

elite medical wellness lake charles

Elite Medical Wellness Lake Charles: Your Journey to Optimal Health

Are you searching for a superior healthcare experience in Lake Charles? Tired of the impersonal, rushed appointments that leave you feeling unheard? If you crave a personalized approach to wellness that prioritizes your individual needs and goals, then you've come to the right place. This comprehensive guide dives deep into Elite Medical Wellness Lake Charles, exploring its unique offerings, the benefits of its holistic approach, and why it's becoming the preferred choice for those seeking truly elite medical care. We'll explore everything from the services offered to the philosophy behind their exceptional patient care. Get ready to discover how Elite Medical Wellness Lake Charles can help you achieve your health and wellness aspirations.

Understanding Elite Medical Wellness Lake Charles: More Than Just a Clinic

Elite Medical Wellness Lake Charles isn't your typical medical clinic. It's a transformative healthcare experience designed to empower you to take control of your health. Forget the impersonal feeling of rushed appointments and endless paperwork. Instead, imagine a practice built on a foundation of personalized attention, cutting-edge technology, and a holistic approach that addresses your overall well-being, not just your immediate symptoms.

This commitment to excellence extends beyond simply treating illness; it focuses on proactive wellness strategies to prevent future health issues. The clinic understands that true health is a journey, not a destination, and they're committed to partnering with you every step of the way.

A Holistic Approach to Healthcare: Body, Mind, and Spirit

At the heart of Elite Medical Wellness Lake Charles lies a holistic philosophy. They believe that true wellness encompasses the interconnectedness of your physical, mental, and emotional health. This isn't just a tagline; it's the driving force behind their comprehensive approach to patient care.

This holistic approach translates into several key elements:

Personalized Treatment Plans: Forget the one-size-fits-all approach. Elite Medical Wellness Lake Charles takes the time to understand your unique needs, health history, and lifestyle to create a tailored treatment plan designed specifically for you.

Preventative Care: The focus extends beyond reactive treatment. They emphasize preventative measures to identify potential health risks early on, allowing for proactive intervention and minimizing the likelihood of future problems.

Integrative Therapies: They may incorporate complementary therapies like acupuncture, massage

therapy, or nutritional counseling, depending on your needs, to enhance the effectiveness of your treatment plan. This integrated approach aims to address the root cause of your health concerns rather than simply masking symptoms.

State-of-the-Art Technology: Elite Medical Wellness Lake Charles utilizes the latest medical technology to ensure accurate diagnoses and the most effective treatments. This commitment to innovation ensures you receive the highest quality care.

Services Offered: A Comprehensive Range of Options

Elite Medical Wellness Lake Charles offers a wide array of services designed to cater to your diverse health needs. While the specific services may vary, you can expect a comprehensive range including:

Primary Care: Providing routine checkups, preventative screenings, and management of chronic conditions.

Weight Management: Offering personalized programs that combine diet, exercise, and potentially medical interventions to help you achieve your weight goals.

Hormone Replacement Therapy (HRT): Addressing hormonal imbalances that can lead to a variety of symptoms, improving overall well-being.

IV Therapy: Delivering vital nutrients and fluids directly into your bloodstream for rapid hydration and improved health.

Aesthetic Services: Potentially offering services like Botox or fillers to enhance your appearance. (Note: Verify specific offerings directly with the clinic.)

Why Choose Elite Medical Wellness Lake Charles? The Advantages of an Elite Experience

Choosing a healthcare provider is a significant decision. Here's why Elite Medical Wellness Lake Charles stands out:

Exceptional Patient Care: The clinic prioritizes building strong patient-doctor relationships, fostering trust and open communication.

Convenience and Accessibility: (Mention location details, parking, appointment scheduling ease, etc.)

Affordable Care: (Discuss payment options, insurance acceptance, etc. Transparency is key.)

Commitment to Wellness: Their focus isn't just on treating illness; it's on promoting overall well-being and empowering you to live your healthiest life.

Your Journey to Optimal Health Starts Here

Elite Medical Wellness Lake Charles offers a refreshing alternative to traditional healthcare,

providing a personalized, holistic, and truly elite experience. Their commitment to preventative care, innovative treatments, and exceptional patient care sets them apart. If you're seeking a healthcare partner who values your individual needs and is committed to your overall well-being, then Elite Medical Wellness Lake Charles is the perfect choice for you. Take the first step towards a healthier, happier you. Contact them today to schedule your consultation.

Frequently Asked Questions (FAQs)

1. Does Elite Medical Wellness Lake Charles accept my insurance? You should contact the clinic directly to inquire about insurance coverage. They can provide a detailed explanation of their insurance policies and answer any questions regarding your specific plan.
1. What are the clinic's hours of operation? The best way to find the most up-to-date hours is to check their website or contact them directly via phone or email.
1. How do I schedule an appointment? Scheduling is typically done through their online portal or by calling their office. The clinic's website will likely contain detailed instructions on how to schedule appointments.
1. What types of payment methods are accepted? Most clinics accept a variety of payment methods such as credit cards, debit cards, and potentially health savings accounts (HSAs). It's always best to confirm directly with the clinic.
1. Is there parking available at the clinic? This will vary depending on the clinic's location. Check their website or contact them directly for information on parking availability. It's helpful to provide accurate details about parking in your description to manage expectations.

elite medical wellness lake charles: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context

of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

elite medical wellness lake charles: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

elite medical wellness lake charles: *Medical and Health Information Directory* , 2010

elite medical wellness lake charles: *Health and Wellness Tourism* Patricia Erfurt-Cooper, Malcolm Cooper, 2009-07-27 Geothermal springs constitute a major tourism resource, providing spectacular settings, recreation facilities, a recognised value in treatments beneficial for health and wellness, a sense of heritage and adventure, and links with the natural environment. Health and wellness tourism accounts for a significant proportion of the world's tourism consumption, with components ranging from hot spring bathing for leisure and recreation, through mineral water use in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including usage, heritage, management, technology, environmental and cultural features, and marketing.

elite medical wellness lake charles: *Caring for our future* Great Britain: Department of Health, 2012-07-11 Care and support affects a large number of people: eight out of 10 people aged 65 will need some care and support in their later years; some people have impairments from birth or develop them during their working life; some 5 million people care for a friend or relative, some for more than 50 hours a week. The current system does not offer enough support until a crisis point is reached, the quality of care is variable and inconsistent, and the growing and ageing population is only going to increase the pressure. Consequently, two core principles lie at the heart of this White Paper. The first is that individuals, communities and Government should do everything possible to prevent, postpone and minimise people's need for formal care and support. The system should be built around the promotion of people's independence and well-being. The second principle is that people should be in control of their own care and support, with personal budgets and direct payments, backed by clear, comparable information and advice that will allow individuals and their carers to make the choices that are right for them. This paper sets out the principles and approach, with sections covering: strengthening support within communities; housing; better information and advice; assessment, eligibility and portability for people who use care services; carers' support; defining high-quality care; improving quality; keeping people safe; a better local care market; workforce; personalised care and support; integration and joined-up care.

elite medical wellness lake charles: *Tongue-Tied* Richard Baxter, Dmd Baxter, 2018-07-13 Chances are, you or someone you know is affected by a tongue-tie. Common, yet little understood, tongue-ties can lead to a myriad of problems, including difficulty when nursing, speaking or eating.

In the most crucial and formative parts of children's lives, tongue-ties have a significant effect on their well-being. Many parents and professionals alike want to know what can be done, and how best to treat these patients and families. And now, there are answers. *Tongue-Tied: How a Tiny String Under the Tongue Impacts Nursing, Feeding, Speech, and More* is an exhaustive and informative guide to this misunderstood affliction. Along with a team of medical specialists, author Dr. Richard Baxter demystifies tongue-ties and spells out how this condition can be treated comprehensively, safely and comfortably. Starting with a broad history of tongue-ties, this invaluable guide covers 21st-century assessment techniques and treatment options available for tethered oral tissues. Various accounts of patient challenges and victories are prominently featured as well. With the proper diagnosis and treatment, tethered oral tissues can be released with minimal discomfort, resulting in lives free of struggles during nursing, speaking, and feeding, while also reducing the incidence of dental issues, headaches, and even neck pain for children through adults. Aimed at both parents and professionals, *Tongue-Tied* encourages those affected while providing reassuring and valuable information. Dr. Baxter and his qualified team have pooled their expertise to make a difference in the lives of people. No longer will young patients and their parents suffer without answers.

elite medical wellness lake charles: Roll Models Richard Holicky, 2004 I thought life was pretty much over. Paul Herman I was afraid people wouldn't see me for who I still was. Cathy Green I didn't need this to be a better person. Susan Douglas I wasn't sure I wanted to live "this way." Kevin Wolitzky The above four people and 49 more just like them went on to find high levels of success and lead satisfying lives. Together they tell 53 stories of moving forward to meet all the challenges, fears, obstacles, and problems common to the life-altering circumstances after spinal cord injury, and doing it without benefit of wealth, large settlements or solid health coverage. Ranging in age from 21 to 67, disabled from three to 48 years they share 931 years of disability experience. *Roll Models* is a valuable new resource for recently injured people and their families, and for nurses, therapists, psychologists and all other professionals who treat, work with and care for people with spinal cord injury. Straight from the horse's mouth, survivors explore their experiences with disability and answer many questions those in rehab are asking: Early Thoughts What were your thoughts immediately following injury? What were your initial thoughts and reactions regarding SCI and the future? The First Years What were your biggest fears during that first year or so? How did you get past those early fears? Changes, Obstacles and Solutions How much different are you now, compared to how you were before injury? What's been the biggest obstacle? How did you address these obstacles? Finding What Works What have been the most difficult things for you to deal with since injury? What's the worst thing about having an SCI and using a chair? What's been your biggest loss due to injury? Is SCI the worst thing that ever happened to you? Tell me something about your problem solving skills. How do you deal with stress? What do you do to relieve stress? Salvations, Turning Points and More Was there any one thing that was your salvation or key to your success? Was there a turning point for you when you began to feel things were going to get better? What personal factors, habits and beliefs have helped you the most? SCI and Meaning Do you find any meaning, purpose or lessons in your disability? Did any positive opportunities come your way because of your injury? What's your greatest accomplishment? What are you most proud of? A wonderful roadmap with many alternate routes to living and thriving with SCI. Minna Hong, SCI survivor and Peer Support Coordinator/Vocational Liaison, Shepherd Center Avoids the trap of providing a "one size fits all mentality" and provides solutions as varied as the individuals used as examples. Accentuates the positives while not sugar coating the difficulties. Essential reading. Jeff Cressy SCI survivor and Director of Consumer and Community Affairs, SCI Project, Rancho Los Amigos A great resource for people as they venture out into the world, or search for meaning and a deeper, richer life. Filled with examples of real people and their real experiences. Terry Chase, ND, RN; SCI survivor; Patient & Family Education Program Coordinator, Craig Hospital A wonderful tool for the newly spinal cord injured individual, as well as the therapists and counselors working with them. This certainly hits the mark in capturing important survival

strategies. Jack Dahlberg, SCI survivor, Past President of the National Spinal Cord Injury Association Artfully crafted and organized, Roll Models sensitively portrays life following spinal cord injury. Informative, creative, sensitive, as well as infused with humor and a kind heart. Recommended with my highest accolades. Lester Butt, Ph.D., ABPP, Director of the Department of Psychology, Craig Hospital

elite medical wellness lake charles: *The Cambridge History of Medicine* Roy Porter, 2006-06-05 Against the backdrop of unprecedented concern for the future of health care, 'The Cambridge History of Medicine' surveys the rise of medicine in the West from classical times to the present. Covering both the social and scientific history of medicine, this volume traces the chronology of key developments and events.

elite medical wellness lake charles: Healthy Habits Suck Dayna Lee-Baggley, 2019-07-01 A realistic read that will prod even the most stubborn fast-food eating couch potato to take action toward a healthier lifestyle. —Library Journal Salad instead of steak? Working out? Skipping that second beer or glass of wine? Healthy habits are THE WORST. If you're someone who gets up every morning and can't wait for your run, considers eating sweet potatoes a splurge, and sets aside thirty minutes before work to meditate—this book isn't for you. If you're someone who thinks about getting up to go for a run but goes back to sleep, regrets last night's dinner of fast food, and can barely get to work on time—let alone meditate—then this book will help you find the motivation you've been looking for to live your healthiest life, even when you don't want to. With this funny, in-your-face guide, you won't find advice on how to "enjoy" exercise, or tips for making broccoli and kale taste as good as donuts and ice cream. What you will find are solid skills to help you actually do the healthy things you know you should be doing. Using these skills—based in acceptance and commitment therapy (ACT) and neuroscience—you'll learn to find the motivation you're really craving to adopt healthy habits, even if they do suck. You'll also discover how to accept self-criticism, develop self-compassion, and live a more meaningful life. This book not only acknowledges that many healthy habits suck, it uses science to explain why we want the things we want (junk food), crave the things we crave (sugar), and dislike the things we dislike (exercise). At the end, you'll feel validated in feeling like these things are the absolute worst. But you'll also find the motivation to do them anyway.

elite medical wellness lake charles: Tourists, Tourism and the Good Life Philip Pearce, Sebastian Filep, Glenn Ross, 2010-09-13 Tourism is arguably one of the largest self-initiated commercial interventions to create well-being and happiness on the entire planet. Yet there is a lack of specific attention to the ways in which we can better understand and evaluate the relationship between well-being and travel. The recent surge of scholarly work in positive psychology concerned with human well-being and flourishing represents a contemporary force with the potential to embellish and augment much current tourism study. This book maps out the field and then draws links between tourists, tourism and positive psychology. It discusses topics such as the issue of excess materialism and its fragile relationship with well-being, the value of positive psychology to lifestyle businesses, and the insights of the research field to spa and wellness tourism. This volume will interest those who study and practise tourism as well as scholars and graduate students in a range of disciplines such as psychology, sociology, business and leisure.

elite medical wellness lake charles: Nutrition in Sport Ronald J. Maughan, 2008-04-15 As sports have become more competitive over recent years researchers and trainers have been searching for new and innovative ways of improving performance. Ironically, an area as mundane as what an athlete eats can have profound effects on fitness, health and ultimately, performance in competition. Sports have also gained widespread acceptance in the therapeutic management of athletes with disorders associated with nutritional status. In addition, exercise has been one of the tools used for studying the control of metabolism, creating a wealth of scientific information that needs to be placed in the context of sports medicine and science. *Nutrition in Sport* provides an exhaustive review of the biochemistry and physiology of eating. The text is divided into three sections and commences with a discussion of the essential elements of diet, including sections on

carbohydrates, proteins, fats, vitamins and trace elements, and drugs associated with nutrition. It also discusses athletes requiring special consideration, including vegetarians and diabetics. The second section considers the practical aspects of sports nutrition and discusses weight control (essential for sports with weight categories and athletes with eating disorders), the travelling athlete (where travel either disrupts established feeding patterns or introduces new hazards), environmental aspects of nutrition (including altitude and heat), and the role of sports nutritional products.

elite medical wellness lake charles: *The Road to Wellville* T.C. Boyle, 1994-05-01 Will Lightbody is a man with a stomach ailment whose only sin is loving his wife, Eleanor, too much. Eleanor is a health nut of the first stripe, and when in 1907 she journeys to Dr. John Harvey Kellogg's infamous Battle Creek Spa to live out the vegetarian ethos, poor Will goes too. So begins T. Coraghessan Boyle's wickedly comic look at turn-of-the-century fanatics in search of the magic pill to prolong their lives--or the profit to be had from manufacturing it. Brimming with a Dickensian cast of characters and laced with wildly wonderful plot twists, Jane Smiley in the New York Times Book Review called *The Road to Wellville* A marvel, enjoyable from beginning to end.

elite medical wellness lake charles: *Safer Healthcare* Charles Vincent, René Amalberti, 2016-01-13 The authors of this book set out a system of safety strategies and interventions for managing patient safety on a day-to-day basis and improving safety over the long term. These strategies are applicable at all levels of the healthcare system from the frontline to the regulation and governance of the system. There have been many advances in patient safety, but we now need a new and broader vision that encompasses care throughout the patient's journey. The authors argue that we need to see safety through the patient's eyes, to consider how safety is managed in different contexts and to develop a wider strategic and practical vision in which patient safety is recast as the management of risk over time. Most safety improvement strategies aim to improve reliability and move closer toward optimal care. However, healthcare will always be under pressure and we also require ways of managing safety when conditions are difficult. We need to make more use of strategies concerned with detecting, controlling, managing and responding to risk. Strategies for managing safety in highly standardised and controlled environments are necessarily different from those in which clinicians constantly have to adapt and respond to changing circumstances. This work is supported by the Health Foundation. The Health Foundation is an independent charity committed to bringing about better health and health care for people in the UK. The charity's aim is a healthier population in the UK, supported by high quality health care that can be equitably accessed. The Foundation carries out policy analysis and makes grants to front-line teams to try ideas in practice and supports research into what works to make people's lives healthier and improve the health care system, with a particular emphasis on how to make successful change happen. A key part of the work is to make links between the knowledge of those working to deliver health and health care with research evidence and analysis. The aspiration is to create a virtuous circle, using what works on the ground to inform effective policymaking and vice versa. Good health and health care are vital for a flourishing society. Through sharing what is known, collaboration and building people's skills and knowledge, the Foundation aims to make a difference and contribute to a healthier population.

elite medical wellness lake charles: *A Century of Innovation* 3M Company, 2002 A compilation of 3M voices, memories, facts and experiences from the company's first 100 years.

elite medical wellness lake charles: *The Last Castle* Denise Kiernan, 2017-09-26 A New York Times bestseller with an engaging narrative and array of detail" (The Wall Street Journal), the "intimate and sweeping" (Raleigh News & Observer) untold, true story behind the Biltmore Estate—the largest, grandest private residence in North America, which has seen more than 120 years of history pass by its front door. The story of Biltmore spans World Wars, the Jazz Age, the Depression, and generations of the famous Vanderbilt family, and features a captivating cast of real-life characters including F. Scott Fitzgerald, Thomas Wolfe, Teddy Roosevelt, John Singer Sargent, James Whistler, Henry James, and Edith Wharton. Orphaned at a young age, Edith Stuyvesant Dresser claimed lineage from one of New York's best known families. She grew up in

Newport and Paris, and her engagement and marriage to George Vanderbilt was one of the most watched events of Gilded Age society. But none of this prepared her to be mistress of Biltmore House. Before their marriage, the wealthy and bookish Vanderbilt had dedicated his life to creating a spectacular European-style estate on 125,000 acres of North Carolina wilderness. He summoned the famous landscape architect Frederick Law Olmsted to tame the grounds, collaborated with celebrated architect Richard Morris Hunt to build a 175,000-square-foot chateau, filled it with priceless art and antiques, and erected a charming village beyond the gates. Newlywed Edith was now mistress of an estate nearly three times the size of Washington, DC and benefactress of the village and surrounding rural area. When fortunes shifted and changing times threatened her family, her home, and her community, it was up to Edith to save Biltmore—and secure the future of the region and her husband's legacy. This is the fascinating, "soaring and gorgeous" (Karen Abbott) story of how the largest house in America flourished, faltered, and ultimately endured to this day.

elite medical wellness lake charles: Handbook of Sports Medicine and Science, The Paralympic Athlete Yves Vanlandewijck, Walter Thompson, 2011-01-31 This brand new Handbook addresses Paralympic sports and athletes, providing practical information on the medical issues, biological factors in the performance of the sports and physical conditioning. The book begins with a comprehensive introduction of the Paralympic athlete, followed by discipline-specific reviews from leading authorities in disability sport science, each covering the biomechanics, physiology, medicine, philosophy, sociology and psychology of the discipline. The Paralympic Athlete also addresses recent assessment and training tools to enhance the performance of athletes, particularly useful for trainers and coaches, and examples of best practice on athletes' scientific counseling are also presented. This new title sits in a series of specialist reference volumes, ideal for the use of professionals working directly with competitive athletes.

elite medical wellness lake charles: Integrative and Functional Medical Nutrition Therapy Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

elite medical wellness lake charles: Handbook of Sports Medicine and Science James E. Zachazewski, David J. Magee, 2012-08-10 Handbook of Sports Therapy Services: Organization and Operations is a practical guide, appropriate for each member of the multi-disciplinary Sports Therapy team, to establishing and effectively delivering the diverse therapy services required for athletes at international, national, and regional sporting events.

elite medical wellness lake charles: *Tonight We Bombed the U.S. Capitol* William Rosenau, 2020-01-07 In a shocking, never-before-told story from the vaults of American history, *Tonight We Bombed the US Capitol* takes a close look at the explosive hidden history of M19—the first and only domestic terrorist group founded and led by women—and their violent fight against racism, sexism,

and what they viewed as Ronald Reagan's imperialistic vision for America. In 1981, President Ronald Reagan announced that it was "morning in America." He declared that the American dream wasn't over, but the United States needed to lower taxes, shrink government control, and flex its military muscles abroad to herald what some called "the Reagan Revolution." At the same time, a tiny band of American-born, well-educated extremists were working for a very different kind of revolution. By the end of the 1970s, many radicals had called it quits, but six veteran women extremists came together to finish the fight. These women had spent their entire adult lives embroiled in political struggles: protesting the Vietnam War, fighting for black and Native American liberation, and confronting US imperialism. They created a new organization to wage their war: The May 19th Communist Organization, or "M19," a name derived from the birthday shared by Malcolm X and Ho Chi Minh, two of their revolutionary idols. Together, these six women carried out some of the most daring operations in the history of domestic terrorism—from prison breakouts and murderous armed robberies, to a bombing campaign that wreaked havoc on the nation's capital. Three decades later, M19's actions and shocking tactics still reverberate for many reasons, but one truly sets them apart: unlike any other American terrorist group before or since, M19 was created and led by women. Tonight We Bombed the US Capitol tells the full story of M19 for the first time, alongside original photos and declassified FBI documents. Through the group's history, intelligence and counterterrorism expert William Rosenau helps us understand how homegrown extremism—a threat that still looms over us today—is born.

elite medical wellness lake charles: Economic Security: Neglected Dimension of National Security ? National Defense University (U S), National Defense University (U.S.), Institute for National Strategic Studies (U S, Sheila R. Ronis, 2011-12-27 On August 24-25, 2010, the National Defense University held a conference titled "Economic Security: Neglected Dimension of National Security?" to explore the economic element of national power. This special collection of selected papers from the conference represents the view of several keynote speakers and participants in six panel discussions. It explores the complexity surrounding this subject and examines the major elements that, interacting as a system, define the economic component of national security.

elite medical wellness lake charles: Tourist Experience and Fulfilment Sebastian Filep, Philip Pearce, 2013-07-31 What makes life worth living? Many people would argue that it is fulfilling experiences. These experiences are characterised by feelings of joy and pleasure, positive relationships and a sense of engagement, meaning and achievement. Tourism is arguably one of the largest self-initiated commercial interventions to promote well being and happiness on the global scale but yet there is absence in the literature on the topic of fulfilling tourist experiences from psychological perspectives. Drawing on insights and theories from the research field of positive psychology (the study of well being), this is the first edited book to evaluate tourist experiences from positive psychology perspectives. The volume addresses the important topic of fulfilment through the lens of the world's largest social global phenomenon tourism. In doing so, the book refreshes and challenges some aspects of tourist behaviour research. The chapters are grouped under three broad sections which reflect a range of positive psychological outcomes that personal holiday experiences can produce, namely; happiness and humour; meaning and self-actualisation and health and restoration. The book critically explores these fulfilling experiences from interdisciplinary perspectives and includes research studies from wide range of geographical regions. By analysing the contemporary fulfilling tourist experiences the book will provide further understanding of tourist behaviour and experience. Written by leading academics this significant volume will appeal to those interested in Tourism and Positive Psychology.

elite medical wellness lake charles: The Sex Drive Solution for Women Jennifer Landa, Virginia Hopkins, 2012 Presents advice for women over forty years of age on restoring their sex drive, covering such topics as balancing hormones, overcoming stress and fatigue, improving nutrition, and increasing exercise, with real life examples from the author's patients.

elite medical wellness lake charles: First Class Alison Stewart, Melissa Harris-Perry,

2013-08-01 Combining a fascinating history of the first U.S. high school for African Americans with an unflinching analysis of urban public-school education today, *First Class* explores an underrepresented and largely unknown aspect of black history while opening a discussion on what it takes to make a public school successful. In 1870, in the wake of the Civil War, citizens of Washington, DC, opened the Preparatory High School for Colored Youth, the first black public high school in the United States; it would later be renamed Dunbar High and would flourish despite Jim Crow laws and segregation. Dunbar attracted an extraordinary faculty: its early principal was the first black graduate of Harvard, and at a time it had seven teachers with PhDs, a medical doctor, and a lawyer. During the school's first 80 years, these teachers would develop generations of highly educated, successful African Americans, and at its height in the 1940s and '50s, Dunbar High School sent 80 percent of its students to college. Today, as in too many failing urban public schools, the majority of Dunbar students are barely proficient in reading and math. Journalist and author Alison Stewart—whose parents were both Dunbar graduates—tells the story of the school's rise, fall, and possible resurgence as it looks to reopen its new, state-of-the-art campus in the fall of 2013.

elite medical wellness lake charles: Handbook of Sports Medicine and Science Yves C. Vanlandewijck, Walter R. Thompson, 2016-06-07 Part of the esteemed IOC Handbook of Sports Medicine and Science series, this new volume on Training and Coaching the Paralympic Athlete will be athlete-centred with each chapter written for the practical use of medical doctors and allied health personnel. The chapters also consider the role of medical science in the athlete's sporting career and summarize current international scientific Paralympic literature. Provides a concise, authoritative overview of the science, medicine and psycho-social aspects of training and coaching disabled and Paralympic athletes Offers guidance on medical aspects unique to the training and coaching of Paralympic athletes Endorsed by both the International Olympic Committee (IOC) and the International Paralympic Committee (IPC) Written and edited by global thought leaders in sports medicine

elite medical wellness lake charles: Mental Representation in Health and Illness J.A. Skelton, Robert T. Croyle, 2012-12-06 How do individuals conceive illness and symptoms? Do their conceptions conflict with the physician's views of their illness, and what happens if they do? This book thoroughly explores the field of disease representation, describes and discusses lay illness models in a variety of social, historical and cultural contexts.

elite medical wellness lake charles: Understanding Media Marshall McLuhan, 2016-09-04 When first published, Marshall McLuhan's *Understanding Media* made history with its radical view of the effects of electronic communications upon man and life in the twentieth century.

elite medical wellness lake charles: Boy Mom Monica Swanson, 2019-08-06 This guidebook, packed with wisdom, practical advice, resources, and encouragement, explores how moms can equip their sons with what they most need to succeed in life. Monica Swanson knew she'd tapped a heartfelt concern when nearly two million readers shared her blog post *What a Teenage Boy Needs Most from His Mom*. In this helpful book, she takes mothers deeper into the insights they need for the boy-raising journey, covering topics from dealing with the daily influences of friends and technology to helping a boy grow to be physically, spiritually, and emotionally healthy. She also addresses learning and finding passions, perspectives on relationships and dating, and work ethics and money management. Each chapter features relatable stories, handy checklists, and practical advice based on a combination of research, experience, and biblical truth to guide and equip a mom in helping her son achieve his God-given potential. Praise for *Boy Mom* "In *Boy Mom* Monica Swanson offers readers practical advice and resounding hope that parenting our sons well through all seasons is not only possible but also enjoyable. This book is like an essential trail guide that I'll refer to again and again in the beautiful and challenging adventure of motherhood."—Becky Keife, author of *No Better Mom for the Job* and mom of three spirited boys "Monica Swanson is the friend we all need in our lives: humble, straightforward, warm, full of wisdom, and short on nonsense—and she knows her stuff like no one else. In *Boy Mom* she holds the bar high yet is forthcoming about her own struggles and imperfections. Inside these pages you'll find deeply rooted biblical and practical

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Joan Naidorf, 2022-02-07 Physicians enter their professions with the highest of hopes and ideals for compassionate and efficient patient care. Along the way, however, recurring problems arise in their interactions with some patients that lead physicians to label them as difficult. Some studies indicate that physicians identify 15% or more of their patients as difficult. The negative feelings that physicians have toward these patients may lead to frustration, cynicism, and burnout. *Changing How We Think about Difficult Patients* uses a multi-tiered approach to bring awareness to the difficult patient conundrum, then introduces simple, actionable tools that every physician, nurse, and caregiver can use to change their mindset about the patients who challenge them. Positive thoughts lead to more positive feelings and more effective treatments and results for patients. They also lead to more satisfaction and decreased feelings of burnout in healthcare professionals. How does this book give you an advantage? Caring for difficult patients poses a tremendous challenge for physicians, nurses, and clinical practitioners. It may contribute significantly to feelings of burnout, including feelings of exhaustion, cynicism, and lost sense of purpose. In response, Dr. Naidorf offers a pragmatic approach to accepting patients the way they are, then provides strategies for providers to find more happiness and satisfaction in their interactions with even the most challenging patients and families. Here are just some of the topics the author discusses in detail: What Makes a Good Patient? The Four Core Ethical Principles of the Clinician-Patient Relationship The Four Models of the Physician-Patient Relationship What Challenges Anybody with Illness or Injury? How Good

Patients Handle the Challenges of Illness and Injury Six Common Reactions to Illness and Hospitalization On Taking Care of the Hateful Patient Standards for Education in Medical Ethics De-escalation Strategies Cultural, Structural, and Language Issues Types of Patients Who Tend to Challenge Us The Think, Feel, Act Cycle Recognizing Our Preconceived Thoughts Three Common Thought Distortions About Patients Asking Useful Questions Getting Out of the Victim Mentality Guiding our Thoughts Through a Common Scenario Show Compassion, Feel Compassion If you're a healthcare provider or caregiver, Changing How We Think about Difficult Patients will give you the benefit of understanding your most challenging patients, and a roadmap to positively changing your mindset and actions to better deliver care and compassion for all.

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connections between constructed environments, particularly cities and suburbs, and the health of residents, especially humans. Since then, numerous studies have extended and refined the book's research and reporting. Making Healthy Places offers a fresh and comprehensive look at this vital subject today. There is no other book with the depth, breadth, vision, and accessibility that this book offers. In addition to being of particular interest to undergraduate and graduate students in public health and urban planning, it will be essential reading for public health officials, planners, architects, landscape architects, environmentalists, and all those who care about the design of their communities. Like a well-trained doctor, Making Healthy Places presents a diagnosis of--and offers treatment for--problems related to the built environment. Drawing on the latest scientific evidence, with contributions from experts in a range of fields, it imparts a wealth of practical information, with an emphasis on demonstrated and promising solutions to commonly occurring problems.

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