

peak wellness greenwich ct

Peak Wellness Greenwich CT: Your Guide to Achieving Optimal Health

Are you searching for the ultimate wellness experience in the heart of Greenwich, CT? Feeling overwhelmed by the sheer number of wellness centers and struggling to find the right fit for your needs? Look no further! This comprehensive guide dives deep into Peak Wellness Greenwich CT, exploring its offerings, benefits, and why it's becoming a go-to destination for those seeking holistic health and well-being. We'll cover everything from their unique treatment approaches to the overall experience, helping you decide if Peak Wellness is the perfect choice for your wellness journey.

Understanding Peak Wellness Greenwich CT: More Than Just a Gym

Peak Wellness Greenwich CT isn't your average gym or spa. It's a holistic wellness center meticulously designed to address the diverse needs of the modern individual. They take a comprehensive approach, blending cutting-edge technology with traditional wellness practices to help you achieve peak physical and mental performance. Forget the cookie-cutter approach; Peak Wellness prioritizes personalized plans, tailoring each program to your specific goals and lifestyle.

What Makes Peak Wellness Greenwich CT Stand Out?

Several factors contribute to Peak Wellness's rising popularity in Greenwich and beyond:

1. **Personalized Wellness Plans:** Unlike generic fitness programs, Peak Wellness starts with a thorough assessment of your current health status, lifestyle, and wellness goals. This in-depth analysis informs the creation of a customized plan that's both achievable and effective.
1. **State-of-the-Art Facilities:** The center boasts top-of-the-line equipment and technology, ensuring you have access to the most advanced tools for fitness, recovery, and rejuvenation. Think advanced cryotherapy, innovative strength training equipment, and serene relaxation spaces.
1. **Expert Team of Professionals:** Peak Wellness brings together a team of highly skilled and experienced professionals, including certified personal trainers, registered dietitians, physical therapists, and wellness coaches. This multidisciplinary approach ensures comprehensive support throughout your wellness journey.

1. **Holistic Approach to Wellness:** The focus extends beyond physical fitness. Peak Wellness emphasizes the interconnectedness of mind, body, and spirit. Their programs often incorporate mindfulness practices, stress-reduction techniques, and nutritional guidance for a truly holistic experience.

1. **Convenient Greenwich Location:** Situated in the heart of Greenwich, Peak Wellness offers unparalleled convenience for local residents. Its accessibility makes incorporating wellness into your busy schedule easier than ever.

Peak Wellness Greenwich CT: Services Offered

The breadth of services offered at Peak Wellness is impressive. Here's a glimpse into what you can expect:

Personalized Fitness Training: Tailored workouts designed to help you achieve your fitness goals, whether it's weight loss, muscle gain, or improved endurance.

Nutritional Counseling: Registered dietitians provide personalized dietary plans to support your wellness goals and optimize your overall health.

Physical Therapy & Rehabilitation: Expert physical therapists offer treatment and rehabilitation for injuries and chronic pain.

Cryotherapy: Experience the revitalizing effects of whole-body cryotherapy, aiding in muscle recovery and reducing inflammation.

Wellness Coaching: Receive guidance and support from certified wellness coaches to help you navigate your journey towards optimal well-being.

Mindfulness & Meditation Programs: Learn techniques to manage stress, improve focus, and cultivate inner peace.

Spa Services: Relax and rejuvenate with a range of spa treatments designed to promote relaxation and well-being.

Is Peak Wellness Greenwich CT Right for You?

Peak Wellness is an excellent choice for anyone looking to invest in their overall well-being. However, it might be particularly beneficial for individuals:

Seeking personalized wellness plans: If you're tired of generic fitness programs and want a customized approach, Peak Wellness is ideal.

Interested in a holistic approach: If you believe in the interconnectedness of mind, body, and spirit, Peak Wellness's holistic approach will resonate with you.

Living in or near Greenwich, CT: The convenient location makes it easy to integrate wellness into your busy schedule.

Prioritizing long-term health and well-being: If you're looking for sustainable lifestyle changes and not just a quick fix, Peak Wellness can provide the support and guidance you need.

The Peak Wellness Greenwich CT Experience: A Review

Many clients rave about the personalized attention, the expert guidance, and the overall welcoming atmosphere at Peak Wellness. The combination of cutting-edge technology and traditional wellness practices creates a unique and effective approach to achieving optimal health. The emphasis on building strong client relationships ensures that you feel supported and empowered throughout your wellness journey.

Conclusion

Peak Wellness Greenwich CT offers a truly unique and comprehensive approach to wellness. By combining personalized plans, state-of-the-art facilities, and a team of expert professionals, they empower individuals to achieve their peak physical and mental potential. If you're seeking a transformative wellness experience in Greenwich, Peak Wellness is definitely worth considering. Take the first step towards a healthier, happier you today!

FAQs

1. What are the membership options at Peak Wellness Greenwich CT? Peak Wellness offers a variety of membership options to suit different budgets and needs, including monthly memberships, packages, and individual session purchases. It's best to contact them directly to discuss the available options and find the perfect fit for you.
1. Do I need a referral to visit Peak Wellness Greenwich CT? No, referrals are not required. Anyone interested in improving their health and well-being is welcome to contact Peak Wellness and schedule a consultation.
1. What is the process for creating a personalized wellness plan? The process begins with an in-depth assessment of your current health status, lifestyle, and wellness goals. This information is then used to create a tailored plan that addresses your specific needs and objectives.
1. What are the hours of operation at Peak Wellness Greenwich CT? Peak Wellness's hours of operation vary depending on the day of the week and the services offered. It's always best to check their official website or contact them directly for the most up-to-date information.
1. Does Peak Wellness Greenwich CT accept insurance? It's important to contact Peak Wellness directly to inquire about their insurance policies and whether they accept your specific

insurance provider. They can provide you with the most accurate and current information regarding insurance coverage.

peak wellness greenwich ct: *The Greenwich Diet* Carlon M. Colker, 2000-05 While incorporating limited carbohydrates and a high-quality protein backbone, the diet picks up where others leave off. In particular, THE GREENWICH DIET corrects the weaknesses of other low carbohydrate, high protein diets while providing the added power of health enhancement.

peak wellness greenwich ct: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954* , 2002

peak wellness greenwich ct: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986* , 1987

peak wellness greenwich ct: *Official Gazette of the United States Patent and Trademark Office* , 2001

peak wellness greenwich ct: *The Unofficial Guide to Having a Baby* Ann Douglas, John R. Sussman, 1999-03-09 Over 11,000 babies are delivered in the United States every day. Pregnancy, especially when going through it for the first time, can be overwhelming without the Unofficial Guide. Conflicting news reports, jargon-speaking doctors, and a lack of candid information on the nitty-gritty facts on what will happen over the next nine months can get the best of any Mom-to-be. Our author is a fourth-time Mom who's been through it all, and she is able to give expectant mothers the lowdown on choosing among the prenatal care options available; the truth about bodily changes from the perspective of someone who has first-hand experience; and the proper guidance through the maze of procedures, treatments, therapies, and medicines needed to help the reader find out what will work best for her without the wasted time, energy, and money. Thoughtful, authoritative, and unbiased, *The Unofficial Guide to Having a Baby* covers: How to select an obstetrician: Key questions to ask when determining if a doctor is right How to deal with the normal roller-coaster ride of emotion: stress, anxiety, depression Sensible advice on eating for two and the lowdown on vitamin & mineral supplements How to keep informed on risk factors: Cesarean sections, gestational diabetes, hypertension, and more Tips on what to try, what to steer clear of, and how to save time and money without compromising the health of the mother or child

peak wellness greenwich ct: *The Anderson Guide to Enjoying Greenwich, Connecticut* Carolyn Anderson, 2002

peak wellness greenwich ct: *Journal of the American Dietetic Association* , 2001

peak wellness greenwich ct: *The American Journal of Clinical Nutrition* , 2000

peak wellness greenwich ct: *Guide to Us Foundations 2005* Foundation Center, 2005-04

peak wellness greenwich ct: *Yoga Journal* , 2002-12 For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

peak wellness greenwich ct: *Folio Physician Directory of Connecticut and Rhode Island 2007* Folio Associates, 2007

peak wellness greenwich ct: *Beyond Soccer Mom* Leonaura Rhodes, 2014-06-01 Packed with interactive exercises to help you explore your life and your mindset, *Beyond Soccer Mom* is a powerful tool for change. Dr Rhodes draws upon her experience life coach, physician neuroscience expert and once stressed, depressed mom, brings you stories, to illustrate how *Beyond Soccer Mom* can transform the lives of real moms, just like you. Whether you are a stay-at home mom, wanting more peace and contentment, a mom considering a significant transition or a working mom, wanting

to feel more balanced, Beyond Soccer Mom is all you need to start creating your ideal life today. "I am here to tell you that your dreams can become a reality. What stands between you and your dreams is often just the simple process of creating a personalized road map for your life-and following it." -Dr Leonaura Rhodes, Beyond Soccer Mom. "Beyond Soccer Mom" is not only an entertaining read, but a resourceful workbook to simply and efficiently guide any mother that needs a lift to live the life of her dreams!" -Judy Goss, CEO Over 40 Females.

peak wellness greenwich ct: D & B Million Dollar Directory , 2010

peak wellness greenwich ct: Rewired for Sleep Daniel R. Bernstein, 2020-02-18 If you, or someone you know, struggles with insomnia, Rewired for Sleep can help. Whether the condition is chronic or it was brought on by a recent situation, you're not alone: 60 million in the US suffer with sleep disorders. Sadly, the standard solution--habit-forming pills--isn't a solution in any sense of the phrase. If you're sick of being tired, the tools to help you are within reach--in fact, they're inside you. Rewired for Sleep is a roadmap to the doctor within us all. Within its pages are methods, gathered over a span of thirty years by the author, geared to help you sleep. The new sciences of Neuroplasticity, Neuro-Linguistic Programming and Cognitive Behavioral Therapy are interwoven with tools from ancient China, India, and Egypt. Among the threads uniting them all are that: - We all have untapped resources that can restore us to health.- With guidance we can access them to help ourselves, and others.- The mind can repair the body, and the body can repair the mind.- The individual is a participant in his or her own recovery at every step of the way. If you struggle with sleep-related issues including pain, anxiety, digestive problems and stress, then this book may be for you. Rewired for Sleep provides far more than hope: it is a step-by-step map for helping you to take control of your sleep, and your long-term health as well.

peak wellness greenwich ct: Clinical Practice Guidelines We Can Trust Institute of Medicine, Board on Health Care Services, Committee on Standards for Developing Trustworthy Clinical Practice Guidelines, 2011-06-16 Advances in medical, biomedical and health services research have reduced the level of uncertainty in clinical practice. Clinical practice guidelines (CPGs) complement this progress by establishing standards of care backed by strong scientific evidence. CPGs are statements that include recommendations intended to optimize patient care. These statements are informed by a systematic review of evidence and an assessment of the benefits and costs of alternative care options. Clinical Practice Guidelines We Can Trust examines the current state of clinical practice guidelines and how they can be improved to enhance healthcare quality and patient outcomes. Clinical practice guidelines now are ubiquitous in our healthcare system. The Guidelines International Network (GIN) database currently lists more than 3,700 guidelines from 39 countries. Developing guidelines presents a number of challenges including lack of transparent methodological practices, difficulty reconciling conflicting guidelines, and conflicts of interest. Clinical Practice Guidelines We Can Trust explores questions surrounding the quality of CPG development processes and the establishment of standards. It proposes eight standards for developing trustworthy clinical practice guidelines emphasizing transparency; management of conflict of interest ; systematic review-guideline development intersection; establishing evidence foundations for and rating strength of guideline recommendations; articulation of recommendations; external review; and updating. Clinical Practice Guidelines We Can Trust shows how clinical practice guidelines can enhance clinician and patient decision-making by translating complex scientific research findings into recommendations for clinical practice that are relevant to the individual patient encounter, instead of implementing a one size fits all approach to patient care. This book contains information directly related to the work of the Agency for Healthcare Research and Quality (AHRQ), as well as various Congressional staff and policymakers. It is a vital resource for medical specialty societies, disease advocacy groups, health professionals, private and international organizations that develop or use clinical practice guidelines, consumers, clinicians, and payers.

peak wellness greenwich ct: Health Promotion in Health Care - Vital Theories and Research Gørill Haugan, Monica Eriksson, 2021-03-11 This open access textbook represents a vital contribution to global health education, offering insights into health promotion as part of patient

care for bachelor's and master's students in health care (nurses, occupational therapists, physiotherapists, radiotherapists, social care workers etc.) as well as health care professionals, and providing an overview of the field of health science and health promotion for PhD students and researchers. Written by leading experts from seven countries in Europe, America, Africa and Asia, it first discusses the theory of health promotion and vital concepts. It then presents updated evidence-based health promotion approaches in different populations (people with chronic diseases, cancer, heart failure, dementia, mental disorders, long-term ICU patients, elderly individuals, families with newborn babies, palliative care patients) and examines different health promotion approaches integrated into primary care services. This edited scientific anthology provides much-needed knowledge, translating research into guidelines for practice. Today's medical approaches are highly developed; however, patients are human beings with a wholeness of body-mind-spirit. As such, providing high-quality and effective health care requires a holistic physical-psychological-social-spiritual model of health care is required. A great number of patients, both in hospitals and in primary health care, suffer from the lack of a holistic oriented health approach: Their condition is treated, but they feel scared, helpless and lonely. Health promotion focuses on improving people's health in spite of illnesses. Accordingly, health care that supports/promotes patients' health by identifying their health resources will result in better patient outcomes: shorter hospital stays, less re-hospitalization, being better able to cope at home and improved well-being, which in turn lead to lower health-care costs. This scientific anthology is the first of its kind, in that it connects health promotion with the salutogenic theory of health throughout the chapters. The authors here expand the understanding of health promotion beyond health protection and disease prevention. The book focuses on describing and explaining salutogenesis as an umbrella concept, not only as the key concept of sense of coherence.

peak wellness greenwich ct: The 71F Advantage National Defense University Press, 2010-09
Includes a foreword by Major General David A. Rubenstein. From the editor: 71F, or 71 Foxtrot, is the AOC (area of concentration) code assigned by the U.S. Army to the specialty of Research Psychology. Qualifying as an Army research psychologist requires, first of all, a Ph.D. from a research (not clinical) intensive graduate psychology program. Due to their advanced education, research psychologists receive a direct commission as Army officers in the Medical Service Corps at the rank of captain. In terms of numbers, the 71F AOC is a small one, with only 25 to 30 officers serving in any given year. However, the 71F impact is much bigger than this small cadre suggests. Army research psychologists apply their extensive training and expertise in the science of psychology and social behavior toward understanding, preserving, and enhancing the health, well being, morale, and performance of Soldiers and military families. As is clear throughout the pages of this book, they do this in many ways and in many areas, but always with a scientific approach. This is the 71F advantage: applying the science of psychology to understand the human dimension, and developing programs, policies, and products to benefit the person in military operations. This book grew out of the April 2008 biennial conference of U.S. Army Research Psychologists, held in Bethesda, Maryland. This meeting was to be my last as Consultant to the Surgeon General for Research Psychology, and I thought it would be a good idea to publish proceedings, which had not been done before. As Consultant, I'd often wished for such a document to help explain to people what it is that Army Research Psychologists do for a living. In addition to our core group of 71Fs, at the Bethesda 2008 meeting we had several brand-new members, and a number of distinguished retirees, the grey-beards of the 71F clan. Together with longtime 71F colleagues Ross Pastel and Mark Vaitkus, I also saw an unusual opportunity to capture some of the history of the Army Research Psychology specialty while providing a representative sample of current 71F research and activities. It seemed to us especially important to do this at a time when the operational demands on the Army and the total force were reaching unprecedented levels, with no sign of easing, and with the Army in turn relying more heavily on research psychology to inform its programs for protecting the health, well being, and performance of Soldiers and their families.

peak wellness greenwich ct: Leading Through a Pandemic Michael J. Dowling, Charles

Kenney, 2020-08-25 A clarifying must-read in these uncertain times.” —GOVERNOR ANDREW CUOMO Journey behind the front lines of the coronavirus pandemic with Northwell Health, New York’s largest health system. What was it like at the epicenter, inside the health system that cared for more COVID-19 patients than any other in the United States? *Leading Through a Pandemic: The Inside Story of Lessons Learned about Innovation, Leadership, and Humanity During the COVID-19 Crisis* takes readers inside Northwell Health, New York’s largest health system. From the C-suite to the front lines, the book reports on groundwork that positioned Northwell as uniquely prepared for the pandemic. Two decades ago, Northwell leaders began preparing for disasters—floods, hurricanes, blackouts, viruses, and more based on the belief that bad things will happen and we have to be ready. Following a course highly unusual for an American health system, Northwell developed one of the most advanced non-government emergency response systems in the country. Northwell reached a point where leaders could confidently say we are comfortable being uncomfortable in a crisis. But even with sustained preparation, the pandemic stands as a singularly humbling experience. *Leading Through a Pandemic* offers guidance on how hospitals and health systems throughout the country can prepare more effectively for the next viral threat. The book includes dramatic stories from the front lines at the peak of the viral assault and lessons of what went well, and what did not. The authors draw upon the Northwell experience to prescribe changes in the health care system for next time. Beyond the obvious need for increased stockpiles of supplies and equipment is the far more challenging task of fundamentally changing the culture of American health care to embrace a more robust emergency response capability in hospitals and systems of all sizes across the nation. The book is a must read for health care professionals, policy-makers, journalists, and readers whose curiosity demands a deeper dive into the surreal realm of the coronavirus pandemic.

peak wellness greenwich ct: Managing People in a Contemporary Context Emma Parry, Shaun Tyson, 2013-10-30 The worldwide financial crash and the ensuing recession have coincided with other significant long term changes for the Western Economies of Europe and the USA, especially the growing strength of newly developed economies, demographic and technological change, institutional crises and political uncertainty. The interconnected nature of businesses and societies mean the competitive landscape is being transformed, and new economic pressures and opportunities are producing new business models, a rebalancing of economies, and a new HRM. The application of new technology to the processes and systems of people management is spreading, in a world where competitive advantage is increasingly about how smart the management processes are, and how well people are managed. This text is the first book to analyse the way these contextual pressures are producing a game change in the human resource function of management. For anyone who has an HR role or is a line manager, or a student of management, and for those who teach, research or consult in the field, this book encapsulates these critically important trends and what they mean for managing people in the 21st Century.

peak wellness greenwich ct: Sociomedical Perspectives on Patient Care Jeffrey M. Clair, Richard M. Allman, 1993-08-10 Social change has placed new demands on the practice of medicine, altering almost every aspect of patient care relationships. Just as medicine was encouraged to embrace the biological sciences some 100 years ago, recent directives indicate the importance of the social sciences in understanding biomedical practice. Humanistic challenges call for changes in curative and technological imperatives. In this book, social scientists contribute to such challenges by using social evidence to indicate appropriate new goals for health care in a changing environment. This book was designed to stimulate and challenge all those concerned with the human interactions that constitute medical practice. To encompass a wide range of topics, the authors include researchers; practicing physicians from the specialties of family, general, geriatric, pediatric, and oncological medicine; social and behavioral scientists; and public health representatives. Cutting across disciplinary boundaries, they explore the ethical, economic, and social aspects of patient care. These essays draw on past studies of the patient-doctor relationship and generate new and important questions. They address social behavior in patient care as a way to

approach theoretical issues pertinent to the social and medical sciences. The authors also use social variables to study patient care and suggest new areas of sociomedical inquiry and new approaches to medical practice, education, and research. Its cross-disciplinary approach and jargon-free writing make this book an important and accessible tool for physician, scholar, and student.

peak wellness greenwich ct: Introductory Statistics 2e Barbara Illowsky, Susan Dean, 2023-12-13 Introductory Statistics 2e provides an engaging, practical, and thorough overview of the core concepts and skills taught in most one-semester statistics courses. The text focuses on diverse applications from a variety of fields and societal contexts, including business, healthcare, sciences, sociology, political science, computing, and several others. The material supports students with conceptual narratives, detailed step-by-step examples, and a wealth of illustrations, as well as collaborative exercises, technology integration problems, and statistics labs. The text assumes some knowledge of intermediate algebra, and includes thousands of problems and exercises that offer instructors and students ample opportunity to explore and reinforce useful statistical skills. This is an adaptation of Introductory Statistics 2e by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

peak wellness greenwich ct: Ultrametabolism Mark Hyman, 2008-03-04 Presents an eight-week plan for weight loss that can be tailored to individual needs, examines common myths that thwart weight loss, and includes recipes that aid in detoxifying and balancing the metabolism.

peak wellness greenwich ct: The Slow Burn Fitness Revolution Fredrick Hahn, Mary Dan Eades, Michael R. Eades, 2002-12-24 Join the Slow Burn Fitness Revolution! In The Slow Burn Fitness Revolution, authors of the three-million-copy bestseller Protein Power team up with leading fitness expert Fred Hahn to revolutionize the way America gets strong, lean, and healthy. The Slow Burn Fitness Revolution lays out the accumulating body of scientific evidence that shows the spend-hours-in-the-gym approach to exercise is over. The Slow Burn exercise routine gives great results in just 30 minutes a week. With Slow Burn, you will: *Get strong fast *Increase bone density and ward off osteoporosis *Improve cardiovascular health *Enhance flexibility *Say goodbye to lower back pain *Increase your metabolism, and *Make your body a powerful fat-burning machine Slow Burn promises a leaner, fitter, stronger you with a realistic workout that lets you have a great body and a life!

peak wellness greenwich ct: Therapeutic Programs for Musculoskeletal Disorders James Wyss, Amrish Patel, 2012-12-17 This is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing prescriptions and developing individualized treatment plans. It offers a comprehensive approach to the conservative treatment of musculoskeletal disorders.

peak wellness greenwich ct: *Sexy Forever* Suzanne Somers, 2010-12-28 What If Your Weight Wasn't Your Fault? If you are like most, you have tried to find an easy, enjoyable, permanent weight loss solution. One that doesn't make you give up too many of your favorite foods, have you working out like a maniac, and won't fail you in the long run. But long-term success is awfully hard if you don't address the hidden culprit behind the excess fat we carry: the toxic burden our bodies have accumulated. Whether you have just a few pounds to lose or are battling more, this new plan from health pioneer Suzanne Somers will give you the knowledge you need to easily combat these toxins and become slim, vibrant, healthy, and sexy . . . forever. Within the pages of *Sexy Forever* you will discover: Thousands of FDA-approved chemicals and toxins surrounding us every day that sabotage our health and weight—and how to conquer these enemies. A simple-to-follow three-phase weight loss program, filled with rich, delicious foods. Plus, a special Detox Phase that has been designed to release your toxic burden and blast off those first—or last few—pounds. All-new delicious recipes, with menus for fabulous eating every day. A moderate (hint: fast and easy!) exercise program to keep you fit and healthy. Ways to jump-start your success: cutting-edge, natural tools and products to make every step of the plan faster, easier, and more convenient. Includes amazing supplements and weight loss products to help catapult your success. A simple test that could unlock the hidden

secret to your personal food demons—food sensitivities or intolerances that could silently be keeping you overweight or even chronically ill. How to achieve natural hormonal balance: the missing ingredient for every person over forty that must be added to make any plan successful. An all-access pass to revered doctors, experts, and nutritionists who helped Suzanne craft the plan. YOU CAN WIN THIS BATTLE. YOUR GOALS ARE ACHIEVABLE. Stay the course and you'll be on the path to regaining the vibrant health you were born to have. Sexy Forever is your ticket there.

peak wellness greenwich ct: Healthy for Life Brian K. Williams, Sharon M. Knight, 1994

peak wellness greenwich ct: High Level Wellness Donald B. Ardell, 1979

peak wellness greenwich ct: Integrative Men's Health MD, MPH Myles D. Spar, MD George E. Munoz, 2014-02-05 As a field, men's health is far behind women's health in terms of the availability of reliable, scientifically based information that men, their partners, and health care providers can rely on when seeking information and treatment. Moreover, integrative approaches are becoming more popular with men whose healthcare providers understand that most of the leading causes of morbidity and mortality in men, including cardiovascular disease, cancer, urologic disease, and sexual dysfunction, can be ameliorated using an integrative approach, with more emphasis on the patient-provider relationship, lifestyle change, and the use of proven complementary modalities. Integrative Men's Health provides an evidence-based perspective on the health problems that affect men and the ways in which such problems may be prevented or treated utilizing a broad armamentarium of approaches - from conventional tools to complementary modalities. All chapters take into consideration of all the factors that influence men's health including body, mind, and spirit in a way that neither rejects alternative approaches nor accepts any of them uncritically.

peak wellness greenwich ct: World Report on Violence and Health World Health Organization, 2002 This report is part of WHO's response to the 49th World Health Assembly held in 1996 which adopted a resolution declaring violence a major and growing public health problem across the world. It is aimed largely at researchers and practitioners including health care workers, social workers, educators and law enforcement officials.

peak wellness greenwich ct: Tennis Medicine Giovanni Di Giacomo, Todd S. Ellenbecker, W. Ben Kibler, 2019-01-08 This book will serve as a key resource for all clinicians working in orthopedics, sports medicine, and rehabilitation for the sport of tennis. It provides clinically useful information on evaluation and treatment of the tennis player, covering the entire body and both general medical and orthopedic musculoskeletal topics. Individual sections focus on tennis-related injuries to the shoulder, the elbow, wrist, and hand, the lower extremities, and the core/spine, explaining treatment and rehabilitation approaches in detail. Furthermore, sufficient sport science information is presented to provide the clinical reader with extensive knowledge of tennis biomechanics and the physiological aspects of training and rehabilitation. Medical issues in tennis players, such as nutrition and hydration, are also discussed, and a closing section focuses on other key topics, including movement dysfunction, periodization, core training, and strength and conditioning specifics. The expansive list of worldwide contributors and experts coupled with the comprehensive and far-reaching chapter provision make this the highest-level tennis medicine book ever published.

peak wellness greenwich ct: Speed-the-plow David Mamet, 1989 Charlie Fox has a terrific vehicle for a hot male movie star, and he has brought it to his friend Bobby Gould, head of production for a major film company. Both see the script as a ticket to the really big table where the power is. The star wants to do it; all they have to do is pitch it to their boss in the morning. Meanwhile, Bobby bets Charlie that he can seduce the secretary temp. As a ruse, he has given her a novel by some Eastern sissy writer that he is supposed to read before saying thanks but no thanks. She is determined that the novel, not the trite vehicle, should be the company's next project. When she does sleep with Bobby, he finds the experience is so transmogrifying that Charlie must plead with Bobby not to pitch the sissy film. - Publisher's note.

peak wellness greenwich ct: Salt Sugar Fat Michael Moss, 2013-02-26 From a Pulitzer

Prize-winning investigative reporter at The New York Times comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. *Salt Sugar Fat* is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). *Salt Sugar Fat* is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, Enough already.

peak wellness greenwich ct: Handbook of Diversity Issues in Health Psychology Pamela M. Kato, Traci Mann, 2007-07-27 The field of health psychology has grown dramatically in the last decade, with exciting new developments in the study of how psychological and psychosocial processes contribute to risk for and disease sequelae for a variety of medical problems. In addition, the quality and effectiveness of many of our treatments, and health promotion and disease prevention efforts, have been significantly enhanced by the contributions of health psychologists (Taylor, 1995). Unfortunately, however, much of the theorizing in health psychology and the empirical research that derives from it continue to reflect the mainstream bias of psychology and medicine, both of which have a primary focus on white, heterosexual, middle-class American men. This bias pervades our thinking despite the demographic heterogeneity of American society (U. S. Bureau of the Census, 1992) and the substantial body of epidemiologic evidence that indicates significant group differences in health status, burden of morbidity and mortality, life expectancy, quality of life, and the risk and protective factors that contribute to these differences in health outcomes (National Center for Health Statistics, 1994; Myers, Kagawa-Singer, Kumanyika, Lex, & McKidder, 1995). There is also substantial evidence that many of the health promotion and disease prevention efforts that have proven effective with more affluent, educated whites, on whom they were developed, may not yield comparable results when used with populations that differ by ethnicity, social class, gender, or sexual orientation (Cochran & Mays, 1991; Castro, Coe, Gutierrez, & Saenz, this volume; Chesney & Nealey, this volume).

peak wellness greenwich ct: Prepare for Surgery, Heal Faster Peggy Huddleston, 1996 ...based on ground breaking studies at Beth Israel, Emory Univ., and St. Thomas's Hospital...shows how visualization & relaxation techniques, support groups, & positive doctor- patient relationships play an important part in healing.

peak wellness greenwich ct: Screen-Smart Parenting Jodi Gold, 2014-10-17 As a practicing child psychiatrist and mother of three, Jodi Gold has a unique understanding of both the mind-boggling benefits and the serious downsides of technology. Dr. Gold weaves together scientific knowledge and everyday practical advice to help you foster your child's healthy relationship to technology, from birth to the teen years. You'll learn: *How much screen time is too much at different ages. *What your kids and teens are actually doing in all those hours online. *How technology affects social, emotional, and cognitive development. *Which apps and games build smarts and let creativity shine. *How your own media habits influence your children. *What you need to know about privacy concerns, cyberbullying, and other dangers. *Ways to set limits that the whole family can live with. Winner (Second Place)—American Journal of Nursing Book of the Year Award, Child Health Category

peak wellness greenwich ct: Personhood and Health Care David C. Thomasma, David N. Weisstub, Christian Hervé, 2014-03-14 PERSONHOOD AND HEALTH CARE This book arose as a result of a pre-conference devoted to the topic held June 28, 1999 in Paris, France. The pre-conference preceded the Annual Congress of the International Academy of Law and Mental Health. Other chapters were solicited after the conference in order to more completely explore the

relation of personhood to health care. The pre conference was held in honor of Yves Pelicier who led so many of our French colleagues in medicine, philosophy, and ethics as Christian Herve notes in his Tribute. As health care is aimed at healing persons, it is important to realize how difficult it is to construct a theory of personhood for health care, and thus, a theory of how healing in health care comes about or ought to occur. The book is divided into four parts, Concepts of the Person, Theories of Personhood in Relation to Health Care and Bioethics, Person and Identity, and Personhood and His Relations. Each section explores a critical arena in constructing the relation of personhood to health care. Although no exploration of this nature can be exhaustive, every effort was made to present both conflicting and complementary views of personhood from within similar and different philosophical and religious traditions. PART ONE: CONCEPTS OF THE PERSON Tracing the origins of the concept of person from antiquity through present day, Jean Delemeau provides an historical sketch of the development of a wide range of meanings.

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