

evergreen wellness group llc

Evergreen Wellness Group LLC: Your Partner in Holistic Well-being

Are you searching for a comprehensive approach to wellness that goes beyond quick fixes and fad diets? Are you tired of feeling overwhelmed and disconnected from your body's natural rhythms? Then you've come to the right place. This in-depth exploration of Evergreen Wellness Group LLC will unveil the philosophy, services, and expertise that set this group apart in the ever-growing world of holistic health. We'll delve into what makes them unique, how they can help you achieve your wellness goals, and why they are a leader in providing personalized, effective care. Get ready to discover how Evergreen Wellness Group LLC can empower you to live your healthiest, happiest life.

Understanding Evergreen Wellness Group LLC: A Holistic Approach

Evergreen Wellness Group LLC isn't just another wellness center; it's a collaborative ecosystem dedicated to supporting your overall well-being. Unlike many providers who focus on single aspects of health, Evergreen takes a holistic view, recognizing the interconnectedness of mind, body, and spirit. This integrated approach ensures that treatment plans are tailored to address the root causes of imbalances, not just the symptoms. Their philosophy centers on empowering individuals to take an active role in their health journey through education, personalized guidance, and supportive community. This commitment to personalized care makes Evergreen Wellness Group LLC stand out in a market often saturated with generic solutions.

The Services Offered: A Comprehensive Wellness Menu

Evergreen Wellness Group LLC offers a diverse range of services designed to cater to a wide spectrum of needs. This isn't a one-size-fits-all approach; instead, they offer a menu of options to create a customized wellness plan. These services might include, but aren't limited to:

Individualized Nutritional Counseling: Working with registered dietitians, Evergreen develops personalized meal plans and nutritional strategies to support specific health goals, whether it's weight management, improved energy levels, or managing chronic conditions. This isn't about restrictive dieting; it's about building sustainable, healthy habits.

Mindfulness and Meditation Practices: Recognizing the crucial role of mental well-being, Evergreen offers guided meditation sessions, mindfulness workshops, and stress-reduction techniques to help clients cultivate inner peace and resilience. These practices are designed to help manage stress, anxiety, and depression.

Physical Therapy and Movement Therapies: Evergreen integrates physical therapy to address musculoskeletal issues, improve mobility, and promote overall physical fitness. This might involve specialized techniques such as yoga, Pilates, or other movement therapies tailored to individual needs and limitations.

Lifestyle Coaching: Beyond specific services, Evergreen provides comprehensive lifestyle coaching to help clients make lasting positive changes in various areas of their lives, from sleep hygiene to time management, all contributing to a healthier and more balanced existence.

The Evergreen Wellness Group LLC Team: Expertise and Compassion

The success of Evergreen Wellness Group LLC hinges on the expertise and compassion of its team. This isn't just a collection of professionals; it's a community of dedicated individuals passionate about helping others achieve their wellness goals. Their collective experience encompasses diverse areas of health and wellness, ensuring a multi-faceted approach to care. The team consists of licensed professionals who are regularly updated on the latest research and best practices in their fields. Their commitment to ongoing professional development guarantees clients receive cutting-edge care.

Client Testimonials: Real Stories, Real Results

The true measure of any wellness provider lies in the results they achieve for their clients. Evergreen Wellness Group LLC boasts a collection of testimonials from satisfied clients who have experienced significant improvements in their overall health and well-being. These testimonials showcase the transformative impact of their holistic approach and personalized care. Many clients report increased energy levels, improved mental clarity, reduced stress, and a greater sense of overall well-being. These real-life success stories underscore the effectiveness of Evergreen's methods and the dedication of their team.

Finding Evergreen Wellness Group LLC: Connecting with Your Wellness Journey

Locating Evergreen Wellness Group LLC is straightforward; you can find their contact information and location details on their website [Insert website address here]. Their website offers comprehensive information about their services, the team, and the philosophy behind their holistic approach. It's a valuable resource for anyone looking to learn more about their services or to schedule a consultation. Engaging with their online presence is a great first step towards beginning your journey toward improved well-being.

Conclusion: Investing in Your Well-being with Evergreen Wellness Group LLC

Evergreen Wellness Group LLC provides a unique and comprehensive approach to holistic wellness. By integrating various therapies and focusing on personalized care, they

empower individuals to take control of their health and achieve lasting positive change. Their commitment to excellence, coupled with their compassionate team, makes Evergreen Wellness Group LLC a truly exceptional choice for anyone seeking a path towards a healthier, happier, and more fulfilling life. Take the first step towards a more vibrant you by contacting Evergreen Wellness Group LLC today.

Frequently Asked Questions (FAQs)

1. Does Evergreen Wellness Group LLC accept insurance? This will depend on the specific services received and your insurance plan. It's best to contact them directly to discuss your insurance coverage.
1. What is the typical cost of a consultation? The cost varies depending on the type of consultation and the services required. Contact Evergreen Wellness Group LLC for a detailed price list or to receive a personalized quote.
1. Is Evergreen Wellness Group LLC accessible to individuals with disabilities? Evergreen Wellness Group LLC strives to be fully accessible to all individuals. Contact them directly to discuss any specific accessibility needs.
1. What are the typical appointment lengths? Appointment lengths vary depending on the service and individual needs. They will discuss this with you during the scheduling process.
1. How do I schedule an appointment with Evergreen Wellness Group LLC? You can schedule an appointment through their website, by phone, or by email. Contact information is available on their website.

evergreen wellness group llc: *Building a Business with a Beat: Leadership Lessons from Jazzercise—An Empire Built on Passion, Purpose, and Heart* Judi Sheppard Missett, 2019-06-25 Transform your passion into a profitable business—with the help of the legendary entrepreneur who turned an innovative idea into a \$100 million global powerhouse. Judi Sheppard Missett is a fitness icon who, at just three years old, discovered a passion for dance that would eventually fuel a global dance fitness empire. After an early life spent honing her dancing skills and a career as a professional jazz dancer, Judi had an epiphany: why not combine the art of jazz dancing with the

science of exercise to help others achieve a healthier, happier self-image and life? The wildly enthusiastic response from her first 15 students inspired her to launch Jazzercise, Inc., the world's leading dance fitness program with a cumulative \$2 billion in global sales. In *Building a Business with Beat*, Judi reveals for the first time the secrets behind the company's five decades of enormous success. In addition to helping millions of men and women improve their health and well-being through the fun and fitness of dance, Judi has inspired 8,500 franchisees to achieve their dream of owning and running their own business. Now, through powerful personal stories, practical proven-successful advice and insights, Judi shares how you, too, can transform your passion into a profitable business. This inspirational guide will teach you how to:

- Create a successful business by discovering and defining your larger purpose
- Use your unique perspectives and abilities to enhance the lives of others
- Deftly handle everyday obstacles and unplanned events
- Develop an open mindset and embrace innovation and new possibilities
- Inspire your staff to connect to a purpose greater than day-to-day work, and more

Filled with helpful tips, smart strategies, and no-nonsense advice, this book is essential reading for anyone who has ever dreamed of creating a thriving, purpose-driven business. The author is living proof that when you're doing what you love, it may not seem like work at all.

evergreen wellness group llc: Textbook of Natural Medicine Joseph E. Pizzorno, Jr. ND, Michael T. Murray, ND, 2012-09-14 Covering preventive, non-invasive, and natural treatments, *Textbook of Natural Medicine*, 4th Edition offers more than just alternative medicine. It promotes an integrated practice that can utilize natural medicine, traditional Western medicine, or a combination of both in a comprehensive, scientific treatment plan. Based on a combination of philosophy and clinical studies, *Textbook of Natural Medicine* helps you provide health care that identifies and controls the underlying causes of disease, is supportive of the body's own healing processes, and is considerate of each patient's unique biochemistry. Internationally known authors Joseph Pizzorno and Michael Murray include detailed pharmacologic information on herbs and supplements, plus evidence-based coverage of diseases and conditions to help you make accurate diagnoses and provide effective therapy. Comprehensive, unique coverage makes this book the gold standard in natural medicine. A scientific presentation includes the science behind concepts and treatments, and discusses Western medical treatments and how they can work with natural medicine in a comprehensive treatment plan; if natural medicine is not effective, this book recommends the Western treatment. Coverage of pharmacology of natural medicines includes the uses and potential dangers of nearly 80 herbal medicines, special nutrients, and other natural agents, addressing topics such as general information, chemical composition, history, pharmacology, clinical applications dosage, and toxicology. In-depth, evidence-based coverage of 73 diseases and conditions includes key diagnostic criteria, pathophysiology of diseases, and therapeutic rationales. Coverage of potential interactions between drugs, herbs, and supplements ensures the safest possible use for each of 79 herbs and supplements. Diagnostic procedures include practical, easy-to-follow descriptions of evidence-based techniques plus discussions of clinical application of diet analysis, food allergy testing, immune function assessment, fatty acid profiling, hair mineral analysis, and other diagnostic approaches. Common therapeutic modalities are described and reviewed, including botanical medicine, nutritional therapy, therapeutic fasting, exercise therapy, hydrotherapy, counseling, acupuncture, homeopathy, and soft tissue manipulation. Coverage of syndromes and therapies helps in understanding the underlying causes of diseases by discussing topics such as food reactions, functional toxicology, sports nutrition, stress management, and breathing pattern disorders. Coverage of the philosophy of natural medicine includes its history and background, with discussions of toxicity, detoxification, and scientific documentation of the healing actions of nature and natural substances. Internationally known authors Joseph Pizzorno and Michael Murray and more than 90 expert contributors provide material that is up to date, accurate, and informed. More than 10,000 research literature citations show that the content is based on science rather than opinions or anecdotes. 13 useful appendices offer quick lookup of frequently used charts, handouts, and information. New chapters are included on hot topics such as female infertility, medicinal

mushrooms, natural products and quality control, pregnancy health and primary prevention, and Vitamin K; new appendices include a supplier certification questionnaire and cervical escharotics treatment. Thorough updates ensure that you use only the most current research and provide the most effective treatment of patients. Tabs in Specific Health Problems section separate more than 70 alphabetized diseases/conditions. One convenient volume replaces the cumbersome two-volume set for easy, convenient reference. Electronic access is available via Pageburst, making it easy to search topics, drugs, herbs and supplements, and diseases and conditions. Sold separately.

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superstitions, relics of an unenlightened age, old wives' tales, passed down through generations. Yet no matter how wary and jaded we have become, as individuals or as a society, a part of us remains vulnerable to them: werewolves and wendigos, poltergeists and vampires, angry elves and vengeful spirits. In this beautifully illustrated volume, the host of the hit podcast Lore serves as a guide on a fascinating journey through the history of these terrifying creatures, exploring not only the legends but what they tell us about ourselves. Aaron Mahnke invites us to the desolate Pine Barrens of New Jersey, where the notorious winged, red-eyed Jersey Devil dwells. He delves into harrowing accounts of cannibalism—some officially documented, others the stuff of speculation . . . perhaps. He visits the dimly lit rooms where séances take place, the European villages where gremlins make mischief, even Key West, Florida, home of a haunted doll named Robert. In a world of “emotional vampires” and “zombie malls,” the monsters of folklore have become both a part of our language and a part of our collective psyche. Whether these beasts and bogeymen are real or just a reflection of our primal fears, we know, on some level, that not every mystery has been explained and that the unknown still holds the power to strike fear deep in our hearts and souls. As Aaron Mahnke reminds us, sometimes the truth is even scarier than the lore. The World of Lore series includes: MONSTROUS CREATURES • WICKED MORTALS • DREADFUL PLACES

evergreen wellness group llc: It Takes a Family Rick Santorum, 2014-04-08 Rick Santorum made his name in the 2012 presidential race with his principled conservatism. To understand Santorum's worldview and vision for America, there is no better source than his New York Times bestselling book, *It Takes a Family*. *It Takes a Family* is one of the most profound and comprehensive books of political thought ever written by a politician. Santorum offers a penetrating look at the social, political, and economic shifts that have hurt American families—and a principled, genuinely conservative plan for reversing this slide. Here Santorum explains his core beliefs, laying out a humane vision that he believes must inform public policy if it is to be effective and just. Politicians of both parties, he shows, fail to address the way Americans truly live their lives: in families, neighborhoods, churches, and communities. *It Takes a Family* is animated by an appreciation for the civic bonds that unite a community—an appreciation that lies at the heart of genuine conservatism.

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evergreen wellness group llc: Secrets of Longevity Maoshing Ni, 2006-05-04 *Secrets of Longevity* is full of surprising, all-natural ideas for living a longer, healthier life, happier. As a 38th-generation doctor specializing in longevity, Dr. Mao (as he's known to his patients) knows the answers—and they're surprisingly simple and powerful. It's amazing how a little honey in your tea can aid internal healing. Or how taking a walk after dinner each night can reduce the risk of stroke and heart disease. The tips are organized into chapters on diet, healing, environment, exercise, and relationships so you can easily dip into the areas you'd like to address. Marrying wisdom from the East with the latest scientific advances from the West, *Secrets of Longevity* puts at your fingertips a whole host of ways to make your stay on earth longer, healthier, and much, much happier.

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circumstances, remarriage and merging families, retirement, preparing heirs, and transferring wealth. The M Word will literally change the way your family views, spends, and transfers assets, wealth, and family values. You'll learn how to approach the thorniest of subjects without anxiety or stress, and your family will reap the benefits of secure financial planning for generations to come. Using the author's five-step action plan to successfully prepare for, initiate, and execute the money talk, you'll be able to: Understand why the money talk is crucial and challenging for families Tackle the issues that accompany wealth transfers and life's transitions Overcome the roadblocks that can keep families from communicating Prepare yourself and your family--logistically and psychologically--for the money talk Create a process for repeated talk that can keep your family and finances intact The M Word shows you and your family how to negotiate all aspects of financial planning for all generations--without stress or worry. Praise for The M Word [M]akes a compelling argument for having 'the money talk.' -- The New York Times Lori Sackler's advice on overcoming the money taboo will not only help families successfully transfer wealth and deal with all of life's transitions, but actually become happier in the process. -- Shawn Achor, author of the international bestseller The Happiness Advantage Lori Sackler masterfully delivers honest, timeless, and highly useful guidance that will help investors and their families successfully navigate crucial life transitions and financial decisions. -- David M. Darst, CFA, Chief Investment Strategist, Morgan Stanley Wealth Management The M Word should be on the bookshelf of every parent looking for guidance on how to talk to the next generation about money. -- Eileen Gallo, PhD, and Jon Gallo, authors of Silver Spoon Kids The M Word will take you by the hand and give you what it takes to survive and thrive financially during these trying times. -- Joan Hamburg, WOR Radio Lori Sackler provides many insights about how families can cope with the financial dimensions of what she calls 'life's transitions.' -- Richard C. Marston, Director of Wharton's Private Wealth Management Program Families can spare themselves a lot of heartache by reading The M Word. -- Gail Saltz, MD, Clinical Associate Professor of Psychiatry, The New York Presbyterian Hospital I'm ordering books for my sons and stepsons so we can have the 'money talk' Lori's book encourages. -- Martin M. Shenkman, estate planning attorney and author

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evergreen wellness group llc: The Frederick Sisters Are Living the Dream Jeannie Zusy, 2023-10-17 Eleanor Oliphant Is Completely Fine meets Early Morning Riser with a dash of Where'd You Go, Bernadette in this "funny and insightful" (Real Simple) novel about one woman whose life is turned upside down when she becomes caregiver to her sister with special needs. Every family has its fault lines, and when Maggie gets a call from the ER in Maryland where her older sister lives, the cracks start to appear. Ginny, her sugar-loving and diabetic older sister with intellectual disabilities, has overdosed on strawberry Jell-O. Maggie knows Ginny really can't live on her own, so she brings her sister and her occasionally vicious dog to live near her in upstate New York. Their other sister, Betsy, is against the idea but as a professional surfer, she is conveniently thousands of miles away.

Thus, Maggie's life as a caretaker begins. It will take all of her dark humor and patience, already spread thin after a separation, raising two boys, freelancing, an ex who just won't go away, and starting a dating life, to deal with Ginny's diapers, sugar addiction, porn habit, and refusal to cooperate. "The Frederick sisters will have you laughing out loud—often through tears—in this roller coaster ride of a novel that explores what it means to be family" (Tracey Lange, New York Times bestselling author).

evergreen wellness group llc: Become A Work-From-Home Health Or Fitness Professional T.C. Hale, 2020-10-29 Learn how to pandemic-proof your business in this quick and easy read. T.C. Hale shares all the secrets that helped him take his nutrition and personal training business from working with clients face-to-face, to working with clients virtually, from the comfort of his home. You'll also learn how to expand your business to include clients from around the world. Whether you've been working in this industry for decades, or just getting started, you'll find insights to help you change the way your business grows.

evergreen wellness group llc: Oppression and the Body Christine Caldwell, Lucia Bennett Leighton, 2018-03-20 A timely anthology that explores power, privilege, and oppression and their relationship to marginalized bodies Asserting that the body is the main site of oppression in Western society, the contributors to this pioneering volume explore the complex issue of embodiment and how it relates to social inclusion and marginalization. In a culture where bodies of people who are brown, black, female, transgender, disabled, fat, or queer are often shamed, sexualized, ignored, and oppressed, what does it mean to live in a marginalized body? Through theory, personal narrative, and artistic expression, this anthology explores how power, privilege, oppression, and attempted disembodiment play out on the bodies of disparaged individuals and what happens when the body's expression is stereotyped and stunted. Bringing together a range of voices, this book offers strategies and practices for embodiment and activism and considers what it means to be an embodied ally to anyone experiencing bodily oppression.

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bestselling author of *A Million Little Pieces* and *Bright Shiny Morning* comes Katerina, James Frey's highly anticipated new novel set in 1992 Paris and contemporary Los Angeles. A kiss, a touch. A smile and a beating heart. Love and sex and dreams, art and drugs and the madness of youth. Betrayal and heartbreak, regret and pain, the melancholy of age. Katerina, the explosive new novel by America's most controversial writer, is a sweeping love story alternating between 1992 Paris and Los Angeles in 2018. At its center are a young writer and a young model on the verge of fame, both reckless, impulsive, addicted, and deeply in love. Twenty-five years later, the writer is rich, famous, and numb, and he wants to drive his car into a tree, when he receives an anonymous message that draws him back to the life, and possibly the love, he abandoned years prior. Written in the same percussive, propulsive, dazzling, breathtaking style as *A Million Little Pieces*, Katerina echoes and complements that most controversial of memoirs, and plays with the same issues of fiction and reality that created, nearly destroyed, and then recreated James Frey in the American imagination.

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