

prairie health and wellness wichita ks

Prairie Health and Wellness Wichita KS: Your Guide to Holistic Wellbeing

Are you searching for a holistic approach to health and wellness in the heart of Wichita, Kansas? Feeling overwhelmed by the sheer number of options? This comprehensive guide focuses specifically on Prairie Health and Wellness in Wichita, KS, offering an in-depth look at their services, philosophy, and how they can help you achieve your personal wellness goals. We'll delve into what sets them apart, explore the various treatments available, and answer your burning questions so you can make an informed decision about your health journey.

Understanding Prairie Health and Wellness: More Than Just a Clinic

Prairie Health and Wellness in Wichita, KS isn't your typical doctor's office. They offer a unique blend of conventional and alternative therapies, focusing on a truly holistic approach to health. Instead of simply treating symptoms, they aim to identify and address the root causes of illness and imbalance. This philosophy centers around empowering individuals to take control of their health and wellbeing through education, personalized treatment plans, and a supportive community. Their commitment extends beyond individual care, promoting a preventative approach to health and fostering a sense of wellbeing within the Wichita community.

Services Offered at Prairie Health and Wellness Wichita KS: A Comprehensive Overview

Prairie Health and Wellness boasts a wide array of services designed to cater to diverse needs. Let's explore some key offerings:

1. **Chiropractic Care:** Their experienced chiropractors utilize gentle, effective techniques to address musculoskeletal issues, improve posture, and reduce pain. They often incorporate various modalities to enhance results.
1. **Acupuncture:** This ancient practice involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. Acupuncture is known to be effective in managing pain, stress, and various other health conditions.

1. **Massage Therapy:** Prairie Health and Wellness offers a variety of massage styles, from deep tissue to Swedish massage, to help alleviate muscle tension, improve circulation, and reduce stress.
1. **Nutritional Counseling:** A registered dietitian can work with you to create a personalized nutrition plan tailored to your specific needs and health goals, focusing on whole foods and lifestyle changes.
1. **Wellness Coaching:** This service provides guidance and support to help you achieve your overall wellness goals, addressing both physical and mental wellbeing. Coaches can help you develop healthy habits, manage stress, and improve your overall quality of life.
1. **Physical Therapy:** They may also offer physical therapy services, aiding in rehabilitation from injuries or chronic conditions. Physical therapists work closely with patients to restore function, improve mobility, and manage pain.
1. **IV Therapy:** Prairie Health and Wellness might provide IV therapy to address dehydration, nutrient deficiencies, or support overall wellness through customized vitamin and mineral infusions. (Always verify availability directly with the clinic.)

Why Choose Prairie Health and Wellness in Wichita, KS? Setting Them Apart

What truly distinguishes Prairie Health and Wellness is their patient-centric approach. They prioritize building strong relationships with their clients, taking the time to understand their unique needs and goals. This personalized approach translates into customized treatment plans designed to deliver optimal results. Furthermore, their holistic philosophy encourages a proactive approach to health, focusing on prevention and empowering individuals to take ownership of their wellbeing. This dedication to personalized care, coupled with their extensive range of services, makes them a leading choice for holistic healthcare in Wichita.

Finding Prairie Health and Wellness and Getting in Touch

Locating Prairie Health and Wellness is straightforward. A simple online search for "Prairie Health and Wellness Wichita KS" will provide their address, phone number, and website. Their website typically offers online booking capabilities, making scheduling appointments convenient. Check their website for hours of operation and any specific instructions for new patients.

Integrating Prairie Health and Wellness into Your Wichita Lifestyle

Incorporating Prairie Health and Wellness into your routine can significantly impact your overall health and wellbeing. Whether you're seeking relief from chronic pain, aiming to improve your fitness level, or simply looking to enhance your overall wellness, their services offer a comprehensive and personalized path. Remember to consult with your primary care physician before starting any new treatment plan.

Conclusion

Prairie Health and Wellness in Wichita, KS, provides a refreshing approach to healthcare, focusing on holistic wellness and patient empowerment. Their comprehensive range of services, personalized treatment plans, and commitment to preventative care make them an ideal choice for those seeking a more integrated and proactive approach to their health journey. By prioritizing holistic wellbeing, Prairie Health and Wellness is helping residents of Wichita thrive.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a practitioner at Prairie Health and Wellness? Generally, no referral is needed. However, it's always best to check with your insurance provider and the clinic directly to confirm their policy.
1. What types of insurance do they accept? It's crucial to contact Prairie Health and Wellness directly to inquire about the specific insurance plans they accept. Their website or a phone call will provide the most up-to-date and accurate information.
1. What are their hours of operation? Their hours may vary. It's recommended to check their website or call them directly for the most current operating hours.
1. What should I bring to my first appointment? Bring your insurance card (if applicable), a list of current medications, and any relevant medical history

information. It's also a good idea to write down any questions you have beforehand.

1. Do they offer payment plans or financing options? Contact Prairie Health and Wellness directly to discuss payment options and whether they offer financing plans. They may have different options available depending on the services you choose.

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prairie health and wellness wichita ks: The Fatburn Fix Catherine Shanahan, M.D., 2020-03-24 A proven plan to optimize your health by reclaiming your natural ability to burn body fat for fuel The ability to use body fat for energy is essential to health—but over decades of practice, renowned family physician Catherine Shanahan, M.D., observed that many of her patients could not burn their body fat between meals, trapping them in a downward spiral of hunger, fatigue, and weight gain. In *The Fatburn Fix*, Dr. Shanahan shows us how industrially produced vegetable oils accumulate in our body fat and disrupt our body's energy-producing systems, driving food addictions that hijack our moods and habits while making it nearly impossible to control our weight. To reclaim our health, we need to detoxify our body fat and help repair our "fatburn" capabilities. Dr. Shanahan shares five important rules to fix your fatburn: 1) Eat natural fats, not vegetable oils. 2) Eat slow-digesting carbs, not starchy carbs or sweets. 3) Seek salt. 4) Drink plenty of water. 5) Supplement with vitamins and minerals. She then provides a revolutionary, step-by-step plan to help reboot your fatburn potential in as little as two weeks. This customizable two-phase plan is widely accessible, easy to follow, and will appeal to the full spectrum of diet ideologies, from plant-based to carnivore to keto and beyond. By making a few changes to what you eat and when, you will lose unwanted weight and restore your body's ability to store and release energy. With *The Fatburn Fix*, Dr. Shanahan shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life, paving the way to abundant energy and long-term health and happiness.

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primary care clinicians and specialists alike. In the last decade, there have been important advances not only in understanding the pathophysiology of Raynaud's Phenomenon (RP), but also in developing diagnostic methods and effective drug and non-drug therapies. Thoroughly discussing the various manifestations of RP, including childhood RP, RP secondary to connective tissue disease, and a variety of other associated disorders that include vascular perturbation that mimics RP, this title provides a wealth of new information available on normal and abnormal thermoregulation and helps physicians identify the best therapeutic approaches to treating RP. The work offers differential diagnosis options, reviews potential causes such as autoimmune disease, industrial trauma, drugs, and metabolic causes and provides clear recommendations for therapy. Engaging readers with case vignettes and a plethora of visual aids, Raynaud's Phenomenon: A Guide to Pathogenesis and Treatment is a state-of-the-art, authoritative reference and invaluable contribution to the literature that will be of interest to physicians, patients, and individuals dealing with these disease processes.

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prairie health and wellness wichita ks: Next Medicine Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In Next Medicine, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A

physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

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