

dr jennifer ashton is launching a wellness company

Dr. Jennifer Ashton Is Launching a Wellness Company: A New Era of Holistic Health

Are you ready for a revolutionary approach to wellness? Get excited, because renowned medical expert Dr. Jennifer Ashton is breaking new ground, launching her own wellness company! This isn't just another wellness brand; it promises a unique blend of science-backed strategies and compassionate guidance, built on Dr. Ashton's years of experience as a physician and trusted health authority. This post dives deep into this exciting news, exploring what we know about Dr. Ashton's venture, what it might offer, and why it's a game-changer in the world of holistic health.

Dr. Jennifer Ashton: A Trusted Voice in Medicine

Before we delve into the specifics of her new company, let's acknowledge Dr. Jennifer Ashton's impressive credentials. She's a board-certified OB/GYN, a renowned medical correspondent for ABC News, and a best-selling author whose work has helped millions understand complex health topics. Her reputation for clear communication, evidence-based advice, and genuine care for her patients has established her as a trusted voice in the medical community. This background forms the bedrock of her new venture, promising a different kind of wellness experience.

What Can We Expect from Dr. Jennifer Ashton's Wellness Company?

While precise details are still emerging, several key elements hint at the potential scope and impact of Dr. Ashton's new company. We can anticipate a strong emphasis on:

1. Science-Backed Approaches: Given Dr. Ashton's medical background, expect a focus on evidence-based practices. This means no fad diets or unproven remedies. Instead, her company will likely prioritize strategies supported by robust scientific research, ensuring the efficacy and safety of its offerings.

2. Personalized Wellness Plans: Mass-market approaches often fail to address individual needs. Dr. Ashton's company is likely

to embrace a more personalized approach, possibly offering tailored wellness plans created in consultation with medical professionals or utilizing advanced data analysis to understand individual health patterns and needs. This would make the experience more effective and less generic.

3. Holistic Approach: Wellness is more than just physical health. Expect a holistic approach integrating various aspects of well-being, including mental health, emotional health, and spiritual well-being. This might encompass mindfulness techniques, stress management programs, and possibly even community-building aspects to foster a supportive environment.

4. Accessibility and Inclusivity: Dr. Ashton's focus on public health strongly suggests a commitment to making wellness accessible to a wider audience. This could translate to diverse pricing structures, online platforms for remote access, and educational resources to empower individuals to take control of their health.

The Potential Impact of Dr. Ashton's Venture

The launch of Dr. Jennifer Ashton's wellness company has the potential to significantly reshape the wellness industry. Here's why:

Increased credibility: Dr. Ashton's presence brings a level of medical credibility often missing in the wellness space. This will help to dispel misinformation and promote informed decision-making among consumers.

Greater accessibility: Her commitment to accessibility could make high-quality wellness resources available to a broader population, particularly those who may lack access to traditional healthcare options.

Focus on preventative care: By emphasizing science-backed strategies, her company is likely to promote preventative care, potentially leading to better overall health outcomes and reduced healthcare costs in the long run.

Community Building: The potential for a strong online or in-person community can foster support and accountability, which are crucial for lasting lifestyle changes.

The Future of Wellness with Dr. Jennifer Ashton

The launch of Dr. Jennifer Ashton's wellness company marks a significant step forward for the entire wellness industry. Her unique blend of medical expertise, clear communication, and commitment to holistic well-being promises a new era of accessible, effective, and scientifically sound wellness strategies. As more details emerge, we'll be sure to update this post with the latest information. In the meantime, this offers a glimpse into the exciting possibilities awaiting us. Stay tuned!

Conclusion

Dr. Jennifer Ashton's foray into the wellness industry is not just another brand launch; it's a beacon of hope for those seeking credible, holistic, and personalized approaches to well-being. Her expertise and commitment to evidence-based practices promise a transformative impact on how we approach health and wellness. We eagerly await the official launch and the positive changes it will bring.

FAQs

1. When is Dr. Jennifer Ashton's wellness company launching? The exact launch date hasn't been publicly announced yet. We'll update this post as soon as more information is available.
1. What products or services will the company offer? Details regarding specific products and services are still under wraps. However, expect a focus on personalized wellness plans, science-backed approaches, and a holistic perspective integrating various aspects of well-being.
1. How much will the services cost? Pricing information is yet to be released. We anticipate a range of options to ensure accessibility to various budgets.
1. Will the company offer online services? Given Dr. Ashton's reach and commitment to accessibility, it's highly probable that online services and resources will be a significant part of the company's offerings.
1. Where can I learn more about the company once it launches? Keep an eye on Dr. Jennifer Ashton's official website and social media channels for the latest updates and announcements.

Dr. Jennifer Ashton Is Launching a Wellness Company: A New Era in Holistic Health

Are you ready for a wellness revolution? Renowned physician and TV personality, Dr. Jennifer Ashton, is taking her expertise beyond the television screen and into the world of direct consumer wellness. This isn't just another wellness company; it's a meticulously crafted approach to well-being built on years of medical knowledge and a deep understanding of the human experience. This post delves into the exciting news surrounding Dr. Jennifer Ashton's new venture, exploring what makes it unique, the products and services we can expect, and the potential impact it will have on the holistic health landscape. We'll unpack the details behind this significant launch and answer all your burning questions.

Dr. Jennifer Ashton's Journey to Wellness Entrepreneurship

Dr. Jennifer Ashton's name is synonymous with trusted medical advice and insightful health commentary. For years, she's served as a leading voice in medical reporting, providing clear and concise information to millions. Her move into launching her own wellness company signifies a natural progression – a desire to move beyond commentary and actively participate in creating positive health changes. This personal investment represents a powerful commitment to empowering individuals to take control of their well-being. Her previous work has laid the foundation for this exciting venture, positioning her as a uniquely qualified leader in the field. It's not just about selling products; it's about fostering a community built on shared goals of wellness and self-improvement.

The Vision Behind Dr. Jennifer Ashton's Wellness Company

What sets Dr. Jennifer Ashton's company apart is its foundation in evidence-based practices. This isn't about fleeting trends or unsubstantiated claims; instead, it promises a scientifically grounded approach to wellness that emphasizes holistic health. Expect to see a focus on integrated solutions that address physical, mental, and emotional well-being, rather than a fragmented approach. The core philosophy likely reflects Dr. Ashton's years of experience in diagnosing, treating, and educating patients – a practical understanding of what truly works. This approach ensures that the products and services offered will be effective, safe, and supported by rigorous research.

What Products and Services Can We Expect?

While specifics may still be under wraps, we can anticipate a range of offerings based on Dr. Ashton's expertise and the current wellness market landscape. Possible product lines could include:

Supplements: Carefully formulated supplements based on scientific research, focusing on key areas like gut health, immunity, and cognitive function. We can anticipate transparency regarding ingredients and sourcing.

Personalized Wellness Plans: Leveraging technology, the company may offer personalized wellness plans tailored to individual needs and goals. This could involve assessments, guidance, and ongoing support.

Educational Resources: Given Dr. Ashton's success in education and communication, access to evidence-based educational materials will likely be a key component. This could include online courses, workshops, or even a subscription-based platform.

Community Building: A strong community element will likely be a focal point, allowing users to connect, share experiences, and support each other on their wellness journeys. This could involve online forums, social media groups, or even in-person events.

The Impact of Dr. Jennifer Ashton's Wellness Company on the Industry

The launch of Dr. Jennifer Ashton's wellness company has the potential to significantly impact the industry. Her credibility and reach will attract a large audience seeking trustworthy and effective solutions. By prioritizing evidence-based practices, the company could help raise the standards within the industry, combating misleading marketing and promoting transparency. Furthermore, the integration of technology and personalized approaches could pave the way for more effective and accessible wellness solutions for a broader population.

Conclusion: A Promising Future in Holistic Wellness

Dr. Jennifer Ashton's foray into the wellness industry marks a pivotal moment. Her commitment to science-backed approaches and community building promises a fresh perspective, one that prioritizes lasting positive change. This is more than just a business venture; it's a testament to her dedication to empowering individuals to achieve optimal well-being. As the company unfolds, we can anticipate further exciting developments and significant contributions to the holistic health landscape. Keep your eyes peeled for the official launch and prepare to embark on a wellness journey guided by a trusted expert.

FAQs

Q1: When will Dr. Jennifer Ashton's wellness company officially launch?

A1: The exact launch date hasn't been publicly announced yet, but stay tuned to Dr. Ashton's social media channels and website for updates.

Q2: Will the products be available internationally?

A2: The company's international availability hasn't been confirmed yet. Check the official website closer to the launch date for shipping details.

Q3: What is the price range for the products and services?

A3: Pricing details are expected to be released closer to the official launch.

Q4: What makes Dr. Ashton's company different from other wellness brands?

A4: Dr. Ashton's company distinguishes itself by prioritizing evidence-based practices and transparency, offering scientifically grounded solutions, unlike many brands that rely on unsubstantiated claims.

Q5: How can I stay updated on the latest news about the launch?

A5: Follow Dr. Jennifer Ashton's official social media accounts (Twitter, Instagram, Facebook) and check her website regularly for announcements. Signing up for a newsletter (if available) is also a great way to stay informed.

dr jennifer ashton is launching a wellness company: The New Normal Jennifer Ashton, Sarah Toland, 2021-02-09 From Dr. Jennifer Ashton—the Chief Medical Correspondent at ABC News covering breaking medical news for Good Morning America and GMA3: What You Need to Know—comes a doctor’s guide to finding resilience in the time of COVID, while staying safe and sane in a rapidly changing world. In March 2020, “normal” life changed, perhaps forever. In its place we were confronted with life and routines that were unusual and different: the new normal. As we’ve all learned since then, the new normal isn’t just about wearing masks and standing six feet apart—it’s about recognizing how to stay safe and sane in a world that is suddenly unfamiliar. And no one understands this evolving landscape better than Dr. Jennifer Ashton. As ABC’s Chief Medical Correspondent, Dr. Ashton has been reporting on the novel coronavirus daily, helping Americans comprehend the urgent medical updates that have shaped the nation’s continued response to this public health crisis. Now in *The New Normal*, Dr. Ashton offers the essential toolkit for life in this unfamiliar reality. Rooted in her reporting on COVID-19 and the understanding that the virus isn’t going anywhere overnight, *The New Normal* is built on a simple foundation: thriving in this evolving world demands accepting the new normal for what it is, not what we want it to be. No longer is wellness a buzzword, but an imperative for surviving this unprecedented time. Using her trademark practical, easy-to-follow advice, Dr. Ashton gives you all the necessary information to reclaim control of your life and live safely—from exercise, to diet, to general health—showing how to prepare your body and mind for challenges such as: - Taking proper medical precautions to protect yourself and your loved ones - Exercising during the pandemic, even if you no longer feel safe at the gym - Finding emotional balance through these uncertain times - Deciphering complicated medical news to learn what to trust and what to ignore With these straightforward and accessible strategies and many more, Dr. Ashton helps empower you to make the unexpectedly hard decisions about socializing, food-shopping, seeing doctors, and most of all, finding normalcy. At once reassuring and urgent, *The New Normal* is a holistic roadmap through the ongoing struggles of the pandemic, providing the guidance you need to navigate this unsettling time and take charge of your future wellbeing.

dr jennifer ashton is launching a wellness company: Introduction to Business Lawrence J. Gitman, Carl McDaniel, Amit Shah, Monique Reece, Linda Koffel, Bethann Talsma, James C. Hyatt, 2024-09-16 *Introduction to Business* covers the scope and sequence of most introductory business courses. The book provides detailed explanations in the context of core themes such as customer satisfaction, ethics, entrepreneurship, global business, and managing change. *Introduction to Business* includes hundreds of current business examples from a range of industries and geographic locations, which feature a variety of individuals. The outcome is a balanced approach to the theory and application of business concepts, with attention to the knowledge and skills necessary for student success in this course and beyond. This is an adaptation of *Introduction to Business* by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

dr jennifer ashton is launching a wellness company: The Superfood Swap Dawn Jackson Blatner, 2016-12-27 “Dawn makes healthy eating fun and delicious, and the dishes are easy to prepare. This is a must-read for anyone who wants to eat nutritious, joyful food.”—Lyn-Genet Recitas, New York Times bestselling author of *The Plan* The 4-week plan that beat out all other plans in the ABC weight-loss reality TV show *My Diet Is Better than Yours*. For more than fifteen years, nutritionist Dawn Jackson Blatner has helped hundreds of clients lose their bad eating habits and step up to optimal health. The key? Not deprivation, but a new kind of gratification, which she calls

“super swapping”—exchanging fake foods (C.R.A.P.: food with Chemicals; Refined sugar and flour; Artificial sweeteners and colors; and Preservatives) for wholesome high-quality superfoods. A largely plant-based diet rich in fiber, vitamins, and antioxidants stabilizes hunger hormones, speeds metabolism, and fights disease. For each week, Blatner shares simple techniques, with eat/avoid lists, ideas for great lunches, advice on how to read labels to spot healthy-food impostors, and scores of useful infographics. The 100 tempting recipes—many vegetarian, vegan, and gluten free—include Fish Tacos with Crunchy Cabbage Slaw, BBQ Sandwich & Collard Chips, Sprouted Pizza, and Dark Chocolate Cherry Milkshake. Each one comes with a nutrition analysis. “Informative, creative, and fun. She shares sound nutrition advice based on scientific research and years of experience, and she does it in a way that’s both engaging and easy to digest. Filled with practical tips, helpful charts, and delicious recipes, this book definitely deserves a spot on your bookshelf.”—Joy Bauer, MS, RDN, health and nutrition expert for NBC’s Today Show and #1 New York Times bestselling author of *From Junk Food to Joy Food*

dr jennifer ashton is launching a wellness company: *Life After Suicide* Jennifer Ashton, 2019-05-07 From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one’s suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world’s largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she’d ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her Good Morning America family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that’s been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

dr jennifer ashton is launching a wellness company: *The Lucky Years* David B. Agus, Kristin Loberg, 2016-01-05 Bestselling author David Agus unveils the brave new world of medicine, one in which we can take control of our health like never before and doctors can fine-tune strategies and weapons to prevent illness. In his first bestseller, *The End of Illness*, David Agus revealed how to add vibrant years to your life by knowing the real facts of health. In this book, he builds on that theme by showing why this is the luckiest time yet to be alive, giving you the keys to the new kingdom of wellness. Medicine is undergoing rapid change. In the old world, you followed general principles and doctors treated you based on broad, one-size-fits all solutions. In this new golden age, you’ll be able to take full advantage of the latest scientific findings and leverage the power of technology to customize your care. Only those who know how to access and adapt to these breakthroughs—without being distracted by hyped ideas and bad medicine—will benefit. Imagine being able to get fit and lose weight without dieting, train your immune system to fight cancer, edit your DNA to avoid a certain fate, erase the risk of a heart attack, reverse aging, and know exactly which drugs to take to optimize health with zero side effects. That’s the picture of the future that you can enter starting today. Welcome to *The Lucky Years*.

dr jennifer ashton is launching a wellness company: Principles of Management David S. Bright, Anastasia H. Cortes, Eva Hartmann, 2023-05-16 Black & white print. Principles of Management is designed to meet the scope and sequence requirements of the introductory course on management. This is a traditional approach to management using the leading, planning, organizing, and controlling approach. Management is a broad business discipline, and the Principles of Management course covers many management areas such as human resource management and strategic management, as well as behavioral areas such as motivation. No one individual can be an expert in all areas of management, so an additional benefit of this text is that specialists in a variety of areas have authored individual chapters.

dr jennifer ashton is launching a wellness company: The Body Scoop for Girls Jennifer Ashton M.D., Ob-Gyn, Christine Rojo, 2009-12-29 An authoritative yet girlfriend-friendly health book for teen and tween girls written by CBS News Medical Correspondent Dr. Jennifer Ashton AS an ob-gyn specializing in adolescent care, Dr. Jennifer Ashton understands better than anyone that being a teenage girl these days is fraught with a special kind of angst. But in her practice she talks openly and nonjudgementally to her young patients like a good friend, answering each of their questions respectfully and with candor. Now she shares this advice in a no-holds-barred guidebook, based on her passion to cut through the embarrassment that girls often feel about their changing bodies and to arm them with the knowledge they need to make smart choices. A comprehensive guide from head to toe, The Body Scoop for Girls covers the basics of puberty and beyond, including: •Breast development and nipple bumps •The decision to wait to have sex, and the benefits of waiting •Birth control •The lowdown on STIs •Eating Disorders •Depression and hormone imbalances •Grooming, from hair removal to hygiene products •Body piercings Writing in a funny and fresh, girl-to-girl voice, Dr. Ashton has created a totally up-to-date health book that speaks directly to young women and the unique pressures they face today. From a doctor who gets it, The Body Scoop for Girls makes the road to womanhood an empowering one.

dr jennifer ashton is launching a wellness company: Go Pro Eric Worre, 2013 Over twenty years ago, Worre began focusing on developing the skills to become a network marketing expert. Now he shares his wisdom in a guide that will ignite your passion for this profession and help you make the decision to create the life of your dreams. He shows you how to find prospects, present your product, help them become customers or distributors, and much more.

dr jennifer ashton is launching a wellness company: The New Single Tamsen Fadal, 2015-06-02 STARTING OVER DOESN'T HAVE TO BE SO HARD After the shock of a relationship change it can be tough to get out of bed in the morning, much less be at your best. But it doesn't have to be that way. With a realistic and proven game plan to help you get where you want to be, THE NEW SINGLE is the essential roadmap to: Surviving the split-up and starting over, 90 days at a time -Embracing the person you are today -Radiating confidence -Taking better care of yourself inside and out, from career and finances, to home, health, and fitness -Avoiding toxic patterns and dangerous missteps Tamsen Fadal is empathetic and incisive about relationships and breakups: she learned many of the lessons in THE NEW SINGLE the hard way. Now, with candor and humor, she's sharing her secrets, stories, and sometimes painful lessons.

dr jennifer ashton is launching a wellness company: ABC of Mental Health Teifion Davies, Tom Craig, 2009-07-06 Mental health services have changed completely in the UK, and the new edition of ABC of Mental Health has been thoroughly updated and revised to reflect this. Providing clear practical advice on how to recognise, diagnose and manage mental disorders successfully and safely, with sections on selecting drugs and psychological treatments, and improving compliance, ABC of Mental Health also contains information on the major categories of mental health disorders, the mental health needs of vulnerable groups (such as the elderly, children, homeless and ethnic minorities) and the psychological treatments. Fully up to date with recent mental health legislation, this new edition is as comprehensive as it is invaluable. By covering the mental health needs of special groups, this ABC equips GPs, hospital doctors, nurses, counsellors and social workers with all the information they need for the day to day management of patients

with mental health problems.

dr jennifer ashton is launching a wellness company: *The Cambridge Handbook of Applied Psychological Ethics* Mark M. Leach, Elizabeth Reynolds Welfel, 2018-03-15 The Cambridge Handbook of Applied Psychological Ethics is a valuable resource for psychologists and graduate students hoping to further develop their ethical decision making beyond more introductory ethics texts. The book offers real-world ethical vignettes and considerations. Chapters cover a wide range of practice settings, populations, and topics, and are written by scholars in these settings. Chapters focus on the application of ethics to the ethical dilemmas in which mental health and other psychology professionals sometimes find themselves. Each chapter introduces a setting and gives readers a brief understanding of some of the potential ethical issues at hand, before delving deeper into the multiple ethical issues that must be addressed and the ethical principles and standards involved. No other book on the market captures the breadth of ethical issues found in daily practice and focuses entirely on applied ethics in psychology.

dr jennifer ashton is launching a wellness company: Mental Capital and Wellbeing Cary L. Cooper, Usha Goswami, Barbara J. Sahakian, 2009-08-18 This major new reference presents The Foresight MentalCapital and Wellbeing Project (a UK Government project in theGovernment Office for Science). It offers a comprehensiveexploration of how mental capital and wellbeing operate over thelifespan; how experiences in the family, in school, at work andfollowing retirement augment or reduce mental capital andwellbeing, and the impact that this has for the individual and forthe welfare and economic progress of the nation. Mental Capital and Wellbeingcomprises a series ofscientific reviews written by leading international scientists andsocial scientists in the field. The reviews undertake systematicanalyses of the evidence base surrounding five key themes, on whichthey propose future policies will have to be based. Aninternationally renowned team of Editors introduce each theme anddraw together conclusions in terms of both policy andpractice. Section 1 (Mental Capital and Wellbeing Through Life)- Mental capital refers to the totality of anindividual's cognitive and emotional resources, includingtheir cognitive capability, flexibility and efficiency of learning,emotional intelligence and resilience in the face of stress. Theextent of an individual's resources reflects his or her basicendowment (e.g. genes and early biological programming), motivationand experiences (e.g. education) which take place throughout thelife course. This section presents the very latest on the scienceof mental capital throughout life. Section 2 (Learning Through Life) provides a coherentoverview of a fast-moving and complex field of policy and practice.Educational attainment has a considerable impact on physical andmental wellbeing, both directly and indirectly, by enabling peoplebetter to achieve their goals. The ability to continue learningthroughout the lifespan is critical to a successful and rewardinglife in contemporary societies. Section 3 (Mental Health and Ill-Health) draws together themost recent evidence about positive mental health as well as arange of mental disorders to consider their importance to thepopulation and economy in terms of prevalence and disability andthe wider burden on society. Section 4 (Wellbeing and Work) - It is estimated that13 million working days are lost through stress each year, costingthe economy over £3.7 billion per annum. This theme exploresthose drivers that influence the nature and structure of work andthe impact this has on employee wellbeing. Section 5 (Learning Difficulties) - This theme providesa cutting-edge picture of how recent insights from genetics,cognitive and neuroscience improve our understanding of learningdifficulties such as dyslexia, dyscalculia andattention-deficit-hyperactivity disorder. Reviews focus on howcurrent research can contribute to early diagnosis and improvedintervention.

dr jennifer ashton is launching a wellness company: 10% Happier Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harrisembarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he

found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

dr jennifer ashton is launching a wellness company: Glow15 Naomi Whittel, 2018 Based on Nobel Prize-winning research, an easy-to-follow lifestyle plan for losing weight, looking younger, and feeling energized.

dr jennifer ashton is launching a wellness company: Can I Have 5 Minutes of Your Time? Hal Becker, 2008-05-01 Becker understands that hard work, common sense, and close attention to customer needs are trademarks of a good salesperson. His book echoes that same insight for those who want to achieve sales success.

dr jennifer ashton is launching a wellness company: Freestanding Birth Centers Linda J Cole, DNP, RN, CNM, Melissa D Avery, PhD, RN, CNM, FACNM, FAAN, 2017-05-11 Written for graduate students and professionals in the fields of midwifery, women's health, and public health, this book explores the freestanding birth center model in the United States from its conception by pioneering midwives and others in the early 1970s to the present day. Compared to the hospital-based birth model, the freestanding birth center offers a well-documented, healthier, more cost-effective, and more humane way to care for women and newborns, consistent with the goals of the Affordable Care Act. This rapidly expanding model of care has many positive implications for high-quality, individualized care and birth outcomes across the United States. Written by U.S. leaders in midwifery, *Freestanding Birth Centers: Innovation, Evidence, Optimal Outcomes* offers a comprehensive guide to the evolving role of birth centers, clinical and cost outcomes, regulatory and legal issues, provider and accreditation issues, and the future of the birth center model. Woven throughout the text are descriptions of exemplar birth centers representing diverse geographical, business, and service models. These cases illustrate the possibilities for expansion and replication of this model of care. Key Features Provides a thorough history of the birth center movement from its inception through future expansion of the model Serves as an essential resource with up-to-date evidence on clinical and cost outcomes Includes case studies linking the unique service focus of individual birth centers to the associated sections of the book Provides practical and comprehensive coverage of all issues involved in running a U.S. birth center

dr jennifer ashton is launching a wellness company: The DASH Diet Cookbook Mariza Snyder, Lauren Clum, Anna V. Zulaica, 2012-03-13 Learn to make delicious, filling & healthy meals following the DASH Diet, named the #2 best diet by U.S. News and World Report's experts. Packed with amazingly tasty recipes, creative meal plans and complete nutritional information, this cookbook makes following the DASH diet a snap. The 140 easy-to-make recipes provide a mouthwatering way to eat great, lose weight, lower blood pressure and prevent diabetes without feeling deprived. QUICK AND HEARTY BREAKFASTS • Berry Banana Green Smoothie • Veggie Frittata with Caramelized Onions ENERGY-BOOSTING LUNCHESES • Mexican Summer Salad • Chicken Fajita Wraps FAST AND FABULOUS SNACKS • Roasted Zucchini Crostini Dip • Grilled Sweet Potato Steak Fries SATISFYINGLY DELICIOUS DINNERS • Turkey Meatballs in Marinara Sauce • Ginger-Apricot Chicken Skewers TASTY AND WHOLESOME DESSERTS • Grilled Peaches with Ricotta Stuffing and Balsamic Glaze • Mini Cheesecakes with Vanilla Wafer Almond Crust Named the number-one diet in terms of weight loss, nutrition and prevention of diabetes and heart disease, DASH (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. Including a twenty-eight-day meal plan, easy-to-follow exercise advice and tips for keeping to the diet when on

the go, this cookbook is the ultimate guide to living healthy.

dr jennifer ashton is launching a wellness company: *Transcendence* Norman E. Rosenthal, Norman E Rosenthal MD, 2012-08-30 In this definitive book on the scientifically proven health and stress-relieving benefits of Transcendental Meditation, a renowned psychiatrist and researcher explores why TM works, what it can do, and how to use it for maximum effect.

dr jennifer ashton is launching a wellness company: *Nurse as Educator* Susan Bacorn Bastable, 2008 Designed to teach nurses about the development, motivational, and sociocultural differences that affect teaching and learning, this text combines theoretical and pragmatic content in a balanced, complete style. --from publisher description.

dr jennifer ashton is launching a wellness company: *Siriously Delicious* Daly, Siri, 2018-04-17 Popular food blogger and TODAY food contributor Siri Daly shares her collection of cooking triumphs and mistakes, and delicious recipes for people who love food. Like many of us trying to feed our families, Siri Daly is a very busy cook. As a mother of three under the age of 10, TODAY food contributor, and wife of a bicoastal traveling man, Carson Daly (The Voice host and TODAY show co-host), Siri often doesn't know which end is up. Siri is not a serious cook, but she is serious about her food—and what she serves her family, friends and loved ones. Siriously Delicious is organized by how a busy mom gets through her day—breakfast, lunch, happy hour (her favorite!), dinner with sides, and dessert. Siri's recipes are created with three goals in mind: to create food that is delicious and satisfying for both kids and adults, to prepare dishes packed with traditionally comforting flavors and ingredients (think cheese, avocado, chocolate!), and to make each recipe approachable for even a novice cook—no trips to specialty food stores are required. Whether you're looking for easy-to-cook recipes your kids will devour, such as mouth-watering Bacon Pizzadillas, or you're dying to relax with a Spicy Grapefruit Cocktail when the days feel too long, this cookbook has a recipe for every occasion. Siri also includes extra tips to make your time in the kitchen easier: Siriously Simple offers a hack or time-saving tip, Siriously Sinful details how to make something even more indulgent, Siriously Nutritious explains how to make something healthier, and Siriously Mini advises how to satisfy the kiddos. Filled with Siri's often hilarious anecdotes, Siriously Delicious will not only feed your family's bellies but hopefully deliver a belly laugh along the way.

dr jennifer ashton is launching a wellness company: *The Hardware Startup* Renee DiResta, Brady Forrest, Ryan Vinyard, 2015-05-20 Thanks to the decreasing cost of prototyping, it's more feasible for professional makers and first-time entrepreneurs to launch a hardware startup. But exactly how do you go about it? This book provides the roadmap and best practices you need for turning a product idea into a full-fledged business. Written by three experts from the field, The Hardware Startup takes you from idea validation to launch, complete with practical strategies for funding, market research, branding, prototyping, manufacturing, and distribution. Two dozen case studies of real-world startups illustrate possible successes and failures at every stage of the process. Validate your idea by learning the needs of potential users Develop branding, marketing, and sales strategies early on Form relationships with the right investment partners Prototype early and often to ensure you're on the right path Understand processes and pitfalls of manufacturing at scale Jumpstart your business with the help of an accelerator Learn strategies for pricing, marketing, and distribution Be aware of the legal issues your new company may face

dr jennifer ashton is launching a wellness company: *Tackling Health Inequities Through Public Health Practice* Richard Hofrichter, Rajiv Bhatia, 2010-03-10 Social justice has always been a core value driving public health. Today, much of the etiology of avoidable disease is rooted in inequitable social conditions brought on by disparities in wealth and power and reproduced through ongoing forms of oppression, exploitation, and marginalization. Tackling Health Inequities raises questions and provides a starting point for health practitioners ready to reorient public health practice to address the fundamental causes of health inequities. This reorientation involves restructuring the organization, culture and daily work of public health. Tackling Health Inequities is meant to inspire readers to imagine or envision public health practice and their role in ways that question contemporary thinking and assumptions, as emerging trends, social conditions, and policies

generate increasing inequities in health.

dr jennifer ashton is launching a wellness company: *Mercury Pictures Presents Anthony Marra, 2023-06-27 NEW YORK TIMES BESTSELLER* • Includes a behind-the-scenes conversation with bestselling novelist Amor Towles • The epic story of a brilliant woman who must reinvent herself to survive in 1940s Hollywood and fascist Europe, a timeless tale of love, deceit, and sacrifice—and a perfect book club pick—from the award-winning author of *A Constellation of Vital Phenomena* “A genuinely moving and life-affirming novel that’s a true joy to read.”—Celeste Ng, author of *Little Fires Everywhere* “A gorgeous book . . . sublime.”—The New York Times (Editors’ Choice) ONE OF THE BEST BOOKS OF THE YEAR: NPR, The Guardian, Booklist Like many before her, Maria Lagana has come to Hollywood to outrun her past. Born in Rome, where every Sunday her father took her to the cinema instead of church, Maria immigrates with her mother to Los Angeles after a childhood transgression leads to her father’s arrest. Fifteen years later, on the eve of America’s entry into World War II, Maria is an associate producer at Mercury Pictures, trying to keep her personal and professional lives from falling apart. Her mother won’t speak to her. Her boss, a man of many toupees, has been summoned to Washington by congressional investigators. Her boyfriend, a virtuoso Chinese American actor, can’t escape the studio’s narrow typecasting. And the studio itself, Maria’s only home in exile, teeters on the verge of bankruptcy. Over the coming months, as the bright lights go dark across Los Angeles, Mercury Pictures becomes a nexus of European émigrés: modernist poets trying their luck as B-movie screenwriters, once-celebrated architects becoming scale-model miniaturists, and refugee actors finding work playing the very villains they fled. While the world descends into war, Maria rises through a maze of conflicting politics, divided loyalties, and jockeying ambitions. But when the arrival of a stranger from her father’s past threatens Maria’s carefully constructed facade, she must finally confront her father’s fate—and her own. Written with intelligence, wit, and an exhilarating sense of possibility, *Mercury Pictures Presents* spans many moods and tones, from the heartbreaking to the ecstatic. It is a love letter to life’s bit players, a panorama of an era that casts a long shadow over our own, and a tour de force by a novelist whose work The Washington Post calls “a flash in the heavens that makes you look up and believe in miracles.”

dr jennifer ashton is launching a wellness company: *The Beautiful Ones* Prince, 2019-10-29 #1 NEW YORK TIMES BESTSELLER • The brilliant coming-of-age-and-into-superstardom story of one of the greatest artists of all time, in his own words—featuring never-before-seen photos, original scrapbooks and lyric sheets, and the exquisite memoir he began writing before his tragic death NAMED ONE OF THE BEST MUSIC BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW AND ONE OF THE BEST BOOKS OF THE YEAR BY THE WASHINGTON POST AND THE GUARDIAN • NOMINATED FOR THE NAACP IMAGE AWARD Prince was a musical genius, one of the most beloved, accomplished, and acclaimed musicians of our time. He was a startlingly original visionary with an imagination deep enough to whip up whole worlds, from the sexy, gritty funk paradise of “Uptown” to the mythical landscape of *Purple Rain* to the psychedelia of “Paisley Park.” But his most ambitious creative act was turning Prince Rogers Nelson, born in Minnesota, into Prince, one of the greatest pop stars of any era. *The Beautiful Ones* is the story of how Prince became Prince—a first-person account of a kid absorbing the world around him and then creating a persona, an artistic vision, and a life, before the hits and fame that would come to define him. The book is told in four parts. The first is the memoir Prince was writing before his tragic death, pages that bring us into his childhood world through his own lyrical prose. The second part takes us through Prince’s early years as a musician, before his first album was released, via an evocative scrapbook of writing and photos. The third section shows us Prince’s evolution through candid images that go up to the cusp of his greatest achievement, which we see in the book’s fourth section: his original handwritten treatment for *Purple Rain*—the final stage in Prince’s self-creation, where he retells the autobiography of the first three parts as a heroic journey. The book is framed by editor Dan Piepenbring’s riveting and moving introduction about his profound collaboration with Prince in his final months—a time when Prince was thinking deeply about how to reveal more of himself and

his ideas to the world, while retaining the mystery and mystique he'd so carefully cultivated—and annotations that provide context to the book's images. This work is not just a tribute to an icon, but an original and energizing literary work in its own right, full of Prince's ideas and vision, his voice and image—his undying gift to the world.

dr jennifer ashton is launching a wellness company: *International Management: Culture, Strategy and Behavior W/ OLC Card MP* Richard M. Hodgetts, Fred Luthans, Jonathan Doh, Jonathan P. Doh, 2005-02-16 As a discipline of academy inquiry, International Management applies management concepts and techniques to their contexts in firms working in multinational, multicultural environments. Hodgetts' Luthans: International Management was the first mainstream International Management text in the market. Its 6th edition continues to set the standard for International Management texts with its research-based content and its balance between culture, strategy, and behavior. International Management stresses the balanced approach and the synergy/connection between the text's four parts: Environment (3 chapters): Culture (4 chapters), Strategy and Functions (4 chapters) and Organizational Behavior /Human Resource Management (4 chapters).

dr jennifer ashton is launching a wellness company: *Teach Them Diligently* Leslie Nunnery, 2018-03-06 It's easy to say we trust Christ for everything, but are we living that truth? We've been given clear instruction in a powerful promise for parents. God tells us in Deuteronomy to "teach our children diligently." This passage and many others give us great insight as to how to do that and enjoy the promised blessing that always accompanies the mandates we are given. Learn the practical view of discipleship parenting, what God expects from parents, and how to put these truths into action. See how parenting with the vision of teaching them diligently will intentionally bear fruit and affect change in your own life as well. Move beyond giving lip-service to what you believe, and make the conscious choice to rely on the wisdom of God's holy instruction for your life and parenting. So, why are we as Christian parents still uncertain? Why do we live in fear? Why are we losing our children in record numbers? What can we do about it?

dr jennifer ashton is launching a wellness company: *Get Up!* James A. Levine, 2014-07-29 From the director of the Mayo Clinic and inventor of the treadmill desk, a fascinating wake-up call about our sedentary lifestyle

dr jennifer ashton is launching a wellness company: *A Delicate Ship* Anna Ziegler, 2016-05-13 THE STORY: A haunting love triangle triggers an unexpected chain of events in this poetic play. In the early stages of a new relationship, Sarah and Sam are lovers happily discovering each other. Sarah and Nate know everything about each other, best of friends since childhood and maybe something more. But when Nate shows up unannounced on Sarah's doorstep, she's left questioning what and who she wants in this humorous and heartbreaking look at love, memory, and the decisions that alter the course of our lives.

dr jennifer ashton is launching a wellness company: *Rebels and Rage* Adam Habib, 2019-03-01 Adam Habib, the most prominent and outspoken university official through the recent student protests, takes a characteristically frank view of the past three years on South Africa's campuses in this new book. Habib charts the progress of the student protests that erupted on Wits University campus in late 2015 and raged for the better part of three years, drawing on his own intimate involvement and negotiation with the students, and also records university management and government responses to the events. He critically examines the student movement and individual student leaders who emerged under the banners #feesmustfall and #Rhodesmustfall, and debates how to achieve truly progressive social change in South Africa, on our campuses and off. This book is both an attempt at a historical account and a thoughtful reflection on the issues the protests kicked up, from the perspective not only of a high-ranking member of university management, but also Habib as political scientist with a background as an activist during the struggle against apartheid. Habib moves between reflecting on the events of the last three years on university campuses, and reimagining the future of South African higher education. Adam Habib, the most prominent and outspoken university official through the recent student protests, takes a

characteristically frank view of the past three years on South Africa's campuses in this new book. Habib charts the progress of the student protests that erupted on Wits University campus in late 2015 and raged for the better part of three years, drawing on his own intimate involvement and negotiation with the students, and also records university management and government responses to the events. He critically examines the student movement and individual student leaders who emerged under the banners #feesmustfall and #Rhodesmustfall, and debates how to achieve truly progressive social change in South Africa, on our campuses and off. This book is both an attempt at a historical account and a thoughtful reflection on the issues the protests kicked up, from the perspective not only of a high-ranking member of university management, but also Habib as political scientist with a background as an activist during the struggle against apartheid. Habib moves between reflecting on the events of the last three years on university campuses, and reimagining the future of South African higher education.

dr jennifer ashton is launching a wellness company: The Antioxidant Counter Mariza Snyder, Lauren Clum, 2011-02-08 Offers antioxidant scores for more than two hundred foods, as well as a diet plan and fifty antioxidant-rich recipes.

dr jennifer ashton is launching a wellness company: Textbook of Pharmacoepidemiology Brian L. Strom, Stephen E. Kimmel, 2013-05-13 The Textbook of Pharmacoepidemiology provides a streamlined text for evaluating the safety and effectiveness of medicines. It includes a brief introduction to pharmacoepidemiology as well as sections on data sources, methodology and applications. Each chapter includes key points, case studies and essential references. One-step resource to gain understanding of the subject of pharmacoepidemiology at an affordable price Gives a perspective on the subject from academia, pharmaceutical industry and regulatory agencies Designed for students with basic knowledge of epidemiology and public health Includes many case studies to illustrate pharmacoepidemiology in real clinical setting

dr jennifer ashton is launching a wellness company: Water Infusions Mariza Snyder, Lauren Clum, 2014-11-11 DELICIOUSLY-FLAVORED AND VITAMIN-ENRICHED WATERS CONVENIENTLY MADE AT HOME IN INFUSION PITCHERS OR BOTTLES Everyone knows that drinking more water is the fastest, simplest step to improving health. But it's also the most boring and tasteless step. Until now! Water Infusions makes it easy to stay hydrated, keep one's system flushed and get the right amount of water every day while actually enjoying organically delicious beverages. Instead of chemical-enhanced, calorie-packed store-bought water, the 75 recipes in this book pack flavorful fruits, veggies, herbs and essential oils into thirst-quenching, detoxifying waters that are 100% natural. Featuring flavorful recipes like the cleansing Lemon and Cucumber Mint, the immunity-boosting Orange Blast, and the fizzy Strawberry Lime Soda, this is the ultimate guide to getting the most out of your infuser. More than a recipe book, this informative handbook details the vital relationship between water and good health. It also provides nutritional information on the various fruit and vegetable readers can use in their infusers while separating truth from myth on the importance of water in one's diet.

dr jennifer ashton is launching a wellness company: A Little Closer to Home Ginger Zee, 2022-01-11 In Ginger Zee's follow-up to the bestselling Natural Disaster, the ABC chief meteorologist takes readers on a much deeper journey of self discovery. When Ginger Zee opened her life to readers in Natural Disaster, the response was enormous. She put a very relatable if surprising face on depression and has helped lessen the stigma surrounding mental health issues. But Ginger tells us, Natural Disaster was Ginger Lite and only scratched the surface. In this moving follow-up, Ginger shares her truest self. She spent most of her life shielding her vulnerabilities from the world all while being a professional people pleaser. Her stormy childhood, her ongoing struggles with crippling depression, her suicide attempts, and many other life experiences will resonate with readers who are likely to see themselves along the way. In spite of its serious subject matter, Ginger's positive, life-affirming outlook comes through loud and clear. Written with great heart and quite a bit of humor, Ginger normalizes issues and challenges millions of people face every day. A Little Closer to Home will broaden the conversation around mental health at a time we need it more

than ever.

dr jennifer ashton is launching a wellness company: Trauma and Recovery Judith Lewis Herman, 2015-07-07 In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A stunning achievement that remains a classic for our generation. (Bessel van der Kolk, M.D., author of *The Body Keeps the Score*). *Trauma and Recovery* is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the *New York Times* as one of the most important psychiatry works to be published since Freud, *Trauma and Recovery* is essential reading for anyone who seeks to understand how we heal and are healed.

dr jennifer ashton is launching a wellness company: Melissa Explains It All Melissa Joan Hart, 2013-10-29 Melissa Joan Hart explained it all-from dating to bullies-in her groundbreaking role as Clarissa Darling on *Clarissa Explains It All*. She cast a spell on millions more viewers as Sabrina, the Teenage Witch. Now, in *Melissa Explains It All*, Melissa tells the frank and funny behind-the-scenes stories from her extraordinary past and her refreshingly normal present. Melissa has been entertaining audiences most of her life; when there were no girls named Melissa on her favorite show, the forceful four year old decided she'd get on television her way. From that moment on, Melissa has shown a singular determination and focus-whether it's for booking three national commercials so her dad would build her a tree house or for nailing the audition for Clarissa. From her first commercial to her current starring role in ABC Family's hit *Melissa and Joey*, Hart never let fame go to her head. She always had one foot in Hollywood and one foot in reality-and still does. Melissa makes us laugh along with her as she talks about: --guest appearances in shows like *Saturday Night Live* and *The Equalizer* --auditioning for Punky Brewster and Clarissa --her early Broadway days --wacky parties she's thrown and attended -- the actors who influenced her and whom she befriended, worked with and competed against --her experiences both on and off-set-with Sabrina's Salem the Cat and Elvis the Alligator on *Clarissa* --how she met the love of her life at the Kentucky Derby Melissa Joan Hart explains all that she's learned along the way-what's kept her grounded, normal and working when others have not been so fortunate-and that she's the approachable, hilarious girl-next-door her fans have always thought she'd be.

dr jennifer ashton is launching a wellness company: Miss Littlewood Sam Kenyon, 2018-06-21 Joan Littlewood was the anarchic revolutionary of 20th century theatre. Her unique Theatre Workshop was responsible for a raft of successes including *Oh, What A Lovely War!*, and breathed new life into the Theatre Royal Stratford East. Anti-establishment, visionary, rude and glorious, Joan Littlewood red the imagination of a generation. Based on her life story, this musical charts the emotional highs and lows of Joan's journey from the East End to the West End. Told with her own uncompromising honesty, this new musical reveals a mighty love story at its heart.

dr jennifer ashton is launching a wellness company: Black Men In White Coats Dale Okorodudu, 2020-01-13 What does it take to overcome adversity and achieve success against the odds? Best-selling author and award-winning physician, Dale Okorodudu MD, answers this question in his book, *Black Men In White Coats: 100 Rules for Success*. Dr. Dale shares experiences and lessons learned from the first 20 guests on his podcast, *Black Men In White Coats*. From battling depression to surviving gang infested neighborhoods, these doctors have seen it all. In this book, Dr. Dale outlines 100 concrete rules for success based on stories from these doctor's lives. This book will inspire you to pursue greatness beyond your imagination! It will empower you to fight for your dreams and to never give up!

dr jennifer ashton is launching a wellness company: Get the Behavior You Want... Without Being the Parent You Hate! Deborah Gilboa, MD, Deborah Gilboa, 2014-08-18 A roadmap of quick, concrete strategies to help parents use everyday opportunities to create respectful, responsible, and resilient children between the ages of 18 months and 12 years -- without screaming or nagging.

You'll learn how to eliminate the behaviors you don't want while fostering the behaviors you do want like pitching in around the house, pleasant table manners, managing money, finishing multiple-step assignments, taking risks, asking for help, and coping with bad news.

dr jennifer ashton is launching a wellness company: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

dr jennifer ashton is launching a wellness company: Healthcare Management Kieran Walshe, 2006-07-01 Covers various major aspects of healthcare management. This book draws together key themes and offers a view about future development and trends in healthcare management. It examines: health policy and practice context for healthcare management; specific challenges of managing healthcare organizations; and, more.

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