

life touch chiropractic and wellness group

Life Touch Chiropractic and Wellness Group: Your Path to Total Well-being

Are you tired of living with nagging aches, persistent pain, or just feeling... blah? Do you yearn for a life filled with energy, vitality, and the freedom to move without restriction? Then you've come to the right place. This comprehensive guide dives deep into Life Touch Chiropractic and Wellness Group, exploring their services, philosophy, and how they can help you achieve your optimal health goals. We'll cover everything from their approach to chiropractic care to the broader wellness programs they offer, painting a clear picture of why they're a leading choice for holistic well-being. Get ready to discover how Life Touch Chiropractic and Wellness Group can be the key to unlocking your body's natural healing potential.

Understanding Life Touch Chiropractic and Wellness Group's Holistic Approach

Life Touch Chiropractic and Wellness Group isn't just about cracking backs; it's about nurturing the entire person. They understand that true wellness extends far beyond the absence of pain. Their holistic approach considers the interconnectedness of your physical, mental, and emotional well-being. This means they address the root causes of your health concerns, rather than simply treating the symptoms. They believe in empowering you to take control of your health journey, providing you with the tools and knowledge to live a healthier, happier life.

This holistic approach manifests in several key ways:

Personalized Treatment Plans: Unlike many clinics that offer a one-size-fits-all approach, Life Touch tailors their treatments to your specific needs and goals. They take the time to understand your unique medical history, lifestyle, and aspirations to create a customized plan designed to maximize your results.

Focus on Prevention: They don't just treat existing conditions; they actively work to prevent future problems. Through education and proactive care, they empower you to make lifestyle choices that support long-term well-being.

Integrated Therapies: Life Touch often incorporates a range of complementary therapies alongside chiropractic care. This might include massage therapy, acupuncture, nutritional counseling, or other modalities designed to enhance your overall health and recovery.

The Core Services Offered by Life Touch Chiropractic and Wellness Group

Life Touch offers a comprehensive range of services designed to address various health concerns and promote overall wellness. These services often include, but are not limited to:

Chiropractic Care: This forms the foundation of their practice, addressing spinal misalignments (subluxations) that can cause pain, stiffness, and a range of other health problems. Techniques may include spinal adjustments, mobilization, and rehabilitation exercises.

Massage Therapy: Experienced massage therapists help relieve muscle tension, improve circulation, and reduce stress. Various massage modalities may be available to cater to individual needs.

Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing.

Nutritional Counseling: Registered dietitians or nutritionists can guide you towards a balanced diet that supports your overall health and helps you achieve your wellness goals. This might involve creating personalized meal plans or addressing specific dietary deficiencies.

Physical Rehabilitation: Tailored exercise programs designed to improve strength, flexibility, and mobility, helping you regain function after injury or surgery.

Beyond the Treatments: The Life Touch Experience

What sets Life Touch Chiropractic and Wellness Group apart is not just the quality of their services, but the overall experience they provide. They foster a welcoming and supportive environment where patients feel comfortable, understood, and empowered. Their commitment to patient education ensures you're actively involved in your own care, fostering a strong doctor-patient relationship built on trust and mutual respect. This personalized approach extends beyond the treatment room, often including ongoing support and guidance to help you maintain your progress long after your initial sessions.

Testimonials and Case Studies (Placeholder - Replace with actual testimonials and case studies)

[Insert section with positive patient reviews and brief case studies highlighting successful outcomes. This section is crucial for building credibility and trust. Include names (with permission) and brief summaries of their experiences.]

Finding Life Touch Chiropractic and Wellness Group

and Getting Started

[Include their address, phone number, website URL, and any relevant social media links. Provide clear instructions on how to book an appointment or initial consultation. Consider adding a call-to-action button or link for easy access to scheduling.]

Conclusion: Invest in Your Well-being with Life Touch

Life Touch Chiropractic and Wellness Group provides a pathway to achieving optimal health and well-being. Their holistic approach, comprehensive services, and patient-centered care create a truly transformative experience. By addressing the root causes of your health concerns and empowering you with the knowledge and tools you need, they help you take control of your health journey. Don't wait any longer to invest in your well-being – contact Life Touch Chiropractic and Wellness Group today and begin your journey towards a healthier, happier you.

FAQs

1. Do I need a referral to see a chiropractor at Life Touch? No, referrals are generally not required to see a chiropractor at Life Touch. However, it's always a good idea to check with your insurance provider about coverage.
1. What forms of payment do you accept? [Insert accepted payment methods here – e.g., cash, credit cards, insurance plans]
1. What should I expect during my first appointment? Your first appointment will typically involve a thorough consultation, a physical examination, and a discussion of your health history and goals. This will allow the chiropractor to develop a personalized treatment plan.
1. How often will I need to visit for treatment? The frequency of your appointments will depend on your individual needs and the nature of your condition. Your chiropractor will discuss a treatment schedule with you during your initial consultation.
1. Do you offer any discounts or packages? [Insert information about any discounts or packages offered by the clinic.]

life touch chiropractic and wellness group: *Chicken Soup for the Chiropractic Soul* Jack Canfield, Mark Victor Hansen, Fabrizio Mancini, 2003

life touch chiropractic and wellness group: *Discover Another Nashville* Noa Ben-Amotz, 1994

life touch chiropractic and wellness group: *The Spark in the Machine* Daniel Keown, 2014-03-20 Why can salamanders grow new legs, and young children grow new finger tips, but adult humans can't regenerate? What is the electricity that flows through the human body? Is it the same thing that the Chinese call Qi? If so, what does Chinese medicine know, that western medicine ignores? Dan Keown's highly accessible, witty, and original book shows how western medicine validates the theories of Chinese medicine, and how Chinese medicine explains the mysteries of the body that western medicine largely ignores. He explains the generative force of embryology, how the hearts of two people in love (or in scientific terms 'quantum entanglement') truly beat as one, how a cheating heart is also an ill heart (which is why men are twice as likely to die of a sudden heart attack with their mistress than with their wife), how neural crest cells determine our lifespan, and why Proust's madeleines evoked the memories they did. The book shows how the theories of western and Chinese medicine support each other, and how the integrated theory enlarges our understanding of how bodies work on every level. Full of good stories and surprising details, Dan Keown's book is essential reading for anyone who has ever wanted to know how the body really works.

life touch chiropractic and wellness group: *A Diagnosis for Our Times* Matthew Schneirov, Jonathan David Geczik, 2012-02-01 Despite having one of the most advanced systems of medicine in the world, American consumers are increasingly turning to alternative medicine. Through a study of two alternative health networks, one New Age and the other conservative Christian, *A Diagnosis for Our Times* examines the health regimes followed by clients of alternative practitioners, the way people find meaning in non-Western and pre-modern health traditions, and the relationship between alternative health and other movements for change. In sharp contrast with other work on this subject, this book characterizes alternative health as a social movement and a cultural laboratory where people discover new values and new ways of living that may have larger implications. The authors discover surprising commonalities between the cultural left and the religious right when it comes to healthcare, and they evaluate the potential of alternative health to contribute to a new healthcare paradigm.

life touch chiropractic and wellness group: *The Earth Diet* Liana Werner-Gray, 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

life touch chiropractic and wellness group: *The Breakthrough Experience* Dr. John F. Demartini, 2002-03-01 From a renowned inspirational speaker comes an motivational guide to understanding your own greatness and potential—and the magnificence of every single human soul. This book is about breaking through the barriers that keep us from experiencing our true nature as light. It contains an inspiring combination of science and philosophy, presented in a completely accessible way that makes even the most profound concepts easily understood. Through the extraordinary but true stories of ordinary people having astonishing life experiences, you'll discover and explore the universal laws and principles that underlie your very existence. Most important, this is a practical manual for understanding why you live the way you do—and how to transform your life into your highest vision. You'll learn a formula to manifest your dreams; discover the secrets of opening your heart beyond anything you've imagined; receive profound insights on how to create more fulfilling, caring relationships; reawaken your birthright as a true genius; transcend the fears and illusions surrounding the myth of death; and reconnect with your true mission and purpose on Earth. Translated into over 36 languages, *The Breakthrough Experience* is based on Dr. John F. Demartini's decades of experience as a researcher of human behavior and as one of the world's leading inspirational speakers. Here, Demartini offers not just a book, but an Experience—one that is impossible to go through without being moved, challenged, and changed.

life touch chiropractic and wellness group: *Health Promotion Throughout the Life Span* Carole Lium Edelman, Carol Lynn Mandle, Elizabeth C. Kudzma, 2013-01-01 Up to date and easy to read, this textbook provides comprehensive coverage of all major concepts of health promotion and disease prevention. It highlights growth and development throughout the life span, emphasizing normal development as well as the specific problems and health promotion issues common to each stage. All population groups are addressed with separate chapters for individuals, families, and communities. -- Provided by publisher.

life touch chiropractic and wellness group: *Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition* Leslie Stager, 2020-06-30 Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly skilled perinatal massage instructor who is also a registered nurse, childbirth educator, and doula.

life touch chiropractic and wellness group: *The Paleo Cardiologist* Jack Wolfson, 2015-06-02 A drug-free program for cardiac fitness. Do you take drugs for cholesterol or high blood pressure? Are you looking to avoid a heart attack or stroke? *The Paleo Cardiologist* is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine. The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how. You can trust Dr. Wolfson. For sixteen years he worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractor wife, Dr. Wolfson now runs a very successful holistic cardiology office. Inside *The Paleo Cardiologist*, you will learn: 1) Paleo Nutrition is the food plan for health 2) The importance of cholesterol to every cell in the body 3) How to avoid pharmaceuticals and skip the dangerous procedures 4) Why stress is bad for your heart and how to relax 5) How to get rid of the chemicals and heavy metals 6) Sleep is critical for heart health and how to get more Z's 7) The Top 20 supplements for heart health 8) The Top 20 blood tests you need Get informed. Get empowered. Read *The Paleo Cardiologist*, the natural way to heart health.

life touch chiropractic and wellness group: *Transcultural Concepts in Nursing Care* Margaret Andrews, Joyceen S. Boyle, John Collins, 2019-08-14 Ensure Culturally Competent, Contextually Meaningful Care for Every Patient Rooted in cultural assessment and trusted for its proven approach, *Transcultural Concepts in Nursing Care* is your key to ensuring safe, ethical and effective care to diverse cultures and populations. This comprehensive text helps you master transcultural theories, models and research studies while honing the communication and collaboration skills essential to success in today's changing clinical nursing environment. Updated

content familiarizes you with changes in the healthcare delivery system, new research studies and theoretical advances. Evidence-Based Practice boxes ground concepts in the latest research studies and highlight clinical implications for effective practice. Case Studies, based on the authors' actual clinical experiences and research findings, help you translate concepts to clinical applications across diverse healthcare settings. Review questions and learning activities in each chapter inspire critical thinking and allow you to apply your knowledge. Chapter objectives and key terms keep you focused on each chapter's most important concepts.

life touch chiropractic and wellness group: Being Well Within: from Distressed to De-Stressed Loren M. Gelberg-Goff, Carmel-Ann Mania, 2011-11-21 Stress may be a given in our lives, but suffering from it is optional! This premise is the guiding force behind Being Well Within: From Distressed to De-Stressed. In this book you will find guidance, strategies, and tools to help you find your way past the obstacles of stress. You can learn to understand the process as it relates to your own life and how to use this knowledge to overcome (and even thrive) in today's stressful environment. You can learn how to embrace a new outlook on life that is customized to your desires. Our work as a chiropractor and a psychotherapist with people in many types of pain has revealed to us the effects of stress on everyone's minds, bodies, hearts, and souls. This book is about healing from the constant, overwhelming effects of stress on your entire being. We will show you the physical, mental, and emotional components of stress, as well as easy-to-understand steps you can follow to help embrace yourself and your new life in a conscious, empowered, and mindful way. Opening up Being Well Within: From Distressed to De-Stressed is your first step towards learning to use stress to motivate and inspire.

life touch chiropractic and wellness group: The True Power of Chiropractic Jason W. Ingham, 2019-08-27 With over one hundred Americans dying everyday to opioid overdose, doctors must look toward permanent solutions before the epidemic continues to spiral out of control. This is where chiropractic comes into play. Instead of throwing medicine at symptoms and chronic pain and hoping they go away, chiropractic is a nonsurgical solution that can alleviate pain and save you money down the road. From watching his mother see dramatic results with her polio through chiropractic treatment, to being treated himself as a child, Dr. Jason W. Ingham knows the benefits of chiropractic all too well. He wrote this book as a guide for a pain-free life--one where you don't have to use medicine as a crutch. In The True Power of Chiropractic: Unlock Your Body's Natural Ability to Adapt, Renew, and Restore, Dr. Ingham will share his knowledge with you so you can take your first steps to improving your life through chiropractic.

life touch chiropractic and wellness group: Introduction to the Counseling Profession David Capuzzi, Douglas R. Gross, 2013-06-07 Introduction to the Counseling Profession is a comprehensive overview of the history and foundational concepts of counseling, offering the most current and relevant breadth of coverage available. Students will gain insight into the myriad issues that surround not only the process of counseling and its many populations but also the personal dynamics that have an impact on this process. The contributed-author format provides state-of-the-art information from experts in their respective fields while maintaining a consistent structure and message. This edition has been brought in line with the 2009 Council for the Accreditation of Counseling and Related Educational Programs (CACREP) standards and includes chapters on each of the CACREP specializations. Topics rarely treated in other introductory texts are addressed, such as research and writing in counseling, technology and counseling, and self-care and growth. This edition includes new pedagogical features such as sidebars and more case studies to expand on key topics, as well as new chapters on: Cross-Cultural Counseling Self-Care and Self-Growth Individual Counseling Diagnosis and Treatment Planning Addictions Counseling Student Affairs and College Counseling A collection of supplemental resources are available online to benefit both instructors and students. Instructors will find PowerPoint slides and test banks to aid in conducting their courses, and students can access chapter summaries, exercises, and other tools to supplement their review of the material in the text. These materials can be accessed at <http://www.routledge mentalhealth.com/cw/Capuzzi>

life touch chiropractic and wellness group: Quantum-Touch Richard Gordon, 2011-03-22
Quantum-Touch is the touch-based healing technique that uses the chi of both practitioner and client, bringing them into harmony to allow the body to heal itself. Quantum-Touch differs from other healing techniques because it does not require long years of study and presents none of the common hurdles of understanding or application; anyone can learn to use it to become a healer, both of others and of self. In this new edition of his best-selling guide, Richard Gordon leads the reader step by step, clearly explaining how to use breathing and body-focusing techniques to raise one's energy levels. Once that is achieved, the healer can correct posture and alignment, reduce pain and inflammation, help balance emotional distress, and even heal pets. Above all, Quantum-Touch can be used in tandem with all other healing modalities, including Western medicine, and its efficacy has been attested to by physicians, acupuncturists, chiropractors, and other healing professionals.

life touch chiropractic and wellness group: SuccessGuide Worldwide , 2002

life touch chiropractic and wellness group: Life in the Bones David Lauterstein, 2017-06-01
Dr. Fritz Smith's life integrates an incredible number of influences from the history of bodymind therapy. In 1921 His father, Dr. Ernest Smith, initiated the first four-year Chiropractic training in the U.S. In 1955 Fritz Smith himself became a Doctor of Osteopathy, then acquired his M.D. He subsequently became one of the first Medical Doctors to be certified as a Rolfer. He received his Masters in Acupuncture UK after studying for years with J.R. Worsley in England. He has been profoundly influenced by Eastern and Western teachings on the relationship of anatomy and energy. Dr. Smith is the author of *The Alchemy of Touch* and *Inner Bridges: a Guide to Energy Movement and Body Structure*. Out of his vast background, arose Fritz's singular modality, Zero Balancing, which he began teaching in the early 1970's, now with over 1,000 practitioners world-wide.

life touch chiropractic and wellness group: Life with Lung Cancer ,

life touch chiropractic and wellness group: Pain Free Pete Egoscue, Roger Gittines, 2014-06-25
Starting today, you don't have to live in pain. "This book is extraordinary, and I am thrilled to recommend it to anyone who's interested in dramatically increasing the quality of their physical health."—Tony Robbins That is the revolutionary message of this breakthrough system for eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned physiologist and sports injury consultant to some of today's top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cises. Inside you'll find detailed photographs and step-by-step instructions for dozens of e-cizes specifically designed to provide quick and lasting relief of: • Lower back pain, hip problems, sciatica, and bad knees • Carpal tunnel syndrome and even some forms of arthritis • Migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ • Shin splints, varicose veins, sprained or weak ankles, and many foot ailments • Bursitis, tendinitis, and rotator cuff problems Plus special preventive programs for maintaining health through the entire body. With this book in hand, you're on your way to regaining the greatest gift of all: a pain-free body!

life touch chiropractic and wellness group: Mind the Science Jonathan N. Stea, 2024
In *Mind the Science*, Jonathan N. Stea provides a takedown of mental health misinformation and pseudoscience to educate and embolden readers who wish to make informed decisions about their mental health. Readers are empowered to protect themselves from mental health scams, charlatanry, and poor or misguided health practices that thrive in the multi-trillion-dollar wellness industry. By the end, readers will be better positioned to identify mental health misinformation, to steer clear of misguided and predatory practices, and to understand what mental health really means.

life touch chiropractic and wellness group: Better! Jason Piken, 2017-01-17
Do you ever simply think life should be better? Are you feeling the long term impact of many years of stress? Maybe your joints are starting to bother you, or you are having digestive issues, or trouble sleeping, or you can't seem to lose weight and have that body you always wanted. It's taking you longer to

bounce back after an illness and in general, you just wish there was a guide to making everything better. In *Better! 11 Simple Habits to Improve Your Life*, Dr. Jason Piken shows you how to make simple and straightforward changes to your lifestyle that will have the biggest impact on your health and overall happiness. The Personal Report Card (PRC) is a powerful tool Dr. Piken uses with his patients to assess diet, supplementation, exercise, sleep, hydration and 6 other key areas so you can finally start to feel better.

life touch chiropractic and wellness group: Wellness Tourism Cornelia Voigt, Christof Pforr, 2013-11-20 Core values of society, health and wellbeing impact today on all aspects of our lives, and have also increasingly influenced patterns of tourism consumption and production. In this context wellness has developed into a significant dimension of tourism in a number of new and long established destinations. However, although it is consistently referred to as one of the most rapidly growing forms of tourism worldwide there still remains a dearth of academic literature on this topic. This book uniquely focuses on the supply side of wellness tourism from a destination perspective in terms of the generation and delivery of products and services for tourists who seek to maintain and improve their health. This approach provides a better understanding of how wellness tourism destinations develop and explores the specific drivers of that growth in a destination context and how destinations successfully compete against each other in globalised market place. A range of wellness destination development and management issues are examined including the importance of authenticity, an appropriate policy framework, delivery of high quality goods and services, participation of a broad range of stakeholders and the development of networks and clusters as well as collaborative strategies essential for a successful development and management of a wellness tourism destination. International case studies and examples from established and new wellness tourism destinations are integrated throughout. This timely volume written by leaders in this sector will be of interest to tourism and hospitality students and academics internationally.

life touch chiropractic and wellness group: Infinite Body Awareness Chad Sato, Chad Sato D C, 2015-07-03 The need to create an intimate connection with your body is more essential than ever. With the rising costs of health care and the exponential growth of heart disease, strokes, diabetes, and cancer, people are looking for a new way to relate to their bodies in order to optimize health and wellness. Currently many are willing to be more pro-active when it comes to their health, and want to be more responsible for their physical, mental, and emotional well-being. Fear arises when an unexplainable health ailment shows up, and they feel powerless as to how to address or resolve it. Have you ever considered the possibility that your neck pain could be caused by worrying about a loved one, difficulties with a co-worker, or by feeling out of control in your life? For the past century, scientists have been researching the connection between the mind and body. Documented research now proves that a person's thoughts or emotions can affect the immune system, create muscle pains, and manifest as digestion issues. In these pages, you will learn about the mind-body connection as viewed in the Western medicine and Eastern disciplines. This book is a resource that details an array of health conditions with their presenting symptoms, Western treatment methods, the underlying mental-emotional component, complete with action steps you can take to assist in your healing process. If you are ready to take ownership and responsibility of your body, this is the book for you. *Infinite Body Awareness* will help you to establish an intimate relationship with the one element in your life you can totally trust - your body!

life touch chiropractic and wellness group: Complementary and Alternative Medicine in the United States Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm,

encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

life touch chiropractic and wellness group: End Your Carpal Tunnel Pain Without Surgery Kate Montgomery, 1998-03-01 This helpful guide tells how to prevent and treat Carpal Tunnel Syndrome in just fifteen minutes a day. This proven twelve-step routine of adjustments, stretches, and exercises can eliminate CTS pain without surgery. Illustrated and indexed.

life touch chiropractic and wellness group: Complementary Medicine Index , 1998

life touch chiropractic and wellness group: Ebersole & Hess' Toward Healthy Aging - E-Book Theris A. Touhy, Kathleen F Jett, 2013-08-07 Grounded in the core competencies recommended by the AACN in collaboration with the Hartford Institute for Geriatric Nursing, Ebersole & Hess' Toward Healthy Aging, 8th Edition is the most comprehensive resource on health promotion and maintenance for older adults and their caregivers. With coverage of communication, safety and ethical considerations, new genetic research, key aging issues, and common and uncommon conditions, you will have the knowledge you need to promote healthy lifestyle choices, properly address end-of-life issues, and provide effective, holistic care for older adults. Consistent chapter organization with objectives, case studies with critical thinking questions, and research questions make information easy to access and use. A strong focus on health and wellness emphasizes a positive approach to aging. Disease processes are discussed in the context of healthy adaptation, nursing support, and responsibilities. Research highlights help incorporate the latest research findings into practice. Nutrition chapter includes the most current guidelines for older adults and addresses patients' dietary needs. Scales and guidelines for proper health assessment provide the essential information for assessing the older adult patient. Case studies with critical thinking questions offer realistic situations to expand your knowledge and understanding. Careful attention to age, cultural, and gender differences are integrated throughout and highlight important considerations when caring for older adults. Content grounded in the core competencies offers the knowledge needed to achieve the National League for Nursing ACES program's Essential Nursing Actions and meets the Recommended Baccalaureate Competencies and Curricular Guidelines for the Nursing Care of Older Adults, the Geriatric Nursing Education State of the Science Papers, and the Hartford Institute for Geriatric Nursing Best Practices in Nursing Care to Older Adults. NEW! QSEN content highlights quality and safety issues students need to know when treating older patients. NEW! Chapter covering the role of communication emphasizes the importance of communication in improving care. NEW! Focus on genetics highlights the vast amount of new genetic research and its effects on all aspects of health and aging. NEW! Information on ethical considerations explores and illustrates potential issues when dealing with older adults. NEW! Healthy People 2020 information assists your students in integrating their knowledge about healthy aging considerations into care.

life touch chiropractic and wellness group: Brunner & Suddarth's Textbook of Canadian Medical-surgical Nursing Pauline Paul, Beverly Williams, 2009 This is the Second Edition of the popular Canadian adaptation of Brunner and Suddarth's Textbook of Medical-Surgical Nursing, by Day, Paul, and Williams. Woven throughout the content is new and updated material that reflects key practice differences in Canada, ranging from the healthcare system, to cultural considerations, epidemiology, pharmacology, Web resources, and more. Compatibility: BlackBerry(R) OS 4.1 or

Higher / iPhone/iPod Touch 2.0 or Higher / Palm OS 3.5 or higher / Palm Pre Classic / Symbian S60, 3rd edition (Nokia) / Windows Mobile(TM) Pocket PC (all versions) / Windows Mobile Smartphone / Windows 98SE/2000/ME/XP/Vista/Tablet PC

life touch chiropractic and wellness group: *Manipulative Therapy in Rehabilitation of the Locomotor System* Karel Lewit, 1999 When first published in 1985, this book was readily welcomed by both students and practitioners of physical medicine. It was the first full English-language introduction to the work of a world authority in the field; it remains unique, but its success has prompted some revision. Completely revised for the third edition, this book continues to offer a thought-provoking account of musculoskeletal disorders which will deepen the understanding of all therapists.

life touch chiropractic and wellness group: Goldman-Cecil Medicine E-Book Lee Goldman, Andrew I. Schafer, 2015-04-21 Since 1927, Goldman-Cecil Medicine has been the world's most influential internal medicine resource. In the ground-breaking 25th edition, your original purchase ensures you will be up-to-date without the need for a subscription. Through the new, more powerful Expert Consult eBook platform, this living text provides continuous updates that will integrate the latest research, guidelines, and treatments into each chapter, ensuring that the content is as current as the day this edition was first published. Goldman-Cecil Medicine offers definitive, unbiased guidance on the evaluation and management of every medical condition, presented by a veritable Who's Who of modern medicine. A practical, straightforward style; templated organization; evidence-based references; and robust interactive content combine to make this dynamic resource quite simply the fastest and best place to find all of the authoritative, state-of-the-art clinical answers you need. Expert Consult eBook version included with print purchase: Access continuous updates from Editor Lee Goldman, MD, who thoroughly reviews internal medicine and specialty journals, updating online content to reflect the latest guidelines and translating that evidence into treatment. Interactive Q&A section features over 1,500 board-style questions and answers to aid in preparing for certification or recertification exams. Outstanding supplementary tools include figures, tables, videos, heart and lung sounds, treatment and management algorithms, fully integrated references, and thousands of illustrations and full-color photos. Search all of the text, figures, supplementary material, and references from the book on a variety of devices and at no additional cost — Expert Consult access is included with this title! Practical, bulleted, highly templated text with easy-to-use features including flow charts and treatment boxes. New chapters on global health, cancer biology and genetics, and the human microbiome in health and disease keep you on the cutting edge of medicine. Today's most current evidence-based medicine guidelines help you form a definitive diagnosis and create the best treatment plans possible. Focused coverage of the latest developments in biology includes the specifics of current diagnosis, therapy, and medication doses. The reference of choice for every stage of your career! Goldman-Cecil Medicine is an ideal learning tool for residents, physicians, and students as well as a valuable go-to resource for experienced healthcare professionals.

life touch chiropractic and wellness group: *The 5-Minute Clinical Consult 2014* Frank J. Domino, Robert A. Baldor, Jeremy Golding, 2013-05-20 The 5-Minute Clinical Consult 2014 Standard Edition provides rapid-access in a quick-reference format. It delivers diagnosis, treatment, medications, follow-up, and associated factors for a broad range of diseases and conditions. Organized alphabetically by diagnosis, this best-selling clinical reference continues to present brief, bulleted information on disease topics in a consistent and reader-friendly three-column format.

life touch chiropractic and wellness group: Orthopedic Massage Whitney W. Lowe, 2009-04-08 Fully updated and revised Orthopedic Massage has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions. Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and

the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In addition, it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries. Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice. Provides a comprehensive approach to treatment of common soft tissue pain and injury. Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy. Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition. Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application. Compares traditional treatments with soft tissue manipulation for each problem discussed. Clearly links anatomy, physiology, and biomechanics with clinical practice. Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques. New clinical case studies and tips illustrate the techniques discussed. Now presented in full colour. New step-by-step photographs depict the techniques described in full detail. Increased artwork and photographs make learning more visual. Case studies demonstrate techniques and management in clinical practice. Clinical hints and tips throughout. Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol Considerations'.

life touch chiropractic and wellness group: Occupational Analysis and Group Process - E-Book Jane Clifford O'Brien, Jean W. Solomon, 2021-04-13 Learn how to analyze client needs and use group therapy for effective interventions! Occupational Analysis and Group Process, 2nd Edition provides practical information on two key components of occupational therapy practice, helping you understand how to intervene with a variety of clients. Using case scenarios and clinical examples, this book provides strategies and guidelines for analyzing functional tasks for clients from children to adolescents to adults. It guides you through every step of the group process, including group leadership, communication within the group, and group interventions. Written by noted OT educators Jane Clifford O'Brien and Jean W. Solomon, this book provides a solid foundation for intervention planning. - Comprehensive content covers the material taught in group process and occupational analysis courses within Occupational Therapy and Occupational Therapy Assistant programs. - Clear, matter-of-fact approach provides an understanding of the group process, strategies for leading groups, and guidelines for group interventions. - Case examples, tables, and boxes highlight the key content in each chapter. - Clinical Pearls emphasize practical application of the information, providing tips gained in clinical practice. - Therapeutic Media are tried-and-true methods pulled from the author's extensive experience in occupational therapy. - NEW! Updates and revisions to all chapters reflect the new Occupational Therapy Practice Framework and current OT practice. - NEW! New chapter's include Guidelines and Best Practices for Setting and Developing Goals and Managing Difficult Behaviors During Group Interventions. - NEW! Clinical Application: Exercises and Worksheets chapter reinforces your understanding with learning exercises, activities, and forms for each chapter. - NEW! Full-color design provides a greater visual impact. - NEW! Clinical Case begins each chapter and includes questions on key content. - NEW! Case Application and Summary in each chapter address the Key Questions. - NEW! Additional content on specific groups includes topics such as community, trust building, functioning, civic, rehab, role playing, and measuring outcomes. - NEW! Expanded content on therapeutic interventions is added to the book. - NEW! Emphasis on group work in a variety of practice settings prepares you to handle groups in multiple environments. - NEW! Creative examples show groups and intervention activities.

life touch chiropractic and wellness group: Hematology Leslie E. Silberstein, John Anastasi, 2017-06-14 Get the expert guidance you need to offer your patients the best possible outcomes with Hematology: Basic Principles and Practice, 7th Edition. This thoroughly up-to-date text contains both unparalleled scientific content and must-know clinical guidance, so you can enhance your

problem-solving skills and make optimal use of the newest diagnostic techniques and therapeutic options in this fast-changing field. Delivers state-of-the-art information and guidance from editors and global contributors who are at the forefront of their respective subspecialty areas. Features sweeping content updates throughout, including basic science research which serves as a foundation for modern hematology, recent advances in stem cell transplantation, clinical advances in the treatment of each of the hematologic malignancies, immune checkpoint inhibitors, molecular diagnostics, transfusion medicine, and much more. Includes several new chapters including Epigenetics and Epigenomics, Stem Cell Model of Hematologic Diseases, Multiple Myeloma, IND Enabling Processes for Cell-Based Therapies, and Immune Checkpoint Blockade in Hematologic Malignancies. New Virtual Microscope with the ability to zoom in on high-quality digital hematopathology slides and frequent content updates accessible anywhere, any time on your favorite digital device. Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices. Delivers state-of-the-art information and guidance from editors and global contributors who are at the forefront of their respective subspecialty areas. Features sweeping content updates throughout, including basic science research which serves as a foundation for modern hematology, recent advances in stem cell transplantation, clinical advances in the treatment of each of the hematologic malignancies, immune checkpoint inhibitors, molecular diagnostics, transfusion medicine, and much more. Includes several new chapters including Epigenetics and Epigenomics, Stem Cell Model of Hematologic Diseases, Multiple Myeloma, IND Enabling Processes for Cell-Based Therapies, and Immune Checkpoint Blockade in Hematologic Malignancies. New Virtual Microscope with the ability to zoom in on high-quality digital hematopathology slides and frequent content updates accessible anywhere, any time on your favorite digital device. Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices.

life touch chiropractic and wellness group: *Massage Therapy E-Book* Susan G. Salvo, 2019-02-28 Make the essential principles of massage therapy more approachable! Covering massage fundamentals, techniques, and anatomy and physiology, *Massage Therapy: Principles and Practice*, 6th Edition prepares you for success in class, on exams, and in practice settings. The new edition of this student friendly text includes more than 700 images, expanded information on the latest sanitation protocols, critical thinking questions at the end of each chapter, and updated pathologies which reflect what you will encounter in the field. - UPDATED pathologies ensure they are current and reflect what you will see in the field as a practitioner. - UPDATED Research Literacy and evidence-informed practice skills, emphasize how to locate and apply scientific data and the latest research findings in your massage practice. - Licensing and Certification Practice Exams on Evolve mimics the major high-stakes exams in format and content, builds confidence, and helps increase pass rates. - Complete anatomy and physiology section, in addition to material on techniques and foundations, you all the information you need in just one book. - Robust art program enhances your understanding and comprehension of each topic presented through visual representation. - Case studies challenge you to think critically and apply your understanding to realistic scenarios, foster open-mindedness, cultural competency, and stimulate dialogue. - Profile boxes provide an inspirational, real-world perspective on massage practice from some of the most respected authorities in massage and bodywork. - Clinical Massage chapter focuses on massage in therapeutic and palliative settings such as hospitals, chiropractic and physical therapy offices, nursing homes, and hospice care centers to broaden your career potential. - Business chapter loaded with skills to help make you more marketable and better prepared for today's competitive job market. - NEW! UPDATED information throughout, including the latest sanitation protocols, ensures the most current, accurate, and applicable content is provided and is appropriate for passing exams and going straight into practice. - NEW! Critical thinking questions at the end of the chapters help you develop clinical reasoning skills. - NEW! Maps to FSMTB's MBLEx exam, the Entry Level Analysis Project (ELAP), and Massage Therapy Body of Knowledge (MTBOK) to illustrate that our content is in line

with the core entry-level massage therapy curriculum. - NEW! Revised Kinesiology images include colored indications of origins and insertions.

life touch chiropractic and wellness group: *The Myth of Normal* Gabor Maté, MD, 2022-09-13 The instant New York Times bestseller By the acclaimed author of *In the Realm of Hungry Ghosts*, a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really “normal” when it comes to health? Over four decades of clinical experience, Maté has come to recognize the prevailing understanding of “normal” as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today’s culture stresses the body, burdens the immune system, and undermines emotional balance. Now Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society—and offers a compassionate guide for health and healing. Cowritten with his son Daniel, *The Myth Of Normal* is Maté’s most ambitious and urgent book yet.

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life touch chiropractic and wellness group: *Varcarolis' Foundations of Psychiatric-Mental Health Nursing - E-Book* Margaret Jordan Halter, 2021-07-08 **Selected for Doody's Core Titles® 2024 with Essential Purchase designation in Psychiatric** Prepare for psychiatric nursing care with this comprehensive, evidence-based text! *Varcarolis' Foundations of Psychiatric-Mental Health Nursing: A Clinical Approach*, 9th Edition makes it easy to understand the complexities of psychiatric disorders and how to provide quality mental and behavioral health care. Clinical chapters follow the nursing process framework and progress from theory to application, preparing you for practice with real-world examples. Other notable features include illustrated explanations of the neurobiology of disorders, DSM-5 criteria for major disorders, and nursing care plans. From clinical nurse specialist and lead author Dr. Margaret Jordan Halter, this bestselling text includes new Next Generation NCLEX® content to prepare you for success on your PMHN certification exam. - Case Study and Nursing Care Plan boxes include real-life vignettes of patients with specific psychiatric disorders. - Evidence-Based Practice boxes describe recent research studies and how their findings affect nursing practice. - Six-step nursing process is followed in clinical chapters, providing consistent guidelines for comprehensive assessment and intervention. - Learning features include key terms and concepts, key points to remember, critical thinking, and chapter reviews. - Conversational, mentor-like writing style reinforces important information and helps in applying textbook content to the clinical setting. - Coverage of therapeutic communication techniques and nontherapeutic communication provides tips to help you build patient interaction skills. - Assessment Guidelines summarize the steps of patient assessment for various disorders. - Considering Culture boxes discuss the importance of person-centered care in providing competent care to diverse populations in various clinical situations. - Patient and Family Teaching boxes focus on the nurse's role in helping patients and families understand psychiatric disorders, treatments, complications, and medication side effects.

life touch chiropractic and wellness group: *Healing Traditions* Bonnie Blair O'Connor, 1995

The popularity and practice of alternative medicine continues to expand at astonishing rates. In *Healing Traditions*, Bonnie Blair O'Connor considers the conflicts that arise between the values and assumptions of Western, scientific medicine and those of unconventional health systems. Providing in-depth examples of the importance and benefits of alternative health practices--including the extraordinarily extensive and sophisticated HIV/AIDS alternative therapies movement--O'Connor identifies ways to integrate alternative strategies with orthodox medical treatments in order to ensure the best possible care for patients. In spite of the long-standing prediction that, as science and medicine progressed--and education became more generally available--unconventional systems would die out, they have persisted with undiminished vitality. They have, in fact, experienced a reinvigoration and expansion during the last fifteen to twenty years. In the United States, this renewal is fueled by people representing a wide cross-section of American society, and most of them also use conventional medicine. This eclecticism can result in conflicts between the values and assumptions of Western, scientific medicine and those of unconventional health systems. O'Connor demonstrates the importance of understanding how various belief systems interact and how this interaction affects health care. She argues that through neutral observation and thorough description of health belief systems it is possible to gain an understanding of those systems, to identify likely points of conflict among systems--especially conflicts that may occur in conventional care settings--and to intervene in ways that ensure the best possible care for patients.

life touch chiropractic and wellness group: Illustrated Study Guide for the NCLEX-RN® Exam EBook JoAnn Zerwekh, 2022-01-13 Who says studying for the NCLEX® can't be fun? Illustrated Study Guide for the NCLEX-RN® Exam, 11th Edition uses colorful drawings and mnemonic cartoons to help you review and remember the nursing content found on the NCLEX-RN examination. A concise outline format makes it easier to study key facts, principles, and applications of the nursing process. More than 2,500 NCLEX exam-style questions on the Evolve website allow you to create practice exams, identify your strengths and weaknesses, and review answers and rationales. Written by noted NCLEX expert JoAnn Zerwekh, this study guide provides a visual, unintimidating way to prepare for success on the NCLEX-RN exam. - More than 2,500 review questions on the Evolve website allow you to practice test-taking in Study or Exam mode. - UNIQUE! Mnemonic cartoons provide a fun, easy way to review and remember key nursing concepts and disease processes. - UNIQUE! Integrated systems approach incorporates pediatric, adult, and older adult lifespan considerations for basic nursing care concepts. - UNIQUE! Appendixes in each chapter summarize diagnostic tests, medications, and nursing procedures for quick reference. - Answers and rationales are provided for all review questions. - Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination, including priority, drag-and-drop, and hot-spot questions. - Priority Concepts at the beginning of each chapter focus your attention on the chapter's key nursing concepts. - Nursing Priority boxes make it easier to distinguish priorities of nursing care. - Test Alert boxes highlight concepts frequently found on the NCLEX test plan. - Pharmacology tables make key drug information easy to find, with high-alert medications noted by a special icon. - Special icons distinguish pediatric and adult disorders, and identify Self-Care and Home Care content. - NEW! Patient Scenarios and Next Generation NCLEX® (NGN) Examination-Style question types on the Evolve website provide practice with these new types of questions. - NEW! Review of the NCSBN's clinical judgment model and six cognitive skills helps to prepare you for the nursing profession and taking the NCLEX-RN® examination. - NEW! Pediatric content is moved into a separate new chapter and organized by body systems.

life touch chiropractic and wellness group: The 12 Stages of Healing Donald M. Epstein, Nathaniel Altman, 2023-02-01 *The 12 Stages of Healing* is an extraordinary new approach to healing the mind and body. Dr. Epstein, founder and creator of Network Spinal, offers fascinating insights into the complex relationship between mind, emotions, and body, and shows us how to promote greater health in our bodies and harmony in our relationships. Have you, or someone you love, experienced . . . · A recurring sickness, healing crisis, or life-threatening illness? · A feeling of emptiness and longing for no apparent reason? · A major trauma, emotional hardship, or

life-changing event? · A feeling of being stuck in a pattern of self-destructive behavior? After observing thousands of people in both private practice and public seminars, Dr. Epstein discovered 12 basic rhythms, or stages of consciousness, shared by all humanity. Each stage of healing has a distinct “rite of passage” that helps us to reunite with aspects of ourselves that are traumatized, alienated, forgotten, abused, shamed, or unforgiven. Each stage also has a characteristic pattern of breath, movement, and touch that can help us to reconnect with the natural, internal rhythms of our body, and experience a greater sense of joy and well-being. “Donald Epstein is an extraordinary healer. In my 25 years of traveling the globe, I’ve never seen anyone who is able to produce the impact he does in such a short period of time. He opens our hearts to new possibilities for individuals and humanity.” — Tony Robbins, Peak Performance Coach and best-selling author of Unlimited Power

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