

restore hyper wellness dunwoody

Restore Hyper Wellness Dunwoody: Your Path to Optimal Health

Are you feeling perpetually drained, struggling with nagging aches, or simply not living up to your full potential? You're not alone. Many people in Dunwoody and the surrounding areas are searching for a more holistic and proactive approach to wellness, moving beyond simply treating symptoms to achieving true, vibrant health. This comprehensive guide dives deep into Restore Hyper Wellness Dunwoody, exploring its unique offerings and how it can help you unlock your hyper wellness journey. We'll cover everything from their innovative treatments and advanced technology to the overall experience that sets them apart. Get ready to discover how Restore Hyper Wellness Dunwoody can help you reclaim your vitality and thrive.

What is Restore Hyper Wellness Dunwoody?

Restore Hyper Wellness Dunwoody isn't your typical doctor's office. It's a cutting-edge wellness center dedicated to helping individuals achieve optimal health through a personalized and proactive approach. Forget waiting for illness to strike; Restore focuses on preventing health issues before they arise. They offer a wide range of services, from IV therapy and vitamin injections to cryotherapy and other advanced wellness treatments, all designed to boost your energy levels, enhance your immunity, and improve your overall well-being. They believe in empowering you to take control of your health and live your best life.

A Deeper Dive into Restore Hyper Wellness Dunwoody's Services

Restore Hyper Wellness Dunwoody offers a comprehensive suite of services meticulously designed to address various aspects of your health. Let's explore some of their most popular offerings:

1. IV Therapy: This is a cornerstone of Restore's services. Intravenous (IV) therapy delivers essential vitamins, minerals, and hydration directly into your bloodstream, bypassing the digestive system for faster and more effective absorption. This can be particularly beneficial for combating fatigue, boosting immunity, and improving athletic performance. They offer a range of customized IV drips tailored to specific needs, from hydration boosts to immune support and even hangover remedies.

1. Boosters & Injections: Beyond IV therapy, Restore provides a selection of targeted

injections designed to address specific health concerns. These might include vitamin B12 injections to combat fatigue and improve energy levels, or glutathione injections to support detoxification and improve liver function. These injections are administered quickly and conveniently, offering a powerful boost to your overall well-being.

1. Cryotherapy: Step into a cryotherapy chamber for a brief but invigorating experience that can significantly reduce inflammation, alleviate muscle soreness, and improve recovery time after workouts or strenuous activity. The cold temperatures trigger the release of endorphins, providing a natural mood boost.

1. Compression Therapy: Restore also utilizes compression therapy to enhance blood circulation, reduce swelling, and promote faster muscle recovery. This therapy is particularly beneficial for athletes and individuals recovering from injuries.

1. Red Light Therapy: Harnessing the power of red and near-infrared light, this therapy stimulates cellular regeneration, reduces inflammation, and promotes faster healing. It can be used to treat various conditions and improve skin health.

The Restore Hyper Wellness Dunwoody Experience: More Than Just Treatments

The experience at Restore Hyper Wellness Dunwoody is designed to be more than just a series of treatments. It's a holistic approach to wellness, starting with a thorough consultation to understand your individual needs and goals. Their expert team takes the time to listen to your concerns, assess your health status, and create a personalized wellness plan tailored specifically to you. The facility itself is designed to be a calming and relaxing oasis, creating a tranquil environment that fosters rejuvenation and well-being. This personalized approach, combined with the advanced technology and expert care, sets Restore apart from other wellness centers.

Is Restore Hyper Wellness Dunwoody Right For You?

Restore Hyper Wellness Dunwoody is a suitable option for a wide range of individuals seeking to proactively improve their health and well-being. This includes:

Athletes: Boost performance, enhance recovery, and minimize injuries.

Busy Professionals: Combat fatigue, increase energy levels, and improve focus.

Individuals with chronic pain: Reduce inflammation and alleviate discomfort.

Those seeking overall wellness: Boost immunity, improve mood, and enhance vitality.

However, it's crucial to consult with your primary care physician before starting any new wellness program, including those offered at Restore.

Finding Restore Hyper Wellness Dunwoody and Booking Your Appointment

Located conveniently in Dunwoody, Restore is easily accessible. You can find their exact address and contact information on their website. Booking an appointment is simple and straightforward, often through their online booking system. Take advantage of their introductory offers and special packages to maximize your wellness journey.

Conclusion

Restore Hyper Wellness Dunwoody offers a revolutionary approach to health and wellness, emphasizing proactive measures and personalized care. By combining cutting-edge technology with a holistic approach, they empower individuals to achieve their optimal health goals. From IV therapy and injections to cryotherapy and more, Restore provides a wide range of services designed to boost energy, improve immunity, and enhance overall well-being. If you're ready to experience the difference, schedule a consultation today and embark on your journey towards hyper wellness.

FAQs

1. Does Restore Hyper Wellness Dunwoody accept insurance? While Restore Hyper Wellness doesn't directly accept insurance, many patients find that their treatments can be beneficial enough to justify the cost as an investment in their health and productivity, and some flexible spending accounts (FSAs) or health savings accounts (HSAs) may cover certain services. It's always best to check with your insurance provider.
1. What should I expect during my first appointment at Restore Hyper Wellness Dunwoody? Your first appointment will begin with a consultation to discuss your health goals and concerns. The team will assess your current health status and recommend a personalized treatment plan. This might include a combination of IV therapy, injections, or other services tailored to your specific needs.
1. Are there any side effects associated with the treatments offered at Restore Hyper Wellness Dunwoody? While generally safe and well-tolerated, some individuals may experience mild side effects such as bruising or soreness at the injection site. The Restore team will thoroughly discuss any potential risks or side effects with you before initiating any treatment.

1. How often should I visit Restore Hyper Wellness Dunwoody? The frequency of your visits will depend on your individual needs and treatment plan. Your healthcare provider will work with you to determine the optimal schedule for achieving your wellness goals.

1. What makes Restore Hyper Wellness Dunwoody different from other wellness centers? Restore differentiates itself through its holistic approach, cutting-edge technology, and personalized treatment plans. They emphasize proactive wellness rather than reactive treatment, aiming to help individuals achieve peak performance and optimal health.

restore hyper wellness dunwoody: Health Issues in the Black Community Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 Health Issues in the Black Community THIRD EDITION The outstanding editors and authors of Health Issues in the Black Community have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. Health Issues in the Black Community makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League Health Issues in the Black Community illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend Health Issues in the Black Community as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

restore hyper wellness dunwoody: **Strengthen Your Back** DK, 2013-10-21 Strengthen Your Back covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with Strengthen Your Back!

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Points out the importance of women in building and keeping peace. Brings together diverse voices from diplomats to military officials and from human rights activists to development professionals.

restore hyper wellness dunwoody: Infusion Nursing Infusion Nurses Society, Mary Alexander, Ann Corrigan, Lisa Gorski, Judy Hankins, Roxanne Perucca, 2009-05-08 With a new focus on evidence-based practice, the 3rd edition of this authoritative reference covers every aspect of infusion therapy and can be applied to any clinical setting. Completely updated content brings you the latest advances in equipment, technology, best practices, guidelines, and patient safety. Other key topics include quality management, ethical and legal issues, patient education, and financial considerations. Ideal as a practical clinical reference, this essential guide is also a perfect review tool for the CRNI examination. - Authored by the Infusion Nurses Society, this highly respected reference sets the standard for infusion nursing practice. - Coverage of all 9 core areas of INS certification makes this a valuable review resource for the examination. - Material progresses from basic to advanced to help new practitioners build a solid foundation of knowledge before moving on to more advanced topics. - Each chapter focuses on a single topic and can serve as a stand-alone reference for busy nursing professionals. - Expanded coverage of infusion therapy equipment, product selection, and evaluation help you provide safe, effective care. - A separate chapter on infusion therapy across the continuum offers valuable guidance for treating patients with infusion therapy needs in outpatient, long-term, and home-care, as well as hospice and ambulatory care centers. - Extensive information on specialties addresses key areas such as oncology, pain management, blood components, and parenteral nutrition. - An evidence-based approach and new Focus on Evidence boxes throughout the book emphasize the importance of research in achieving the best possible patient outcomes. - The user-friendly design highlights essential information in handy boxes, tables, and lists for quick access. - Completely updated coverage ensures you are using the most current infusion therapy guidelines available.

restore hyper wellness dunwoody: Childhood Cancer Survivorship National Research Council, Institute of Medicine, National Cancer Policy Board, 2003-10-15 Only more recently has it been realized that the intense effort to care for and cure a child with cancer does not end with survival. Continued surveillance and a variety of interventions may, in many cases, be needed to identify and care for consequences of treatment that can appear early or only after several decades and impair survivors' health and quality of life. The more than two-thirds of childhood cancer survivors who experience late effects-that is, complications, disabilities, or adverse outcomes-as a result of their disease, its treatment, or both, are the focus of this report which outlines a comprehensive policy agenda that links improved health care delivery and follow-up, investments in education and training for health care providers, and expanded research to improve the long-term outlook for this growing population now exceeding 270,000 Americans.

restore hyper wellness dunwoody: Cracking the Metabolic Code B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

restore hyper wellness dunwoody: Exercise and Sporting Activity During Pregnancy Rita

Santos-Rocha, 2018-12-13 This clinically and practice oriented, multidisciplinary book is intended to fill the gap between evidence-based knowledge on the benefits of physical activity and exercise during pregnancy and the implementation of exercise programmes and related health promotion measures in pregnant women. It will provide medical, sports, and fitness professionals both with the knowledge needed to allay undue fears regarding the consequences of exercising during pregnancy and with the practical expertise to offer optimal guidance on exercising to pregnant exercisers and athletes. Readers will find up-to-date evidence on the psychological, social, physiological, body composition, musculoskeletal, and biomechanical changes that occur during pregnancy and their implications for physical activity and exercise. Detailed descriptions are provided of the components of exercise testing and prescription for pregnant women, the current evidence-based and practice-oriented guidelines, and exercise selection and adaptation during pregnancy. Exercises specifically targeting musculoskeletal health are discussed separately, and a concluding chapter explains the nutritional requirements in pregnant women who exercise.

restore hyper wellness dunwoody: Unlimited Energy Now Catherine Carrigan, 2014-11-28 What would you do if you had unlimited energy now? Catherine Carrigan, Amazon No. 1 best-selling author of What Is Healing? Awaken Your Intuitive Power for Health and Happiness, reveals the secrets of how you can experience unlimited energy right now by guiding you through the five levels of your body: - Learn how to operate your body at its very best. - Master your own energy system. - Resolve the emotions that drain you. - Connect to your highest intelligence. - Inspire yourself to connect more deeply to your infinite, eternal and unwavering support from your soul. Instead of looking for miracles, Catherine Carrigan will show you how to have them show up in your daily life. Sue Maes, Ontario, Canada I constantly share my miraculous results with all my friends and family. I tell them that I feel so much better mentally, physically, spiritually and emotionally. Madeline Deleski, Atlanta, Georgia The doctors said that I would have to stay on a routine of medications and I may have to have surgery. Since working with Catherine, I have been symptom free! Her skills, intelligence, experience and support are priceless. Emily Radovic, Los Angeles, California Catherine's 360 degree comprehensive approach is by far the most in depth and thorough I have been through. Barrie Moore, Lincoln, England My horizons have opened up again to those of a young 20 something about to embark on life's adventure. Ernesto Bergeron, Atlanta, Georgia I am convinced that the mind/body/soul connection is supremely important to a healthy and balanced life - you simply can not focus on only one area of your life and expect incredible sustainable results in all the others. Anne Shoulders, Atlanta, Georgia Beyond helping me heal through nutrition, Catherine helped me with changes in my lifestyle that were effecting my energy and general health. Hally Bayer

restore hyper wellness dunwoody: Visual Diagnosis and Treatment in Pediatrics Esther K. Chung, Lee R. Atkinson-McEvoy, Julie A. Boom, Paul S. Matz, 2012-03-28 Featuring over 500 full-color clinical photographs, succinct clinical pearls, and detailed differential diagnosis tables, this atlas is a visual guide to the rapid and accurate diagnosis and appropriate treatment of pediatric problems. The book will greatly assist busy practitioners in recognizing disease entities and distinguishing among entities that appear similar. The Second Edition includes information on treatment, a chapter on breastfeeding images that demonstrate proper latch, and 150 new images. Organized by anatomic site, the book focuses on presenting problems. Each chapter includes bulleted clinical pearls on the history and physical examination. A differential diagnosis table lists all common diagnoses with ICD-9 codes and the distinguishing characteristics for each diagnosis. Clinical photographs of each entity are then shown, including ethnic variations where relevant.

restore hyper wellness dunwoody: Clinical Psychomotor Skills (5-Point Bondy): Assessment Tools for Nurses Joanne Tollefson, 2018-09-01 Clinical Psychomotor Skills: Assessment Tools for Nurses offers you a unique blend of solid theoretical knowledge, linking it to clinical practice. The combined theory and workbook text covers the key clinical skills and knowledge that you need and helps you to master provable competencies that fulfil the required standards. This edition uses the 3-point Bondy Assessment Scale. The inclusion to this edition of five

additional skills, the latest evidence-based material from nursing and associated literature, and reflecting The Nursing and Midwifery Board of Australia's Registered Nurse Standards for Practice, make this the essential guide for students of registered nursing programs.

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restore hyper wellness dunwoody: *Becoming Einstein's Teacher* Erika Twani, 2021-01-29 The Art of Awakening the Genius in Your Students I believe that teaching is a calling, and it is far from being a cliché. Teachers develop the human capacity to do the unimaginable. It is not the school location, the curriculum, the cool app, or the grading system that activates learning. Understanding and using an effective learning process is what enables students to find the motivation to learn for life. This is how teachers who care touch their students' lives, and this is how they contribute to a better world. *Becoming Einstein's Teacher* will help you understand what it is to be a genius, how the brain works, and what it means to learn in the 21st century driven by artificial intelligence. *Becoming Einstein's Teacher* will show you how to tap into this one thing ALL your students have that enables lifelong learning without extra-curriculum, new tech, more hours in class, or endless homework nights. *Becoming Einstein's Teacher* will show you how you can start from where you are without going through a complete change in your practices. *Becoming Einstein's Teacher* will help you grow larger into your calling and get your students on the path to purpose-driven, lifelong learning. *Becoming Einstein's Teacher* is a stroke of genius, a personal journey that compiles the thoughts of modern education leaders into a comprehensive and inspiring deep look into how we got here and how to move forward to harness the genius in each of us. Every chapter leaves me saying 'hell yeah' - Virginia Emmons, School Principal and mother of two. *Becoming Einstein's Teacher* is definitively a complementary addition to my work with personalized learning and *Habits of Mind*. It provides insight into what it means to be a teacher in the 21st century. Understanding it and putting it into practice may be a challenging task for those who have been teaching for many years. Yet, Erika manages to simplify a deep and complex methodology that honors the 21st-century learners' need for relationships, agency, and engagement. - Dr. Bena Kallick, Educator, Author. The most challenging aspect to consider when introducing anything to teachers is the requirement to change. *Becoming Einstein's Teacher* asks for no change, but to start from where teachers are. Brilliant - Leonardo Garnier, former Minister of Education, Costa Rica.

restore hyper wellness dunwoody: *Atlas of Moral Psychology* Kurt Gray, Jesse Graham, 2018-01-23 This comprehensive and cutting-edge volume maps out the terrain of moral psychology, a dynamic and evolving area of research. In 57 concise chapters, leading authorities and up-and-coming scholars explore fundamental issues and current controversies. The volume systematically reviews the empirical evidence base and presents influential theories of moral judgment and behavior. It is organized around the key questions that must be addressed for a complete understanding of the moral mind.

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and money tumbled from one generation to the next on the eight-hundred-acre estate built by Scott's investment banker great-grandfather on Philadelphia's Main Line. There was an obligation to protect it, a license to enjoy it, a duty to pass it on—but it was impossible to know in advance how all that extraordinary good fortune might influence the choices made over a lifetime. In this warmly felt tale of an American family's fortunes, journalist Janny Scott excavates the rarefied world that shaped her charming, unknowable father, Robert Montgomery Scott, and provides an incisive look at the weight of inheritance, the tenacity of addiction, and the power of buried secrets. Some beneficiaries flourished, like Scott's grandmother, Helen Hope Scott, a socialite and celebrated horsewoman said to have inspired Katherine Hepburn's character in the play and Academy Award-winning film *The Philadelphia Story*. For others, including the author's father, she concludes, the impact was more complex. Bringing her journalistic talents, light touch, and crystalline prose to this powerful story of a child's search to understand a parent's puzzling end, Scott also raises questions about our new Gilded Age. New fortunes are being amassed, new estates are being born. Does anyone wonder how it will all play out, one hundred years hence?

restore hyper wellness dunwoody: NGOs and Corporations Michael Yaziji, Jonathan Doh, 2009-03-26 We live in a period marked by the ascendancy of corporations. At the same time, the number of non-governmental organizations (NGOs) – such as Amnesty International, CARE, Greenpeace, Oxfam, Save the Children, and the WWF – has rapidly increased in the last twenty years. As a result, these two very different types of organization are playing an increasingly important role in shaping our society, yet they often have very different agendas. This book focuses on the dynamic interactions, both conflictual and collaborative, that exist between corporations and NGOs. It includes rigorous models, frameworks, and case studies to document the various ways that NGOs target corporations through boycotts, proxy campaigns, and other advocacy initiatives. It also explains the emerging pattern of cross-sectoral alliances and partnerships between corporations and NGOs. This book can help managers, activists, scholars, and students to better understand the nature, scope, and evolution of these complex interactions.

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restore hyper wellness dunwoody: Crime and Justice in the Trump Era Francis T. Cullen, Amanda Graham, 2024-06 This special issue book raises significant and sobering concerns about President Trump's impact on the welfare of the United States, especially in areas of gender, race, and human rights.

restore hyper wellness dunwoody: Bucky on Parade Madison Sports Organization & Uw Madison, 2018-09-25

restore hyper wellness dunwoody: Courthouses of Georgia Association County Commissioners of Georgia, 2014 The courthouses of Georgia's 159 counties hold the keys to the history of individual families and entire communities alike. Internationally recognized photographer Greg Newington captures the prominence and character of these great structures, paying tribute to the community's investment in preserving historic courthouses for future generations.

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Comprehensive Review of Dental Hygiene, 9th Edition offers an all-inclusive review to help you pass the National Board Dental Hygiene Examination (NBDHE) on the first try. Written by a team of expert editors and authors, this affordable, all-in-one review tool includes a wealth of chapter review questions, case studies, outline-style review of all exam topics, and four computerized practice exams that simulate the NBDHE test-taking experience. It's everything you need for NBDHE success! Comprehensive coverage offers an all-inclusive review for the NBDHE and is supplemented with practice questions. Outline format visually organizes the content and presents information in summary style for easy review and study. Logical chapter organization covers the three main areas of the NBDHE - the scientific basis for dental hygiene practice, the provision of clinical dental hygiene services, and community health and research principles. Case presentations throughout help you prepare for Component B of the board examination. Expert editor and chapter authors are leading educators, researchers, and practitioners in their specific areas who have an in-depth knowledge of what it takes to succeed on the NBDHE. NEW! Review chapter content includes new information on alternative practice settings, infection control guidelines, pediatric care, risk assessment, dental hygiene diagnosis, the electronic health record (EHR), and more. REVISED! Four simulated NBDHE exams on the companion Evolve website feature completely updated information and provide authentic test-taking experience with study and exam modes, question rationales, mapping to NBDHE categories, and timer functionality. UPDATED! Chapter review questions have been revised to reflect the latest developments in dental hygiene practice and include answers and rationales. NEW! Updated art program features modern illustrations and updated clinical photos to accompany content review and case studies.

restore hyper wellness dunwoody: *Detoxify for Life: How Toxins Are Robbing You of Your Health and What You Can Do about It* John Cline, Patrick Grant, 2008-09 Do you realize how inundated we are with toxins in our world? Do you realize how toxic factors such as heavy metals, chemicals, negative emotions and electrical fields in our environment have on us daily? Most of us think of polluted water and air when it comes to toxins in our environment, but it is far more reaching. Most of us do not realize how toxic a world we live in, or how rapidly our already toxic world is changing for the worse. Each week we hear and read about new sources of toxic exposure and how they can impact our lives. Detoxify for Life is about improving your awareness of the many toxic factors affecting each one of us and what steps you can start taking today to improve it! You should be encouraged to read through this book as a manual toward improving your health.

restore hyper wellness dunwoody: Classification of Nursing Diagnoses Kristine M. Gebbie, Mary Ann Lavin, 1975 This book is the product of the First National Conference on Classification of Nursing Diagnoses, an attempt on the part of 100 nurses to initiate the process of preparing an organized, logical, comprehensive system for classifying those health problems or health states diagnosed by nurses and treated by means of nursing interventions. It is the conviction of the conference participants that without such a system, nurses will continue to experience difficulty in educating beginning practitioners, designing and performing research, and communicating nursing care within the nursing profession or across the health system. If nursing is to survive the current turmoil in healthcare delivery, it must do all of these effectively -- and soon. - Introduction.

restore hyper wellness dunwoody: Women and Terrorism Jamille Bigio, Rachel Vogelstein, 2019-05-23 Extremist groups rely upon women to gain strategic advantage, recruiting them as facilitators and martyrs while also benefiting from their subjugation. Yet U.S. policymakers overlook the roles that women play in violent extremism--including as perpetrators, mitigators, and victims--and rarely enlist their participation in efforts to combat radicalization. This omission puts the United States at a disadvantage in its efforts to prevent terrorism globally and within its borders. Women fuel extremists' continued influence by advancing their ideology online and by indoctrinating their families. New technology allows for more sophisticated outreach, directly targeting messages to radicalize and recruit women. It also provides a platform on which female extremists thrive by expanding their recruitment reach and taking on greater operational roles in the virtual sphere. The

failure of counterterrorist efforts to understand the ways in which women radicalize, support, and perpetrate violence cedes the benefit of their involvement to extremist groups. Omitting women from terrorism prevention efforts also forfeits their potential contributions as mitigators of extremism. Women are well positioned to detect early signs of radicalization, because fundamentalists often target women's rights first. As security officials, women provide insights and information that can be mission critical in keeping the peace. And because of their distinctive access and influence, women are crucial antiterrorism messengers in schools, religious institutions, social environments, and local government. Overlooking the contributions women can make to prevent extremism renders the United States less secure. Many extremist groups promote an ideology that classifies women as second-class citizens and offers strategic and financial benefits through women's subjugation. Boko Haram, the Islamic State, al-Qaeda, al-Shabab, and other groups use sexual violence to terrorize populations into compliance, displace civilians from strategic areas, enforce unit cohesion among fighters, and even generate revenue through trafficking. Suppressing women's rights also allows extremists to control reproduction and harness female labor. U.S. government policy and programs continue to underestimate the important roles women can play as perpetrators, mitigators, or targets of violent extremism. The Donald J. Trump administration should take steps to help the United States and its allies respond effectively to the security threat posed by violent extremism and advance U.S. peace and stability.

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