

dr wellness cold series

Conquer the Chill: Your Ultimate Guide to the Dr. Wellness Cold Series

Are you tired of battling colds with ineffective remedies? Do you crave a natural, holistic approach to conquering sniffles, sore throats, and that overall achy feeling? Then you've come to the right place! This comprehensive guide dives deep into the Dr. Wellness Cold Series, exploring its components, benefits, and how it can become your go-to solution for cold and flu season. We'll uncover why it's gaining popularity, address common concerns, and provide you with all the information you need to make an informed decision about incorporating it into your wellness routine. Let's explore how the Dr. Wellness Cold Series can help you conquer the chill and feel your best.

Understanding the Dr. Wellness Cold Series: A Holistic Approach

The Dr. Wellness Cold Series (a hypothetical product, used for illustrative purposes) isn't just another cold remedy; it's a carefully curated collection of natural products designed to support your body's natural defenses throughout the course of a cold or flu. Unlike harsh chemical-laden medications that often mask symptoms without addressing the underlying issue, the Dr. Wellness Cold Series aims to alleviate symptoms and boost your immune system. This holistic approach targets multiple aspects of cold and flu recovery, making it a more comprehensive and effective solution than single-ingredient remedies.

Imagine a system that addresses not just the cough, but also the congestion, fatigue, and overall weakness associated with a cold. That's the power of the Dr. Wellness Cold Series (hypothetical). This comprehensive system could (hypothetically) include various products like:

1. Immune-Boosting Elixir: Laying the Foundation for Wellness

A crucial aspect of the Dr. Wellness Cold Series (hypothetical) could be an immune-boosting elixir. This could be a blend of potent herbs and vitamins known for their immune-supporting properties, such as elderberry, echinacea, and zinc. These ingredients work synergistically to strengthen your body's natural defenses, helping it fight off the virus more effectively. Regular intake of this elixir, even before cold symptoms appear, can act as a preventative measure, reducing your susceptibility to illness. The elixir's formulation might also be designed to be easily absorbed and gentle on the stomach.

2. Soothing Sore Throat Remedy: Comfort and Relief

When a sore throat strikes, comfort is key. The Dr. Wellness Cold Series (hypothetical) might include a soothing sore throat remedy, perhaps a natural

throat spray or lozenge. Instead of harsh chemicals, this remedy could utilize ingredients like honey, licorice root, and slippery elm to coat and soothe irritated throat tissues. This provides natural relief from pain and inflammation, allowing you to speak, swallow, and even sleep more comfortably.

3. Congestion Relief Balm: Breathing Easy Again

Congestion is a major symptom of the common cold, making it difficult to breathe and sleep. A key component of the Dr. Wellness Cold Series (hypothetical) could be a congestion relief balm. This balm might contain natural decongestants like eucalyptus and menthol, which can open up airways and provide relief from stuffy noses. The balm could be applied topically to the chest and sinuses, offering a soothing aromatherapy experience alongside its decongestant properties.

4. Restorative Sleep Aid: The Power of Rest

Rest is crucial for recovery. The hypothetical Dr. Wellness Cold Series may include a sleep aid designed to promote restful sleep. Instead of relying on harsh chemicals, this product might utilize natural ingredients like chamomile, lavender, and magnesium to help calm the mind and body, promoting deeper, more restorative sleep. Adequate sleep allows your body to focus its energy on fighting the infection, speeding up the recovery process.

Addressing Common Concerns About the Dr. Wellness Cold Series

Many people have concerns about natural remedies. Some might question their efficacy compared to pharmaceutical drugs. While it's true that natural remedies may not work as quickly as some pharmaceutical options, their holistic approach can lead to longer-lasting results and fewer side effects. Additionally, the Dr. Wellness Cold Series (hypothetical) focuses on supporting the body's natural healing process, not just masking symptoms.

Another concern might be the lack of extensive clinical trials. Many natural remedies aren't subjected to the same rigorous testing as pharmaceutical drugs. However, this doesn't necessarily mean they are ineffective. Many natural remedies have a long history of safe and effective use, supported by anecdotal evidence and traditional practices. Always consult with your healthcare provider before starting any new supplement regimen, including the Dr. Wellness Cold Series (hypothetical).

Why Choose the Dr. Wellness Cold Series (Hypothetical)?

The Dr. Wellness Cold Series offers a compelling alternative to conventional cold and flu remedies. Its holistic approach tackles multiple aspects of illness, promoting faster recovery and overall well-being. By supporting your body's natural healing mechanisms, the series empowers you to take control of your health, leading to a more sustainable and healthier approach to managing

colds and flu.

Conclusion

The Dr. Wellness Cold Series (hypothetical) offers a promising approach to combating colds and flus naturally. By combining multiple natural remedies that address various cold symptoms and support immune function, it provides a comprehensive strategy for recovery. Remember to always consult with your healthcare provider before using any new health products, especially if you have pre-existing conditions or are taking other medications.

Frequently Asked Questions (FAQs)

1. Is the Dr. Wellness Cold Series (hypothetical) suitable for children?
The suitability depends on the specific products within the series and the child's age. Always consult your pediatrician before administering any natural remedy to a child.
1. Are there any potential side effects associated with the Dr. Wellness Cold Series (hypothetical)? As with any natural remedy, potential side effects are possible, although generally mild. Some individuals might experience mild allergic reactions to certain ingredients. Always check the ingredient list carefully.
1. How long does it take to see results from using the Dr. Wellness Cold Series (hypothetical)? The timeline varies depending on individual factors and the severity of the cold. Some individuals may experience relief within a few days, while others might take longer.
1. Where can I purchase the Dr. Wellness Cold Series (hypothetical)? The availability would depend on where you are located. Check the manufacturer's website or inquire at your local health food store.
1. Can I use the Dr. Wellness Cold Series (hypothetical) alongside prescription medication? It's crucial to discuss this with your healthcare provider to avoid potential interactions. They can advise on whether it's safe to use the series alongside any existing medications.

dr wellness cold series: How to Raise a Healthy Child in Spite of Your Doctor Robert S. Mendelsohn, MD, 1987-05-12 Dr. Robert Mendelsohn, renowned pediatrician and author advises parents on home treatment and diagnosis of colds and flus, childhood illnesses, vision and hearing

problems, allergies, and more. PLUS, a complete section on picking the right doctor for your child, step-by-step instructions for knowing when to call a doctor, and much more.

dr wellness cold series: *The Empath's Survival Guide* Judith Orloff, 2017-04-04 What is the difference between having empathy and being an empath? "Having empathy means our heart goes out to another person in joy or pain," says Dr. Judith Orloff "But for empaths it goes much farther. We actually feel others' emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have." With *The Empath's Survival Guide*, Dr. Orloff offers an invaluable resource to help sensitive people develop healthy coping mechanisms in our high-stimulus world—while fully embracing the empath's gifts of intuition, creativity, and spiritual connection. In this practical and empowering book for empaths and their loved ones, Dr. Orloff begins with self-assessment exercises to help you understand your empathic nature, then offers potent strategies for protecting yourself from overwhelm and replenishing your vital energy. For any sensitive person who's been told to "grow a thick skin," here is your lifelong guide for staying fully open while building resilience, exploring your gifts of deep perception, raising empathic children, and feeling welcomed and valued by a world that desperately needs what you have to offer.

dr wellness cold series: *The Natural Wellness Journal* Philly J Lay, 2020-12-21 JOURNAL YOUR WAY through Self Care and Gratitude to find Peace, Love and Joy. From grounding to gut health, sleep to chakras, you are gently guided along your own self healing journey! QUICK AND EASY meditation and breathwork practices to boost your mood, increase your energy and embrace mindfulness! Utterly divine! -Tomfoolery

dr wellness cold series: *The Wim Hof Method* Wim Hof, 2022-04-14 THE SUNDAY TIMES BESTSELLING PHENOMENON 'I've never felt so alive' JOE WICKS 'The book will change your life' BEN FOGLE My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your strength, health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to master mind over matter and achieve the impossible. 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS 'Thor-like and potent...Wim has radioactive charisma' RUSSELL BRAND

dr wellness cold series: *ROAR* Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. *ROAR* will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. *ROAR* is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, *ROAR* contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

dr wellness cold series: *Ultimate Pulmonary Wellness* Noah Greenspan, 2017-09-21 *Ultimate Pulmonary Wellness* is a resource for all people living with respiratory disease including

patients, their families and caretakers; and clinicians. This well-rounded guidebook is the fusion of twenty-five years of clinical practice, education and research by Dr. Noah Greenspan, board-certified clinical specialist in cardiovascular and pulmonary physical therapy; and Program Director of the Pulmonary Wellness & Rehabilitation Center in New York City. It is one of the most comprehensive works of its kind. This brand new first edition draws together a complex variety of threads, clearly defining the key components of living well with a pulmonary disease; including the anatomy, physiology and pathophysiology of the respiratory system; the multifactorial and multi-systemic nature of breathing; the role of medicine (physician, diagnosis and treatment) in the management and prevention of respiratory disease; and the importance of lifestyle factors, such as exercise, nutrition and managing your emotions, as well as the prevention of infection; in ultimate pulmonary wellness; and living your absolute best life with respiratory disease.

dr wellness cold series: Faith Under Fire LaJoyce Brookshire, 2009-02-03 The author recounts her marriage to a man who hid from her the fact that he was suffering from AIDS, describing her feelings and experiences after discovering the deadly secret and drawing on her personal faith to call for an end to the silence, ignorance, and stigma of AIDS.

dr wellness cold series: Troubled Blood Robert Galbraith, 2020-09-15 In the epic fifth installment in this “compulsively readable” (People) series, Galbraith’s “irresistible hero and heroine” (USA Today) take on the decades-old cold case of a missing doctor, one which may be their grisliest yet. Private Detective Cormoran Strike is visiting his family in Cornwall when he is approached by a woman asking for help finding her mother, Margot Bamborough—who went missing in mysterious circumstances in 1974. Strike has never tackled a cold case before, let alone one forty years old. But despite the slim chance of success, he is intrigued and takes it on; adding to the long list of cases that he and his partner in the agency, Robin Ellacott, are currently working on. And Robin herself is also juggling a messy divorce and unwanted male attention, as well as battling her own feelings about Strike. As Strike and Robin investigate Margot’s disappearance, they come up against a fiendishly complex case with leads that include tarot cards, a psychopathic serial killer and witnesses who cannot all be trusted. And they learn that even cases decades old can prove to be deadly . . .

dr wellness cold series: *Breaking Free from Depression* Jesse H. Wright, Laura W. McCray, 2012-02-16 When it comes to treating depression, one size definitely doesn't fit all. How do you find the science-based treatment that will work for you? What can you do to restore the fighting spirit and motivation that are so essential for overcoming this illness? Leading psychiatrist-researcher Jesse Wright and his daughter, Laura McCray, a family physician, have helped many thousands of depressed patients discover effective pathways to wellness. Here they describe powerful treatment tools and present a flexible menu of self-help strategies you can try today or turn to in the future. Dozens of easy-to-use worksheets and forms can be downloaded and printed from the companion Web page. Learn proven ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen your relationships, and make informed decisions about medications. You can beat depression and keep your life headed in a positive direction. This book shows how.

dr wellness cold series: Bing & Bang Begin Marc Cohen, 2021

dr wellness cold series: *Quantum Wellness* Kathy Freston, 2009-04-07 An instant New York Times bestseller embraced and endorsed by such luminaries as Oprah Winfrey, Dr. Mehmet Oz, Ellen DeGeneres, and Marianne Williamson, Quantum Wellness is the breakthrough book that created a national trend. This life-changing guide teaches us how to reach our highest level of health and contentment through small, focused changes. Featuring a foreword by #1 New York Times bestselling author Dr. Mehmet C. Oz, Quantum Wellness will forever change the way readers approach healthy living.

dr wellness cold series: I'm So Effing Tired Amy Shah, 2021-03-02 Exhaustion doesn't have to be your new normal Are you feeling overwhelmed, overstressed, and overtired? If so, you're not alone - and you don't have to settle for feeling this way. Inspired by her personal wellness journey, Dr. Amy Shah has created this program so that you can regain your energy and reclaim your life.

The key is tapping into the powerful energy trifecta: the complex, interconnected relationship between your gut, your immune system, and your hormones. Drawing on the latest science and her work helping thousands of clients, Dr. Shah explains how to transform your life by changing: What You Eat: increase your fiber-rich, prebiotic vegetables, without giving up your wine and chocolate!? When You Eat: intermittent fasting - the right way - can revamp your energy Why You're Stressed: discover simple exercises and herbs that ease anxiety In just two weeks, you'll feel your energy surge. In three months, you'll feel like a whole new person. It's time to regain the energy you've lost, so you can get back to the life you want to live.

dr wellness cold series: The Heart of Wellness Kavitha Chinnaiyan, 2020-11-06 Transform your relationship with habits, lifestyle, health, and disease using Dr. Kavitha Chinnaiyan's remarkable approach to health. The Heart of Wellness shows you how to optimize the workings of the body and mind so that the bliss of your true nature can be revealed. Presented in two parts, this book begins by exploring the nature of disease: the causative and risk factors, the role of diet, exercise, and medication, and how Eastern and Western medical practices can come together. A holistic practice is then outlined, based on the author's successful Heal Your Heart Free Your Soul program, that will guide you toward good health and better living.

dr wellness cold series: Ask The Good Doctor Lajoyce Brookshire, 2019-02-04 In this REMIX of the 2011 Edition, New York Times Bestselling Author Dr. LaJoyce Brookshire presents a step-by-step full-body Detox in 7 easy steps with food and product suggestions. Dr. Brookshire defines a Detox as short-term intervention designed to eliminate toxins from the body to promote health by creating the perfect conditions within to support the body do its job. So if you constantly feel fatigued, experience frequent headaches, have lack of mental clarity, seasonal allergies, packing on excess pounds, and have sluggish eliminations ... then it is time to tune-up by initiating a Detox.

dr wellness cold series: Facing East Jingduan Yang, Norma Kamali, 2016-03-01 Drawing from 2,500 years of wisdom that has been adapted to today's lifestyles, Facing East teaches you how to restore your Qi—the vital energy at the root of every function in the human body—to become both internally healthy and externally radiant. In Facing East, Dr. Jingduan Yang, a fifth-generation practitioner of Chinese medicine and a respected authority in integrative medicine, joins forces with wellness advocate Norma Kamali to reveal ancient healing secrets, adapted for the modern age, that will help preserve, maintain, and restore vitality, health, and beauty in all its forms. Style icon Norma Kamali, having felt deeply and noticeably rested and rejuvenated after Dr. Jingduan Yang's unique acupuncture treatments, encouraged her remarkable physician to share his mastery of both traditional Chinese medicine and modern medicine with the world. The result is Facing East, a book filled with practical day-to-day health, beauty, wellness, and lifestyle practices that can radically enhance the way you look, feel, and interact with everything and everyone around you! Inside you'll discover: The ways each of the primary organs can affect every aspect of your life—from your physical health to your mental well-being—and how to keep them in balance Tips to help revitalize the hair, skin, eyes, lips, teeth, and nails Self-assessments to help determine your unique general energy constitution Personal checklists for preventative care A year-round wellness plan that includes advice on sleep, sex, exercise, and nutrition And much more! By exploring the mind-body-spirit connection from a truly integrative perspective, Facing East helps you maintain wellness in every aspect of your life. "Dr. Yang and Norma Kamali share ancient wisdom in a friendly, modern, and engaging dialogue, making timeless Eastern health practices relevant to the present and easy for everyone to apply in their lives. If you want to design happy, vibrant wellness for yourself, read Facing East!"—VINCENT PEDRE, M.D., author of Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain Harness the power of the East to feel better, look younger, and live healthier, no matter your age! Are you easily fatigued? Is there too much fat around your belly? Are you often unhappy? Do you have chronic nasal congestion? Do you have black circles under your eyes? Does your skin often feel dry? Do your hands and feet feel cold? Is your skin prone to acne? If you answered yes to any of these questions, your Qi—the vital energy essential to your body's every function—is probably out of balance. Filled with ancient health

and beauty secrets, Facing East can help you rebalance your body and turn back the hands of time. "Facing East looks to the past for a vision of the future, drawing on ancient knowledge to devise simple strategies to allow you to stay young, vibrant, and healthy. This book by Dr. Yang, a foremost expert on Chinese medicine, and his patient, Norma Kamali, will help you to correct imbalances with techniques so simple anyone can use them with success."—Andrew Weil, M.D., #1 New York Times bestselling author

dr wellness cold series: French Women Don't Get Fat Mireille Guiliano, 2004-12-28 #1 NATIONAL BESTSELLER • The book that launched a French Revolution about how to approach healthy living: the ultimate non-diet book—now with more recipes. "The perfect book.... A blueprint for building a healthy attitude toward food and exercise—San Francisco Chronicle French women don't get fat, even though they enjoy bread and pastry, wine, and regular three-course meals. Unlocking the simple secrets of this "French paradox"—how they enjoy food while staying slim and healthy—Mireille Guiliano gives us a charming, inspiring take on health and eating for our times. For anyone who has slipped out of her Zone, missed the flight to South Beach, or accidentally let a carb pass her lips, here is a positive way to stay trim, a culture's most precious secrets recast for the twenty-first century. A life of wine, bread—even chocolate—without girth or guilt? Pourquoi pas?

dr wellness cold series: The Longevity Paradox Dr. Steven R. Gundry, MD, 2019-03-19 From the author of the New York Times bestseller The Plant Paradox comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the "diseases of aging" we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In The Longevity Paradox, he maps out a new approach to aging well—one that is based on supporting the health of the "oldest" parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer's to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver's seat, controlling our quality of life as we age. The good news is, it's never too late to support these microbes and give them what they need to help them—and you—thrive. In The Longevity Paradox, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, The Longevity Paradox offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

dr wellness cold series: Exercised Daniel Lieberman, 2021-01-05 The book tells the story of how we never evolved to exercise - to do voluntary physical activity for the sake of health. Using his own research and experiences throughout the world, the author recounts how and why humans evolved to walk, run, dig, and do other necessary and rewarding physical activities while avoiding needless exertion. Drawing on insights from biology and anthropology, the author suggests how we can make exercise more enjoyable, rather than shaming and blaming people for avoiding it

dr wellness cold series: Beyond the Pill Jolene Brighten, 2019-01-29 All women need to read this book.—Dave Asprey, author of The Bulletproof Diet Groundbreaking solutions for the common hormonal struggles women face both on and off birth control.—Amy Medling, founder of PCOS Diva and author of Healing PCOS A natural, effective program for restoring hormone balance, normalizing your period, and reversing the harmful side effects of 'The Pill'—for the millions of women who take it for acne, PMS, menstrual cramps, PCOS, Endometriosis, and many more reasons other than contraception. Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a

quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book *Beyond the Pill*, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, *Beyond the Pill* is an actionable plan for taking control, and will help readers: Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, *Beyond the Pill* is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

dr wellness cold series: Fake Medicine Brad McKay, 2021-03-31 We all want to live healthier, happier and longer lives, but too many of us are charmed by charlatans, misled by marketing or scammed by sciencey-sounding salespeople. Dr Brad McKay, Australian GP and science communicator, has seen the rise of misinformation permeate our lives and watched as many of us have turned away from health experts. Too often, we place our trust in online influencers, celebrities and Dr Google when it comes to making important health decisions. *Fake Medicine* explores the potential dangers of wellness warriors, anti-vaxxers, fad diets, dodgy supplements, alternative practitioners and conspiracy theories. This book is an essential tool for debunking pseudoscience and protecting you and your loved ones from the health scams that surround us. Protect your mind, body and wallet by fighting fake medicine.

dr wellness cold series: Womancode Alisa Vitti, 2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

dr wellness cold series: Bryson City Seasons Walt Larimore, MD, 2009-12-15 Welcome to Bryson City, a small town tucked away in a fold of North Carolina's Smoky Mountains. The scenery is breathtaking, the home cooking can't be beat, the Maroon Devils football team is the pride of the town, and you won't find better steelhead fishing anywhere. But the best part is the people you're about to meet in the pages of *Bryson City Seasons*. In this joyous sequel to his bestselling *Bryson City Tales*, Dr. Walt Larimore whisks you along on a journey through the seasons of a Bryson City year. On the way, you'll encounter crusty mountain men, warmhearted townspeople, peppery medical personalities, and the hallmarks of a simpler, more wholesome way of life. Culled from the

author's experiences as a young doctor settling into rural medical practice, these captivating stories are a celebration of this richly textured miracle called life. The whole book is delightful. My only criticism: there wasn't enough of it! Margaret Brand, MD, co-laborer with Dr. Paul Brand in leprosy work in India

dr wellness cold series: The Resonance Effect Carolyn McMakin, 2017-04-25 The Resonance Effect is both the author's story of her inspirational journey of having the courage to find her true calling and an account of the development of a remarkable newly rediscovered treatment, frequency specific microcurrent (FSM), that takes advantage of the body's ability to respond to frequencies in order to heal a number of chronic conditions. Carolyn McMakin, a chiropractor specializing in fibromyalgia and myofascial pain, describes her experience using a two-channel microcurrent device that has achieved astounding results that have changed medicine and created new possibilities for suffering patients over the past twenty years. Nerve pain, fibromyalgia, diabetic neuropathies, muscle pain, athletic performance, injury repair, joint pain, low back pain, neck pain, kidney stone pain, the kidney stones themselves, liver disease, diabetic wounds, brain and spinal cord injuries, PTSD, depression, shingles, asthma, ovarian cysts, abdominal adhesions, and scarring all respond to specific frequencies. McMakin explains that results are predictable, reproducible, and teachable—all without side effects—offering hope and healing to millions of people. McMakin tells the story of how thousands of patients with conditions that did not respond to other medical therapies recovered from pain and disability through the non-invasive treatment that she developed. For example, asthma resolves with specific frequencies that remove inflammation, allergy reaction, and spasm from the bronchi. One frequency combination eliminates shingles pain in minutes and stops the shingles attack with a single three-hour treatment. Since 2005, a series of frequencies has been used to treat hundreds of PTSD patients. Post-surgical patients use FSM to reduce pain, prevent bruising, and increase healing. NFL, NHL, and Olympic athletes use it to heal injuries and improve performance. McMakin includes case histories that illustrate the efficacy of the treatment and shares the specific frequencies that each condition requires so that patients direct their own treatments.

dr wellness cold series: The Menopause Manifesto Dr. Jennifer Gunter, 2021-05-25 'A guide to counteract medical misogyny' New Scientist 'The world's most famous - and outspoken - gynaecologist' Guardian In The Menopause Manifesto internationally renowned, New York Times bestselling author Dr Jen Gunter brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective and expert advice. The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease - it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why and what to do about it is both empowering and reassuring. Frank and funny, Dr Jen debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: * Perimenopause * Hot flashes * Sleep disruption * Sex and libido * Depression and mood changes * Skin and hair issues * Outdated therapies * Breast health * Weight and muscle mass * Health maintenance screening * And much more Filled with practical, reassuring information, this essential guide will revolutionise how women experience menopause - including how their lives can be even better for it!

dr wellness cold series: Audition Freedom Vp Boyle, V. P. Boyle, 2008-09 Imagine what your theatrical life would be like if you could walk into any audition room and find authentic freedom! Freedom to be human, freedom to be happy, freedom to be brilliant and freedom to be nothing but fantastically you? This inspiring not-like-any-other-audition-book by Broadway's top coach will crack your brain open with long lasting shifts that will keep you creating and enjoying powerful

experiences in the room.

dr wellness cold series: *The Fast Diet* Michael Mosley, 2013 Is it possible to eat what you like, most of the time, and get thinner and healthier as you do it? Simple answer: yes. You just have to restrict your calorie intake for two non-consecutive days each week (500 calories for women, 600 for men). This book brings together the results of recent revolutionary research to create a dietary programme that anyone can incorporate into their normal working life.

dr wellness cold series: *Guide to Hydrothermal Spa Development Standards* Global Wellness Institute, 2016-03-09 The Guide to Hydrothermal Spa Development Standards is published by the Global Wellness Institute and was created to provide design and building guidelines for hydrothermal areas (also known as wet areas) in spas and private residences. Hydrothermal bathing (including saunas, hamams, steam rooms, hydrotherapy pools, etc.), with its benefits of cleansing, detoxifying and improving the immune system, dates back thousands of years and is one of the most ancient spa practices. The goal of this guide is to provide readers - whether they be spa owners, consultants, developers, interior designers, architects, builders, professors, students or anyone embarking on the study or build of a hydrothermal facility - with a consistent and effective means to approach the planning and construction of these unique areas and to avoid common, costly mistakes.

dr wellness cold series: *Homeopathic Medicine for Children and Infants* Dana Ullman, 1992-09-08 Homeopathic remedies are increasingly being used to treat common childhood ailments. They are safe, have no side effects or allergic reactions, are inexpensive and, above all, effective. In this guide, Dana Ullman explains what homeopathy is, how it works and how you can use it correctly to enhance your child's health. He recommends remedies for more than 75 physical and emotional conditions, including: allergies, grief, anxiety, headaches, asthma, measles, bedwetting, nappy rash, bites and stings, shock, burns, sunburn, colic, teething, coughs and colds and travel sickness. Without doubt, this is the most comprehensive book on homeopathic pediatrics. Included is a complete guide to the correct use of homeopathy, recommended remedies for the treatment of more than seventy-five common physical, emotional, and behavioral conditions, and valuable information on the essential medicines that all parents should have in their home medicine kits.

dr wellness cold series: *Fall Down Nine Times, Get Up Ten* Martin Avery, 2014-07-06 You're going to die, the doctor said. But Canadian author Martin Avery laughed and walked away. *Fall Down Nine Times, Get Up Ten* tells the story of a man who was told he would never work or walk again, in Canada, but lived to get a better diagnosis of jing-chi-shen in China.

dr wellness cold series: *One Doctor* Brendan Reilly, 2013-09-03 A first-person narrative that takes readers inside the medical profession as one doctor solves real-life medical mysteries--Provided by publisher.

dr wellness cold series: *Qi Gong for Total Wellness* Baolin Wu, Jessica Eckstein, 2006-09-05 *Qi Gong for Well-Being* is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and trains practitioners to expel toxins and intake healthy qi through the nine openings--palaces-- of the body. This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each part of the body, with clear instructions how to accurately apply the methods of Solar Qi Gong to increase physical and mental health using this ancient art.

dr wellness cold series: *How Not to Die* Michael Greger, M.D., FACLM, Gene Stone, 2015-12-08 From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America--heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more--and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing

us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug-and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

dr wellness cold series: *What's Missing from Medicine* Saray Stancic, 2021-01-12 In the fall of 1995, Dr. Saray Stancic was diagnosed with multiple sclerosis. By 2003, she walked regularly with a cane, had given up virtually all unnecessary physical activity, and was on numerous medications, all with horrible side effects. After stumbling upon some studies that linked MS outcomes to diet and lifestyle, Dr. Stancic undertook a radically different approach to managing her illness. Within a relatively short time period she was off all MS medications, walking normally, resumed dancing, and in 2010 she ran a marathon! Today she lives an active, symptom free life, and takes no medications for multiple sclerosis. Now, in *What's Missing from Medicine: Six Lifestyle Changes to Overcome Chronic Illness*, Dr. Stancic shares her own inspiring story and explains the incredible power that specific lifestyle changes can have for those living with chronic illness. Her prescription to prevent, treat, and even reverse chronic illnesses such as heart disease, diabetes, obesity, autoimmune diseases like lupus, multiple sclerosis, and many others, is what readers will find in this book. Dr. Stancic is also highly critical of the medical community's lack of success when it comes to treating chronic illness, and that's why *What's Missing from Medicine* is both a prescription for a better life for each of us, as well as a clarion call for the medical establishment to make these lifestyle changes an integral part of the practice of medicine.

dr wellness cold series: *My New Roots* Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. *My New Roots* draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

dr wellness cold series: Self-Compassion Dr. Kristin Neff, 2011-04-19 Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it

parenting, weight loss, or any of the numerous trials of everyday living.

dr wellness cold series: The Greenwich Diet Carlon M. Colker, 2000-05 While incorporating limited carbohydrates and a high-quality protein backbone, the diet picks up where others leave off. In particular, THE GREENWICH DIET corrects the weaknesses of other low carbohydrate, high protein diets while providing the added power of health enhancement.

dr wellness cold series: The Marvelous Pigness of Pigs Joel Salatin, 2016-05-03 From Christian libertarian farmer Joel Salatin, a clarion call to readers to honor the animals and the land, and produce food based on spiritual principles. What on earth is The Marvelous Pigness of Pigs? It's an inspiring call to action for people of faith . . . a heartfelt plea to heed the Bible's guidance . . . It's an important and thought-provoking explanation of how by simply appreciating the marvelous pigness of pigs, we are celebrating the Glory of God. As a man of deep faith and student of the Bible, and as a respected and successful ecological family farmer, Joel Salatin knows that God created heaven and earth and meant for all living organisms to be true to their nature and their endowed holy purpose. He intended for us to respect and care for His gift of creation, not to ravage and mistreat it for our own pleasure or wealth. The example that inspires the book's title explains what Salatin means: when huge corporate farms confine pigs in cramped and dark pens, inject them with antibiotics and feed them herbicide-saturated food simply to increase profits, they are not respecting them as a creation of God or allowing them to express even their most rudimentary uniqueness - that special role that is part of His design. Every living organism has a God-given uniqueness to its life that must be honored and respected, and too often that is not happening today. Salatin shows us the long overlooked ethics and instructions in the Bible for how to eat, how to shop, how to think about how we farm and feed the world. Through scripture and Biblical stories, he shows us why it's more vital than ever to look to the good book rather than corporate America when feeding the country and your family. Salatin makes a compelling case for Christian stewardship of the earth and how it relates to every action we take regarding our food. He also opens our eyes to a common misconception many Christians may have about environmentalism: it's not a bad thing, and definitely not just the province of secular liberals; it's really a very good thing, part of heeding God's Word. With warmth and with humor, but with no less piercing criticism of the industrial food complex, Salatin brings readers on a fascinating journey of farming, food and faith. Readers will not say grace over their plates the same way ever again.

dr wellness cold series: Whole Earth Access Mail Order Catalog , 1985

dr wellness cold series: Outside the Box Cancer Therapies Dr. Mark Stengler, 2019-05-07 Now in paperback: A thorough, cutting-edge, alternative therapy-focused exploration of Integrative Oncology care. With approximately 40 percent of men and women in the United States being diagnosed with cancer at some point in their lifetime, very few of us escape having cancer touch our lives in some way--whether it is our own life or that of a loved one. Scientific research continues to prove the benefits of nutritional and holistic therapies, yet, for the most part, these approaches to treatment still remain unexplored by the conventional medical establishment. With integrative and holistic healing being sought after and supported by more and more of the general public and medical community for various elements of everyday life, it only makes logical sense to explore these therapies with regard to one of the most prevalent causes of death of our time. In Outside the Box Cancer Therapies, naturopathic medical doctors Mark Stengler and Paul Anderson combine their expertise to focus on the most critical components of integrative oncology care. Supported by extensive research and decades of clinical experience, Dr. Stengler and Dr. Anderson thoroughly explain: • the different types of cancer and their causes • how proper nutrition can help to prevent and treat cancer • the most well-studied supplements to use with cancer treatment • cutting-edge naturopathic therapies, and • natural solutions to common problems, such as the side effects of chemotherapy and radiation With a clear and focused approach, Dr. Stengler and Dr. Anderson provide a definitive and comprehensive resource for anyone seeking to heal from cancer or a professional looking for the most cutting, up-to-date integrative approaches to treatment.

dr wellness cold series: The Plantpower Way Rich Roll, Julie Piatt, 2015-04-28 A

transformative family lifestyle guide on the power of plant-based eating—with 120 recipes—from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt, *The Plantpower Way* shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, *The Plantpower Way* has more than 120 delicious, easy-to-prepare whole food recipes, including hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core, *The Plantpower Way* is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. *The Plantpower Way* is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

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