

is dr sears wellness institute legit

Is Dr. Sears Wellness Institute Legit? A Comprehensive Review

Are you considering the Dr. Sears Wellness Institute (DSWI) for health advice or products? With so much information online, it's understandable to question the legitimacy of any health program. This in-depth review tackles the question: "Is Dr. Sears Wellness Institute legit?" We'll delve into the institute's history, methodology, offerings, and scrutinize both positive and negative feedback to help you make an informed decision. We'll explore its claims, examine its scientific backing, and ultimately provide you with the tools to assess whether DSWI aligns with your needs and expectations.

Understanding Dr. William Sears and His Approach

Before diving into the legitimacy of the institute, let's understand its founder, Dr. William Sears. He's a well-known pediatrician and author of numerous bestselling books on parenting and child health, including the "The Baby Book." His approach often emphasizes a holistic and natural perspective, focusing on nutrition, breastfeeding, and attachment parenting. This philosophy forms the foundation of the DSWI's programs and resources. However, it's crucial to remember that while popular, this approach isn't universally accepted within the medical community.

What Does the Dr. Sears Wellness Institute Offer?

The DSWI offers a broad range of services and products aimed at promoting healthy lifestyles for families. These include:

Online Courses and Programs: Covering topics like breastfeeding, nutrition for babies and children, healthy eating for the entire family, and even specific programs for weight management.

Nutritional Supplements: DSWI markets a line of supplements marketed to support various health goals, ranging from infant development to adult well-being.

Books and eBooks: Continuing the legacy of Dr. Sears's prolific writing, the institute offers numerous resources in print and digital formats.

Community and Support: The institute fosters a community aspect through online forums and resources, providing a space for parents and individuals to connect and share experiences.

Examining the Scientific Backing of DSWI's Claims

This is a crucial point when evaluating the legitimacy of any health-related organization. While Dr. Sears is a respected pediatrician, it's essential to critically analyze the scientific evidence supporting the DSWI's claims. Some of their recommendations, particularly regarding nutrition and supplementation, may lack robust scientific backing compared to evidence-based medical consensus. Many of Dr. Sears's approaches are based on his extensive experience and observations, yet it's important to remember that anecdotal evidence doesn't equate to rigorous scientific proof.

Independent verification and peer-reviewed studies are critical for establishing the effectiveness of any health program or product.

Analyzing User Reviews and Testimonials

Exploring online reviews and testimonials can offer valuable insights into the experiences of individuals who have used DSWI's programs and products. While positive reviews may highlight the supportive community and helpful resources, negative feedback should also be considered. Look for recurring themes in negative reviews – are there common complaints about the effectiveness of the programs, the cost, or the scientific validity of claims? Remember, not all online reviews are unbiased, and it's vital to critically assess the source and potential biases before drawing conclusions.

Comparing DSWI with Mainstream Medical Advice

It's important to note that some of DSWI's philosophies diverge from standard medical advice. While breastfeeding promotion is generally accepted, some of the dietary recommendations, particularly concerning supplementation, might differ from established medical guidelines. It's crucial to consult with your pediatrician or healthcare provider before implementing any significant dietary changes, especially for infants and young children. Always prioritize evidence-based medical advice from qualified professionals, particularly when dealing with health concerns.

The Cost Factor and Value for Money

The DSWI's programs and products can be relatively expensive compared to other resources available. Carefully consider the cost versus the potential benefits before committing to any purchases. Assess whether the programs align with your specific needs and budget, ensuring that the investment provides value in line with your expectations. Explore free or low-cost alternatives to compare the quality and effectiveness before making significant financial commitments.

Conclusion: Is DSWI Legit? A Balanced Perspective

The question of whether the Dr. Sears Wellness Institute is "legit" is complex. While the institute offers valuable resources and a supportive community, it's crucial to critically evaluate the scientific evidence behind its claims and compare its recommendations with established medical guidelines. The DSWI provides information, but it should not replace professional medical advice. Its value ultimately depends on individual needs and expectations. Always consult with your healthcare provider before making significant changes to your diet, lifestyle, or healthcare choices, especially for infants and children. Using DSWI resources should be supplemental to, not a replacement for, professional medical advice.

FAQs

1. Is Dr. Sears a qualified doctor? Yes, Dr. William Sears is a board-certified pediatrician with extensive experience.

1. Are DSWI supplements FDA-approved? The FDA does not endorse or approve dietary supplements in the same way it regulates pharmaceuticals. It's important to research any supplement's ingredients and potential interactions with medications.

1. Can I rely solely on DSWI for my child's healthcare? No. The DSWI is a resource, but regular checkups and consultations with your pediatrician are crucial for your child's well-being.

1. Are there cheaper alternatives to DSWI programs? Yes, many free and low-cost resources are available online and through libraries, offering similar information on healthy parenting and nutrition.

1. What if I disagree with some of DSWI's recommendations? It's essential to critically evaluate all health information and consult with your healthcare provider to make informed decisions aligned with your family's needs and medical history.

is dr sears wellness institute legit: Prime-Time Health William Sears, 2010-01-06 Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted -- and needed -- to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life -- and it worked. Now at the peak of health, Dr. Sears shares his program in Prime-Time Health. This engaging and deeply informative book will motivate readers to make crucial behavior and lifestyle changes. Dr. Sears explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, Prime-Time Health is a practical program to help you live your best life possible-pain-free, disease-free, stress-free, and medication-free.

is dr sears wellness institute legit: The Dr. Sears T5 Wellness Plan William Sears, M.D., Erin Sears Basile, 2017-12-26 The best of today's science-based nutrition and lifestyle research is finally available in one crystal-clear plan. All you need is five steps and five weeks. Maybe you've just received a wake-up call: your own health crisis, or a sick parent or friend. Or maybe you're just tired of feeling tired and sick of feeling sick. You don't need a diet plan. You need a health transformation—from the inside out. For more than 20 years, The Baby Book author William Sears's advice has been trusted by millions of parents across the country, and around the world. Now, along with his daughter Erin, a health coach and fitness instructor who went through her own transformation, losing 70 pounds and radically improving her health, Sears turns his science-based guidance to creating better health for everyone. The Dr. Sears T5 Wellness Plan is a book for all ages and all ailments. Decrease inflammation, protect your brain and heart, strengthen your gut, balance your hormones, and even make your own medicine. The Dr. Sears T5 Wellness Plan's five-step, five-week mind and body makeover—field-tested by the authors in their medical and

health-coaching practices—changes your body's biochemistry to help you feel better, look better, and enjoy the New You! From its lively illustrations to motivating transformer testimonies, T5 is fun to read and fun to do—which means it's the program you'll stick with. Your mind and body will thank you. You Will Thrive on T5!

is dr sears wellness institute legit: Dr. Sears' High Speed Fat Loss in 7 Easy Steps Al Sears, 2008-04-01 Dr. Sears' program to lose weight naturally, by changing diet.

is dr sears wellness institute legit: The Portable Pediatrician Martha Sears, Peter Sears, William Sears, Robert W. Sears, James Sears, 2011-02-23 The next time you're worried about your child's health, experience the comfort of easily accessible advice from the experts with this comprehensive A-Z guide. Imagine you are up at three o'clock in the morning with a sick child. Wouldn't it be nice to have expert advice readily at hand to help you through the night? Encyclopedic in scope, *The Portable Pediatrician* features timely and practical information on every childhood illness and emergency, including when to call the doctor, what reassuring signs can help you know your child is okay, how to treat your child at home, and much more—all in a convenient A-to-Z format. Among the scores of topics covered: teething; sprains and broken bones; nosebleeds; measles; ear infections; choking; rashes; colic; headaches; eating disorders; fever; hip pain; warts; allergies; obesity; seizures; autism; bronchitis; sunburns; pneumonia; speech delay; lice; vomiting; asthma; heart defects; blisters; sleep problems; and more. The authors guide parents and caregivers from a child's infancy through the teen years, teaching them what to expect at regular checkups as well as how to boost a child's well-being, devise a family health plan, work effectively with their pediatrician, and more. Distinguished by the Searses' trademark comprehensiveness, reliability, and accessible, comforting tone, this book is a must-have for all families who want to keep their children healthy and happy.

is dr sears wellness institute legit: Eat Healthy, Feel Great William Sears, Martha Sears, Christie Watts Kelly, 2009-11-29 From the creators of the acclaimed Sears Parenting Library comes a handbook that gives kids the tools to make their own wise food choices. Includes quick and easy recipes. Full color.

is dr sears wellness institute legit: The Omega-3 Effect James Sears, William Sears, 2012-08-28 We all want to live as healthfully as possible. In *The Omega-3 Effect*, Dr. William Sears turns his attention to the critical role that omega-3s play in the body. Dr. Sears takes readers through each body system—including the brain, heart, joints, skin, and immune system—and demonstrates how omega-3s are essential to each. *The Omega-3 Effect* also offers tips on what foods and supplements readers should incorporate into their diet, as well as several delicious recipes. Written in the wise, accessible tone that has made his books beloved bestsellers, Dr. Sears offers a practical and science-based approach to living a more healthful life.

is dr sears wellness institute legit: *The Resolution Zone* Barry Sears, 2019-09-15

is dr sears wellness institute legit: Make Me Healthy, Make Me Happy: Simple methods for creating a healthy lifestyle change Coach Stan Maddox, 2016-09-21 Expert Health and Wellness guidance on creating your own healthy lifestyle change. You will learn the keys to building a healthy lifestyle that is tailored to you. You will achieve weight management, disease prevention/reparation, and practical methods to use towards better health. You will also get a meal plan, food challenge, exercise instructions, supplement suggestions, and so much more!

is dr sears wellness institute legit: *Help Heal Yourself from Cancer* William Sears, MD, Martha Sears, 2022-10-04 Cancer can make you feel powerless. Survival rate statistics can leave you feeling helpless and afraid. But you are a person, not a percentage. And you are not powerless—you have the ability to help yourself heal. In *Help Heal Yourself from Cancer*, cancer survivors and trusted medical professionals Bill and Martha Sears help you go from patient to partner in your cancer-healing journey. They outline the steps you can take, both in working with your cancer-care providers and on your own, to maximize your chances of not just beating cancer, but thriving in its wake. This comprehensive guide will help you: Develop a conquer-cancer mindset. The science is clear: cancer healing begins with the brain. Believing you will heal is the first step. Personalize your

treatment plan. Find out what tests to ask for, which advice to pay attention to (and what to ignore), and how to talk to your oncologist about designing a plan that's perfectly tailored to you and your cancer. LEAN in to supporting your immune system. Learn how to best support your natural cancer-fighting army through lifestyle, exercise, and nutrition—giving chemotherapy and radiation the best chance of success. With eye-catching illustrations to boost understanding and special sections on breast, colon, lung, and brain cancers, this book gives you the tools you need to stop fearing your cancer and start boosting your immune system, fine-tuning your treatment plan, and taking charge of your healing—all so you can ultimately Help Heal Yourself from Cancer.

is dr sears wellness institute legit: The Vaccine Book Robert W. Sears, 2011-10-26
COMPLETELY REVISED AND UPDATED IN 2019 ***New Covid Chapter Added in 2023*** The Vaccine Book offers parents a fair, impartial, fact-based resource from the most trusted name in pediatrics. Dr. Bob devotes each chapter in the book to a disease/vaccine pair and offers a comprehensive discussion of what the disease is, how common or rare it is, how serious or harmless it is, the ingredients of the vaccine, and any possible side effects from the vaccine. This completely revised edition offers: Updated information on each vaccine and disease More detail on vaccines' side effects Expanded discussions of combination vaccines A new section on adult vaccines Additional options for alternative vaccine schedules A guide to Canadian vaccinations The Vaccine Book provides exactly the information parents want and need as they make their way through the vaccination maze.

is dr sears wellness institute legit: The Autism Book Robert W. Sears, 2010-04-02 With clarity and compassion, Dr. Robert Sears guides the reader through the maze of autism, explaining what precautions parents can take to decrease their baby's risk, how to detect autism at the earliest possible age, and how to proceed once a diagnosis has been made. This book provides parents with a simple and clear understanding of the biomedical treatment approach that Dr. Sears has used successfully with many of his young patients. It lays out a plan for developmental, behavioral, and learning therapies; shows parents how to begin treatments without a doctor's help; presents information on vaccines and their safe use; and includes an extensive resources section. The Autism Book provides all the information and reassurance parents need.

is dr sears wellness institute legit: The Breastfeeding Book William Sears, Martha Sears, 2008-11-16 A fully revised edition of the Dr. Sears guide to breastfeeding, a perennial favorite of parents for nearly two decades From pediatric experts Martha Sears, R.N., and William Sears, M.D., a comprehensive, reassuring, authoritative information on: How to get started breastfeeding, with illustrated tips for latching on Increasing your milk supply Breastfeeding when working away from home Pumps and other technology associated with breastfeeding Making sure your nursing baby gets optimum nutrition, including the most recent information about the importance of omega-3 fatty acids and milk-oriented microbiota Nutrition and fitness for moms Nighttime breastfeeding Breastfeeding and fertility Toddler nursing and weaning Special circumstances And much more... Breastfeeding contributes to nurturing a smarter and healthier baby, and a healthier and more intuitive mommy. Isn't that what every child needs, and every parent wants?

is dr sears wellness institute legit: The Healthy Brain Book William Sears, Vincent M. Fortanasce, 2020-04-21 Internationally renowned family doctor William Sears and noted neurologist Vincent M. Fortanasce present an accessible, all-ages guide to optimum brain health, from treating depression, anxiety, and ADHD to preventing Alzheimer's and dementia, with or without medication The brain is a complex organ, responsible for our thoughts, our feelings, our hopes and dreams. It's also vulnerable to a host of ailments that negatively impact quality of life, from disorders such as depression, anxiety, and ADHD that can strike at any time to illnesses of aging like Alzheimer's and dementia. The good news is, this diverse set of mental and emotional challenges all stem from the same cause: imbalance in the brain. And getting your brain back in balance—without medication, or in partnership with it—is easier than you think. Whether you're experiencing normal mental and emotional burnout or wrestling with diagnosed illness, The Healthy Brain Book can help you thrive. It explains: • How what we think can change how well we think • The role of inflammation in the

brain, and how food and activity can reverse it • What drugs enhance and suppress the brain's ability to heal itself • Actionable advice to improve your memory, promote learning, and prevent common brain ailments • How to personalize the book's tools for your unique brain For more than 20 years, The Baby Book author William Sears' advice has been trusted by millions across the country, and around the world. Now, he and The Anti-Alzheimer's Prescription author Vincent M. Fortanasce have put together the essential guide to a clearer, calmer, and happier brain. Laced with relatable personal stories from family members and patients as well as detailed illustrations, The Healthy Brain Book weds Fortanasce's deep neurological and psychiatric expertise with Sears' sympathetic bedside manner and reader-friendly writing. Let The Healthy Brain Book help you, safely and effectively, think-change your brain for a happier and healthier life.

is dr sears wellness institute legit: *Pure Nurture* Kristy S. Rodriguez, 2017-01-17 Self Care During Pregnancy: Self-care is gentle; it is not strict or regimented. It is not another line item to add to your to-do list. It is moment-by-moment, day-by-day, relaxing into what is and allowing yourself to feel loved and taken care of. Just as you will love and take care of your baby, you first give the same care and attention to you.

is dr sears wellness institute legit: *Exposed* Al Sears, 2016-11 Dr. Al Sears, America's #1 anti-aging doctor, reveals hundreds of easy-to-use, natural, evidence-based solutions to combat the diseases Big Pharma wants everyone to believe are incurable so you can live a healthier, longer life.

is dr sears wellness institute legit: *Healing Herbs of Paradise* Al Sears, 2017-02 Dr. Al Sears, America's #1 anti-aging doctor, details the healing benefits and properties of the Bali's tropical plants, fruits, and herbs, including their previously unknown curative and anti-aging qualities.

is dr sears wellness institute legit: *The Healthy Pregnancy Book* William Sears, Martha Sears, 2013-09-24 From America's leading authorities in childcare comes the definitive guide to having a healthy pregnancy -- and a healthy baby. The Healthy Pregnancy Cookbook guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby: How to grow a smarter and healthier baby How your baby is developing, and how you may be changing both emotionally and physically Eating right for two, with a helpful list of pregnancy superfoods Exercise and keeping fit during your pregnancy Concerns and questions you may have about test and technology, genetic counseling, and childbirth options How to protect the womb environment and recognize potential household hazards Advice on working while pregnant Choosing the right healthcare provider and childbirth class The transition into parenthood And much more... Written in the Searses' trademark reassuring tone that makes their books long-term bestsellers, The Healthy Pregnancy Book is the must-have resource to fit the greater demands of today's savvy parents.

is dr sears wellness institute legit: *100 Days of Real Food* Lisa Leake, 2014-08-26 #1 New York Times Bestseller The creator of the 100 Days of Real Food blog draws from her hugely popular website to offer simple, affordable, family-friendly recipes and practical advice for eliminating processed foods from your family's diet. Inspired by Michael Pollan's *In Defense of Food*, Lisa Leake decided her family's eating habits needed an overhaul. She, her husband, and their two small girls pledged to go 100 days without eating highly processed or refined foods—a challenge she opened to readers on her blog. Now, she shares their story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food—whole grains, fruits and vegetables, seafood, locally raised meats, natural juices, dried fruit, seeds, popcorn, natural honey, and more. Illustrated with 125 photographs and filled with step-by-step instructions, this hands-on cookbook and guide includes: Advice for navigating the grocery store and making smart purchases Tips for reading ingredient labels 100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed Popcorn Meal plans and suggestions for kid-pleasing school lunches, parties, and snacks Real Food anecdotes from the Leakes' own experiences A 10-day mini starter-program, and much more.

is dr sears wellness institute legit: *The Zone Diet* Barry Sears, 1999 This is the revolutionary

diet plan based on Nobel-prize winning research that has been adopted by celebrities including Madonna and Demi Moore. The plan has been adapted to the British palate and cupboard, and includes 150 recipes.

is dr sears wellness institute legit: Mindfulness in Clinical Practice Richard W. Sears, Dennis D. Tirch, Robert B. Denton, 2011

is dr sears wellness institute legit: The Good Fat Cookbook Fran McCullough, 2003-01-21 In The Good Fat Cookbook, bestselling author Fran McCullough delivers the delicious news: the foods we love to eat—real butter, chocolate, coconut, whole milk and cream, nuts, avocados, cold-water fish, red meat, olive oil, bacon and eggs—are actually good for us. It's a fact: Not all fats are bad. Good fats slow the effects of aging, improve mood and memory, boost the immune system, and protect against stroke and cancer. And the most surprising news of all: The right fats are great tools for weight loss, making you feel full longer and jump-starting your metabolism. In Good Fat, bestselling low-carb guru Fran McCullough debunks all the fat myths, demystifies cutting-edge science, and—fork in hand—reveals the simple secrets to eating well and losing weight. Here she teaches you how to: *identify the good fats—and enjoy their good taste *avoid trans fats and other bad fats that damage health and pile on the pounds *combine low-carb foods with beneficial fats, proteins, and fresh ingredients for maximum energy *lose weight by eating more of the foods you crave *prepare more than 100 simple, delicious recipes to put the good fat back on your table, including Salmon Chowder, Tuna with Rice, Deep-Fried Coconut Shrimp, Parsley Salad with Avocado, Chicken with Olives and Oranges, Grilled Cheese with Oregano, Crisp Coconut Waffles, Avocado Cheesecake, and Wall-to-Wall Walnut Brownies ...and much more.

is dr sears wellness institute legit: CSCS Study Guide Cscs Certification Prep Team, 2017-01-26 This guide covers quick overview, test-taking strategies, introductions to the CSCS exam, exercise sciences, nutrition, exercise technique, program design organization and administration, practice questions, detailed answer explanations.

is dr sears wellness institute legit: The Zone Barry Sears, 2009-03-17 In this scientific and revolutionary book, based on Nobel Prize-winning research, medical visionary and former Massachusetts Institute of Technology researcher Dr. Barry Sears makes peak physical and mental performance, as well as permanent fat loss, simple for you to understand and achieve. With lists of good and bad carbohydrates, easy-to-follow food blocks and delicious recipes, The Zone provides all you need to begin your journey toward permanent fat loss, great health and all-round peak performance. In balance, your body will not only burn fat, but you'll fight heart disease, diabetes, PMS, chronic fatigue, depression and cancer, as well as alleviate the painful symptoms of diseases such as multiple sclerosis and HIV. This Zone state of exceptional health is well-known to champion athletes. Your own journey toward it can begin with your next meal. You will no longer think of food as merely an item of pleasure or a means to appease hunger. Food is your medicine and your ticket to that state of ultimate body balance, strength and great health: the Zone.

is dr sears wellness institute legit: The Health of Lesbian, Gay, Bisexual, and Transgender People Institute of Medicine, Board on the Health of Select Populations, Committee on Lesbian, Gay, Bisexual, and Transgender Health Issues and Research Gaps and Opportunities, 2011-06-24 At a time when lesbian, gay, bisexual, and transgender individuals—often referred to under the umbrella acronym LGBT—are becoming more visible in society and more socially acknowledged, clinicians and researchers are faced with incomplete information about their health status. While LGBT populations often are combined as a single entity for research and advocacy purposes, each is a distinct population group with its own specific health needs. Furthermore, the experiences of LGBT individuals are not uniform and are shaped by factors of race, ethnicity, socioeconomic status, geographical location, and age, any of which can have an effect on health-related concerns and needs. The Health of Lesbian, Gay, Bisexual, and Transgender People assesses the state of science on the health status of LGBT populations, identifies research gaps and opportunities, and outlines a research agenda for the National Institute of Health. The report examines the health status of these populations in three life stages: childhood and adolescence, early/middle adulthood, and later

adulthood. At each life stage, the committee studied mental health, physical health, risks and protective factors, health services, and contextual influences. To advance understanding of the health needs of all LGBT individuals, the report finds that researchers need more data about the demographics of these populations, improved methods for collecting and analyzing data, and an increased participation of sexual and gender minorities in research. The Health of Lesbian, Gay, Bisexual, and Transgender People is a valuable resource for policymakers, federal agencies including the National Institute of Health (NIH), LGBT advocacy groups, clinicians, and service providers.

is dr sears wellness institute legit: NASM Study Guide Nasm Cpt Exam Prep Team, 2017-05-03 NASM Study Guide: NASM Personal Training Book & Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM-CPT Exam, this comprehensive study guide includes: -Quick Overview -Test-Taking Strategies -Introduction -Basic and Applied Sciences and Nutritional Concepts -Assessment -Program Design -Exercise Technique and Training Instruction -Client Relations and Behavioral Coaching -Professional Development and Responsibility -Practice Questions -Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM-CPT Exam. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the NASM-CPT Exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

is dr sears wellness institute legit: Proving the Value of Soft Skills Patricia Pulliam Phillips, Jack J. Phillips, Rebecca Ray, 2020-08-04 A Step-by-Step Guide to Showing the Value of Soft Skill Programs As organizations rise to meet the challenges of technological innovation, globalization, changing customer needs and perspectives, demographic shifts, and new work arrangements, their mastery of soft skills will likely be the defining difference between thriving and merely surviving. Yet few executives champion the expenditure of resources to develop these critical skills. Why is that and what can be done to change this thinking? For years, managers convinced executives that soft skills could not be measured and that the value of these programs should be taken on faith. Executives no longer buy that argument but demand the same financial impact and accountability from these functions as they do from all other areas of the organization. In Proving the Value of Soft Skills, measurement and evaluation experts Patti Phillips, Jack Phillips, and Rebecca Ray contend that efforts can and should be made to demonstrate the effect of soft skills. They also claim that a proven methodology exists to help practitioners articulate those effects so that stakeholders' hearts and minds are shifted toward securing support for future efforts. This book reveals how to use the ROI Methodology to clearly show the impact and ROI of soft skills programs. The authors guide readers through an easy-to-apply process that includes: business alignment design evaluation data collection isolation of the program effects cost capture ROI calculations results communication. Use this book to align your programs with organizational strategy, justify or enhance budgets, and build productive business partnerships. Included are job aids, sample plans, and detailed case studies.

is dr sears wellness institute legit: Eat Fat, Get Thin Dr. Mark Hyman, 2016-02-23 A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a

high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, Eat Fat, Get Thin is the cutting edge way to lose weight, prevent disease, and feel your best.

is dr sears wellness institute legit: Healing the Prostate Dr. Mark Stengler, 2021-01-19 A practical, integrative guide to men's prostate health, including holistic therapies for prostate cancer, BPH, prostatitis, and bladder function. Foreword by Dr. Geo Espinosa, author of the best-selling book Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer For all its many important functions, the prostate gland can become a health curse to many men, young and old. Common prostate conditions include: benign prostatic hyperplasia (BPH), prostate cancer, prostatitis, testosterone deficiency, and erectile dysfunction. While conventional therapies exist for all these conditions, scientific studies have demonstrated that a comprehensive, integrative, or holistic approach to healing can dramatically reduce risk and/or decrease negative side effects and symptoms. Mark Stengler, N.M.D., draws upon his over 25 years of expertise in naturopathic medicine and holistic hormone therapies to provide a comprehensive approach to optimal prostate health, including a focus on bladder function, hormone balance, and a thorough exploration of prostate cancer diagnosis, treatment options, and holistic support. By thoroughly addressing these key aspects of the genitourinary system, you will be able to discover optimal prostate health and functionality.

is dr sears wellness institute legit: Understanding the Well-Being of LGBTQI+ Populations National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Committee on Population, Committee on Understanding the Well-Being of Sexual and Gender Diverse Populations, 2021-01-23 The increase in prevalence and visibility of sexually gender diverse (SGD) populations illuminates the need for greater understanding of the ways in which current laws, systems, and programs affect their well-being. Individuals who identify as lesbian, gay, bisexual, asexual, transgender, non-binary, queer, or intersex, as well as those who express same-sex or -gender attractions or behaviors, will have experiences across their life course that differ from those of cisgender and heterosexual individuals. Characteristics such as age, race and ethnicity, and geographic location intersect to play a distinct role in the challenges and opportunities SGD people face. Understanding the Well-Being of LGBTQI+ Populations reviews the available evidence and identifies future research needs related to the well-being of SDG populations across the life course. This report focuses on eight domains of well-being; the effects of various laws and the legal system on SGD populations; the effects of various public policies and structural stigma; community and civic engagement; families and social relationships; education, including school climate and level of attainment; economic experiences (e.g., employment, compensation, and housing); physical and mental health; and health care access and gender-affirming interventions. The recommendations of Understanding the Well-Being of LGBTQI+ Populations aim to identify opportunities to advance understanding of how individuals experience sexuality and gender and how sexual orientation, gender identity, and intersex status affect SGD people over the life course.

is dr sears wellness institute legit: Mindfulness-Based Cognitive Therapy for Posttraumatic Stress Disorder Richard W. Sears, Kathleen M. Chard, 2016-05-02 MBCT for PTSD provides solid principles, practical tools, and numerous case examples for integrating mindfulness into PTSD treatment. Based on the authors' experience in the first randomized controlled clinical trial, this pioneering book expands the range of potential treatment options. MBCT has been growing in popularity, and has solid research support, but this is the first text to apply it to trauma survivors This pioneering text is based on the authors' experience in using MBCT for PTSD in the first randomized controlled clinical trial Containing numerous case examples, it expands the range of potential treatment options and lends new hope for trauma survivors to lead more fulfilling lives The authors combined have a unique set of expert skills; Dr Chard is a well-known expert on PTSD,

and Dr Sears is an expert on mindfulness and MBCT

is dr sears wellness institute legit: The Healthy Motherhood Journal Martha Sears, RN, Hayden Sears, MA, Erin Sears, 2021-03-16 A beautiful journal to support new moms during the first year of their baby's life Bringing a new life into the world cracks your heart wide open. The feelings of bliss and unconditional love are real. And so are the feelings of fear, exhaustion, and overwhelm. Through journaling and reflection, The Healthy Motherhood Journal empowers moms to find their voices so they can truly thrive during their first year with a new baby. Written by the mother and daughters of the renowned Sears family, known for their work with attachment parenting, this journal focuses on the mother's needs for healthy connection, with herself as well as her child. And, with new moms already being over-stretched, it's structured in a way that is sensitive to their limited hands-free time. Each month focuses on a different theme—including your birth story, embracing your new identity across all the roles you hold, "the guilt and the glory," and more—while a wide range of prompts helps moms document their insights, reflections, and wisdom. Throughout the journal, the Seares have included tried-and true tips for parenting and self-care, designed to support moms through every phase of their baby's first year. When even the simple act of taking a shower feels like momentous freedom, this journal provides a safe place for mothers to explore, process, and document the challenges and joys of this unique time of life while creating long-term visions for the possibilities ahead.

is dr sears wellness institute legit: Pace , 2007-07

is dr sears wellness institute legit: Anna, Age Eight Katherine Ortega Courtney, Dominic Cappello, 2017-12-25 With research showing child maltreatment is substantiated for one in eight children in the US, it's clear Adverse Childhood Experiences (ACEs), a broader category of experiences than just maltreatment, are at an epidemic scale in our society ... The authors' main thesis, quite simply, is that protecting all our children is entirely possible, but only when we know the scope of the challenges families face. The book provides a detailed, data-driven analysis of the scope of the problem and how to strengthen systems designed to protect our children--

is dr sears wellness institute legit: Preventing Tobacco Use Among Youth and Young Adults , 2012 This booklet for schools, medical personnel, and parents contains highlights from the 2012 Surgeon General's report on tobacco use among youth and teens (ages 12 through 17) and young adults (ages 18 through 25). The report details the causes and the consequences of tobacco use among youth and young adults by focusing on the social, environmental, advertising, and marketing influences that encourage youth and young adults to initiate and sustain tobacco use. This is the first time tobacco data on young adults as a discrete population have been explored in detail. The report also highlights successful strategies to prevent young people from using tobacco.

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