wellness: *Susan B & Me* Patricia Ronsvalle, 2006 This beautifully profound four color publication includes photos and women's personal words and poetry from around the world. Printed in English, the collection gives the reader the understanding that all women, no matter what age, culture, race, or religion, share similar feelings about themselves and their lives. *Susan B and Me* is at the amusing, heart wrenching, and thought-provoking. The book's underlying questions ask why the women's movement has stalled worldwide, and what early suffragists would think of contemporary women. The book was produced in honor of the 100th year death anniversary of Women's Rights Champion, Susan B. Anthony. This book is ideal for women's studies groups and classes.

dr durland simple wellness: *The Wellness Blueprint* Dr. Maiysha Clairborne, 2015-01-15 A Complete Plan for Reclaiming and Living a Life of Health and Wellness In this modern approach to integrative health and wellness, board certified physician Dr. Maiysha Clairborne takes it back to the basics to teach you how to integrate very simple habits into your life that will empower you to reclaim your mental, physical, and emotional well-being. *The Wellness Blueprint: The Complete Mind/Body Approach to Reclaiming Your Health & Wellness* provides you with a complete wellness plan that has been proven to work. This intuitive and innovative wellness “blueprint” will shift you from being a passive recipient to an active participant in your health and well-being. Whether you suffer from an ailment or you want to preserve the health that you enjoy, join Dr. Maiysha on an inspired journey of body and mind — one that will result in you reclaiming complete control of your health and wellness.

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