

health and wellness gift baskets

Health and Wellness Gift Baskets: The Ultimate Guide to Gifting Well-Being

Are you struggling to find the perfect gift for that special someone who prioritizes health and wellness? Forget generic presents! This comprehensive guide dives deep into the world of health and wellness gift baskets, offering expert advice on crafting the ideal gift, exploring various themes, and providing inspiration for every budget and recipient. We'll cover everything from choosing the perfect basket to selecting thoughtful, high-quality items that genuinely reflect your care and consideration. Get ready to discover the art of gifting well-being!

Understanding the Appeal of Health and Wellness Gift Baskets

Health and wellness gift baskets are more than just a collection of items; they're a thoughtful expression of care and support for someone's journey towards a healthier lifestyle. In today's fast-paced world, prioritizing well-being is crucial, and a curated basket speaks volumes about your understanding and appreciation for their commitment. These gifts offer a personalized touch, allowing you to tailor the contents to the individual's specific needs and preferences, making them feel truly seen and valued. Unlike generic gifts that might gather dust, a thoughtfully assembled wellness basket provides immediate enjoyment and encourages a continued focus on self-care.

Curating the Perfect Health and Wellness Gift Basket: A Step-by-Step Guide

Creating a truly exceptional health and wellness gift basket requires careful planning and consideration. Here's a step-by-step guide to help you create a gift that truly shines:

1. **Know Your Recipient:** This is the most crucial step. Consider their lifestyle, health goals, dietary restrictions (allergies, veganism, etc.), and preferred activities. Are they a yoga enthusiast, a keen runner, or someone who enjoys relaxing baths? Understanding their preferences will guide your selection of items.

1. Choose a Theme: Focus on a specific aspect of wellness. Popular themes include:

Stress Relief: Essential oils, aromatherapy candles, bath bombs, calming teas.

Fitness & Energy: Protein bars, healthy snacks, workout gear, fitness tracker.

Mindfulness & Meditation: Journal, meditation guide, calming music, crystals.

Healthy Eating: Organic teas, healthy snacks, recipe book, gourmet olive oil.

Skincare & Beauty: Natural skincare products, face masks, lotions, bath salts.

1. Select High-Quality Items: Don't compromise on quality. Choose products from reputable brands known for their effectiveness and ethical practices. Look for organic, natural, and sustainable options whenever possible.

1. Presentation Matters: The basket itself is part of the gift. Choose an attractive basket or container that complements the theme. Consider adding tissue paper, ribbon, and other decorative elements to enhance the overall presentation.

1. Personalize the Gift: Add a handwritten card expressing your well-wishes and highlighting the thoughtfulness behind each item. This personal touch makes the gift even more meaningful.

Creative Health and Wellness Gift Basket Ideas:

Here are some inspiring ideas for different occasions and recipients:

For the Yoga Enthusiast: Yoga mat, yoga block, essential oil diffuser, calming tea, comfortable socks.

For the Busy Professional: Stress-relieving bath bombs, aromatherapy diffuser, herbal tea sampler, a luxurious candle, a journal for mindfulness practices.

For the Fitness Buff: Protein powder, shaker bottle, healthy snacks, workout gloves, resistance bands.

For the New Mom: Postpartum recovery items (belly wrap, comfortable pajamas), soothing lotions, healthy snacks, relaxing tea.

For the Friend Dealing with Stress: Essential oil roller blends, calming tea, aromatherapy candle, a self-care book, a weighted blanket.

Budget-Friendly Health and Wellness Gift Basket Options:

You don't need to break the bank to create a thoughtful wellness basket. Consider these cost-effective options:

DIY Bath Salts: Combine Epsom salts with essential oils and dried flowers for a personalized and affordable treat.

Homemade Infused Oils: Infuse olive oil with herbs or spices for a unique culinary gift.

Curated Tea Selection: Select a variety of affordable herbal teas from your local health food store.

Reusable Water Bottle & Healthy Snack Pack: A practical and eco-friendly gift.

Marketing Your Own Health and Wellness Gift Baskets

If you're considering creating and selling your own health and wellness gift baskets, consider these marketing strategies:

Social Media Marketing: Showcase your beautiful creations on Instagram and Pinterest, using relevant hashtags like #healthandwellness, #giftideas, #selfcare.

Local Farmer's Markets: Offer your baskets at local markets to reach a wider audience.

Online Marketplaces: List your baskets on Etsy or other online marketplaces.

Collaborate with Influencers: Partner with health and wellness influencers to promote your products.

Conclusion

Gifting well-being is a powerful way to show you care. By crafting thoughtful health and wellness gift baskets, you can support your loved ones on their journey towards a healthier and happier lifestyle. Remember to personalize your gift, choose high-quality items, and present it beautifully. The effort you put into creating a unique and meaningful basket will be deeply appreciated.

FAQs:

1. Where can I find high-quality ingredients for my health and wellness gift baskets? Local health food stores, organic markets, and online retailers specializing in natural and sustainable products are excellent resources.

1. How long do homemade health and wellness items typically last? This depends on the ingredients. Properly stored items like dried herbs, bath salts, and certain essential oils can last for several months. Always check the individual product labels for specific storage instructions and expiry dates.

1. What if my recipient has specific dietary restrictions or allergies? Always double-check ingredients before including any food items in the basket and clearly label any potential allergens. Consider including a card explaining the contents of the basket.

1. Can I include homemade items in my health and wellness gift baskets? Absolutely! Homemade items like bath bombs, infused oils, or baked goods add a personal touch. Just ensure they meet food safety standards and are properly labeled.

1. How can I make my health and wellness gift baskets stand out from the competition? Focus on creating a unique theme, select high-quality and ethically sourced products, and add a personal touch like a handwritten card or a customized element. A beautiful and thoughtful presentation also makes a difference.

health and wellness gift baskets: 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 baskets: 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 baskets: Mindfulness Cards Rohan Gunatillake, 2018

health and wellness gift baskets: Beat the Heart Attack Gene Bradley Bale, Amy Doneen, 2014-02-04 A revolutionary, personalized guide to preventing heart disease—America's #1 killer Heart disease is the #1 cause of death in America. It affects 81 million Americans and is the culprit in one of every two deaths in the United States. Most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. The good news is that with the right information and strategies, heart attacks are preventable—even if heart disease runs in the family. In Beat the Heart Attack Gene, world-renowned cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP, present a new model for understanding and preventing heart disease. They explain the three different genetic types of cholesterol profiles and tailor treatments for each type, using their cutting-edge Bale/Doneen Method, a comprehensive, evidence-based medical treatment plan that detects cardiovascular disease (CVD) at early stages and stabilizes it with individualized medical and lifestyle therapy. Beat the Heart Attack Gene includes easy quizzes and self-tests that show how to determine cholesterol genotype as well as advice for how to apply that knowledge through and individualized lifestyle advice. For heart attack and stroke survivors, the Bale/Doneen Method also helps prevent recurrences by identifying and treating what's triggering the patient's disease—a crucial step that many cardiologists neglect. With their proven method utilized by healthcare professionals worldwide, Bale and Doneen empower readers by alerting them to potential health threats, and then offer personalized strategies so they can live healthy, active lives without fear of heart attack or stroke. Specifically, Beat the Heart Attack Gene addresses: *The hidden cause of most heart attacks *Early prevention methods *The dangerous cholesterol most doctors don't check *Major red flags for heart attack and stroke risk, including gum disease *The genes that increase cardiovascular risk as much as smoking *The best and worst supplements and foods for your heart *10 surprising ways to prevent heart attacks

health and wellness gift baskets: 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 baskets: Words to Live By , 2020-05-05 Words to Live By is a gorgeous book of 50 illustrated quotes by 50 inspiring women. Discover intelligent and powerful quotes such as: Optimism is the faith that leads to achievement by Helen Keller, Turn your wounds into wisdom by Oprah Winfrey, Every great dream begins with a dreamer by Harriet Tubman, and more. This visually stunning book is filled with Jade Purple Brown's custom illustrated typography, alongside her bold, colorful illustrations of women, nature, and more. • A smart, positive, empowering collection of quotes by female role models • The ultimate book for women • Jade Purple Brown's modern and cool illustration style illuminates these uplifting and positive quotes by

remarkable women. Keep this lovely ebook close at hand for a dose of strength and inspiration, whenever you need it. A great book for Mother's Day, Women's History Month, birthdays, and graduations Perfect for those who loved Great Quotes from Great Women: Words from the Women Who Shaped the World by Peggy Anderson, Beautifully Said by Quotabelle, and Badass Affirmations: The Wit and Wisdom of Wild Women by Becca Anderson

health and wellness gift baskets: 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 baskets: 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 baskets: 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 baskets: The Artisan Herbalist Bevin Cohen, 2021-04-06 Start your journey as an artisan herbalist and take back control of your health and well-being the natural way with this accessible guide. From urban apartments to wild countryside, The Artisan Herbalist is an easy-to-use guide that teaches you how to identify, grow, harvest, forage, and craft herbal allies into

an assortment of useful health and wellness products. Through storytelling and step-by-step instruction, *The Artisan Herbalist* covers: The uses and benefits of thirty-eight easy-to-find yet powerful herbs Harvesting from the wild, foraging in the city, and using store-bought herbs Growing herbs in small areas, balconies, and pots Principles, tips, techniques, and formulas to create teas and tinctures Infusing oils for the creation of salves, lotions, and balms Beneficial herb-based recipes Marketing and selling your products through a home-based business Whether you live in the city, suburbs, or countryside, take back control of your health and begin your journey toward independent self-care as a budding artisan herbalist. Praise for *The Artisan Herbalist* Winner, 2022 International Book Award, Health: Alternative Medicine "A thoroughly delightful, practical, and well-organized introduction to the uses of plants as medicine and food." —Rosemary Gladstar herbalist and author, *Rosemary Gladstar's Medicinal Herbs* "A masterpiece! Not only is this book beautiful, but it is highly useful. . . . This is the book every beginner herbalist should have on hand to start on their herbal path." —Kristine Brown RH (AHG), author, *Herbal Roots* zine, *Herbalism at Home*, *The Homesteader's Guide to Growing Herbs*, and *Nature Anatomy Activities for Kids*

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

health and wellness gift baskets: *Cincinnati Magazine* , 2002-11 *Cincinnati Magazine* taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

health and wellness gift baskets: *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 baskets: 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 baskets: 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 baskets: 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 baskets: Guinness World Records 2011 Craig Glenday, 2011 The 2011 edition of the most famous book of world records, including circus skills and sideshow arts,

celebrity exploits, animal activities, and a tour of the world of records in a city-by-city guide.

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

health and wellness gift baskets: Dealing with Diabetes Burnout Ginger Vieira, 2014-05-09 An inspiring and empowering guide to managing the daily work and pressure of diabetes management Living with diabetes is non-stop, 24 hours a day. Counting carbohydrates at every meal, constantly adjusting medication doses, taking daily injections, pricking fingers multiple times a day, and struggling with the unavoidable challenges of fancy, yet imperfect, technology can lead to burnout. With compassion, knowledge, and humor, Ginger Vieira provides the tools and encouragement needed to help you get back on track and make diabetes management a rewarding priority. She shows you how to: Set yourself up for success with realistic expectations and goals Implement tips and suggestions to help make living with diabetes easier Learn how to back-off on

diabetes management without guilt or shame Build confidence in your abilities to face diabetes every day

health and wellness gift baskets: Cincinnati Magazine , 2002-12 Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

health and wellness gift baskets: Retirement Social Network Dorian A. Joyal, 2017-09-06 When most hear the word “retirement” they dream of what it will look like. Future retirees talk about vacations, relaxing, and taking time to complete jobs they never had time to finish when they worked full-time. Some others may have some financial fears, thinking that they may never be ready; how much is enough? Whatever you think retirement is there are some realities. Since a person can only take so many vacations, eventually you need to determine how to spend your time at home and in your community. This book will provide you a guide to assist you in retirement and ensure your later years have social activities and opportunities to develop relationships within your community. Aspects covered in this book include preventing social isolation, creating social opportunities, and recreation at any age.

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

health and wellness gift baskets: 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 baskets: Nutrition Promotion Tony Worsley, 2020-07-25 Affluenza in developed societies is damaging our health, leading to increasing rates of obesity, diabetes and other metabolic disorders. Growth in individual food consumption is also threatening ecological sustainability. More than ever before, dieticians, nutritionists, and other health professionals need to promote healthy eating to the general public. Nutrition Promotion sets nutrition education firmly in a public health context, showing that nutrition promotion is most effective when targeted to particular population groups. Tony Worsley presents the history, theory and methods of nutrition promotion, and provides practical applications in a variety of settings and age groups. Drawing on international theory and research, and with international case studies and examples, Nutrition Promotion is an essential text for students and professionals in nutrition studies and dietetics, health promotion and public health programs. 'Finally we have a book on nutrition promotion from a public health perspective that integrates food systems, theoretical health behavior change models, evaluation methods, applications across settings and sectors, and provides practical examples from different countries.' - Professor Mary Story, School of Public Health, University of Minnesota 'A timely and considered book. It follows in that great tradition of public health nutrition by providing a basis for analysis, but takes it a step further by helping the reader make the transition to action.' - Martin Caraher, Reader in Food and Health Policy, City University London

health and wellness gift baskets: 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 baskets: 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 baskets: *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.

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