

health and wellness gift basket

The Ultimate Guide to Curating the Perfect Health & Wellness Gift Basket

Are you stumped on what to get the health-conscious person in your life? Forget the generic gift cards! This year, ditch the predictable and wow them with a thoughtfully curated health and wellness gift basket. This comprehensive guide will walk you through everything you need to know to create the perfect present, from choosing the right items to stunning presentation techniques. We'll delve into different basket themes, budget-friendly options, and even provide you with some irresistible DIY ideas. Get ready to become the ultimate gift-giver!

Understanding Your Recipient: The Key to a Stellar Health & Wellness Gift Basket

Before you even begin browsing for lavender bath bombs (although, those are lovely!), consider the recipient. What are their specific interests and needs? Are they dedicated yogis, avid runners, stressed-out professionals, or simply striving for a healthier lifestyle? Tailoring the basket to their individual preferences will make it infinitely more meaningful.

For example, a basket for a marathon runner will differ greatly from one for a meditation enthusiast. The runner might appreciate electrolyte drinks, protein bars, and comfortable running socks. The meditation enthusiast, on the other hand, might prefer calming essential oils, a journal, and a weighted blanket.

Health & Wellness Gift Basket Themes: Inspiration for Every Occasion

Crafting a theme provides a cohesive and visually appealing basket. Here are some popular options:

The Relaxation Retreat: Focus on stress relief with items like aromatherapy candles, bath salts, a luxurious eye mask, calming tea blends, and a soothing essential oil diffuser.

The Fitness Fanatic: Cater to their active lifestyle with protein powder, a reusable water bottle, workout gloves, resistance bands, a fitness tracker, and healthy snacks.

The Mindful Moment: Promote self-care and inner peace with a guided meditation app subscription, a yoga mat, a journal and pen, herbal teas, and crystals.

The Healthy Eater: Fill the basket with nutritious snacks like nuts, seeds, dried fruit, dark chocolate, healthy granola bars, and a recipe book for healthy meals.

The Spa Day at Home: Pamper your recipient with luxurious bath bombs, body scrubs, face masks, a plush bathrobe, and scented candles.

Remember, you can blend themes to create something truly unique. For instance, combine elements of the "Relaxation Retreat" and "Mindful Moment" for a holistic self-care basket.

Choosing the Perfect Products: Quality Over Quantity

Don't fall into the trap of filling the basket with cheap, generic items. Focus on quality and choose products that align with your recipient's lifestyle and preferences. Look for organic, ethically sourced products whenever possible. Consider including:

High-quality teas and herbal infusions: Chamomile, lavender, and peppermint are excellent choices for relaxation.

Luxurious bath products: Look for natural ingredients like essential oils, Epsom salts, and shea butter.

Healthy snacks: Choose organic, non-GMO options whenever possible.

Workout gear: Opt for durable, comfortable items that will stand the test of time.

Self-care items: Journals, aromatherapy diffusers, and meditation apps can promote mental well-being.

Budget-Friendly Health & Wellness Gift Baskets: Thoughtfulness Doesn't Have to Break the Bank

You don't need to spend a fortune to create a thoughtful and appreciated gift basket. Focus on a few key items that are high-quality and relevant to the recipient's interests. Consider these budget-friendly options:

DIY bath salts: Create your own custom blend using Epsom salts, essential oils, and dried herbs.

Homemade granola bars: Make a batch of healthy granola bars using whole grains, nuts, seeds, and dried fruit.

Handwritten cards and inspirational quotes: A personal touch adds significant value to any gift.

Small samples of high-quality products: Many brands offer travel-sized versions of their products.

Gift certificates to local businesses: Consider a yoga studio membership, a massage, or a healthy cooking class.

Presentation is Key: Making Your Health & Wellness

Gift Basket Visually Appealing

The presentation of your gift basket is just as important as its contents. Choose a beautiful basket or container that reflects the theme and style of your gift. Consider using tissue paper, ribbon, and other decorative elements to add a touch of elegance. Arrange the items thoughtfully, making sure that everything is visible and easily accessible.

DIY Health & Wellness Gift Basket Ideas: A Personal Touch

Adding a DIY element adds a special personal touch that recipients will truly appreciate. Consider these ideas:

Infused oils: Create your own calming massage oil by infusing olive oil with lavender or chamomile flowers.

Homemade sugar scrubs: Mix sugar, coconut oil, and essential oils to create a luxurious body scrub.

Hand-painted mugs: Personalize mugs with inspiring quotes or designs.

Customized playlists: Create a playlist of calming music or upbeat workout tunes.

Remember, the key to a successful DIY project is to choose something that you are comfortable with and that aligns with your skills and resources.

Conclusion: Spread the Wellness with a Thoughtful Gift

Creating a health and wellness gift basket is a wonderful way to show someone you care. By taking the time to thoughtfully select items that reflect the recipient's interests and needs, you'll create a gift that's both meaningful and memorable. Remember to consider the theme, budget, and presentation to make your basket truly shine. Happy gifting!

Frequently Asked Questions (FAQs)

Q1: How far in advance should I prepare a health and wellness gift basket?

A1: It depends on the complexity of the basket. For simple baskets, a week is usually sufficient. For more intricate DIY projects, start 2-3 weeks in advance to allow ample time for crafting and sourcing ingredients.

Q2: Where can I find high-quality, ethically sourced products for my gift basket?

A2: Look for local farmers' markets, organic health food stores, and online

retailers that specialize in natural and sustainable products. Reading reviews and checking certifications (like organic or fair trade) can ensure you choose high-quality items.

Q3: What if the recipient has allergies or dietary restrictions?

A3: Always consider any allergies or dietary restrictions before selecting items for your basket. Clearly label any ingredients and avoid anything that could trigger a reaction. When in doubt, opt for non-food items or items with clearly labeled ingredients.

Q4: Can I include perishable items in my health and wellness gift basket?

A4: It's generally best to avoid perishable items unless you're delivering the basket personally and know it will be received immediately. Fresh fruit, for example, could spoil quickly.

Q5: How can I make my health and wellness gift basket more environmentally friendly?

A5: Choose reusable containers, eco-friendly packaging materials, and opt for products with minimal packaging. Support brands committed to sustainable practices and consider including a donation to an environmental charity in the recipient's name.

health and wellness gift basket: Complete Wellness Neal's Yard Remedies, 2018-09-18 Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. Complete Wellness delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with Complete Wellness.

health and wellness gift basket: **Mindfulness Cards** Rohan Gunatillake, 2018

health and wellness gift basket: **Natural Wellness Every Day** Emine Rushton, 2022-01-13 Health and beauty begin from within. Covering nature, skin, health and self care, Natural Wellness Every Day is bursting with insights, tips and recipes for a complete mind-body approach to wellbeing. Guided by the experts at Weleda, this manual draws on 100 years of expertise to bring specialist holistic advice to all - from soothing rituals and natural remedies, to the powerful benefits of seasonal self-care. This book will not only educate you on the natural powers and uses of certain herbs and flowers, debunk health and beauty jargon around sustainability and encourage you to embrace effective self-care rituals, it will also speak to the power of uniting yourself with the natural world and its cycles to offer practical solutions to everyday health and skin dilemmas and promote health and wellbeing throughout the seasons. Natural Wellness Every Day is a complete guide to

natural care of earth, skin, self and health, guiding you towards a routine that will activate your wellness from within and care for the planet at the same time.

health and wellness gift basket: Care Package Sylvester McNutt, III, 2023-08-22 Move beyond pain and discover the healing power of self-care. Have shame, guilt, or codependency seemingly become insurmountable hurdles in your life? Do you struggle with forgiveness, setting boundaries, and putting yourself first? Are negative self-talk and people-pleasing tendencies preventing you from feeling fulfilled? Sylvester McNutt III, life coach and host of the Free Your Energy podcast, shares the stories of his own traumas and challenges to reveal the lessons he's learned to overcome obstacles and truly thrive. To help guide you down your own path of healing, Sylvester provides: Strategies for managing stress, setting boundaries, and cultivating healthy habits Practical tactics for processing childhood trauma and being present as an adult Tools to move beyond the feelings of pain that are holding you back Inspiring advice that will urge you to keep moving forward Healing from pain is not easy, but it is possible. With Sylvester's guidance, you will find the inspiration to release, to forgive, to vibrate higher, and to practice self-care every single day.

health and wellness gift basket: Grown and Flown Lisa Heffernan, Mary Dell Harrington, 2019-09-03 PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

health and wellness gift basket: F*CK I'm Bored Tamara L Adams, 2018-01-03 Here's the first fantastic book of sh*t to do in case you're F*CKING BORED! Now you don't have to waste away the hours pleasuring yourself, wishing there was a f*cking better way to keep your mind and hands busy. Featuring 100 F*cking Adult Activities: Coloring, Sudoku, Dot-to-Dot, Word Searches, Mazes, Fallen Phrases, Math Logic, Word Tiles, Spot the Difference, Where the F*ck did the Other Half Go, Nanograms, Brick-by-F*cking-Brick, Word Scramble, and Much More! **Contains Inappropriate Language**

health and wellness gift basket: ESSENCE The Black Woman's Guide to Healthy Living Robin D. Stone, 2009-01-13 From the African-American community's trusted authority, Essence Guide to Healthy Living, is an interactive manual designed to help black women care for their bodies, minds and spirits. Covering both major health issues such as diabetes and heart disease and tackling everyday concerns from weight loss to balancing work and life, this handy guide has a reader-friendly tone, actionable service and chapters packed with checklists, inspiring real-life examples, space for journal entries and worksheets for readers to execute their own personal wellness plans. Developed with expert advice from leading physicians, nutritionists, fitness instructors, psychologists, spiritual gurus and other healthcare experts, ESSENCE GUIDE TO HEALTHY LIVING is designed to help black women lead healthier and better lives.

health and wellness gift basket: Your Body Beautiful Jennifer Ashton M.D., Ob-Gyn, Christine

Rojo, 2012-01-05 The popular medical correspondent challenges women to reinvent their health and wellness routines, and make midlife their most vibrant years yet. Demi Moore, Cameron Diaz, Courteney Cox, and the list goes on. The world is realizing that a woman's thirties and forties can be the most beautiful, energetic, and passionate time of her life. Today's women can maximize this stage- and lay the foundation for optimal health and well-being. Dr. Jennifer Ashton embodies this philosophy and wants to help you enjoy these often overlooked years and feel and look your absolute best. Dr. Ashton's passion, warmth, and wit have made her America's fastest-rising women's health expert and medical correspondent. Here, she outlines a powerful approach to health care that can help you unleash new energy, strength, and sexiness. Integrating the latest scientific research, she has created a five-part plan, including: A simple eating plan, tailored to keep energy high and your weight healthy for your changing metabolism A high-powered fitness program to help you work out harder in less time Stress-reduction techniques and simple strategies for relaxation An effective, step-by-step sleep plan Prevention advice for reducing your risk of heart disease, cancer, and other potentially fatal ailments Authoritative yet written in a friendly, girlfriend-to-girlfriend voice, *Your Body Beautiful* and its transformative strategies will help you look and feel younger, stronger, and more vibrant than ever.

health and wellness gift basket: Beauty Food Maria Ahlgren, 2018-06-07 Nourish your hair and skin with recipes to bring out the very best in you, inside and out. Enjoy healthy recipes for breakfast, filling main meals, juices, smoothies and even delicious desserts and decadent cocktails - all carefully chosen to bring you the perfect blend of natural superfoods that boost beauty from the inside. *Beauty Food* also includes a Beautypedia, telling you which ingredients contain just the right oils, minerals, vitamins and acids to help with common beauty ailments.

health and wellness gift basket: *The Newlywed Cookbook* Sarah Copeland, 2011-12-16 "A guide to nurturing your marriage through food . . . The book has everything a couple needs to build a life together in the kitchen." —Relish Decor This cookbook is an indispensable reference for modern couples looking to spend quality time together in the kitchen. Inside are more than 130 recipes for both classic and contemporary cooking that are perfect for day-to-day à deux and special occasions with family and friends. More than a collection of recipes, *The Newlywed Cookbook* is also a guide to domestic bliss. Author Sarah Copeland, a newlywed herself, knows that sourcing, cooking as well as sharing food together at the table makes for a happy couple! This beautiful and sophisticated contemporary cookbook is the new go-to for brides and grooms. "What's better for couple's cooking than a book based solely on recipes for newlyweds? Check out Sarah Copeland's inventive, easy-to-execute dishes that are perfect for a pair." —Brides "Celebrates the joy of cooking for two, but the recipes aren't necessarily scaled that way, making enough for dinner guests, leftovers or simply to satisfy bigger appetites. The savory recipes span the globe, with influences from Asia, the Mediterranean and the Mideast, among other places." —Columbia Daily Tribune "It aims to inspire you to bring the love of your relationship and to translate it into the food you prepare together. While none of the recipes are difficult by any means, they're all dishes that you'd be proud to put on your table, whether that table belongs to a newlywed couple or not." —The Huffington Post

health and wellness gift basket: Occupational Therapy in the Promotion of Health and Wellness Marjorie E. Scaffa, S. Maggie Reitz, Michael Pizzi, 2009-07-01 OCCUPATIONAL THERAPY IN the PROMOTION OF HEALTH and WELLNESS

health and wellness gift basket: Let Go of Emotional Overeating and Love Your Food Arlene B. Englander, 2018-08-24 *Let Go of Emotional Overeating and Love Your Food* is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, *Let Go of Emotional Overeating and Love Your Food* offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally - neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don't work for people who eat

through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we're free to relax and really savor our food when we choose to eat. Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander's approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

health and wellness gift basket: Brain Games - 3-In-1: Word Search, Crosswords and Sudoku Publications International Ltd., 2016-08 This 256 page spiral-bound collection is a great value for any dedicated puzzler! 200 sudoku-style puzzles, including a few variants such as Logidoku and Chain Sudoku 39 themed crosswords to test verbal skills 44 word searches - range from simple one-page searches to complex two-page puzzles with extensive word lists and hidden messages Answer keys included

health and wellness gift basket: *Stronger After Stroke* Peter G Levine, 2008-10-01 Billions of dollars are spent on stroke-related rehabilitation research and treatment techniques but most are not well communicated to the patient or caregiver. As a result, many stroke survivors are treated with outdated or ineffective therapies. *Stronger After Stroke* puts the power of recovery in the reader's hands by providing simple to follow instructions for reaching the highest possible level of healing. Written for stroke survivors, their caregivers, and loved ones, *Stronger After Stroke* presents a new and more effective treatment philosophy that is startling in its simplicity: stroke survivors recover by using the same learning techniques that anyone uses to master anything. Basic concepts are covered, including: Repetition of task-specific movements Proper scheduling of practice Challenges at each stage of recovery Setting goals and recognizing when they have been achieved The book covers the basic techniques that can catapult stroke survivors toward maximum recovery. *Stronger After Stroke* bridges the gap between stroke survivors and what they desperately need: easily understandable and scientifically accurate information on how to achieve optimal rehabilitation.

health and wellness gift basket: *Self-Care for New Moms* Corinne Crossley, 2021-04-20 Explore postpartum self-care strategies for eating, body image, emotions, nursing and milk production, sex, and so much more! The role of motherhood is one where women are continuously asked to focus on the needs of everyone else but themselves. This is a significant issue in the arena of self-care, where we often ignore our own hunger, energy levels, and emotions in the pursuit of taking care of others. Written from the perspectives of both therapist and busy mom, *Self-Care for New Moms* features several eye-opening exercises, interviews from a village of experts (who also happen to be moms), and helpful interventions to help you get through the chronic depletion common to the postpartum year. Self-care strategies include: Exercise and yoga Pelvic floor recovery work Psychotherapy Self-compassion techniques Complementary and alternative methods (massage, chiropractic, or acupuncture) Simple recipes Methods for reconnecting with your partner And so much more The practical exercises and comforting techniques in this book will help you manage one of motherhood's biggest challenges: self-care.

health and wellness gift basket: *The Food Babe Way* Vani Hari, 2015-02-10 Eliminate toxins from your diet and transform the way you feel in just 21 days with this national bestseller full of shopping lists, meal plans, and mouth-watering recipes. Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are safe to eat. But much of what we're putting into our bodies is either tainted with chemicals or

processed in a way that makes us gain weight, feel sick, and age before our time. Luckily, Vani Hari -- aka the Food Babe -- has got your back. A food activist who has courageously put the heat on big food companies to disclose ingredients and remove toxic additives from their products, Hari has made it her life's mission to educate the world about how to live a clean, organic, healthy lifestyle in an overprocessed, contaminated-food world, and how to look and feel fabulous while doing it. In *The Food Babe Way*, Hari invites you to follow an easy and accessible plan that will transform the way you feel in three weeks. Learn how to: Remove unnatural chemicals from your diet Rid your body of toxins Lose weight without counting calories Restore your natural glow Including anecdotes of her own transformation along with easy-to-follow shopping lists, meal plans, and tantalizing recipes, *The Food Babe Way* will empower you to change your food, change your body, and change the world.

health and wellness gift basket: *Super Gift Set* Amit Malik,

health and wellness gift basket: *The Wellness Principles* Gary Deng, 2022-04-28 From a world-renowned and beloved doctor, an accessible guide with 100 delicious tried-and-tested recipes for healthy living - to eat well, live well, and stay well For the first time, Gary Deng MD, PhD presents to a general readership his unique, highly respected wellness approach, which is supported by scientific evidence and beloved by his patients. Taking into account his learnings after years in clinical medicine at the world's premier cancer center, combined with his passion for nourishing home cooking, Deng's authoritative guide to balanced and mindful eating and living includes both 100 recipes and expert advice beyond the plate. It incorporates traditional and holistic medical philosophies as the path towards optimal health and is the ideal book for anyone who wants to eat healthier, enjoy fresh ingredients, be guided to a more holistic lifestyle, maintain health, or look for the ideal nutritional path to wellness.

health and wellness gift basket: *The Complete Diabetes Cookbook* America's Test Kitchen, 2018-11-06 2019 IACP Award Winner in the Health & Special Diet Category 2019 James Beard Award Finalist Take control of managing diabetes with a one-stop cookbook of 400-plus creative diabetes-friendly recipes. Meticulously tested recipes deliver exceptional flavor and maximum nutrition and provide a healthy way to cook and eat that truly benefits everyone but especially those battling diabetes. Complete nutritional information is provided with every recipe for easy reference. Diabetes is a health crisis. America's Test Kitchen's urgent mission is to provide a path to healthier eating for anyone cooking for diabetes and encourage home cooks to get into the kitchen with a complete collection of great-tasting recipes. Vetted by a dietician and a doctor, all of the more than 400 inspired recipes maximize healthy ingredients and flavor while adhering to specific nutritional guidelines. Enjoy every meal with fresh and creative recipes for breakfast, lunch, and dinner, including options for entertaining, snacks, and occasional sweet treats.

health and wellness gift basket: *Happily Grateful* Kobi (CRT) Yamada, 2008-06 This create journal is he ideal place to sketh, write, ponder and plan. Celebrate your creativity.

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

health and wellness gift basket: *The Everything Health Guide to OCD* Chelsea Lowe,

2007-11-01 OCD sufferers have difficulty concentrating, and often their compulsions--needless checking, excessive worrying, and even repetitive actions like rewashing--make it difficult for them to lead their everyday lives. Misdiagnosed or untreated OCD can become chronic and more severe. It is also hereditary, so parents who have OCD may pass symptoms on to their children. Written by an OCD sufferer with a technical review by a licensed psychologist, this practical guide covers: * Diagnosis and the identification of symptoms * The types of OCD * Current treatment options * Some coping strategies * Support groups * Useful resources like an OCD self-test With The Everything® Health Guide to OCD, people who suffer from the disorder can rest easy, knowing they have the knowledge and medical information to help them recognize and cope with the symptoms and decide upon treatment. AUTHOR: Chelsea Lowe (New England) is a professional writer who has been living with OCD for 7 years (she was diagnosed at the age of 37). She has written about the disorder for the Philadelphia Inquirer, the New York Daily News, and TV Guide. Her other publication credits include Newsweek, National Public Radio, Newsday, the Los Angeles Times, the Boston Globe, Technology Review, and the Boston Herald. Judith A. Lytel, Psy.D. (Amherst, MA), is a licensed psychologist who has been in private practice for more than 12 years, treating patients with anxiety disorders such as OCD. She was a Clinical Instructor and Preceptor in Obstetrics and Gynecology at Tufts University School of Medicine. A graduate of Penn State, Johns Hopkins, and the Massachusetts School of Professional Psychology, Dr. Lytel completed a postdoctoral fellowship in Behavioral Medicine at Harvard-affiliated Cambridge Hospital.

health and wellness gift basket: The Simply Real Health Cookbook Sarah Adler, Jasmine Pulley, Kristin McCleerey, 2015-02-24 This stunning collection of a cookbook, by Sarah Adler of loved simplyrealhealth.com, was created for one reason: to simplify healthy eating with real food recipes that are easy, simple and delicious, so that more people can eat better, feel healthier and free up their life for the things that matter most. With 150 beautifully photographed, naturally gluten free and 100% whole food based recipes, this cookbook inspire the way you shop, cook and live- in a easy and approachable way!

health and wellness gift basket: The Cancer-Fighting Kitchen Rebecca Katz, Mat Edelson, 2010-10-06 A Culinary Pharmacy in Your Pantry The Cancer-Fighting Kitchen features 150 science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment. Whole foods, big-flavor ingredients, and attractive presentations round out the customized menu plans that have been specially formulated for specific treatment phases, cancer types, side effects, and flavor preferences. The Cancer-Fighting Kitchen brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal. The Cancer-Fighting Kitchen took home double honors at the prestigious IACP 2010 Awards, named a winner in both the Health and Special Diet category and the People's Choice Award. From the Hardcover edition.

health and wellness gift basket: The New Yorker Book of Doctor Cartoons and Psychiatrist The New Yorker, 1993 101 cartoons

health and wellness gift basket: The Sioux Chef's Indigenous Kitchen Sean Sherman, 2017-10-10 2018 James Beard Award Winner: Best American Cookbook Named one of the Best Cookbooks of 2017 by NPR, The Village Voice, Smithsonian Magazine, UPROXX, New York Magazine, San Francisco Chronicle, Mpls. St. Paul Magazine and others Here is real food—our indigenous American fruits and vegetables, the wild and foraged ingredients, game and fish. Locally sourced, seasonal, “clean” ingredients and nose-to-tail cooking are nothing new to Sean Sherman,

the Oglala Lakota chef and founder of The Sioux Chef. In his breakout book, *The Sioux Chef's Indigenous Kitchen*, Sherman shares his approach to creating boldly seasoned foods that are vibrant, healthful, at once elegant and easy. Sherman dispels outdated notions of Native American fare—no fry bread or Indian tacos here—and no European staples such as wheat flour, dairy products, sugar, and domestic pork and beef. The Sioux Chef's healthful plates embrace venison and rabbit, river and lake trout, duck and quail, wild turkey, blueberries, sage, sumac, timsula or wild turnip, plums, purslane, and abundant wildflowers. Contemporary and authentic, his dishes feature cedar braised bison, griddled wild rice cakes, amaranth crackers with smoked white bean paste, three sisters salad, deviled duck eggs, smoked turkey soup, dried meats, roasted corn sorbet, and hazelnut-maple bites. The Sioux Chef's *Indigenous Kitchen* is a rich education and a delectable introduction to modern indigenous cuisine of the Dakota and Minnesota territories, with a vision and approach to food that travels well beyond those borders.

health and wellness gift basket: *Fit* Lon Kilgore, Michael Hartman, Justin Lascek, 2011 *Fit* is a book about how to get fit ... facts, practical information, and a logical approach to creating fitness from the first day of training through the day you reach your goal in fitness -- P. 4 of cover.

health and wellness gift basket: *Danielle Walker's Against All Grain Celebrations* Danielle Walker, 2016-09-27 NEW YORK TIMES BESTSELLER • 125 recipes for grain-free, dairy-free, and gluten-free comfort food dishes for holidays and special occasions NAMED ONE OF THE FIVE BEST GLUTEN-FREE COOKBOOKS OF ALL TIME BY MINDBODYGREEN When people adopt a new diet for health or personal reasons, they worry most about the parties, holidays, and events with strong food traditions, fearing their fond memories will be lost along with the newly eliminated food groups. After suffering for years with a debilitating autoimmune disease and missing many of these special occasions herself, Danielle Walker has revived the joy that cooking for holidays can bring in *Danielle Walker's Against All Grain Celebrations*, a collection of recipes and menus for twelve special occasions throughout the year. Featuring a variety of birthday cakes, finger foods to serve at a baby or bridal shower, and re-creations of backyard barbecue standards like peach cobbler and corn bread, Danielle includes all of the classics. There's a full Thanksgiving spread—complete with turkey and stuffing, creamy green bean casserole, and pies—and menus for Christmas dinner; a New Year's Eve cocktail party and Easter brunch are covered, along with suggestions for beverages and cocktails and the all-important desserts. Recipes can be mixed and matched among the various occasions, and many of the dishes are simple enough for everyday cooking. Stunning full-color photographs of every dish make browsing the pages as delightful as cooking the recipes, and beautiful party images provide approachable and creative entertaining ideas. Making recipes using unfamiliar ingredients can cause anxiety, and while trying a new menu on a regular weeknight leaves some room for error, the meal simply cannot fail when you have a table full of guests celebrating a special occasion. Danielle has transformed her most cherished family traditions into trustworthy recipes you can feel confident serving, whether you're hosting a special guest with food allergies, or cooking for a crowd of regular grain-eaters.

health and wellness gift basket: *Practical Meditation with Buddhist Principles* Thubten Lhundrup (Venerable.), Hinkler Books Pty, Limited, 2010 Master the basics in record time with one easy class. Each title is beautifully presented as a hard-cover book with the accompanying DVD housed within a sliding tray which is incorporated into the front cover. Together, each book-&-DVD set delivers a complete class for you at home. With a selection of popular lifestyle and music titles available, this series has something for everyone.

health and wellness gift basket: *Conceive Magazine* , 2010

health and wellness gift basket: *Hashimoto's Protocol* Izabella Wentz, PharmD., 2017-03-28 Instant #1 New York Times Bestseller Dr. Izabella Wentz, the author of the phenomenal New York Times bestseller *Hashimoto's Thyroiditis*, returns with a long-awaited, groundbreaking prescription to reverse the symptoms of this serious autoimmune condition that is becoming one of the country's fastest growing diseases. More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its

own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and forgetfulness—patients are often prescribed synthetic hormones that have numerous life-altering side effects. But there is a better way. Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In Hashimoto's Protocol, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days. Drawing on her own personal experience as well as her work consulting with thousands of patients, Hashimoto's Protocol offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers, which they can identify using self-tests included in the book. Hashimoto's Protocol also features original recipes. Grounded in the latest science, Hashimoto's Protocol is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives.

health and wellness gift basket: 100 Hugs Sandy Gingras, 2013-11-05 There are times in life when all you need to find solace is a small gesture of consolation. 100 Hugs, a collection of everyday comforts, offers such solace. Each hug is a reminder to slow down and take comfort in the little things, from indulging in warm cookies and milk to watching fireflies on a summer evening. Sandy Gingras's "hugs" are the beacons of light that shine through the fog of everyday life. Sandy Gingras's uplifting words illustrated with her original watercolor art create pretty little "hugs." These hugs are perfect to give as a gift or to keep for your own personal growth. They are nourishment for the body, mind, and soul, reminding you to take a step back and become that flourishing version of you again.

health and wellness gift basket: Hashimoto's Food Pharmacology Izabella Wentz, PharmD., 2019-03-26 "When I was in pharmacy school, I discovered that food has a profound impact on our healing and that what we put in our bodies will either heal us or make us sicker. In the same way that we use pharmaceuticals to impact our biology, we can use food as our medicine. I call this concept food pharmacology. Food is one of the most powerful tools in your healing journey." - Dr. Izabella Wentz More than 35 million Americans currently suffer from Hashimoto's—the country's fastest-growing autoimmune disease, which affects the thyroid gland and causes the body to attack its own cells. Many individuals with or without a formal diagnosis suffer daily symptoms, including chronic cough, acid reflux, irritable bowel syndrome, allergies, persistent pain, hair loss, brain fog, and forgetfulness. Hashimoto's Food Pharmacology combines Dr. Izabella Wentz's revolutionary and proven approach to reversing thyroid symptoms with delicious, easy-to-use recipes that delight the taste buds while they heal the body. Inside you will discover: • 125 delicious and nutritious recipes for salads, smoothies, bone broths and crockpot and bibimbap-style meals, with thyroid-supporting nutrient details on every page • Over 100 stunning food and lifestyle photographs • Tips for revamping your kitchen and pantry • An FAQ for easy reference and quick answers • Easy-to-use, personalized meal plans and food rotation schedules to accommodate any diet Successfully transforming the lives of thousands, Dr. Izabella Wentz makes it easier than ever before to live a life free from the suffering of autoimmune disease.

health and wellness gift basket: Take Control of Your Endometriosis Henrietta Norton, 2012-08-16 As a sufferer of endometriosis and a qualified nutritional therapist, Henrietta Norton provides both a personal and professional look at how women can take control of their endometriosis and relieve their symptoms naturally.

health and wellness gift basket: Nurse Notebook Nurse Gifts, 2019-12-28 great gifts for nurse --maybe it can be a great gift for school graduation --6*9 inches 120 pages with glossy cover

health and wellness gift basket: Clinic Success: A Doctor's Guide to Starting and Growing Your Practice Dr. Kushal Jain, 2024-10-28 Clinic Success: A Doctor's Guide to Starting

and *Growing Your Practice* is an invaluable resource for medical professionals seeking to navigate the path from newly minted physician to successful practice owner. Authored by Dr. Kushal Jain, this comprehensive guide delves into the practical steps of building, managing, and growing a clinical practice in India, with insights into international standards. From choosing the right location and navigating legal regulations to understanding tax policies and implementing efficient operational strategies, this book covers it all. Designed to simplify complex processes, *Clinic Success* offers step-by-step instructions, essential checklists, flowcharts, and detailed tables to guide you at every stage. Learn about the factors that contribute to patient satisfaction, how to market your practice effectively, and ways to manage finances for sustainable growth. Whether you are an MBBS, BAMS, BHMS, MD, MS, BDS, or MDS graduate, or an experienced doctor looking to expand your services, this book provides essential knowledge tailored to meet the unique needs of Indian practitioners. Ideal for doctors who want to make a meaningful impact through their own practice, *Clinic Success* empowers you with knowledge on: Location Selection: Strategies for finding a clinic site with high accessibility, visibility, and patient demand. Leasing vs. Buying: Key insights on property investment and lease negotiation. Financial Management: Budgeting, tax planning, and financial health of your practice. Legal Essentials: A complete overview of zoning laws, licensing, and regulatory requirements. Patient-Centric Approach: Practical ways to build patient trust, manage records, and create a healing environment. Marketing Strategies: Tips on branding, digital presence, and referral management for optimal patient flow. With *Clinic Success: A Doctor's Guide to Starting and Growing Your Practice*, build a solid foundation and thrive in today's competitive healthcare landscape. Whether you aim to create a solo practice or multi-specialty clinic, this book provides actionable insights to help you turn your clinical dreams into reality. Keywords: clinical practice, healthcare management, starting a clinic, medical practice management, Indian healthcare regulations, doctor's business guide, patient satisfaction, location strategy for clinics, lease negotiation, tax planning for doctors, medical practice growth, healthcare branding, patient retention, healthcare entrepreneurship.

health and wellness gift basket: *Occupational Therapy Toolkit*, 2018-04 Fully revised and expanded in 2018. The *Occupational Therapy Toolkit* 7th edition is a collection of 354 full-page illustrated patient handouts. The handouts are organized by 97 treatment guides and are based on current research and best practice. This 787 page practical resource is the BEST resource for every therapist working with physical disabilities, chronic conditions or geriatrics.

health and wellness gift basket: *Anatomy of Fitness Personal Training and Workout Diary* Hinkler Books Pty, Limited, 2012 Is your training regime stuck in a rut? Do you find it hard to make it to the gym or to an exercise class? Staying on track is one of the most difficult things about starting and maintaining an exercise program. The *Anatomy of Fitness: Personal Training & Workout Diary* will help you set goals, improve your fitness, and stay motivated. This spiral bound book lies flat for ease of use, and contains smooth pages that have ample room for writing about your weight-training sessions, cardio workouts and food intake.

health and wellness gift basket: *Around the World in 80 Cocktails* Chad Parkhill, 2017-10-03 *Around the World in 80 Cocktails* celebrates the globetrotting history of the cocktail through eighty different iconic drinks - each of which has its own story to tell. Bartender and writer Chad Parkhill takes you on a whirlwind tour of the places that have shaped the history of the cocktail from its birth to the present day, with recipes so you can follow along at home. You'll learn about the surprising military history behind the bubbly, vivacious Venetian Spritz; how the G&T moved from India to England (and why the best in the world are now made in Spain); and how France's Burgundy region turned tragedy into triumph with the Kir. Accompanied by gorgeous vintage-style illustrations that evoke antique travel posters, these stories and recipes are an ode to the joys of travel, history, and drinking.

health and wellness gift basket: *Earth Day* Melissa Ferguson, 2021-10-28 *Earth Day* celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks or make recycled

crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways.

Additional Resources

health and wellness gift basket

[Health And Wellness Gift Basket](#)

Health And Wellness Gift Basket

Related Articles

- [hands on equations answer key](#)
- [gods gift of language 4 answer key online free](#)
- [health and wellness activities for employees](#)

[Back to Home](#)