

green circle wellness clinic

Green Circle Wellness Clinic: Your Path to Holistic Wellbeing

Are you feeling overwhelmed, stressed, or simply out of balance? Are you searching for a wellness clinic that prioritizes a holistic approach to health, going beyond just treating symptoms? Then look no further. This in-depth guide dives into everything you need to know about Green Circle Wellness Clinic, exploring its unique philosophy, services offered, and the transformative experience it provides for clients seeking genuine wellbeing. We'll explore what sets Green Circle apart, answer your burning questions, and help you determine if it's the right fit for your wellness journey.

Understanding the Green Circle Wellness Clinic Philosophy

Green Circle Wellness Clinic distinguishes itself through its commitment to a truly holistic approach to health. We believe that true wellbeing encompasses the interconnectedness of mind, body, and spirit. Unlike traditional medical models that often focus on treating individual symptoms, Green Circle takes a preventative and integrative approach, addressing the root causes of imbalances to promote lasting health and vitality. This philosophy is reflected in every aspect of the clinic, from the calming atmosphere to the highly skilled and compassionate practitioners.

We're not just treating your symptoms; we're empowering you to take control of your health and live a more fulfilling life. This is achieved through personalized treatment plans tailored to your unique needs and goals, ensuring a truly customized wellness experience.

A Wide Range of Services Tailored to You

Green Circle offers a comprehensive range of services designed to cater to diverse wellness needs. Our offerings go beyond the typical, incorporating cutting-edge therapies alongside established practices to provide a holistic and effective approach. Some key services include:

1. **Acupuncture:** Our experienced acupuncturists utilize this ancient Chinese medicine technique to restore balance and alleviate pain, promoting overall wellbeing. Whether you're dealing with chronic pain, stress, or digestive issues, acupuncture can provide significant relief and improve your quality of life.
1. **Massage Therapy:** We offer a variety of massage therapies, from relaxing Swedish massage to deep tissue work, addressing muscle tension, improving circulation, and promoting relaxation and stress reduction. Our therapists are skilled in adapting their techniques to meet your specific needs and preferences.

1. **Nutritional Counseling:** Our registered dietitians work with you to develop personalized nutrition plans based on your individual needs and health goals. We focus on providing practical, sustainable strategies for healthy eating, addressing food sensitivities, and optimizing your nutrient intake.
1. **Yoga and Mindfulness Practices:** We believe that incorporating mind-body practices is essential for overall wellbeing. Our qualified instructors offer a variety of yoga classes and mindfulness workshops, helping you cultivate inner peace, reduce stress, and improve physical flexibility and strength.
1. **Herbal Medicine:** We integrate the use of carefully selected herbs and supplements to support your overall health and address specific health concerns. Our practitioners are knowledgeable in the safe and effective use of herbal remedies.
1. **Energy Healing:** Green Circle also offers energy healing modalities, such as Reiki, to promote relaxation, reduce stress, and facilitate the body's natural healing processes. These gentle therapies can be incredibly effective in supporting emotional and physical wellbeing.

The Green Circle Experience: More Than Just a Clinic

Green Circle Wellness Clinic is more than just a place to receive treatments; it's a sanctuary for wellbeing. We strive to create a calm, welcoming, and supportive environment where you can feel comfortable and at ease. Our dedicated team is committed to providing personalized care, taking the time to understand your individual needs and goals, and empowering you to take an active role in your health journey.

We believe in building strong therapeutic relationships with our clients, fostering trust and open communication to create a collaborative approach to wellness. Our focus is not just on alleviating symptoms but on nurturing your overall wellbeing, promoting self-discovery, and empowering you to live a more vibrant and fulfilling life.

Why Choose Green Circle Wellness Clinic?

In a world that often prioritizes quick fixes and superficial solutions, Green Circle Wellness Clinic offers a refreshing alternative. We are dedicated to providing a comprehensive and personalized approach to wellbeing, addressing the root causes of imbalances and empowering you to take control of your health. Our commitment to holistic care, combined with our highly skilled and compassionate practitioners, creates an exceptional wellness experience.

Conclusion

Green Circle Wellness Clinic offers a transformative journey towards holistic wellbeing. By combining a wide array of services with a compassionate and personalized approach, we empower individuals to achieve lasting health and vitality. If you're ready to invest in your wellbeing and embark on a path to lasting transformation, we encourage you to contact Green Circle Wellness Clinic today. Your journey to a healthier, happier you starts here.

FAQs

1. What insurance plans does Green Circle Wellness Clinic accept? We accept a range of insurance plans, but it's best to contact us directly with your specific provider information to confirm coverage.
1. Do I need a referral to see a practitioner at Green Circle? No, referrals are generally not required. You can schedule an appointment directly with the clinic.
1. What are your hours of operation? Our hours are [Insert Clinic Hours Here]. You can find our full schedule and book online on our website.
1. What is the cancellation policy? We kindly request at least 24-hour notice for cancellations or rescheduling. Failure to do so may result in a cancellation fee. Please refer to our website for detailed information.
1. How can I learn more about specific services offered at the clinic? Detailed information about each service, including descriptions, pricing, and practitioner bios, can be found on our website at [Insert Website Address Here]. We encourage you to explore our website for comprehensive details.

green circle wellness clinic: *Tapestry of Health* Daniel A Monti, Anthony J Bazzan, 2020-09-09
Tapestry of Health artfully synthesizes the complex world of healthy living into a set of clear principles in guiding you to feel your best and thrive at your highest potential through evidence-based integrative medicine treatment of body, mind and spirit. Living a healthy lifestyle is not always easy. The conflicting health advice can feel overwhelming. Tapestry of Health takes the

complex world of healthy living and gives you a set of clear, uncomplicated health principles that will show you how to feel your best and thrive, no matter your starting point. The book shares practical and easy-to-implement health plans that will help you: ? transform your health and weight ? improve your nutrition ? optimize your sleep ? manage your stress Doctor Monti and Doctor Bazzan are clinical and academic pioneers in the emerging medical specialty of integrative medicine. They having started the first-ever department of integrative medicine at a US medical school. In their book they share the principles and health plans they have used with their own patients over the last two decades to create transformative results. Their approach to health integrates all aspects of well-being, including the physical, emotional, intellectual, spiritual, social, and nutritional. They present here evidence-based restorative approaches and emerging cutting-edge strategies. They also offer a new perspective on how we view wellness in a way that reflects the shift from seeking medical care only when we are sick to one when we mindfully take responsibility for maintaining a healthy lifestyle. All this makes Tapestry of Health your partner on your path to optimal wellness.

green circle wellness clinic: Mayo Clinic Guide to Integrative Medicine Brent A. Bauer, 2022-02-01 Today, certain health conditions are not always best served by conventional medicine. Learn the ins and outs of integrative medicine with this comprehensive guide from the internal medicine experts at the Mayo Clinic. Once believed to be an alternative approach to patient care, recent studies have shown that integrative medicine is a valid option for reducing chronic pain, fatigue, depression, anxiety, as well as overall wellness. In fact, 1 in 3 American adults uses integrative medicine to boost their physical health. Whether utilized on its own or in combination with a conventional treatment plan, integrative medicine can be a natural, noninvasive way for patients to take charge of their health and wellbeing. In Mayo Clinic Guide to Integrative Medicine, experts from the Mayo Clinic break down dozens of the most common integrative therapies used today. From meditation and various spiritual practices, to spa treatments and medicinal herbs, readers can learn the ins and outs of popular integrative therapies, and ultimately decide if integrative medicine is right for them. Additionally, each type of integrative therapy is assigned a green light, yellow light, or red light illustration, to show which therapies come highly recommended from medical professionals, which therapies should be used with caution and guidance from a primary care physician, and which therapies should be avoided. Written with the everyday consumer in mind, Mayo Clinic Guide to Integrative Medicine is a digestible, easy-to-use guide for understanding and implementing holistic health practices in your daily routine.

green circle wellness clinic: *Oncology Esthetics* Morag Currin, 2014

green circle wellness clinic: *Total Recovery* Gary Kaplan, 2014-05-06 About 100 million Americans live with some form of chronic pain—more than the combined number who suffer from diabetes, heart disease, and cancer. But chronic pain has always been a mystery. It often returns at the slightest provocation, even when doctors can't find anything wrong. Oddly enough, whether the pain is physical or emotional, traumatic or slight, our brains register all pain as the same thing, and these signals can keep firing in the nervous system for months, even years. In *Total Recovery*, Dr. Gary Kaplan argues that we've been thinking about disease all wrong. Drawing on dramatic patient stories and cutting-edge research, the book reveals that chronic physical and emotional pain are two sides of the same coin. New discoveries show that disease is not the result of a single event but an accumulation of traumas. Every injury, every infection, every toxin, and every emotional blow generates the same reaction: inflammation, activated by tiny cells in the brain, called microglia. Turned on too often from too many assaults, it can have a devastating cumulative effect. Conventional treatment for these conditions is focused on symptoms, not causes, and can leave patients locked into a lifetime of pain and suffering. Dr. Kaplan's unified theory of chronic pain and depression helps us understand not only the cause of these conditions but also the issues we must address to create a pathway to healing. With this revolutionary new framework in place, we have been given the keys to recover.

green circle wellness clinic: *Communities in Action* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public

Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

green circle wellness clinic: The Fungus Link Volume 3 Doug Kaufmann, David Holland, Jami Clark, 2021-05-31

green circle wellness clinic: Plants First Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In Plants First, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

green circle wellness clinic: Mayo Clinic: The Integrative Guide to Good Health Brent A. Bauer, Cindy A. Kermott, Martha P. Millman, 2017-08-08 IMPROVE TOTAL HEALTH WITHOUT PRESCRIPTIONS Looking for natural, noninvasive ways to strengthen and heal your body? Here, Mayo Clinic experts explain how to achieve personal wellness through nontraditional medicine and home remedies. Their revolutionary approach to health addresses the whole person — body, mind and spirit— by combining conventional care with innovative practices such as mind body techniques, acupuncture and massage therapy. With this book, you'll get advice for avoiding medical appointments while also learning when an appointment is needed. Practical, trustworthy and smart, this book will safely and naturally transform your well-being one page at a time. FIND INSIDE: • Details on applying dozens of therapies, such as progressive muscle relaxation, Pilates, guided imagery and spirituality to enrich your life • Home solutions to help manage common issues such as high blood pressure, osteoporosis, wrinkles, motion sickness, hives and stress • Steps for administering first aid in emergencies such as bleeding, choking and heart attack

green circle wellness clinic: Secret to a Younger You Bridghid McMonagle, Kaley Bourgeois, 2018-03-06 Frustrated by your frown lines? You deserve a natural, non-toxic option to help you regain your youth and your confidence. Don't wait to pursue: Improved texture and better

skin tone Firmer skin on your face, neck, chest, and hands Drastically minimized fine lines and wrinkles Softer, less visible scars Dr. Bridghid McMonagle and Dr. Kaley Bourgeois designed their protocol to help you look your best without botox, synthetic fillers, or surgery. With Activated Platelets and Ozone, you can look better, and Secrets to a Younger You tells you how. Prioritize the health of your skin today!

green circle wellness clinic: The Microbiome Diet Raphael Kellman, 2014-07-01 First diet book connecting the microbiome with healthy weight loss; featuring an easy wellness program with a 3-phase diet.

green circle wellness clinic: The GenoType Diet Dr. Peter J. D'Adamo, Catherine Whitney, 2007-12-26 What's Your GenoType? GenoType 1 The Hunter Tall, thin, and intense, with an overabundance of adrenaline and a fierce, nervous energy that winds down with age, the Hunter was originally the success story of the human species. Vulnerable to systemic burnout when overstressed, the Hunter's modern challenge is to conserve energy for the long haul. GenoType 2 The Gatherer Full-figured, even when not overweight, the Gatherer struggles with body image in a culture where thin is "in." An unsuccessful crash dieter with a host of metabolic challenges, the Gatherer becomes a glowing example of health when properly nourished. GenoType 3 The Teacher Strong, sinewy, and stable, with great chemical synchronicity and stamina, the Teacher is built for longevity—given the right diet and lifestyle. This is the genotype of balance, blessed with a tremendous capacity for growth and fulfillment. GenoType 4 The Explorer Muscular and adventurous, the Explorer is a biological problem solver, with an impressive ability to adapt to environmental changes, and a better than average capacity for gene repair. The Explorer's vulnerability to hormonal imbalances and chemical sensitivities can be overcome with a balanced diet and lifestyle. GenoType 5 The Warrior Long, lean, and healthy in youth, the Warrior is subject to a bodily rebellion in midlife. With the optimal diet and lifestyle, the Warrior can overcome the quick-aging metabolic genes and experience a second, "silver," age of health. GenoType 6 The Nomad A GenoType of extremes, with a great sensitivity to environmental conditions—especially changes in altitude and barometric pressure, the Nomad is vulnerable to neuromuscular and immune problems. Yet a well-conditioned Nomad has the enviable gift of controlling caloric intake and aging gracefully. The author of the international bestseller Eat Right 4 Your Type again breaks new ground with the first diet plan based on your unique genetic code. With Eat Right 4 Your Type and additional books in the Blood Type Diet® series, Dr. Peter J. D'Adamo pioneered a new, revolutionary approach to dieting—one linked to a person's blood type. In the GenoType Diet, he takes his groundbreaking research to the next level by identifying six unique genetic types. Whether you are a Hunter, Gatherer, Teacher, Explorer, Warrior, or Nomad, Dr. D'Adamo offers a customized program that compliments your genetic makeup to maximize health and weight loss, as well as prevent or even reverse disease. In simple, concise prose, Dr. D'Adamo explains how a host of environmental factors, including diet and lifestyle, dictate how and when your genes express themselves. He goes on to demonstrate precisely how, with the right tools, you can alter your genetic destiny by turning on the good genes and silencing the bad ones. Your health risks, weight, and life span can all be improved by following The GenoType Diet that's right for you. Using family history and blood type, as well as simple diagnostic tools like fingerprint analysis, leg length measurements, and dental characteristics, Dr. D'Adamo shows you how to map out your genetic identity and discover which of the six GenoType plans you should follow. Without expensive tests or a visit to the doctor, The GenoType Diet reveals previously hidden genetic strengths and weaknesses and provides a precise diet and lifestyle plan for every individual. Based on the latest and most cutting-edge genetic research, this is a twenty-first-century plan for wellness and weight loss from a renowned healthcare pioneer.

green circle wellness clinic: The Earth Diet Liana Werner-Gray, 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her

back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

green circle wellness clinic: Body on Fire Monica Aggarwal MD, Jyothi Rao, MD, 2020-08-19 Inflammation is the body's natural response to injury or illness, but long-term inflammation can silently turn on us, becoming a danger to our health. This guide explains how chronic inflammation damages cells and can lead to asthma, cancer, diabetes, heart disease, rheumatoid arthritis, and even Alzheimer's disease. Fortunately, there are natural solutions to keep chronic inflammation in check. Our food choices can make a crucial difference. Learn how to design an anti-inflammatory diet based on health-protective plant-based foods with high concentrations of phytochemicals and other essential inflammation-fighting nutrients. Then enjoy a few delicious, easy-to-prepare recipes that reveal how to incorporate a wide variety of these power-packed foods into everyday dishes.

green circle wellness clinic: Wellth Jason Wachob, 2016 Mindbodygreen founder Jason Wachob ... redefines successful living and offers readers instead a new life currency to build on, one that is steeped in physical and emotional health and well-being--

green circle wellness clinic: The Cancer Revolution Leigh Erin Connealy, 2018-07-17 Integrative health pioneer offers her groundbreaking approach to treating (and preventing) cancer, based on 6 Revolutionary Findings, with a practical program and strategies. When it comes to cancer, conventional doctors are trained to treat their patients exclusively with surgery, radiation, and chemotherapy. These methods are grueling on the whole body--and they don't treat beyond the tumor or the cancer itself. The focus is on the disease, not the whole person--and because of this, the outcomes in conventional medicine can be bleak. But it doesn't have to be this way. Dr. Leigh Erin Connealy has developed a whole-person approach to treating cancer--and these treatments have helped thousands of patients through her Cancer Center for Healing. In *The Cancer Revolution*, Dr. Connealy shows you how to get to the root causes of cancer and the practical steps you can take to get back on the path to healing--from balancing your body's chemistry with nutritional supplements, following a healthy food plan, detoxifying your body and home, exercising regularly, getting deep restful sleep every night, practicing stress reduction techniques, and putting together a supportive healing team. Chemotherapy and radiation have their place in treatment, but in many cases, they are simply not enough, because cancer isn't caused by one thing, but by many different factors. All of these causes must be addressed, not just the tumor. *The Cancer Revolution* will equip you to make impactful, achievable lifestyle choices that fight the root of the disease, and that offer hope for recovery and a cancer-free life.

green circle wellness clinic: Behavioral Neurogenetics John F. Cryan, Andreas Reif, 2012-05-04 This book covers a wide array of topics relevant to behavioral genetics from both a preclinical and clinical standpoint. Indeed in juxtaposing both areas of research the reader will appreciate the true translational nature of the field. Topics covered range from technical advances in genetic analysis in humans and animals to specific descriptions of advances in schizophrenia, attention disorders, depression and anxiety disorders, autism, aggression, neurodegeneration and neurodevelopmental disorders. The importance of gene-environment interactions is emphasised and the role of neuroimaging in unravelling the functional consequences of genetic variability described.

This volume will be valued by both the basic scientist and clinician alike who may use it as a detailed reference book. It will also be of use to the novice to the field, to whom it will serve as an in-depth introduction to this exciting area of research.

green circle wellness clinic: The Cleveland Clinic Way: Lessons in Excellence from One of the World's Leading Health Care Organizations VIDEO ENHANCED EBOOK Toby Cosgrove, 2014-01-24 This is the future. Join the revolution. Transform your organization the Cleveland Clinic way. One of the best healthcare systems in the world. President Barack Obama American healthcare is in crisis. It doesn't have to be. There's a revolution going on right now. On the frontiers of medicine, some doctors have developed an approach for treating people that is more effective, more humane, and more affordable. It's an approach to healthcare that has captured the attention of the media and business elite--and the President of the United States. It's all happening at Cleveland Clinic, one of the most innovative, forward-looking medical institutions in the nation. In this groundbreaking book, the man who leads this global organization, Toby Cosgrove, MD, reveals how the Clinic works so well and argues persuasively for why it should be the model for the nation. He details how Cleveland Clinic focuses on the eight key trends that are shaping the future of medicine. Readers will learn: Why group practices provide not only better--but cheaper--care Why collaborative medicine is more effective How big data can be harnessed to improve the quality of care and lower costs How cooperative practices can be the wellspring of innovation Why empathy is crucial to better patient outcomes Why wellness of both mind and body depends on healthcare, not sickcare How care is best provided in different settings for greater comfort and value How tailor-made care treats a person instead of a disease This enhanced eBook includes 8 videos that include interviews with the doctors and executives who helped shape the Cleveland Clinic's successful strategy. It also includes visuals of patients/doctor interactions and the hospital's facilities. At its core is Cleveland Clinic's emphasis on patient care and patient experience. A refreshingly positive and practical vision of healthcare, The Cleveland Clinic Way is essential reading for healthcare and business executives, medical professionals, industry analysts, and policymakers. It gives leaders lessons they can apply to their own organizations to achieve results and empowers average Americans to make more informed healthcare decisions. PRAISE FOR THE CLEVELAND CLINIC WAY A brilliant doctor and leader lays out practical and thought-provoking prescriptions for America's healthcare future. A must-read. -- Jack Welch, former Chairman and CEO of General Electric Company The Cleveland Clinic Way is what the healthcare system in this country needs: honesty about the challenges, optimism about our ability to address them, and a focus on solutions. A must-read for healthcare leaders, it's written in clear, inclusive language that makes it just as valuable for the rest of us. -- John Chambers, Chairman and CEO of Cisco A pioneer in American healthcare, Toby Cosgrove shows just how the diligence and innovative thinking behind Cleveland Clinic has helped solve fundamental problems most other places barely touch. There are lessons here for everyone--patient, physician, and policymaker alike. -- Atul Gawande, MD, professor at Harvard Medical School and bestselling author of The Checklist Manifesto Toby Cosgrove frames the eight important trends that will transform the U.S. healthcare system. The Cleveland Clinic Way is a good road map for those who want to make the U.S. healthcare system better. -- Jeffrey Immelt, Chairman and CEO of General Electric Company

green circle wellness clinic: Mayo Clinic Family Health Book Mayo Clinic, 2009-10-06

green circle wellness clinic: The Food Prescription for Better Health : a Cardiologist's Proven Method to Reverse Heart Disease, Diabetes, Obesity, and Other Chronic Illnesses, Naturally! Baxter D. Montgomery, 2011 Are you or a loved one suffering from high blood pressure, diabetes, heart disease or some other chronic condition? If so, this book may just change your life. Did you know that many ailments considered incurable can be effectively treated through nutrition? Dr. Baxter Montgomery, an experienced cardiologist and expert in nutrition, has the proof in The Food Prescription for Better Health. Filled with sound scientific facts and easy to follow guidelines, this book will help you revolutionize your health. Book Features: Outlines the poor health condition of Americans Provides a detailed description of how the body works Tells the real story of what healthy

food is, dispelling many myths Describes how proper nutrition is important for optimal health
Provides a step-by-step approach to reverse your health problems using nutrition Shows scientific evidence for the efficacy of the program

green circle wellness clinic: It's Kind of a Funny Story Ned Vizzini, 2010-09-25 Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away.

green circle wellness clinic: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954, 2004

green circle wellness clinic: Just Be Well Thomas A. Sult, 2013-09 The practice of functional medicine is a discipline that treats people, not diseases. Dr. Sult looks at the eight key physiological processes of the functional medicine matrix, and brings together accessible information, patient stories, and sound advice that can lead you back to wellness and health.

green circle wellness clinic: The Blood Sugar Solution Dr. Mark Hyman, 2012-02-28 Find balance in your life and in your blood sugar with the easy to follow guide on leading a healthier life and being a happier person - perfect for anyone looking to take control of their body! In *The Blood Sugar Solution*, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness -- nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind -- and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, *The Blood Sugar Solution* is the fastest way to lose weight, prevent disease, and feel better than ever.

green circle wellness clinic: The Mayo Clinic Book of Home Remedies Mayo Clinic, 2010-10-26 Many common health problems can be treated with simple remedies you can do at home. Even if the steps you take don't cure the problem, they can relieve symptoms and allow you to go about your daily life, or at least help you until you're able to see a doctor. Some remedies, such as changing your diet to deal with heartburn or adapting your home environment to cope with chronic pain, may seem like common sense. You may have questions about when to apply heat or cold to injuries, what helps relieve the itch of an insect bite, or whether certain herbs, vitamins or minerals are really effective against the common cold or insomnia. You'll find these answers and more in *Mayo Clinic Book of Home Remedies*. In situations involving your health or the health of your family, the same questions typically arise: What actions can I take that are immediate, safe and effective? When should I contact my doctor? What symptoms signal an emergency? *Mayo Clinic Book of Home Remedies* clearly defines these questions with regard to your health concerns and guides you to choose the appropriate and most effective response.

green circle wellness clinic: Healing Arthritis Susan Blum, 2017-10-24 The author of the bestselling *The Immune System Recovery Plan* shares her science-based, drug-free treatment plan for the almost fifty million people who suffer from arthritis: an amazing 3-step guide to eliminate the disease naturally. Arthritis is the most common cause of disability in the world—greater than both back pain and heart disease. One example, Rheumatoid Arthritis (RA), is the most common autoimmune disease, affecting 1% of the US population, and almost 68 million people worldwide. Conventional medicine tends to treat arthritis with strong, gut-damaging, immune-suppressing pain medications, temporarily relieving the symptoms of the disease without addressing its root causes. Now, in her groundbreaking new book, Dr. Susan Blum, a leading expert in functional medicine, offers a better approach to healing arthritis permanently. Dr. Blum's groundbreaking three-step protocol is designed to address the underlying causes of the condition and heal the body

permanently by: -Treating Rheumatoid Arthritis, Osteoarthritis, and more -Healing your gut to heal your joints -Reducing inflammation without medication Dr. Blum's innovative two-week plan to quickly reduce pain through anti-inflammatory foods and supplements; followed by an intensive gut repair to rid the body of bad bacteria and strengthen the gastrointestinal system for a dramatic improvement in arthritis symptoms and inflammation; and then addresses the emotional issues that contribute to inflammation, and eating a simple, Mediterranean inspired diet to maintain a healthy gut. Featuring detailed case studies, including Dr. Blum's own inspiring personal story, Healing Arthritis offers a revolutionary way to heal your gut, repair your immune system, control inflammation, and live a happier, healthier life...arthritis-free.

green circle wellness clinic: *The Mouth-Body Connection* Gerald P. Curatola, Diane Reverand, 2017-06-20 Acclaimed oral health expert and wellness pioneer, Dr. Gerry Curatola, explores the bi-directional relationship between the health of your mouth and your body, and provides a groundbreaking program for creating a healthy mouth that will help maintain a healthy body. The mouth acts as mirror and a gateway and reflects what is happening in the rest of your body and the health of your mouth appears to have a profound impact on the rest of your body. Chronic, low-grade oral disease is a major source of inflammation throughout your body, which can sometimes result in serious systemic problems, including cardiovascular disease, type 2 diabetes, obesity, and premature birth. The Mouth-Body Connection educates the reader on the natural ecology of the mouth. The oral microbiome consists of communities of 20 billion microorganisms of more than six hundred types-keeping these communities balanced is the key to well-being. Dr. Curatola's program, thirty years in the making, helps to restore microbiome balance and reduce health-destroying inflammation. The Curatola Care Program fosters a healthy oral microbiome by means of diet, supplements, exercise, and stress reduction. Four weeks of meal plans and fifty delicious recipes will convince you that eating for balance can be a treat. There are supplement schedules for each stage, two high-intensity band workouts that take only 15 minutes twice a week, relaxation techniques, and yoga postures to fight inflammation. In just four weeks, you will reboot your body and begin to take control of your health. Best of all, your brilliant smile will prove that you have never felt better.

green circle wellness clinic: *Your Longevity Blueprint* Stephanie Gray, 2017-12-19 Your Body Is Your Home, Build It With Functional Medicine How well are you aging? Were you told your labs are normal but you don't feel normal? Has conventional medicine been nothing but a Band-Aid? Are you ready to try something different? Many health care providers want to help their patients but don't know how, and many patients wait until their symptoms are causing problems before they see a provider. Both patients and providers can benefit from a guide to aging well. In Dr. Stephanie Gray's Your Longevity Blueprint, you'll learn how you can use functional medicine to: - RESTORE YOUR GUT HEALTH - KEEP YOUR SPINE IN LINE - INFLUENCE YOUR GENETICS - REPLETE NUTRITIONAL DEFICIENCIES - DETOXYFY YOUR BODY - OPTIMIZE YOUR HORMONES - REDUCE CARDIOVASCULAR DISEASE - STRENGTHEN YOUR IMMUNE SYSTEM Your body is your home, and your functional medicine provider will act as your body's contractor and builder--giving your body the foundation, framework, and electricity it's always needed. Where conventional medicine treats symptoms, functional medicine discovers the root cause. This is determined by your test results, what Dr. Stephanie Gray calls your fingerprint. Learn how functional medicine assesses the interaction of nutrition, genetics, hormones, toxins, and infections to improve your health and overall longevity. Imagine what life would be like with true health. Let's live long together! Wellness is Waiting(TM)!

green circle wellness clinic: *The Immunotype Breakthrough* Heather Moday, 2021-12-21 A respected immunologist, allergist, and functional medicine doctor breaks down the latest science on immunity, offering "the most important guide available" (Mark Hyman, MD) to balancing your system for optimal health and longevity. To most of us, the immune system is seemingly unknowable—it's an invisible, complex network of cells, receptors, and messengers, and there's no standard way to see if it's functioning as it should. Yet in spite of this, it affects every aspect of our health, influencing (and sometimes even causing) nearly every disease known to humanity. Much

has been made about “boosting” immunity, but what exactly does that mean, and what if boosting isn't really what your unique system needs? In *The Immunotype Breakthrough*, Dr. Heather Moday explains that for most, immune system balance is key. Drawing on a wealth of cutting edge research and fascinating case studies, Dr. Moday explains that the immune system is fluid and significantly influenced by our behaviors, diet, habits, and environment. She identifies four primary Immunotypes—Smoldering, Weak, Hyperactive, and Misguided—that underlie the immune imbalances that commonly lead to disease, chronic inflammation, infection, allergies, and autoimmunity. By identifying your personal immunotype—where you fall on this immunity spectrum—you can intervene by making focused, individualized, natural lifestyle changes to ensure it functions optimally. Featuring engaging and accessible science, practical and customizable takeaways, and interactive quizzes to help you zero in on your specific needs, *The Immunotype Breakthrough* is a revolutionary program for creating an individualized lifestyle and diet that will lead to immune resilience, vitality, and longevity.

green circle wellness clinic: Braided Beth Ricanati, 2018-09-18 What if you could bake bread once a week, every week? What if the smell of fresh bread could turn your house into a home? And what if the act of making the bread—mixing and kneading, watching and waiting—could heal your heartache and your emptiness, your sense of being overwhelmed? It can. This is the surprise that physician-mother Beth Ricanati learned when she started baking challah: that simply stopping and baking bread was the best medicine she could prescribe in a fast-paced world. 2018 National Jewish Book Award Finalist 2018 Foreword INDIES Winner 2019 Readers' Favorite Awards Finalist 2019 Wilbur Award, Nonfiction Winner 2020 Eric Hoffer Award, First Horizon Award Finalist 2020 Eric Hoffer Award, 1st runner up in Nonfiction 2020 Eric Hoffer Award, Grand Prize Shortlist Finalist 2020 Next Generation Indie Book Awards Finalist 2020 Next Generation Indie Book Awards Winner

green circle wellness clinic: At Least You Have Your Health Madi Sinha, 2022-04-05 One of Shondaland's Best Books of April 2022! Behind the chic veneer of a wellness clinic lies a dangerous secret, in this compelling women's fiction novel from the author of *The White Coat Diaries*. Dr. Maya Rao is a gynecologist trying to balance a busy life. With three young children, a career, and a happy marriage, she should be grateful—on paper, she has it all. But after a disastrous encounter with an entitled patient, Maya is forced to walk away from the city hospital where she's spent her entire career. An opportunity arises when Maya crosses paths with Amelia DeGilles at a school meeting. Amelia is the owner and entrepreneur behind Eunoia Women's Health, a concierge wellness clinic that specializes in house calls for its clientele of wealthy women for whom no vitamin infusion or healing crystal is too expensive. All Eunoia needs is a gynecologist to join its ranks. Amid visits to her clients' homes, Maya comes to idolize the beautiful, successful Amelia. But Amelia's life isn't as perfect as it seems. When Amelia's teenaged daughter is struck with a mysterious ailment, Maya must race to uncover the reason before it's too late. In the process, she risks losing what's most important to her and bringing to light a secret of her own that she's been desperately trying to keep hidden.

green circle wellness clinic: Microbiome Thyroid Raphael Kellman, 2021-12-21 The leader in Microbiome Medicine offers a revelatory guide to the gut-thyroid connection, with cutting-edge information—and a surprising source of thyroid illness. If you are one of the 20 million Americans living with thyroid disease or one of the thousands living undiagnosed, Dr. Raphael Kellman understands your suffering. Between inaccurate diagnosis, a wide spectrum of symptoms, and doctors who may not be familiar with the intricacies of thyroid dysfunction, it's hard to get the treatment you need. While general hypothyroidism and Hashimoto's thyroiditis are the most commonly known thyroid issues, there is an underdiagnosed and yet incredibly prevalent condition: Non-thyroidal Illness Syndrome (NTIS). It can cause unexplained fatigue, memory issues, problems with focus and decision making, and even dementia, and affects as many as 20% of Hashimoto's sufferers. Luckily, Dr. Kellman has a clinically proven, expert protocol that has given thousands of patients a path to health—and now he's delivering it to you. You'll discover: How your thyroid function affects your overall health—and how its dysfunction can explain your troubling symptoms

The 4P Protocol for healing the microbiome How everyday household products, cosmetics, plastics, and medicines can disrupt your hormonal systems—and how to detox A 30-Day Thyroid Rescue program, including meal plans and lifestyle changes Microbiome Thyroid helps you take control of your environment, your diet, and your life, guiding you toward the right diagnosis, the right treatment, and overall hormone balance.

green circle wellness clinic: The Superfood Swap Dawn Jackson Blatner, 2016-12-27 “Dawn makes healthy eating fun and delicious, and the dishes are easy to prepare. This is a must-read for anyone who wants to eat nutritious, joyful food.”—Lyn-Genet Recitas, New York Times bestselling author of *The Plan* The 4-week plan that beat out all other plans in the ABC weight-loss reality TV show *My Diet Is Better than Yours*. For more than fifteen years, nutritionist Dawn Jackson Blatner has helped hundreds of clients lose their bad eating habits and step up to optimal health. The key? Not deprivation, but a new kind of gratification, which she calls “super swapping”—exchanging fake foods (C.R.A.P.: food with Chemicals; Refined sugar and flour; Artificial sweeteners and colors; and Preservatives) for wholesome high-quality superfoods. A largely plant-based diet rich in fiber, vitamins, and antioxidants stabilizes hunger hormones, speeds metabolism, and fights disease. For each week, Blatner shares simple techniques, with eat/avoid lists, ideas for great lunches, advice on how to read labels to spot healthy-food impostors, and scores of useful infographics. The 100 tempting recipes—many vegetarian, vegan, and gluten free—include Fish Tacos with Crunchy Cabbage Slaw, BBQ Sandwich & Collard Chips, Sprouted Pizza, and Dark Chocolate Cherry Milkshake. Each one comes with a nutrition analysis. “Informative, creative, and fun. She shares sound nutrition advice based on scientific research and years of experience, and she does it in a way that’s both engaging and easy to digest. Filled with practical tips, helpful charts, and delicious recipes, this book definitely deserves a spot on your bookshelf.”—Joy Bauer, MS, RDN, health and nutrition expert for NBC’s *Today Show* and #1 New York Times bestselling author of *From Junk Food to Joy Food*

green circle wellness clinic: *Dirty Girl* Wendie Trubow, Ed Levitan, 2021-10-12 Joint pain, chronic fatigue, hair loss, eczema, and plain old smelly gas. At first, you blamed it on getting older, even if you are in your twenties. Now? There are just too many issues to ignore. More importantly, you're tired of waiting to feel better—you won't ignore these symptoms anymore. No matter your age, gender, or background, if this sounds like you, it's time for a change. It's time to ditch the toxins and finally come clean. In *Dirty Girl*, physicians and functional medicine experts Wendie Trubow and Ed Levitan let you in on the answers you've been looking for to feel your best, age gracefully, and finally understand what your body has been trying to tell you. Along with stories from Wendie's own detoxification journey, you'll learn what other patients have done to identify the toxins causing chaos and illness and eliminate them from their lives. This how-to book shows you what to focus on, why a personal evaluation is a must, and how to take the first step—and the next—toward the healthiest, happiest you.

green circle wellness clinic: *What Your Doctor May Not Tell You About Fibromyalgia* R. Paul St. Amand, Claudia Craig Marek, 2012-09-24 Over a decade ago, Dr. R. Paul St. Amand, an experienced endocrinologist and UCLA assistant clinical professor, published his protocol for reversing fibromyalgia based on nearly half a century of research. This book offers Dr. St. Amand's latest research on guaifenesin, an inexpensive, safe, an increasingly available medication that can help reverse the disease. The authors have seen symptoms eliminated and normal quality of life restored in an astonishing 90 percent of patients they treated with guaifenesin. Updated and revised with more patient anecdotes and a deeper understanding of symptoms, treatments, and results, readers will find: --more information about the current treatment of fibromyalgia and what causes it --new results from Dr. St. Amand's studies about the efficacy of guaifenesin treatment --changes in disease protocol --discussion of pharmaceuticals in treatment --and much more

green circle wellness clinic: *The Health Revolution* Jade Wimberley, 2017-10-11 *The Health Revolution: Give Yourself the Healthcare You Deserve* by Jade Wimberley, licensed naturopathic doctor, is a combination holistic health, self-help book and inspirational manifesto. This

back-to-basics primer reveals the challenges patients face with the current healthcare system and empowers them to awaken their healthiest selves-physically, emotionally and mentally. The Health Revolution provides medical history, eight simple guidelines to living one's best life, and practical chapter-end Health Resolutions aimed to restore confidence in knowing what's best for one's self and one's body. Health is not about taking a pill. Health is about understanding why we feel the way we do and making educated choices to truly heal. The Health Revolution book is a gentle nudge from a naturopathic doctor who wants readers to know the innate natural power of the body, honor it and ignite a comprehensive Health Revolution. Together, we can change the way we do health in America!

green circle wellness clinic: One Body One Life Andrew C. E. Green, 2018-06-04 Are you always stressed, constantly busy, prioritising others over yourself, and realising that time is slipping by and your health is now not what it was? Assess where you are now, and then follow a series of easily sustainable changes that you can stick to, get the balance right, and reclaim your health.

green circle wellness clinic: 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.

green circle wellness clinic: Therapeutic Fasting: The Buchinger Amplius Method Francoise Wilhelmi de Toledo, Hubert Hohler, 2011-09-21 Learn the world-famous Buchinger method of therapeutic fasting for long-term health benefits Accepted as a classic cure for many medical and physical issues, as well as a key to good general health, Otto Buchinger's therapeutic fasting methods have attracted millions of followers and been in use for more than five decades. In Therapeutic Fasting, written by an internationally renowned authority on fasting (also, a member of the original Buchinger family), the details and methodology of this highly effective program are disclosed for a whole new generation of readers and clinicians. Special Features Offers easy-to-follow guidelines for implementing the original, acclaimed Buchinger method of therapeutic fasting, which is firmly rooted in concepts of medical sciences and physiology Enhanced by

step-by-step instructions, how-to tips, clear explanations, full-color photographs, and compelling personal commentary by individuals who have experienced the program The author Françoise Wilhelmi de Toledo, MD, is an international authority on fasting and heads the well-known Buchinger clinics in Europe. Explores the far-reaching physical, spiritual, and psychological effects of fasting Shows how motivational techniques and physical exercises complement the program and lead to a strong sense of well-being, with examples of yoga, correct breathing, abdominal massage, and more Demonstrates how food is slowly and safely introduced after the fast, with more than 40 savory recipes that promote nutritional awareness in everyday life The only book on this topic available in English, *Therapeutic Fasting: The Buchinger-Amplius Method* will enable all readers to learn patterns of healthy behavior, practice them with professional guidance, and integrate them into a balanced, healthy lifestyle. It is a fascinating reference for general practitioners, nutritionists, and informed lay people who want to learn more about the powerful combination of therapeutic fasting, supporting scientific medical principles, and natural healing concepts.

green circle wellness clinic: Menopause Dr. Louise Newson, 2019-09-24 This new Concise Manual takes a straightforward look at menopause. What is it? When does it occur? What can be expected? How can it be managed? Dr Louise Newson is a well-known specialist in menopause and saw the need for a fact-based manual for women and their families. Menopause is a natural condition that affects all women at some stage of their life. At least one in four women have severe symptoms, which detrimentally affect their family, home and work life. This book will explain and clarify the stages and symptoms, and detail what treatments are safe and effective for particular needs. Migraines, depression, anxiety, osteoporosis, low libido, relationships, diet and HRT are just some of the areas covered in this new concise manual.

green circle wellness clinic: A Nation of Unwell MD Kristine L. Gedroic, Valerie A. Latona, 2019-07-14 Do you want to maintain optimal wellness at any age? *A Nation of Unwell: What's Gone Wrong?* describes in easy-to-understand detail how to maintain your health and how to recover your wellness if you have a chronic illness or disease. *A Nation of Unwell* describes how the health of most patients today can be recovered, without a lifetime of medication. More than 117 million Americans, including children, are struggling with chronic health problems--and the numbers keep rising. In *A Nation of Unwell*, Dr. Gedroic--a Harvard-trained doctor in Morristown, New Jersey--explains how to stem the tide of rising chronic disease and illnesses today without depending on prescription medications. The problem is not with our bodies, she says, but instead with the way modern medicine currently diagnoses and treats illness and disease, making many believe there is no possibility of recovery. The body is like a seesaw, explains Dr. Gedroic. Our individual seesaw can get tipped from a nutrient-deficient diet, an unhealthy gut, toxins in the environment around us, and rampant inflammation. When our body gets out of balance, symptoms begin. Symptoms are the body's only way of communicating with us, explains Dr. Gedroic in *A Nation of Unwell*, which has been lauded by top doctors and best-selling authors Dr. Deepak Chopra, Dr. Andrew Weil, and Dr. Mehmet Oz. Rather than medicating symptoms to quiet these symptoms, we need to discover their root causes to be able to treat the body and help the body recover its health, for good. In *A Nation of Unwell*, Dr. Gedroic reveals: How to listen to and understand your symptoms and disease in a whole new way How to determine what your body needs when symptoms begin--and why it's important to question the long-term need for a prescription medication that treats only symptoms and not the root causes of an illness How to give your diet, personal care products, lifestyle, and environment a makeover for better health, starting today. How to get started on the path to wellness with a simple two-week plan. With *A Nation of Unwell*, health and wellness are truly within everyone's reach.

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