

aim for wellness plano tx

Aim for Wellness Plano TX: Your Guide to Holistic Health and Well-being

Are you searching for a path to better health and a more vibrant life in Plano, TX? Feeling overwhelmed by the sheer number of wellness options available? This comprehensive guide focuses on Aim for Wellness Plano TX, exploring what makes this center stand out and how it can help you achieve your personal wellness goals. We'll delve into their services, philosophy, and the unique benefits they offer to the Plano community. Get ready to discover your pathway to a healthier, happier you.

Understanding Aim for Wellness Plano TX: More Than Just a Clinic

Aim for Wellness Plano TX isn't your typical medical clinic. It's a holistic wellness center dedicated to providing personalized care that addresses the mind, body, and spirit. Unlike traditional healthcare models that often focus solely on treating symptoms, Aim for Wellness takes a proactive approach, empowering individuals to take control of their health and prevent future issues. This philosophy is central to their success and resonates deeply with the community they serve. They believe that true wellness is a journey, not a destination, and they partner with their clients every step of the way.

A Spectrum of Services: Catering to Diverse Needs

Aim for Wellness Plano TX offers a diverse range of services designed to cater to a wide array of needs and preferences. Their offerings often include, but are not limited to:

Chiropractic Care: Addressing musculoskeletal issues through gentle spinal adjustments and other therapies. They focus on restoring proper alignment to reduce pain and improve overall function. This is often a cornerstone of their holistic approach.

Massage Therapy: Relieving muscle tension, improving circulation, and promoting relaxation through various massage modalities. From deep tissue to Swedish massage, they tailor sessions to meet individual needs and preferences.

Acupuncture: Utilizing thin needles inserted into specific points on the body to stimulate energy flow and promote healing. This ancient practice is often used to treat pain, reduce stress, and improve overall well-being.

Nutritional Counseling: Providing personalized dietary guidance to support optimal health and weight management. They work with clients to create sustainable lifestyle changes that promote long-term wellness.

Physical Therapy: Helping individuals recover from injuries, improve mobility, and enhance overall physical fitness. This aspect of their services is crucial for those recovering from surgery or dealing with chronic pain.

Other Holistic Therapies: Depending on the specific practitioners and the evolving needs of the community, Aim for Wellness may also offer additional therapies such as aromatherapy, meditation guidance, or other complementary practices that support holistic well-being.

The Aim for Wellness Philosophy: A Holistic Approach to Health

The core philosophy at Aim for Wellness Plano TX revolves around the interconnectedness of mind, body, and spirit. They understand that true wellness isn't just about the absence of disease; it's about achieving optimal physical, mental, and emotional health. This holistic perspective informs all aspects of their practice, from the initial consultation to the ongoing care they provide. They take the time to listen to their patients, understand their individual needs, and develop personalized treatment plans that address the root causes of their health concerns.

Finding the Right Path: Personalized Wellness Plans

One of the key differentiators at Aim for Wellness is their commitment to personalized care. They don't offer a "one-size-fits-all" approach. Instead, they work closely with each client to develop a customized wellness plan tailored to their specific needs and goals. This might involve a combination of chiropractic adjustments, massage therapy, acupuncture, and nutritional counseling, all carefully coordinated to maximize results. The ongoing communication and collaboration with clients ensures the plan remains relevant and effective throughout the wellness journey.

The Plano Community Connection: Building Relationships and Trust

Aim for Wellness Plano TX isn't just a business; it's an integral part of the Plano community. They are deeply invested in building strong relationships with their clients, fostering a sense of trust and mutual respect. This commitment to community extends beyond their services, often involving participation in local health fairs and events, supporting community initiatives, and actively engaging with their neighbors.

Making the First Step: Contacting Aim for Wellness

Ready to embark on your wellness journey with Aim for Wellness Plano TX? Their website typically offers detailed information on their services, practitioner profiles, and contact information. They often provide online booking options for convenience, allowing you to schedule your initial consultation at a time that suits your needs. Taking that first step towards a healthier, happier you is often the most significant part of the process.

Conclusion

Aim for Wellness Plano TX offers a unique and comprehensive approach to holistic wellness. Their commitment to personalized care, their diverse range of services, and their strong community connections make them a valuable resource for anyone seeking to improve their overall health and well-being in the Plano area. By focusing on the interconnectedness of mind, body, and spirit, they empower individuals to take control of their health and achieve a more vibrant, fulfilling life.

Frequently Asked Questions (FAQs)

Q1: Do I need a referral to see a practitioner at Aim for Wellness?

A1: Typically, no referral is needed. You can contact Aim for Wellness directly to schedule an appointment.

Q2: What forms of payment do they accept?

A2: It's best to check their website or contact them directly to confirm their accepted payment methods. Most wellness centers accept major credit cards and often offer payment plans.

Q3: What are their hours of operation?

A3: Their hours may vary depending on the practitioner and the day of the week. Check their website or call them for the most up-to-date schedule.

Q4: Is Aim for Wellness Plano TX covered by insurance?

A4: Insurance coverage varies widely depending on individual plans. Contact your insurance provider to see if your plan covers the specific services you're interested in receiving at Aim for Wellness. Many also offer out-of-pocket payment options.

Q5: What is the typical cost of a visit?

A5: The cost will vary depending on the specific service and length of the appointment. It's recommended to contact Aim for Wellness directly for pricing information or review their website.

aim for wellness plano tx: Publication , 1994

aim for wellness plano tx: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986 , 1994

aim for wellness plano tx: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954* United States. Internal Revenue Service, 1996

aim for wellness plano tx: Local Government Actions to Prevent Childhood Obesity
National Research Council, Institute of Medicine, Transportation Research Board, Board on Population Health and Public Health Practice, Board on Children, Youth, and Families, Food and

Nutrition Board, Committee on Childhood Obesity Prevention Actions for Local Governments, 2010-01-10 The prevalence of childhood obesity is so high in the United States that it may reduce the life expectancy of today's generation of children. While parents and other adult caregivers play a fundamental role in teaching children about healthy behaviors, even the most positive efforts can be undermined by local environments that are poorly suited to supporting healthy behaviors. For example, many communities lack ready sources of healthy food choices, such as supermarkets and grocery stores. Or they may not provide safe places for children to walk or play. In such communities, even the most motivated child or adolescent may find it difficult to act in healthy ways. Local governments-with jurisdiction over many aspects of land use, food marketing, community planning, transportation, health and nutrition programs, and other community issues-are ideally positioned to promote behaviors that will help children and adolescents reach and maintain healthy weights. Local Government Actions to Prevent Childhood Obesity presents a number of recommendations that touch on the vital role of government actions on all levels-federal, state, and local-in childhood obesity prevention. The book offers healthy eating and physical activity strategies for local governments to consider, making it an excellent resource for mayors, managers, commissioners, council members, county board members, and administrators.

aim for wellness plano tx: Occupational Hazards , 2001

aim for wellness plano tx: The Wahls Protocol Terry Wahls M.D., Eve Adamson, 2014-03-13 An integrative approach to healing chronic autoimmune conditions by a doctor, researcher, and sufferer of progressive multiple sclerosis (MS) whose TEDx talk is already a web sensation Like many physicians, Dr. Terry Wahls focused on treating her patients' ailments with drugs or surgical procedures—until she was diagnosed with multiple sclerosis (MS) in 2000. Within three years, her back and stomach muscles had weakened to the point where she needed a tilt-recline wheelchair. Conventional medical treatments were failing her, and she feared that she would be bedridden for the rest of her life. Dr. Wahls began studying the latest research on autoimmune disease and brain biology, and decided to get her vitamins, minerals, antioxidants, and essential fatty acids from the food she ate rather than pills and supplements. Dr. Wahls adopted the nutrient-rich paleo diet, gradually refining and integrating it into a regimen of neuromuscular stimulation. First, she walked slowly, then steadily, and then she biked eighteen miles in a single day. In November 2011, Dr. Wahls shared her remarkable recovery in a TEDx talk that immediately went viral. Now, in The Wahls Protocol, she shares the details of the protocol that allowed her to reverse many of her symptoms, get back to her life, and embark on a new mission: to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions.

aim for wellness plano tx: Aesthetic Medicine Peter M. Prendergast, Melvin A. Shiffman, 2011-09-23 The Aesthetic Medicine: Art and Techniques provides step-by-step instructions in the procedures and techniques commonly employed in aesthetic medicine. The book is divided into four parts, the first two of which offer an introduction to aesthetic medicine and discuss preoperative assessment and treatment. Detailed guidance is then given on a wide range of cutaneous procedures, including the use of botulinum toxins, dermabrasion and microdermabrasion, cryotherapy, chemical peel skin resurfacing, laser treatments, mesotherapy, sclerotherapy, capacitive radiofrequency treatment, and the use of dermarollers. The final part of the book is devoted to techniques employed in shaping the face and body, such as breast and facial augmentation, penile enhancement, liposuction, and management of hair loss or excess hair. All procedures are depicted with the aid of numerous high-quality illustrations and color photographs. This book will serve as an excellent guide for both beginners and experienced practitioners.

aim for wellness plano tx: Teacher Training and Professional Development: Concepts, Methodologies, Tools, and Applications Management Association, Information Resources, 2018-05-04 Regardless of the field or discipline, technology is rapidly advancing, and individuals are faced with the challenge of adapting to these new innovations. To remain up-to-date on the current practices, teachers and administrators alike must constantly stay informed of the latest advances in their fields. Teacher Training and Professional Development: Concepts, Methodologies, Tools, and

Applications contains a compendium of the latest academic material on the methods, skills, and techniques that are essential to lifelong learning and professional advancement. Including innovative studies on teaching quality, pre-service teacher preparation, and faculty enrichment, this multi-volume book is an ideal source for academics, professionals, students, practitioners, and researchers.

aim for wellness plano tx: Sports-related Eye Injuries Hua Yan, 2020-03-10 This book covers sports-related eye injuries, presenting standard processes to enable clinical practitioners to make appropriate decisions on the management of these patients. Sports-related activities are responsible for a large percentage of ocular injuries, particularly among young people, and can even lead to blindness. Given the increasing trend in these injuries and the potential functional loss they entail, it is important to understand how to prevent and to accurately diagnose and treat them. This book discusses the definition, etiology, clinical presentations and signs, treatment, and prevention of sports-related eye injuries, and includes typical clinical cases, together with a wealth of images and illustrative figures. Offering a systematic and symptom-based guide to clinical practice, it will help clinical practitioners to fully prepare for the various challenges posed by sports-related eye injuries.

aim for wellness plano tx: Interpersonal Relationships in Education: From Theory to Practice David Zandvliet, Perry den Brok, Tim Mainhard, 2014-08-07 This book brings together recent research on interpersonal relationships in education from a variety of perspectives including research from Europe, North America and Australia. The work clearly demonstrates that positive teacher-student relationships can contribute to student learning in classrooms of various types. Productive learning environments are characterized by supportive and warm interactions throughout the class: teacher-student and student-student. Similarly, at the school level, teacher learning thrives when there are positive and mentoring interrelationships among professional colleagues. Work on this book began with a series of formative presentations at the second International Conference on Interpersonal Relationships in Education (ICIRE 2012) held in Vancouver, Canada, an event that included among others, keynote addresses by David Berliner, Andrew Martin and Mieke Brekelmans. Further collaboration and peer review by the editorial team resulted in the collection of original research that this book comprises. The volume (while eclectic) demonstrates how constructive learning environment relationships can be developed and sustained in a variety of settings. Chapter contributions come from a range of fields including educational and social psychology, teacher and school effectiveness research, communication and language studies, and a variety of related fields. Together, they cover the important influence of the relationships of teachers with individual students, relationships among peers, and the relationships between teachers and their professional colleagues.

aim for wellness plano tx: Sensors for Health Monitoring Nilanjan Dey, Jyotisma Chaki, Rajesh Kumar, 2019-09-09 Sensors for Health Monitoring discusses the characteristics of U-Healthcare systems in different domains, providing a foundation for working professionals and undergraduate and postgraduate students. The book provides information and advice on how to choose the best sensors for a U-Healthcare system, advises and guides readers on how to overcome challenges relating to data acquisition and signal processing, and presents comprehensive coverage of up-to-date requirements in hardware, communication and calculation for next-generation uHealth systems. It then compares new technological and technical trends and discusses how they address expected u-Health requirements. In addition, detailed information on system operations is presented and challenges in ubiquitous computing are highlighted. The book not only helps beginners with a holistic approach toward understanding u-Health systems, but also presents researchers with the technological trends and design challenges they may face when designing such systems. - Presents an outstanding update on the use of U-Health data analysis and management tools in different applications, highlighting sensor systems - Highlights Internet of Things enabled U-Healthcare - Covers different data transmission techniques, applications and challenges with extensive case studies for U-Healthcare systems

aim for wellness plano tx: *The Science of Health Disparities Research* Irene Dankwa-Mullan,

Eliseo J. Pérez-Stable, Kevin L. Gardner, Xinzhi Zhang, Adelaida M. Rosario, 2021-03-16 Integrates the various disciplines of the science of health disparities in one comprehensive volume The Science of Health Disparities Research is an indispensable source of up-to-date information on clinical and translational health disparities science. Building upon the advances in health disparities research over the past decade, this authoritative volume informs policies and practices addressing the diseases, disorders, and gaps in health outcomes that are more prevalent in minority populations and socially disadvantaged communities. Contributions by recognized scholars and leaders in the field—featuring contemporary research, conceptual models, and a broad range of scientific perspectives—provide an interdisciplinary approach to reducing inequalities in population health, encouraging community engagement in the research process, and promoting social justice. In-depth chapters help readers better understand the specifics of minority health and health disparities while demonstrating the importance of advancing theory, refining measurement, improving investigative methods, and diversifying scientific research. In 26 chapters, the book examines topics including the etiology of health disparities research, the determinants of population health, research ethics, and research in African American, Asians, Latino, American Indian, and other vulnerable populations. Providing a unified framework on the principles and applications of the science of health disparities research, this important volume: Defines the field of health disparities science and suggests new directions in scholarship and research Explains basic definitions, principles, and concepts for identifying, understanding and addressing health disparities Provides guidance on both conducting health disparities research and translating the results Examines how social, historical and contemporary injustices may influence the health of racial and ethnic minorities Illustrates the increasing national and global importance of addressing health disparities Discusses population health training, capacity-building, and the transdisciplinary tools needed to advance health equity A significant contribution to the field, The Science of Health Disparities Research is an essential resource for students and basic and clinical researchers in genetics, population genetics, and public health, health care policymakers, and epidemiologists, medical students, and clinicians, particularly those working with minority, vulnerable, or underserved populations.

aim for wellness plano tx: *Methods and Applications in Implementation Science* Mary E. Northridge, Donna Shelley, Thomas G. Rundall, Ross C. Brownson, 2019 This eBook is a collection of articles from a Frontiers Research Topic. Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series: they are collections of at least ten articles, all centered on a particular subject. With their unique mix of varied contributions from Original Research to Review Articles, Frontiers Research Topics unify the most influential researchers, the latest key findings and historical advances in a hot research area! Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office: frontiersin.org/about/contact.

aim for wellness plano tx: *Hypnosis & Hypnotherapy* Calvin D. Banyan, Gerald F. Kein, 2001 Professional techniques and procedures for doing outstanding hypnotherapy using direct suggestion, convincers, covert testing, age regression and more. This is an exciting new book for professionals who are using hypnotherapy in their work (or would like to). It is highly organized and readable, and outlines and explains some of the most powerful and reliable techniques and procedures available to the modern hypnotherapist. A treasure of over 180 Hypnotherapy Techniques and Procedures that lead to successful hypnotherapy including: how to hypnotize every client, how to show every client that he or she was hypnotized, how to make your hypnotic suggestions more powerful than ever, how to make each session 10 times more powerful than the last one, how to covertly test your clients and use convincers that cannot fail, how to expertly conduct age regression sessions that are successful, how to work with overly-analytical, resistant or nervous clients, and how to amaze your clients and receive referrals from other professionals.

aim for wellness plano tx: *Leadership and Nursing Care Management* Diane Huber, 2010 This new edition addresses basic issues in nurse management such as law and ethics, staffing and scheduling, delegation, cultural considerations and management of time and stress. It also provides

readers with the core concepts that separate adequate and exceptional nurse managers.

aim for wellness plano tx: *Strengthen Your Back* DK, 2013-10-21 *Strengthen Your Back* covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief.

Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with *Strengthen Your Back*!

aim for wellness plano tx: What Makes the First-year Seminar High Impact? Tracy L. Skipper, 2017 The responsibility for college success has historically rested with the student, but since the 1980s, educators have taken increasing ownership of this, designing structures that increase the likelihood of learning, success, and retention. These efforts have included a variety of initiatives--first year seminars, learning communities, writing-intensive courses, common intellectual experiences, service-learning, undergraduate research, and senior capstones among others--that have come to be known as high-impact practices. Although first year seminars have been widely accepted as a high impact educational practice leading to improved academic performance, increased retention and acquisition of critical 21st Century outcomes, first-year seminars tend to be loosely defined in the literature. National explorations of course structure and administration demonstrate the diversity of the curricular initiatives across various campuses. In order to determine the attributes that all of these varied courses share in common that contribute to their effectiveness, the National Resource Center for The First-Year Experience and Students in Transition at the University of South Carolina invited contributions for a book exploring effective educational practices within the first-year seminar. This collection of case studies represents a wide variety of institutional and seminar types. The authors describe the structure, pedagogy, and assessment strategies that lead to high quality seminars and they offer abundant models for ensuring the delivery of a high-quality educational experience to all entering students. The table of contents includes the following: (1) Structural Supports for Effective Educational Practices in the First-Year Seminar (Tracy L. Skipper); (2) The American University of Rome (Jenny Petrucci); (3) Cabrini University (Richard Gebauer, Michelle Filling-Brown, and Amy Perischetti); (4) Clark University (Jessica Bane Robert); (5) Coastal Carolina University (Michele C. Everett); (6) Durham Technical Community College (Kerry F. Cantwell and Gabby McCutchen); (7) Florida South Western State College (Eileen DeLuca, Kathy Clark, Myra Walters, and Martin Tawil); (8) Indiana University--Purdue University Indianapolis (Heather Bowman, Amy Powell, and Cathy Buyarski); (9) Ithaca College (Elizabeth Bleicher); (10) LaGuardia Community College, CUNY (Tameka Battle, Linda Chandler, Bret Eynon, Andrea Francis, Preethi Radhakrishnan, and Ellen Quish); (11) Loyola University Maryland (Mary Ellen Wade); (12) Malone University (Marcia K. Everett, Jay R. Case, and Jacci Welling); (13) Montana State University (Margaret Konkel and Deborah Blanchard); (14) Northern Arizona University (Rebecca Campbell and Kaitlin Hublitz); (15) Southern Methodist University (Caitlin Anderson, Takeshi Fujii, and Donna Gober); (16) Southwestern Michigan College (Christi Young, Jeffrey Dennis, and Donald Ludman); (17) St. Cloud State University (Christine Metzo); (18) Texas A & M University-Corpus Christi (Rita A. Sperry, Andrew M. Garcia, Chelsie Hawkinson, and Michelle Major); (19) The University of Arizona (Marla Franco, Jessica Hill, and Tina Wesanen-Neil); (20) University of Kansas (Alison Olcott Marshall and Sarah Crawford-Parker); (21) University of Maryland Baltimore County (Lisa Carter Beall); (22) University of New Hampshire (Neil Niman, Tamara Rury, and Sean Stewart); (23) University of North Carolina Wilmington (Zachary W. Underwood); (24) University of Northern Iowa (Deirdre Heistad, April Chatham-Carpenter, Kristin Moser, and Kristin Woods); (25) University of Texas at Austin (Ashley N. Stone and Tracie Lowe); (26) University of Texas at San Antonio (Kathleen Fugate Laborde and Tammy Jordan Wyatt); (27) University of Wisconsin-Madison (Susan Brantly and Sorabh Singhal); (28) Virginia Commonwealth University (Melissa C. Johnson and Bety Kreydatus); and (29) Conclusion: What Does It Mean to Be High Impact? (Tracy L. Skipper). (Individual chapters contain

references.).

aim for wellness plano tx: *Woke, Inc.* Vivek Ramaswamy, 2021-08-17 AN INSTANT NEW YORK TIMES BESTSELLER! A young entrepreneur makes the case that politics has no place in business, and sets out a new vision for the future of American capitalism. There's a new invisible force at work in our economic and cultural lives. It affects every advertisement we see and every product we buy, from our morning coffee to a new pair of shoes. "Stakeholder capitalism" makes rosy promises of a better, more diverse, environmentally-friendly world, but in reality this ideology championed by America's business and political leaders robs us of our money, our voice, and our identity. Vivek Ramaswamy is a traitor to his class. He's founded multibillion-dollar enterprises, led a biotech company as CEO, he became a hedge fund partner in his 20s, trained as a scientist at Harvard and a lawyer at Yale, and grew up the child of immigrants in a small town in Ohio. Now he takes us behind the scenes into corporate boardrooms and five-star conferences, into Ivy League classrooms and secretive nonprofits, to reveal the defining scam of our century. The modern woke-industrial complex divides us as a people. By mixing morality with consumerism, America's elites prey on our innermost insecurities about who we really are. They sell us cheap social causes and skin-deep identities to satisfy our hunger for a cause and our search for meaning, at a moment when we as Americans lack both. This book not only rips back the curtain on the new corporatist agenda, it offers a better way forward. America's elites may want to sort us into demographic boxes, but we don't have to stay there. *Woke, Inc.* begins as a critique of stakeholder capitalism and ends with an exploration of what it means to be an American in 2021—a journey that begins with cynicism and ends with hope.

aim for wellness plano tx: *The Heartfulness Way* Kamlesh D. Patel, Joshua Pollock, 2018-06-01 "A must-read for anyone interested in incorporating meditation into their lifestyle." --Sanjay Gupta, MD, chief medical correspondent for CNN Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person's faith. Our modern, fast-paced world can be an overwhelming place. Every day, we're bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji's own combination of approaches and practices for the modern seeker—which draws from the teachings of Sahaj Marg, meaning "Natural Path"—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, *The Heartfulness Way* goes further, providing a pragmatic course to experience those states for oneself, which, per the book's guiding principle, is "greater than knowledge." Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you'll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

aim for wellness plano tx: *Advanced Cosmetic Otoplasty* Melvin A. Shiffman, 2013-07-05 In this book, international experts present up-to-date techniques of otoplasty in which they have extensive personal experience. Both new and modified procedures are described with the aid of a wealth of high-quality illustrations. In addition to these detailed descriptions, ear embryology and anatomy, psychological issues, postoperative care, possible risks and complications, and outcomes

are extensively covered in order to provide the reader with a state of the art account of all aspects of cosmetic otoplasty. Throughout, the contributors are inventive and eloquent in guiding the reader to a better understanding that optimal results of otoplasty will be achieved only with a more refined approach than the routine use of simplified techniques. This book will be of value to both students (residents and fellows) and experienced cosmetic, plastic, maxillofacial, and general surgeons.

aim for wellness plano tx: Embodied Healing Jenn Turner, 2020-11-10 First-hand essays of embodied healing from the Center for Trauma and Embodiment at Justice Resource Institute: challenges, triumphs, and healing strategies for trauma-sensitive therapists and yoga teachers. All editor proceeds from Embodied Healing will fund direct access to Trauma Center Trauma-Sensitive Yoga (TCTSY). This collection of essays explores the applications of TCTSY--Trauma Center Trauma Sensitive Yoga--as a powerful evidence-based modality to help clients heal in the aftermath of trauma. Written by a range of contributors including yoga facilitators, survivors, and therapists, the first-hand accounts in Healing with Trauma-Sensitive Yoga examine real-life situations and provide guidance on how to act, react, and respond to trauma on the mat. Each essay centers the voices, wisdom, and experiences of survivors and practitioners who work directly with trauma-sensitive embodiment therapies. From navigating issues of touch and consent to avoiding triggers, practitioners and readers will learn how to support survivors of trauma as they reintegrate their bodies and reclaim their lives. Organized into sections based on principles of trauma-sensitive yoga--experiencing the present moment, making choices, taking effective action, and creating rhythms--the 12 essays are for yoga teachers, therapists, survivors, and mental health professionals and trauma healers.

aim for wellness plano tx: Mixed Methods in Health Sciences Research Leslie Curry, Marcella Nunez-Smith, 2014-09-30 Mixed Methods in Health Sciences Research: A Practical Primer, by Leslie Curry and Marcella Nunez-Smith, presents key theories, concepts, and approaches in an accessible way. Packed with illustrations from the health sciences literature, this ready-to-use guidebook shows readers how to design, conduct, review, and use mixed methods research findings. Helpful checklists, figures, tables, templates, and much more give readers examples that will elevate the quality of their research, facilitate communication about their methods, and improve efficiency over the course of their projects. Real-world examples and insights from mixed methods researchers provide unique perspectives on every aspect of mixed methods research. This book successfully pulls together foundational mixed methods principles, synthesizes the knowledge base in the field, and translates it for a health science researcher audience. "The content is highly applicable to real life research teams in the areas of clinical research, health services research, and implementation science, providing sound content and practical advice. The authors have synthesized and pull key concepts from a variety of sources to provide a concise resource." —Linda M. Herrick, South Dakota State University "Everything from the references, to the topics, checklists, conceptual graphic representations, and organizers, interviews, and resources, all contribute to the content and aid with understanding and/or application. ... It addresses specific MM research as it pertains to health sciences in a way that other texts just do not even attempt." —Denise L. Winsor, University of Memphis "[This text is] a very pragmatic approach to mixed methods research; excellent resources, tables, and figures [are] provided, along with cases and examples of value to researchers and grant reviewers. Its relevance to practice, education, and research, as well as to potential policy implications, is a strong focus that would make this a valued textbook for any researcher!" ? —Karen Devereaux Melillo, University of Massachusetts Lowell "The text is cutting edge. It leads the way with its focus on team dynamics. [The authors] succeed in making the book relevant and practical. They also articulate a number of key insights in the area of mixed methods that rarely get addressed, such as teams and conflict. Great read with a lot of good, practical information for mixed methods researchers at all levels. The practical approach of this text makes it an innovative and valuable resource." —John G. Schumacher, University of Maryland

aim for wellness plano tx: Preventing Childhood Obesity Institute of Medicine, Board on Health Promotion and Disease Prevention, Food and Nutrition Board, Committee on Prevention of

Obesity in Children and Youth, 2005-01-31 Children's health has made tremendous strides over the past century. In general, life expectancy has increased by more than thirty years since 1900 and much of this improvement is due to the reduction of infant and early childhood mortality. Given this trajectory toward a healthier childhood, we begin the 21st-century with a shocking development—an epidemic of obesity in children and youth. The increased number of obese children throughout the U.S. during the past 25 years has led policymakers to rank it as one of the most critical public health threats of the 21st-century. Preventing Childhood Obesity provides a broad-based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, medical, and dietary factors responsible for its increased prevalence. The book also offers a prevention-oriented action plan that identifies the most promising array of short-term and longer-term interventions, as well as recommendations for the roles and responsibilities of numerous stakeholders in various sectors of society to reduce its future occurrence. Preventing Childhood Obesity explores the underlying causes of this serious health problem and the actions needed to initiate, support, and sustain the societal and lifestyle changes that can reverse the trend among our children and youth.

aim for wellness plano tx: *A Clinical Guide to the Treatment of the Human Stress Response* George S. Jr. Everly, Jeffrey M. Lating, 2006-02-20 This updated edition covers a range of new topics, including stress and the immune system, post-traumatic stress and crisis intervention, Eye Movement Desensitization and Reprocessing (EMDR), Critical Incident Stress Debriefing (CISD), Crisis Management Briefings in response to mass disasters and terrorism, Critical Incident Stress Management (CISM), spirituality and religion as stress management tools, dietary factors and stress, and updated information on psychopharmacologic intervention in the human stress response. It is a comprehensive and accessible guide for students, practitioners, and researchers in the fields of psychology, psychiatry, medicine, nursing, social work, and public health.

aim for wellness plano tx: *Yoga and Eating Disorders* Carolyn Costin, Joe Kelly, 2016-04-14 Features contributions from more than 15 experts in eating disorders treatment, yoga practice, and research Edited by well-known eating disorder specialist and treatment pioneer, Carolyn Costin, and family expert Joe Kelly—both successful authors and speakers Written in accessible, compelling language that will make it a useful resource to practitioners as well as general readers

aim for wellness plano tx: *Appreciative Inquiry* David Cooperrider, Diana D. Whitney, 2005-10-10 Written by the two most recognized Appreciative Inquiry thought leaders A quick, accessible introduction to one of the most popular change methods today--proven effective in organizations ranging from Roadway Express and British Airways to the United Nations and the United States Navy Appreciative Inquiry (AI) is a model of change management uniquely suited to the values, beliefs, and challenges of organizations today. AI is a process that emphasizes identifying and building on strengths, rather than focusing exclusively on fixing weaknesses as most other change processes do. As the stories in this book illustrate, it results in dramatic improvements in the triple bottom line: people, profits, and planet. AI has been used to significantly enhance customer satisfaction, cost competitiveness, revenues, profits, and employee engagement, retention, and morale, as well as organizations' abilities to meet the needs of society. This book is a concise introduction to Appreciative Inquiry. It provides a basic overview of the process and principles of AI along with exciting stories illustrating how organizations have applied AI and the benefits they have gained as a result. It has been specifically designed to be accessible to a wide audience so that it can be handed out in organizations where AI is either being contemplated or being implemented. Written by two of the key figures in the development of Appreciative Inquiry, this is the most authoritative guide available to a change method that systematically taps the potential of human beings to make themselves, their organizations, and their communities more adaptive and more effective.

aim for wellness plano tx: *WHO Guidelines on Basic Training and Safety in Chiropractic*, 2005

aim for wellness plano tx: *Everyday Warrior* Frank M. Gigante, 2018-11-19 As a young

fourteen-year-old, Frank Gigante was gifted his first weight set. That gift turned out to be much more than just a set of dumbbells. Since then, Frank has learned about passion and goals - how to set them and how to achieve them. He has learned the value of planning and executing those plans to achieve what he aspires to accomplish. Frank's accomplishments range from getting his Master's Degree in Education, being a father to two beautiful daughters and competing as a world class bodybuilder. Maybe you have a goal that you are struggling with and could use some help achieving it? Frank has written an excellent guide to give you the tools to take control of your journey and block out distractions that may keep you from accomplishing what you truly want to achieve. Isn't it time to execute plans, accomplish goals and achieve success? Everyday Warrior delivers what you need to get what you want out of life!

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a battle on foot, from street to street and house to house. On the second day, he and his men laid siege to a mosque, only to be driven to a rooftop and surrounded, before heavy artillery could smash through to rescue them. By the third day, Bellavia charges an insurgent-filled house and finds himself trapped with six enemy fighters. One by one, he shoots, wrestles, stabs, and kills five of them, until his men arrive to take care of the final target. It is one of the most hair-raising battle stories of any age -- yet it does not spell the end of Bellavia's service. It would take several more weeks before the Battle of Fallujah finally came to a close, with Bellavia, miraculously, alive. In the words of the author: HOUSE TO HOUSE holds nothing back. It is a raw, gritty look at killing and combat and how men react to it. It is gut-wrenching, shocking and brutal. It is honest. It is not a glorification of war. Yet it will not shy from acknowledging this: sometimes it takes something as terrible as war for the full beauty of the human spirit to emerge.

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