

express wellness liberal ks

Express Wellness Liberal KS: Your Guide to Holistic Well-being

Are you searching for a holistic wellness center in Liberal, Kansas that truly understands your needs? Feeling overwhelmed and unsure where to turn for effective and compassionate care? This comprehensive guide dives deep into Express Wellness Liberal KS, exploring its services, philosophy, and how it can help you achieve optimal health and well-being. We'll cover everything from their convenient location and welcoming atmosphere to the specific services offered, empowering you to make an informed decision about your healthcare journey.

Understanding Express Wellness Liberal KS: More Than Just a Clinic

Express Wellness Liberal KS isn't your typical medical clinic. It's a holistic wellness center dedicated to providing personalized care that addresses the mind, body, and spirit. They understand that true health isn't just the absence of disease, but a vibrant state of well-being encompassing physical, emotional, and mental vitality. This philosophy guides their approach to patient care, creating a supportive and nurturing environment where individuals feel empowered to take control of their health.

A Range of Services Tailored to Your Needs

Express Wellness Liberal KS offers a diverse range of services designed to cater to individual needs and preferences. Their offerings extend beyond traditional medical treatments, incorporating alternative and complementary therapies to create a holistic approach. Some key services frequently highlighted include:

1. **Chiropractic Care:** Addressing musculoskeletal issues through gentle spinal adjustments and other techniques, chiropractic care aims to improve posture, reduce pain, and enhance overall body function. Express Wellness likely utilizes techniques tailored to individual needs, ensuring comfort and effectiveness.
1. **Massage Therapy:** Experienced massage therapists provide a variety of massage modalities, from relaxing Swedish massage to deep tissue work, addressing muscle tension, promoting relaxation, and improving circulation. The benefits of massage extend beyond physical comfort, promoting mental and emotional well-being.

1. Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. Acupuncture can effectively address a wide range of conditions, from pain management to stress reduction.
1. Nutritional Counseling: Understanding the vital role of nutrition in overall health, Express Wellness likely offers nutritional counseling to help individuals optimize their diets for improved energy levels, weight management, and disease prevention. Personalized plans consider individual needs and preferences.
1. IV Therapy: Boosting hydration and providing essential nutrients directly into the bloodstream, IV therapy can address dehydration, nutrient deficiencies, and support overall well-being. Express Wellness may offer various IV drips customized to specific needs.
1. Wellness Packages: Recognizing the interconnectedness of mind, body, and spirit, Express Wellness might offer integrated wellness packages combining several services for a comprehensive approach to health optimization.

The Express Wellness Experience: A Focus on Personalized Care

What truly sets Express Wellness Liberal KS apart is its commitment to personalized care. They take the time to understand each patient's unique needs, goals, and medical history, creating a customized treatment plan tailored to their individual circumstances. This personalized approach fosters a strong doctor-patient relationship built on trust and mutual respect.

Convenient Location and Accessibility

The convenient location of Express Wellness in Liberal, Kansas, ensures easy access for residents of the area. Their commitment to accessibility extends beyond location, including flexible scheduling options to accommodate busy lifestyles. This makes accessing holistic healthcare a more manageable and less stressful experience.

Testimonials and Community Engagement

A thriving wellness center is built on satisfied patients. Look for online reviews and testimonials from past clients to gauge the quality of service and patient experiences at Express Wellness. Active community engagement is another positive indicator of a reputable and caring organization.

Making an Appointment at Express Wellness Liberal KS

Finding the right healthcare provider is a crucial step towards achieving your well-being goals. Contact Express Wellness Liberal KS directly through their website or phone to schedule a consultation and discuss your specific needs. A friendly and knowledgeable staff will guide you through the process, answering any questions you may have.

Conclusion: Invest in Your Well-being with Express Wellness

Express Wellness Liberal KS provides a comprehensive and holistic approach to wellness, empowering individuals to take control of their health and achieve optimal well-being. Their diverse services, personalized approach, and commitment to patient care make them a valuable resource for residents of Liberal and the surrounding areas. Take the first step towards a healthier, happier you by contacting Express Wellness today.

FAQs

1. Does Express Wellness Liberal KS accept insurance? This information should be confirmed directly with the clinic as insurance acceptance can vary.
1. What are the clinic's hours of operation? Clinic hours are best obtained from their official website or by contacting them directly.
1. Do I need a referral to see a practitioner at Express Wellness? Referral requirements depend on the specific service and insurance coverage. Check with the clinic directly.
1. What forms of payment are accepted? Contact Express Wellness to confirm the payment methods they accept.
1. What is the cancellation policy? Always inquire about cancellation policies when scheduling your appointment to avoid any unforeseen charges.

INCITE! Women of Color Against Violence, 2016-09-02 The editors and contributors to Color of Violence ask: What would it take to end violence against women of color? Presenting the fierce and vital writing of organizers, lawyers, scholars, poets, and policy makers, Color of Violence radically repositions the antiviolence movement by putting women of color at its center. The contributors shift the focus from domestic violence and sexual assault and map innovative strategies of movement building and resistance used by women of color around the world. The volume's thirty pieces—which include poems, short essays, position papers, letters, and personal reflections—cover violence against women of color in its myriad forms, manifestations, and settings, while identifying the links between gender, militarism, reproductive and economic violence, prisons and policing, colonialism, and war. At a time of heightened state surveillance and repression of people of color, Color of Violence is an essential intervention. Contributors. Dena Al-Adeeb, Patricia Allard, Lina Baroudi, Communities Against Rape and Abuse (CARA), Critical Resistance, Sarah Deer, Eman Desouky, Ana Clarissa Rojas Durazo, Dana Erekat, Nirmala Erevelles, Sylvanna Falcón, Rosa Linda Fregoso, Emi Koyama, Elizabeth Betita Martínez, maina minahal, Nadine Naber, Stormy Ogden, Julia Chinyere Oparah, Beth Richie, Andrea J. Ritchie, Dorothy Roberts, Loretta J. Ross, s.r., Puneet Kaur Chawla Sahota, Renee Saucedo, Sista II Sista, Aishah Simmons, Andrea Smith, Neferti Tadiar, TransJustice, Haunani-Kay Trask, Traci C. West, Janelle White

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express wellness liberal ks: Smart Geography Stoyan Nedkov, Georgi Zhelezov, Nadezhda Ilieva, Mariyana Nikolova, Boian Koulov, Kliment Naydenov, Steliyan Dimitrov, 2019-10-05 This book focuses on new and innovative spatial approaches based on smart solutions and developed in the field of geography and related interdisciplinary fields such as urban and regional studies, landscape ecology and ecosystem services. It includes contributions from a conference dedicated to the 100th anniversary of the Bulgarian Geographical Society. In turn, the book reveals how 21st-century geography is expected to facilitate the development of human capital and the knowledge society, while also offering place-specific solutions for sustainable regional development and utilization of the planet's natural and human capital to improve social wellbeing. This volume is intended for the global geographical research community, as well as professionals and practitioners in all fields that deal with space, including regional planners and environmental managers.

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express wellness liberal ks: *N.W. Ayer & Son's American Newspaper Annual and Directory* , 1919

express wellness liberal ks: Parents with Disabilities and Their Children Tomas M. Braun, 2013 Despite a dark history marked by the eugenics movement, increasing numbers of people with disabilities are choosing to become parents. Recent research reveals that more than 4 million parents (six percent of American mothers and fathers) are disabled. This number will unquestionably increase as more people with disabilities exercise a broader range of lifestyle options as a result of social integration, civil rights, and new adaptive technologies. Likewise, there has been a dramatic increase in the number of veterans who are returning from war with service-connected disabilities, some of whom may already be parents and others who will enter parenthood after acquiring their disability. The right to parent without interference is protected by the U.S. Constitution and balanced by the judicially recognized power of the state to interfere to protect the well-being of its children. This book provides a comprehensive review of the barriers and facilitators people with diverse disabilities (including intellectual and developmental disabilities, psychiatric disabilities, sensory disabilities, and physical disabilities) experience when they are exercising their fundamental right to create and maintain families, with a focus on the persistent, systemic, and pervasive discrimination against parents with disabilities.

express wellness liberal ks: eCulture Alfredo M. Ronchi, 2009-03-10 Do virtual museums really provide added value to end-users, or do they just contribute to the abundance of images? Does

the World Wide Web save endangered cultural heritage, or does it foster a society with less variety? These and other related questions are raised and answered in this book, the result of a long path across the digital heritage landscape. It provides a comprehensive view on issues and achievements in digital collections and cultural content.

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express wellness liberal ks: *Cormac McCarthy's West* James Bell, 2002

express wellness liberal ks: *Chesley's Hypertensive Disorders in Pregnancy* Robert N. Taylor, James M. Roberts, Gary F. Cunningham, Marshall D. Lindheimer, 2014-08-28 Chesley's Hypertensive Disorders in Pregnancy continues its tradition as one of the beacons to guide the field of preeclampsia research, recognized for its uniqueness and utility. Hypertensive disorders remain one the major causes of maternal and fetal morbidity and death. It is also a leading cause of preterm birth now known to be a risk factor in remote cardiovascular disease. Despite this the hypertensive disorders remain marginally studied and management is often controversial. The fourth edition of Chesley's Hypertensive Disorders in Pregnancy focuses on prediction, prevention, and management for clinicians, and is an essential reference text for clinical and basic investigators alike. Differing from other texts devoted to preeclampsia, it covers the whole gamut of high blood pressure, and not just preeclampsia. - Features new chapters focusing on recent discoveries in areas such as fetal programming, genomics/proteomics, and angiogenesis - Includes extensive updates to chapters on epidemiology, etiological considerations, pathophysiology, prediction, prevention, and management - Discusses the emerging roles of metabolic syndrome and obesity and the increasing incidence of preeclampsia - Each section overseen by one of the editors; each chapter co-authored by one of the editors, ensuring coherence throughout book

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express wellness liberal ks: *Annual Bibliography of English Language and Literature* Modern Humanities Research Association, 2005 Includes both books and articles.

express wellness liberal ks: *The Pharmacist Guide to Implementing Pharmaceutical Care* Filipa Alves da Costa, J. W. Foppe van Mil, Aldo Alvarez-Risco, 2018-09-17 Through the contributions of global experts, this book meets the growing need to understand the implementation and development of pharmaceutical care. Pharmaceutical Care Implementation details the clinical pharmacist's role in providing care to different kind of patients using clinical strategies that improve humanistic, economic and clinical outcomes. Written with a focus for students and pharmacists, this book offers multiple scenarios that serve to improve technical skills. These examples show step-by-step implementation processes from pharmacists who have worked for many years in these

fields: drug-related problems, pharmaceutical care in different settings (community, hospital, home care), research outcomes, communication skills, indicators, advertising, remuneration of practice, standards, guidelines, protocols and teaching approaches for universities. Readers will use this book to:- Improve their skills to prevent, detect and solve drug-related problems - Understand the characteristics of care for patients in different settings- Consolidate knowledge from different global research outcomes- Develop and improve communication skills to establish relationships with patients and healthcare professionals.- Learn to use indicators, standards, guidelines, and protocols to guide and evaluate pharmaceutical care performance- Use different tools to advertise pharmaceutical care services- Document pharmaceutical care practices and create evidence for remuneration

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express wellness liberal ks: Home Blood Pressure Monitoring George S. Stergiou, Gianfranco Parati, Giuseppe Mancia, 2019-10-31 Hypertension remains a leading cause of disability and death worldwide. Self-monitoring of blood pressure by patients at home is currently recommended as a valuable tool for the diagnosis and management of hypertension. Unfortunately, in clinical practice, home blood pressure monitoring is often inadequately implemented, mostly due to the use of inaccurate devices and inappropriate methodologies. Thus, the potential of the method to improve the management of hypertension and cardiovascular disease prevention has not yet been exhausted. This volume presents the available evidence on home blood pressure monitoring, discusses its strengths and limitations, and presents strategies for its optimal implementation in clinical practice. Written by distinguished international experts, it offers a complete source of information and guide for practitioners and researchers dealing with the management of hypertension.

express wellness liberal ks: **Telling the Design Story** Amy Huber, 2017-11-22 When presenting projects in competitive design environments, how you say something is as important as what you're actually saying. Projects are increasingly complex and designers are working from more sources, and many designers are familiar with the struggle to harness this information and craft a meaningful and engaging story from it. *Telling the Design Story: Effective and Engaging Communication* teaches designers to craft cohesive and innovative presentations through storytelling. From the various stages of the creative process to the nuts and bolts of writing for impact, speaking skills, and creating visuals, Amy Huber provides a comprehensive approach for designers creating presentations for clients. Including chapter by chapter exercises, project briefs, and forms, this is an essential resource for students and practicing designers alike.

express wellness liberal ks: **Anselm of Canterbury: The Major Works** St. Anselm, 1998-09-10 'For I do not seek to understand so that I may believe; but I believe so that I may understand. For I believe this also, that unless I believe, I shall not understand.' Does God exist? Can we know anything about God's nature? Have we any reason to think that the Christian religion is true? What is truth, anyway? Do human beings have freedom of choice? Can they have such freedom in a world created by God? These questions, and others, were ones which Anselm of Canterbury (c.1033-1109) took very seriously. He was utterly convinced of the truth of the Christian religion, but he was also determined to try to make sense of his Christian faith. Recognizing that the Christian God is incomprehensible, he also believed that Christianity is not simply something to be swallowed with mouth open and eyes shut. For Anselm, the doctrines of Christianity are an invitation to question, to think, and to learn. Anselm is studied today because his rigour of thought and clarity of writing place him among the greatest of theologians and philosophers. This translation provides readers with their first opportunity to read all of his most important works within the covers of a single volume. ABOUT THE SERIES: For over 100 years Oxford World's Classics has made available the widest range of literature from around the globe. Each affordable volume reflects Oxford's commitment to scholarship, providing the most accurate text plus a wealth of other valuable features, including expert introductions by leading authorities, helpful notes to clarify the text, up-to-date bibliographies for further study, and much more.

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Marianne Marcus, Aleksandra Zgierska, 2013-09-13 While mindfulness meditation has been used in clinical settings as an adjunctive treatment for substance use disorders for some time, there has been limited empirical evidence to support this practice. Mindfulness-Related Treatments and Addiction Recovery bridges this gap by reporting the findings of studies in which mindfulness practice has been combined with other behavioural treatments and/or adapted to meet the needs of a variety of client populations in recovery. Therapies used as interventions in the described studies include Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Relapse Prevention (MBRP), and Mindfulness-Based Therapeutic Community (MBTC) treatment. The book offers a glimpse into the many ways in which mindfulness strategies have been applied to various facets of the recovery process including stress, craving, anxiety, and other relapse related factors. Preliminary evidence, while not conclusive, suggests that mindfulness-based therapies are effective, safe, satisfying to clients, and that an individual, at-home mindfulness practice can be potentially sustained over time, beyond the intervention duration. This book was originally published as a special issue of Substance Abuse.

express wellness liberal ks: Globalizing Indian Thought Debashis Chatterjee, Deepa Sethi,

Surya Prakash Pati, 2021-11-29 The overarching principle that once integrated India's institutions is often described by the word 'dharma'. The notion of dharma goes well beyond what is known as 'rule of law'. Rule of law is about publicly disclosed legal codes and processes. Dharma, on the other hand, is the holding principle that encompasses the whole of nature, including human nature. Dharma is much more nuanced and yet, paradoxically, more unambiguous than rule of law. The research presented in Globalizing Indian Thought tells us that India will do well to hark back to its 'sanatana dharma'. The book decodes and deliberates on a few big ideas with the hope to shape India's story on the world stage. It would be of interest to anyone who wishes to know how we can bring in ideas that are inherently Indian to broaden the discourse on matters of national and international importance.

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Medicine John E. Cooper, Margaret E. Cooper, 2008-04-15 Introduction to Veterinary and Comparative Forensic Medicine is a ground-breaking book in an emerging new speciality. It reflects the increasing demand for expert opinion by veterinarians and others in courts of law and elsewhere on such matters as: · wildlife conservation, · welfare of, and alleged cruelty to, animals, · insurance, certification and malpractice · the identification of live and dead species or their derivatives. It also discusses and analyses current concern over possible links between domestic violence and abuse of animals. Throughout the book the emphasis is on the need for a systematic and thorough approach to forensic work. A particular feature is practical advice, with protocols on dealing with common problems, together with case studies, various appendices and an extensive bibliography. A vital reference for members of the veterinary profession, lawyers, enforcement bodies and welfare and conservation organisations. The comparative aspects provide an important source of information for those working in human forensic medicine and the biological sciences.

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from 1823 to 1950 to capture the Sunshine State. Of particular interest to students of Florida history are two essays by noted historians Wendell Garrett and Erik Robinson, who discuss the creation of Florida and its birth as a state in 1845. Essays on each artist present an aesthetic, historical, social, and cultural overview - designed to clarify the significance of the works of art presented in this first-ever collection of Florida-based art. Essays on each artist with bibliographies by Henry Adams, Gary R. Libby, James Murphy, Erik Robinson, and David Swoyer help to explain the significance of individual works and their place in Florida's history and artistic record. Celebrating Florida: Works of Art from the Vickers Collection offers the most comprehensive study of Florida art currently available. It also serves as the catalog for a traveling exhibition curated at the Museum of Arts and Sciences in Daytona Beach, Florida, in honor of Florida's Sesquicentennial.

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