

mend massage and wellness

Mend Massage and Wellness: Your Journey to Relaxation and Rejuvenation

Are you feeling stressed, tense, or just plain worn out? Do you crave a sanctuary where you can escape the daily grind and reconnect with your body and mind? Then you've come to the right place. This comprehensive guide delves into the world of Mend Massage and Wellness, exploring what makes us unique, the benefits of our services, and how we can help you achieve optimal well-being. We'll cover everything from the types of massage therapy we offer to the holistic approach we take to wellness, ensuring you have all the information you need to make an informed decision about your self-care journey.

Understanding the Mend Massage and Wellness Philosophy

At Mend Massage and Wellness, we believe that true wellness is a holistic journey, encompassing physical, mental, and emotional health. We don't just treat symptoms; we address the root causes of discomfort and imbalance. Our philosophy centers around creating a personalized experience tailored to your individual needs and preferences. We listen attentively to understand your concerns and goals, ensuring your treatment is both effective and deeply relaxing. Our commitment to quality extends beyond skilled therapists; it encompasses a serene environment designed to promote tranquility and allow you to fully unwind.

A Spectrum of Massage Therapies: Finding Your Perfect Fit

We offer a diverse range of massage therapies designed to address various needs and preferences. Our skilled and certified massage therapists are adept at customizing each session to meet your specific requirements. Let's explore some of the modalities we offer:

Swedish Massage: This classic technique utilizes long, flowing strokes to promote relaxation, reduce muscle tension, and improve circulation. It's an excellent choice for stress relief and general well-being.

Deep Tissue Massage: Ideal for chronic pain and muscle tightness, deep tissue massage targets deeper layers of muscle and connective tissue. While it can be more intense, the results are often profound and long-lasting. Our therapists are expertly trained to apply the right amount of pressure to avoid discomfort while achieving effective results.

Sports Massage: Designed for athletes and active individuals, sports massage helps prevent injuries, improve performance, and accelerate recovery. This modality focuses on addressing specific muscle groups and addressing issues related to athletic activity.

Prenatal Massage: Specifically adapted for expectant mothers, prenatal

massage helps alleviate common pregnancy discomforts like back pain, leg cramps, and swelling. Our therapists are trained in safe and supportive techniques to ensure a comfortable and beneficial experience.

Hot Stone Massage: This luxurious treatment utilizes smooth, heated stones to relax muscles, improve circulation, and reduce stress. The warmth of the stones penetrates deeply, providing a soothing and therapeutic experience.

Beyond Massage: Exploring Our Holistic Wellness Services

Mend Massage and Wellness extends beyond massage therapy to offer a comprehensive approach to well-being. We strive to create a holistic experience that nourishes your mind, body, and spirit. This might include:

Aromatherapy: The use of essential oils to enhance relaxation, reduce stress, and promote emotional balance. We carefully select high-quality oils to complement your massage therapy and personal preferences.

Sound Healing: Experience the restorative power of sound vibrations to promote deep relaxation and reduce stress. Our sound healing sessions create a tranquil environment conducive to inner peace and harmony.

Guided Meditation: Learn techniques to calm the mind, reduce stress, and cultivate a sense of inner peace. Our guided meditation sessions provide a supportive environment to enhance your mindfulness practice.

Booking Your Mend Massage and Wellness Experience

Ready to experience the transformative power of Mend Massage and Wellness? Booking your appointment is easy! Visit our website [insert website address here] to view our service menu, check therapist availability, and schedule your session online. We also offer convenient phone booking options. We encourage you to browse our website for detailed information on pricing and specific treatment options.

The Mend Massage and Wellness Difference: Why Choose Us?

What sets Mend Massage and Wellness apart? It's our unwavering commitment to providing exceptional service in a tranquil and supportive environment. Our highly trained and experienced therapists are dedicated to your well-being, providing personalized attention and creating a truly customized experience. We believe in fostering a strong therapist-client relationship built on trust and mutual understanding. We prioritize your comfort and satisfaction, ensuring your experience is both effective and deeply relaxing.

Conclusion

Mend Massage and Wellness is more than just a massage spa; it's your sanctuary for rejuvenation and revitalization. We invite you to embark on a journey to holistic wellness, discovering the transformative power of massage and other complementary therapies. Take the first step towards a healthier, happier you - book your appointment today!

FAQs

1. What forms of payment do you accept? We accept cash, credit cards (Visa, Mastercard, American Express), and debit cards.
1. Do you offer gift certificates? Yes, we offer gift certificates in various denominations, making them a perfect gift for loved ones.
1. What should I wear to my appointment? Comfortable, loose-fitting clothing is recommended. We provide robes and towels.
1. Do you have any special offers or packages? We regularly update our website with special offers and packages, so please check our website for current promotions.
1. What is your cancellation policy? We request at least 24 hours' notice for cancellations to avoid a cancellation fee. Please contact us directly if you need to reschedule or cancel your appointment.

mend massage and wellness: Wellness for Makers Missy Graff Ballone, 2022-08-16 Learn the actions, movements, and best practices to help your body—your main craft tool—perform its best For artists and craftsmen of all ages to reduce their risk of injury in the studio Author is well known as founder of Wellness for Makers®, a company focused on this topic

mend massage and wellness: Spa, 2002

mend massage and wellness: Introduction to Massage Therapy Mary Beth Braun, Stephanie J. Simonson, 2008 This introductory textbook instills the skills and knowledge needed to become—and excel as—a professional massage therapist. Enhanced by full-color illustrations and photographs, the text integrates functional anatomy, physiology, and pathology with massage therapy techniques and offers extensive 3D anatomical information. Communication, documentation, safety, self-care, and business practices are also covered. This edition features expanded coverage of hydrotherapy, Eastern techniques, sanitation and hygiene, HIPAA, and key topics tested on the National Certification Exam. Other new features include critical thinking exercises and boxes highlighting contraindications to massage or specific strokes. A bound-in Real Bodywork DVD features outstanding video clips of massage sequences.

mend massage and wellness: Home Massage Chuck Fata, Suzette Hodnett, 2011-12-01 Focusing on its therapeutic properties and capacity to enhance health and intimacy in all relationships, this book demystifies the medium of massage and makes it accessible for everyone in the family. Designed for the nonprofessional with simple step-by-step instructions, it teaches the three principles that make learning massage easy and fun. Also included are ideas for bringing home

massage into daily life and how to use these principles to share massage with infants, children, adolescents, spouses, and the elderly. By emphasizing the innate healing power of touch to reduce stress and improve the immune system, this practical manual provides the tools for achieving health, relaxation, and connection with loved ones.

mend massage and wellness: *The Body Code* Dr. Bradley Nelson, 2023-02-21 A powerful new approach to natural, intuitive whole-body healing. The Body Code is a truly revolutionary method of holistic healing. Dr. Bradley Nelson, a globally renowned expert in bioenergetic medicine, has spent decades teaching his powerful self-healing method and training practitioners around the globe, but this is the first time his system of healing will be available to the general public in the form of *The Body Code*. The Body Code is based on the simple premise that the body is self-healing and knows what it needs in order to thrive and flourish. The Body Code method allows readers to tap into this inner knowing, and find imbalances in 6 key areas—Energies, Circuits and Systems, Toxicity, Nutrition and Lifestyle, Misalignments, and Pathogens—that are the root causes of our physical, mental and emotional issues. By identifying and releasing these imbalances, readers become empowered to activate their body's innate healing power. Featuring a foreword from George Noory, host of Coast to Coast AM, and filled with powerful first-hand accounts of healing, hundreds of color illustrations, and concrete, actionable steps, *The Body Code* is a road map to healing based in deep study of the human body, time-proven ancient practices, and the unlimited power of the subconscious mind.

mend massage and wellness: *Mosby's Pathology for Massage Therapists - E-Book* Susan G. Salvo, 2017-08-24 Complete massage pathology information in one convenient text! Written by a massage therapist for massage therapists, *Mosby's Pathology for Massage Therapists*, 4th Edition provides direct information along with specific therapeutic recommendations. Coverage of over 300 pathologies shows you how to appropriately tailor treatment, and more than 500 full-color photographs make it easier to recognize common pathologies. This edition includes a new chapter on Hospital-based massage which covers protocols needed for therapists working with clients who are medically fragile. Written by massage therapy educator and practitioner Susan Salvo, this resource provides the pathology knowledge you need to succeed in the classroom and in your career. - Coverage of over 300 pathologies provides you with ample information without being overwhelming. - Over 500 full-color photographs helps you recognize common diseases and conditions. - A user-friendly, comprehensive format makes it easy to find key information with learning objectives, list of pathologies, system overview, and pathologies, including description, etiology, signs and symptoms, treatment, and massage considerations. - Caution boxes provide tips on prevention to keep practice safe and prepare students for emergency situations. - Clinical Tips boxes provide brief, practical hints gleaned from the author's first-hand experience in clinical practice. - Medical Technology boxes highlight special populations, such as clients in wheelchairs or with pacemakers, and explain what the medical device is, and what special precautions or contraindications practitioners should be aware of before working on these clients. - List of pathologies with page number references included on the inside front cover for fast lookup of pathologies. - UNIQUE! Hospital-based massage chapter covers different protocols needed for massage therapists working in institutionalized care setting and useful information about working with clients who are medically fragile. - NEW! Updated pathologies reviewed by practicing massage therapists reflect what you will see in the field as a working practitioner. - NEW! Pain content equips you with essential, up-to-date information on the latest theories and management techniques and provides the critical-thinking skills to apply that knowledge in practice.

mend massage and wellness: *Jamu Lifestyle* Metta Murdaya, 2021-06-22 *Jamu* is the herbal-medicine tradition of the Indonesian archipelago. Born from disparate influences brought by traders to this crossroads of Asian commerce, over the centuries *jamu* has developed into a sophisticated suite of nutritional supplements incorporated into cuisine, beauty rituals, and healing agents, all proven effective by empirical research. But *jamu* is more than brightly colored powders and tonics. *Jamu Lifestyle* is your gateway to entering a vibrant community devoted to self-care; a

joyous and transformational world of wellness

mend massage and wellness: Healthful Eating As Lifestyle (HEAL) Shirin Anil, 2016-11-30 Non-communicable diseases (NCDs) are chronic diseases of long duration and generally slow progression, including cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes. Morbidity and mortality due to non-communicable disease has risen tremendously over the years globally. Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases highlights the importance of HEAL as an intervention for the prevention and cure of NCDs, as well as the prevention and treatment of its risk factors like hypertension, high cholesterol, obesity, smoking, increased alcohol intake, and insufficient physical activity. It provides motivational strategies for users of all ages, gender, and strata for healthful eating, both in developed and developing countries. The book is composed of evidence-based information and illustrations by 32 experts, including renowned researchers from academia, government, and non-governmental organizations in the field of NCDs and nutrition from 11 countries across five continents. Furthermore, the book discusses the dose-response relationship of healthful food with NCDs and its risk factor. It also includes nutritional home remedies for prevention and control of NCDs along with safety concerns and case studies at the end of all chapters for translating theory into practice.

mend massage and wellness: Body Whisper: Benefits Rehana Spa Ajman, 2024-09-28 Body Whisper: Benefits focuses on the positive effects of massage therapy, a practice that uses touch to promote healing and well-being. The term body whisper refers to the gentle and intuitive way massage therapists respond to the needs of the body, providing a therapeutic experience that helps improve both physical and emotional health.

mend massage and wellness: Insights of a Senior Acupuncturist Miriam Lee, 1992 This book details the ingenious use of only five major acupuncture points to effectively treat a wide variety of ills. Written by one of the most experienced and well-known acupuncturists in California, this book is a must read for students and practitioners alike. It is written in a deceptively simple, unpretentious style characteristic of its author, but readers should not be deceived. The theory it contains is profound, stemming from the Four Great Masters of the Jin-Yuan dynasties.

mend massage and wellness: Home Healing Massage Lee Ilchi, 2011-06 Through Home Healing Massage you will learn how to activate and move energy through the human body for total wellness. These easy techniques, based on ancient Asian healing arts, will bring a new level of health and vitality to you and your family. Each fully-illustrated chapter provides a complete overview of basic energy principles and message techniques that effectively alleviate many ailments common in today's world. Through these tried and true methods, you will gain increased ability to develop total wellness for yourself and your entire family. And best of all, you will experience the sheer joy of giving and receiving love through the act of hands-on healing. This book will help you: *Connect with others through the gift of touch *Gain understanding of the human energy system *Contribute to your family's and friends' wellbeing *Release stress and revitalize the body *Find relief from common ailments *Experience the joy of healing others

mend massage and wellness: Clinical Massage in the Healthcare Setting - E-Book Sandy Fritz, Leon Chaitow, Glenn Hymel, 2007-12-11 Covering advanced massage therapy skills, this practical resource prepares you to work with medical professionals in a clinical setting, such as a hospital, hospice, long-term care, or other health-related practice. It discusses the many skills you need to succeed in this environment, helping you become a contributing member of an integrated team. Also covered are the essentials of clinical massage, such as indications and contraindications, review of massage methods, range of motion testing, SOAP note documentation, and a massage therapy general protocol. Case studies show how a multidisciplinary approach applies to real-world clients. By coordinating your work with other health professionals, you can enhance patient care in any clinical setting! - Includes a DVD with: - Two hours of video showing specific applications, featuring author Sandy Fritz. - A complete general protocol for massage. - State-of-the-art animations depicting biologic functions and medical procedures. - 700 full-color illustrations accompany procedures, concepts, and techniques. - An integrated healthcare approach covers the

healthcare environment and the skills necessary to be a contributing member of an integrated healthcare team. - A research-based focus emphasizes research, clinical reasoning, and outcome-based massage application — for effective massage application in conjunction with healthcare intervention. - A complete general protocol provides a guide to treating disorders and maintaining wellness, with recommendations for positioning and interventions, using a step-by-step sequence that can easily be modified to meet a patient's specific needs. - A palliative protocol helps you temporarily relieve a patient's symptoms of disorders or diseases. - Case studies focus on outcome-based massage for individuals with multiple health issues, detailing assessment, medical intervention, justification for massage, and session documentation. - Coverage of advanced massage therapy skills and decision-making skills includes specific themes for effective massage application, allowing you to consolidate massage treatment based on the main outcomes — useful when working with individuals with multiple pathologies or treatment needs. - A discussion of aromatherapy provides safe recommendations for the use of essential oils in conjunction with massage, to promote healing of the body and mind. - Descriptions of illness and injury include relevant anatomy/physiology/pathophysiology, as well as strategies and massage applications to use for pain management, immune support, stress management, chronic illness, and post-surgical needs. - Coverage of insurance and reimbursement issues relates to you as a massage professional. - Strategies for general conditions such as substance abuse, mental health, orthopedic injury, and cardiovascular disorders help you specialize in clinical massage. - Expert authors provide knowledge in research, massage therapy in healthcare, and manual therapies. - Learning resources include chapter outlines, chapter learning objectives, key terms, and workbook-style exercises. - A companion Evolve website includes: - PubMed links to research supporting best practices and justification for massage application. - More information on topics such as insurance, pharmacology, and nutrition. - More information on anatomy and physiology and other subjects. - A comprehensive glossary with key terms and some audio pronunciations.

mend massage and wellness: The Body Code Jay Cooper, Kathryn Lance, 2001-02-26 Presents four customized diet solutions based on four different genetic types, in a guide that features self-tests, food plans, and personality profiles.

mend massage and wellness: Tappan's Handbook of Healing Massage Techniques Frances M. Tappan, Patricia J. Benjamin, 2005 The 4th edition of Tappan's Handbook of Healing Massage Techniques continues to be an authoritative and comprehensive resource for massage therapy courses. This book lays the theoretical groundwork and provides detailed descriptions of techniques for Western and contemporary massage, Asian bodywork therapy and applications for special populations. Whether you are a licensed massage therapy practitioner, another health-related professional, or simply interested in basic massage therapy techniques, this is the book for you. New to this Edition: Accompanying CD-ROM-provides instructional video of the most common massage techniques to provide readers with a visual aid to accompany chapter content. Includes the Wellness Massage Pyramid which introduces a new model for the understanding the broad scope of massage therapy based on the wellness perspective. End-of-chapter Study Outlines provide students and instructors with useful tools for identifying, understanding and learning the content of each chapter. Chapters on the effects of massage and clinical applications of massage provide extensive documentation of research. New chapters on Hydrotherapy and Thermal Therapy and Asian Bodywork Therapy are included. New Appendix A: 25 Forms of Therapeutic Massage and Bodywork provides students a survey of the 25 most important forms of massage and bodywork with sources of additional information.

mend massage and wellness: Balance Your Hormones, Balance Your Life Claudia Welch, 2011-03-22 Deepak Chopra meets Christiane Northrup in this women's health guide, which uses Ayurvedic and traditional Chinese Medicine to achieve hormonal balance and optimal well-being.

mend massage and wellness: Textbook of Pediatric Osteopathy Eva Rhea Moeckel, Noori Mitha, 2008-03-07 This title is directed primarily towards health care professionals outside of the United States. It is a special challenge to treat children with osteopathy. You can find everything you

need to know about it in this detailed and practice oriented manual. Written by an experienced, international team of authors, it covers the whole spectrum of paediatric osteopathy- from new born to teenager.

mend massage and wellness: *Ritual as Remedy* Mara Branscombe, 2022-06-07 • Explains how ritual can serve as a way to ground yourself, invite in the new, let go of what needs to be shed, and tap into your own inner powers • Shares ancient and modern rituals, ceremonies, and practices to connect with the seasons, the lunar cycles, and the five elements, as well as open your heart, dance with your shadow self, grow your intuition, and connect with your body • Offers detailed instructions for each ritual, ceremony, and transformative healing practice HEALING BALM for psyche and soul, ritual invokes a unique magic that allows us to step beyond the mundane and touch base with the sacred turning points in our life and the truth of our soul's calling. In this evocative guide, Mara Branscombe offers potent soul-care rituals and ceremonies to purify and strengthen minds, hearts, and bodies, so as to enable us to activate our inner power. Connecting with the pagan wheel of the year, the five elements, and the lunar cycle, soulstirring rituals and step-by-step healing protocols show a path towards a deeper, heart-centered living. Transformative practices such as guided meditations and visualizations, breathwork, altar creation, and discovery of our personal empowerment mantras facilitate our healing journey. Ancient and modern ceremonies and specific spiritual formulas help us embody a loving existence, dance with our shadow self, engage with grief, grow our intuition, dismantle limiting beliefs, and heal toxic patterns to find inner strength and peace. Ritual as Remedy is an invitation to shape-shift, heal, transform, and reclaim one's true soul purpose through powerful self-care protocols that awaken freedom, joy, and a wild, untamed self-love.

mend massage and wellness: *SPA ...* Top hotel, 2010

mend massage and wellness: *Therapeutic Exercise* Carolyn Kisner, Lynn Allen Colby, John Borstad, 2022-10-17 The premier text for therapeutic exercise Here is all the guidance you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—in-depth discussions of the principles of therapeutic exercise and manual therapy and the most up-to-date exercise and management guidelines.

mend massage and wellness: *Generation Deluxe* Iris Nowell, 2004-06-28 They fork out 100 million for starter castles, 500,000 for a customized Mercedes, and 1.2 million for a watch. While Generation Deluxe explores the spending patterns of the wealthy, a dark underside emerges: excessive consumerism is creating serious damage to the environment and human life. Simultaneously, the super-rich - and celebrities - are raising awareness and spending multi-millions cleaning up the damage and, as never before, funding solutions to global problems of poverty, hunger, and disease prevention.

mend massage and wellness: *Gut and Psychology Syndrome* Dr. Natasha Campbell-McBride, M.D., 2018-11-29 Dr. Natasha Campbell-McBride set up The Cambridge Nutrition Clinic in 1998. As a parent of a child diagnosed with learning disabilities, she is acutely aware of the difficulties facing other parents like her, and she has devoted much of her time to helping these families. She realized that nutrition played a critical role in helping children and adults to overcome their disabilities, and has pioneered the use of probiotics in this field. Her willingness to share her knowledge has resulted in her contributing to many publications, as well as presenting at numerous seminars and conferences on the subjects of learning disabilities and digestive disorders. Her book Gut and Psychology Syndrome captures her experience and knowledge, incorporating her most recent work. She believes that the link between learning disabilities, the food and drink that we take, and the condition of our digestive system is absolute, and the results of her work have supported her position on this subject. In her clinic, parents discuss all aspects of their child's condition, confident in the knowledge that they are not only talking to a professional but to a parent who has lived their experience. Her deep understanding of the challenges they face puts her advice in a class of its own.

mend massage and wellness: *Step-by-step Massage Therapy Protocols for Common*

Conditions Charlotte Michael Versagi, 2011-07-26 Step-by-Step Massage Therapy Protocols for Common Conditions is intended to give massage therapy students and practitioners the knowledge and confidence to work safely with clients who have medical conditions. The text provides practical, thorough protocols to help therapists support their clients while steering them away from doing any harm.

mend massage and wellness: Knoxville Directory , 1884

mend massage and wellness: Year Book of Pathology and Laboratory Medicine 2011 Stephen S. Raab, Anil V. Parwani, 2011-03-01 Year Book of Pathology and Laboratory Medicine 2011

mend massage and wellness: Learning to Breathe Priscilla Warner, 2012-05 A funny memoir of Faith Club coauthor's serious attempt to change her brain from panic to peace in a year-long spiritual quest--

mend massage and wellness: Health Care Job Explosion! Dennis V. Damp, 2006 Health Care Job Explosion offers a distinct advantage over other books of this type. It is two books in one - a comprehensive Career Guide plus a dynamic Job Finder. First, it presents comprehensive health care occupational descriptions and then provides resources to locate job announcements, job hotlines, job fairs, placement services, directories, associations, and job related books. This dual format permits comparisons between specialties and offers insight into qualifications, cross training potential, and pay. You can easily locate occupations with similar skills and required training. Opportunities abound for all levels of education from a high school diploma to Doctorate Degrees. Each occupational description lists required education and/or on-the-job training. This book presents detailed information for all major occupations including:. Occupational descriptions. Required training and education . Advancement opportunities . Related occupations . Qualifications . Required certifications / licenses . Job outlook. Earnings (average salary). interviews with health care workers Visit this book's companion web site at <http://healthcarejobs.org> for book updates and additional information.

mend massage and wellness: Live Pain Free Without Drugs Or Surgery Lee Albert, Lee Albert Nmt, 2012-02-12 Reduce or Eliminate Chronic Muscular Pain With These Gentle Exercises Live Pain-free Without Drugs or Surgery offers a practical, proven, easy-to-follow program (Integrated Positional Therapy) to reduce and even eliminate chronic muscular pain in only minutes a day through simple exercises and movements that anyone can do. Developed by neuromuscular therapist Lee Albert, NMT, Integrated Positional Therapy (IPT) incorporates techniques such as Strain/Counter-strain, Muscle Energy Technique, stretching and home care to re-align the body's structure and relieve pain caused by structural imbalances. IPT effectively treats pain patterns caused by injury, stress, repetitive strain, postural distortion and chronic neuromuscular conditions. Written in a clear and user-friendly manner, Live Pain-free Without Drugs or Surgery includes detailed descriptions and photos of the exercises as well as online videos to make the exercises very easy to follow at home. The book offers valuable information on basic body care along with individual treatment protocols for eleven of the most common conditions that cause people to seek medical attention: Headaches Neck and shoulder pain Low back pain Knee pain Fibromyalgia Tennis and golfer's elbow Carpal tunnel syndrome TMJ Plantar fasciitis Thoracic outlet syndrome Sciatica Thousands of patients and students from all over the world have benefited from Integrated Positional Therapy. Now you can benefit in your own home from the same simple program for permanent relief from neuromuscular pain without surgery or drugs.

mend massage and wellness: *Fitness for Life* Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year. Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition.

mend massage and wellness: *The Gut Wellness Guide* Allison Post, Stephen Cavaliere, 2018-08-07 A holistic, step-by-step gut health guide—for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide

presents simple ways to relieve the stress related to some of today's most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. The book also teaches you: • new information about the gut microbiome • how to hold onto health goals while navigating mainstream medicine/alternative health programs • why the gut is critical in hormonal and immune function • how to treat a variety of digestive ailments like Irritable Bowel Syndrome (IBS), constipation, diarrhea, heartburn, and food sensitivities • self-help techniques for increasing metabolism and cellular energy and revitalizing the natural healing powers of the body Previously published as *Unwinding the Belly*, *The Gut Wellness Guide* expands on the original book and re-introduces the method of Unwinding—a clear, accessible way to connect the “gut brain to the “main brain” and to relax, tune in to your body, and create a customized action plan to heal.

mend massage and wellness: Handbook of Sports Medicine and Science James E. Zachazewski, David J. Magee, 2012-08-10 *Handbook of Sports Therapy Services: Organization and Operations* is a practical guide, appropriate for each member of the multi-disciplinary Sports Therapy team, to establishing and effectively delivering the diverse therapy services required for athletes at international, national, and regional sporting events.

mend massage and wellness: Deeper Still JOHN. STIRK, 2021-01-25 *Deeper Still* is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from *The Original Body* this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. *Deeper Still* goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. *Deeper Still* enables teachers to take their students to a deeper dimension. It also: provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

mend massage and wellness: Raising Goats For Dummies Cheryl K. Smith, 2010-01-28 Learn to raise goats and start reaping the benefits of owning these fun and useful animals *Raising goats* is a major part of human life (and survival) around the world. The movement has increased in popularity in recent years as consumers embrace a more sustainable lifestyle, reject commercialism, move to organic food options, and raise concerns about industrial agriculture practices. *Raising Goats For Dummies* provides you with an introduction to all aspects of owning, caring for, and the day-to-day benefits of raising goats. Breaks down the complicated process of choosing and purchasing the right goat breed to meet your needs and getting facilities for your goat set up. Provides in-depth information on proper grooming, handling, feeding, and milking Covers the basics of goat health and nutrition Offers tips and advice for using your goat to produce milk, meat, fiber, and more You'll quickly understand what makes these useful and delightful creatures so popular and gain the knowledge and skills to properly care for and utilize their many offerings with help from *Raising Goats For Dummies*.

mend massage and wellness: Active Wellness Gayle Reichler, 1998 A user's manual for crafting a path to total health, this book guides readers through ten steps—one each week—designed to help them identify and carry out lifestyle changes to achieve better overall health.

mend massage and wellness: Digestive Wellness for Children Elizabeth Lipski, 2006 Covers nutrition awareness and digestive conditions including food sensitivity and allergies, leaky gut syndrome, colic, reflux, Hirschsprung's Disease, coeliac disease and Crohn's disease.

mend massage and wellness: Mental Health for the Whole Child: Moving Young Clients from Disease & Disorder to Balance & Wellness Scott M. Shannon, 2013-07-22 A leading pediatric psychiatrist shows clinicians a holistic, full-spectrum approach to children's well-being. Every child possesses enormous untapped potential, and yet the number of kids suffering from mental illness today seems to creep ever upward. Depression, anxiety, ADHD, OCD, oppositional defiant disorder, anger issues—you name it—are increasingly prevalent, leaving clinician's offices packed with worried parents and caregivers, wondering how they can help their children. In this book, child psychiatrist Scott Shannon offers a refreshing new path for practitioners who are eager for a more optimistic view of children's mental health, one that emphasizes a child's inherent resilience and resources over pathology and prescriptions. "What is mental health?" Shannon explores the fundamental question, showing that an innate desire for balance—a wholeness—between brain-body-mind lies at the heart of wellness. Such a balance can't be achieved by medication alone, but requires a broad, full-spectrum understanding of children's lives: their diet, social skills, sleep habits, their ability to self-regulate, to find meaning and purpose in life, and their family relationships. Stress, trauma, and poor nutrition are some of the most common barriers to wholeness in kids' lives, and Shannon carefully examines these and other barriers, and what the latest discoveries in neuroplasticity and epigenetics tell us about their ability to overcome them. Readers will learn how to perform a different sort of assessment—one that identifies patterns of imbalance and obstacles to health in a child's life—as well as how to build a meaningful, effective treatment plan around these deficits, and how clinicians can best position themselves to respond effectively. The second part of the book looks at eight of the most common childhood mental health issues—ADHD, depression, behavioral problems, anxiety and OCD, bipolar disorder, substance abuse, autism spectrum disorders, and trauma and PTSD—and a variety of effective complementary treatment tools for each, including dietary changes, nutritional supplements, specific cognitive or behavioral therapies, parenting interventions, medications, and more. Step-by-step treatment plans are included to guide clinicians on how best to approach each presenting problem. *Mental Health for the Whole Child* combines modern science, cutting-edge psychology, integrative medicine, and clinical wisdom to offer all professionals who work with kids a new, more hopeful way forward.

mend massage and wellness: Functional Somatic Symptoms in Children and Adolescents Kasia Kozłowska, Stephen Scher, Helene Helgeland, 2020-09-30 This open access book sets out the stress-system model for functional somatic symptoms in children and adolescents. The book begins by exploring the initial encounter between the paediatrician, child, and family, moves through the assessment process, including the formulation and the treatment contract, and then describes the various forms of treatment that are designed to settle the child's dysregulated stress system. This approach both provides a new understanding of how such symptoms emerge – typically, through a history of recurrent or chronic stress, either physical or psychological – and points the way to effective assessment, management, and treatment that put the child (and family) back on the road to health and well-being.

mend massage and wellness: Essential Foot and Ankle Surgical Techniques Christopher F. Hyer, Gregory C. Berlet, Terrence M. Philbin, Patrick E. Bull, Mark A. Prissel, 2019-07-23 This comprehensive textbook brings together a unique vision and multidisciplinary approach – embracing and combining MD, DO and DPM foot and ankle training disciplines – into a singular focus on improving and mastering surgical treatment of foot and ankle disorders. It opens with a chapter presenting the specific preoperative considerations and protocols commonly followed by foot and ankle surgeons of all specialties. Divided into three main thematic sections detailing the forefoot, midfoot and hindfoot, each subsequent chapter follows a consistent chapter format presenting case examples, key surgical set-up and equipment needs and step-by-step clinical pearls for surgical excellence. Post-operative care and rehabilitation recommendations are also included for a

well-rounded presentation of care from start to finish. Both common and complex pathologies and injuries are discussed, from bunion and hammertoe management to the Charcot foot and ankle, total ankle replacement, arthroscopy and arthroplasty techniques, amputations and biologics. Generous figures and intraoperative photos illustrate the procedures in vivid detail. The subspecialty of foot and ankle surgery is a highly specialized one, which is constantly evolving and improving. This speaks to the complexity of the foot and ankle complex, the multiple levels and articulations of the foot and the variety of pathologies encountered. This textbook leans on the unique experience and training of the OFAC attending surgeons and past fellows to reveal the pearls and keys to the efficient surgical treatment of the full gamut of foot and ankle pathologies. Ideally suited for residents and students whether MD, DO or DPM, *Essential Foot and Ankle Surgical Techniques - EFAST* for short - is a dynamic, multidisciplinary resource that covers the full range of pathologies and injuries an orthopedic surgeon or podiatrist would encounter in daily practice.

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