

restore hyper wellness paramus

Restore Hyper Wellness Paramus: Your Journey to Optimal Health

Are you feeling drained, sluggish, or just not quite yourself? In today's fast-paced world, it's easy to let your health fall by the wayside. But what if there was a place where you could proactively address your wellness needs, optimizing your energy, mood, and overall vitality? This blog post dives deep into Restore Hyper Wellness Paramus, exploring what sets them apart, the services they offer, and how they can help you achieve your personal wellness goals. We'll uncover why they're a leading choice for those seeking a holistic approach to hyper wellness in the Paramus area.

Understanding Restore Hyper Wellness: More Than Just a Clinic

Restore Hyper Wellness isn't your typical doctor's office. It's a proactive wellness center focused on optimizing your body's natural ability to heal and thrive. Instead of simply treating symptoms, Restore takes a holistic approach, identifying the root causes of imbalances and providing personalized solutions to help you achieve peak performance. Think of it as preventative medicine, but on steroids - a comprehensive approach to wellness that empowers you to take control of your health journey. Their Paramus location is strategically designed to offer a tranquil escape from the daily grind, providing a supportive and nurturing environment for your well-being.

The Core Services Offered at Restore Hyper Wellness Paramus

Restore Hyper Wellness Paramus offers a wide range of cutting-edge services designed to address various aspects of your health and well-being. These include, but aren't limited to:

1. IV Drip Therapy: IV drips deliver a potent cocktail of vitamins, minerals, and antioxidants directly into your bloodstream, providing rapid hydration and boosting your energy levels. Specific drips are tailored to address various needs, from boosting immunity to improving athletic performance. At Restore Hyper Wellness Paramus, experienced medical professionals oversee the entire process, ensuring your safety and comfort.
1. NAD+ Therapy: Nicotinamide adenine dinucleotide (NAD+) is a crucial coenzyme involved in numerous cellular processes. As we age, our NAD+ levels naturally decline, contributing to various health issues. NAD+ therapy aims to replenish these levels, potentially improving energy, cognitive function, and overall well-being. Restore Hyper Wellness Paramus offers this advanced therapy under strict medical supervision.

1. **Peptide Therapy:** Peptides are short chains of amino acids that play vital roles in various bodily functions. Peptide therapy involves administering specific peptides to address specific health concerns, such as promoting muscle growth, improving sleep quality, or boosting hormone production. Restore's experts will guide you to the appropriate peptide therapy based on your individual needs and health history.

1. **Booster Shots:** These targeted injections deliver a concentrated dose of essential vitamins and nutrients to quickly address specific deficiencies or boost your overall health. From vitamin B12 to glutathione, these shots can provide a significant energy boost and improve your overall well-being.

1. **Wellness Packages:** Restore understands that everyone's wellness journey is unique. That's why they offer a variety of customizable wellness packages designed to address specific needs and goals. These packages often combine different services for a comprehensive and synergistic approach to health optimization.

Why Choose Restore Hyper Wellness Paramus?

Several factors set Restore Hyper Wellness Paramus apart from other wellness centers:

Experienced Medical Professionals: The Paramus location boasts a team of highly trained and experienced medical professionals dedicated to providing personalized care and guidance.

State-of-the-Art Facility: The clinic features a modern and comfortable environment designed to promote relaxation and well-being.

Holistic Approach: Restore takes a comprehensive approach to wellness, addressing the root causes of imbalances rather than just treating symptoms.

Personalized Plans: Treatment plans are tailored to your individual needs and goals, ensuring you receive the most effective care possible.

Convenient Location: Situated in Paramus, the clinic is easily accessible for residents of the surrounding areas.

The Restore Hyper Wellness Paramus Experience: What to Expect

Your journey at Restore Hyper Wellness Paramus begins with a thorough consultation. A qualified medical professional will discuss your health history, lifestyle, and goals to develop a personalized treatment plan. They'll take the time to understand your concerns and answer any questions you may have. Throughout your treatments, you'll be treated with the utmost care and respect, ensuring a comfortable and supportive experience.

Beyond the Treatments: Long-Term Wellness Support

Restore Hyper Wellness Paramus isn't just about providing immediate relief; it's about empowering you to take control of your long-term wellness. They offer ongoing support and guidance to help you maintain your progress and achieve lasting results. This may include lifestyle recommendations, nutritional advice, and ongoing monitoring to ensure you stay on track.

Conclusion

Restore Hyper Wellness Paramus offers a refreshing approach to health and wellness, empowering you to proactively optimize your vitality. By focusing on personalized care, cutting-edge therapies, and a holistic approach, they help you achieve peak performance and a higher quality of life. If you're ready to embark on a journey to better health, consider exploring the services offered at Restore Hyper Wellness Paramus. Your investment in your well-being is an investment in a happier, healthier future.

Frequently Asked Questions (FAQs)

1. Do I need a referral to visit Restore Hyper Wellness Paramus?

No, you do not need a referral to visit Restore Hyper Wellness Paramus. You can schedule an appointment directly through their website or by phone.

1. What are the payment options at Restore Hyper Wellness Paramus?

Restore Hyper Wellness Paramus typically accepts various payment methods, including credit cards, debit cards, and potentially health savings accounts (HSAs) or flexible spending accounts (FSAs). It's best to confirm their accepted payment methods directly with the clinic.

1. How long do the treatments at Restore Hyper Wellness Paramus typically take?

The duration of treatments varies depending on the specific service chosen. A consultation typically takes around 30-60 minutes, while IV drips or other treatments may take anywhere from 30 minutes to an hour or more. It's always best to confirm the treatment time with the clinic when scheduling your appointment.

1. Are the treatments at Restore Hyper Wellness Paramus covered by insurance?

Insurance coverage for services offered at Restore Hyper Wellness Paramus can

vary widely. Some services might be covered partially or in full, depending on your insurance plan. It's crucial to check with your insurance provider directly to understand your coverage before your appointment.

1. What should I expect after a treatment at Restore Hyper Wellness Paramus?

The experience after a treatment can vary depending on the specific service received. Some individuals may experience an immediate boost in energy, while others may feel more relaxed and rejuvenated. It's essential to follow the post-treatment instructions provided by the medical professionals at Restore Hyper Wellness Paramus. If you have any concerns, contact them directly.

restore hyper wellness paramus: Prescription for Happiness Robin Berzin, 2023-03-14 A “compassionate, authoritative, and wise” (Mark Hyman, MD, New York Times bestselling author of *The Pegan Diet*) 30-day program that “will shift the way you think about your body and your health” (Gabrielle Bernstein, #1 New York Times bestselling author and international speaker) based on a paradigm-shifting idea: You have to change your body to change your mind and mood. *Perscription for Happiness* offers a 30-day program for reaching a new level of energy, clarity, and calm. Too often, conventional medicine treats the mind as separate from the body. However, science shows that physical issues, such as chronic illness and weight fluctuation, are oftentimes intricately entwined with mental health conditions like depression, anxiety, fatigue, and more. This must-read book explores the new science of optimizing the body in ways that will help anyone attain a new baseline for energy, calm, and optimism. Dr. Berzin draws on cutting-edge research and her work with thousands of patients to tell the complete story of how our physical health influences our energy level, mood, focus, and emotional wellbeing. This builds on her work at her nationally renowned holistic health service Parsley Health, where Dr. Berzin and her team of over 100 highly trained medical providers focus on treating the whole patient, yielding extraordinary results for those dealing with gastrointestinal, hormone-related, autoimmune, and mental health conditions. Leveraging Parsley’s unique patient data and successful proprietary protocols, *Perscription for Happiness* is the ultimate gateway to creating your new baseline for peak physical and mental health.

restore hyper wellness paramus: The Infertility Cure Randine Lewis, 2008-12-14 In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupuncture so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. *The Infertility Cure* addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques *The Infertility Cure* opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

restore hyper wellness paramus: Child Language Michelle Aldridge, 1996 Comprises 17 papers presented at the Child Language Seminar, Bangor 1994, with contributions in areas as diverse as bilingual development, phonological disorders, sign language development, and the language of Down's syndrome children.

restore hyper wellness paramus: Lutz's Nutrition and Diet Therapy Erin Mazur, Nancy Litch, 2018-08-06 Meet the ever-changing demands of providing quality nutritional care for patients across the lifespan. This popular text provides a strong foundation in the science of nutrition and a

clear understanding of how to apply that knowledge in practice, recognizing the need for nurses to work with other healthcare professionals to ensure optimal nutrition in patient care.

restore hyper wellness paramus: *The Rebel's Apothecary* Jenny Sansouci, 2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. *The Rebel's Apothecary* is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, *The Rebel's Apothecary* presents: Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects Everyday wellness routines Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more The latest research on CBD, THC, medicinal mushrooms and psilocybin Tips for creating a cutting-edge home apothecary of your own

restore hyper wellness paramus: *Nursing Care Plans* Meg Gulanick, Judith L. Myers, 2007 This edition contains 189 care plans covering the most common nursing diagnoses and clinical problems in medical-surgical nursing. It includes four new disorders care plans, SARS, lyme disease, west Nile virus, and obstructive sleep apnea.

restore hyper wellness paramus: *The Illustrated Encyclopedia of Body-mind Disciplines* Nancy Allison, 1999 Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies.

restore hyper wellness paramus: *Enviromedics* Jay Lemery, Paul Auerbach, 2017-10-20 Many of us have concerns about the effects of climate change on Earth, but we often overlook the essential issue of human health. This book addresses that oversight and enlightens readers about the most important aspect of one of the greatest challenges of our time. The global environment is under massive stress from centuries of human industrialization. The projections regarding climate change for the next century and beyond are grim. The impact this will have on human health is tremendous, and we are only just now discovering what the long-term outcomes may be. By weighing in from a physician's perspective, Jay Lemery and Paul Auerbach clarify the science, dispel the myths, and help readers understand the threats of climate change to human health. No better argument exists for persuading people to care about climate change than a close look at its impacts on our physical and emotional well-being. The need has never been greater for a grounded, informative, and accessible discussion about this topic. In this groundbreaking book, the authors not only sound the alarm but address the health issues likely to arise in the coming years.

restore hyper wellness paramus: *Environmental Melancholia* Renee Lertzman, 2015-06-12 In this groundbreaking book, Renee Lertzman applies psychoanalytic theory and psychosocial research to the issue of public engagement and public apathy in response to chronic ecological threats. By highlighting unconscious and affective dimensions of contemporary ecological issues, Lertzman deconstructs the idea that there is a gap between what people care about and what is actually carried out in policy and personal practice. In doing so, she presents an innovative way to think about and design engagement practices and policy interventions. Based on key qualitative fieldwork and in-depth interviews conducted in Green Bay, Wisconsin, each chapter provides a

psychosocial, psychoanalytic perspective on subjectivity, affect and identity, and considers what this means for understanding behaviour in relation to environmental crises and climate change. The book argues for a theory of environmental melancholia that accounts for the ways in which people experience profound loss and disruption caused by environmental issues, and yet may have trouble expressing or making sense of such experiences. Environmental Melancholia offers a fresh perspective to the field of environmental psychology that until now has been largely dominated by research in cognitive, behavioural and social psychology. It will appeal to academics, researchers and postgraduate students in the fields of psychoanalysis, psychosocial studies and sustainability, as well as policy makers and educators internationally.

restore hyper wellness paramus: School to Career J J Littrell Ed D, J. J. Littrell, James H. Lorenz, Harry T. Smith, Peggy Pearson, Annie Chasen, 2013-07-16 The 10th edition of School to Career builds on what made the previous editions so successful. Students explore careers using the career clusters and pathways framework; understand workplace expectations; develop career-readiness skills; and plan for life beyond graduation. School to Career provides students with the how to needed for preparing a resume, searching for a job, taking on a work-based learning experience, exceeding employer expectations, managing personal finances, and funding postsecondary training and education. Case studies are used to examine challenges students may encounter in the world of work. This Workbook is designed to help students review content, apply knowledge, and develop critical-thinking skills. A wide variety of activities are provided for various learning styles. This supplement is a consumable resource, designed with perforated pages so that a given chapter can be removed and turned in for grading or checking.

restore hyper wellness paramus: Bridging the Achievement Gap John E. Chubb, Tom Loveless, 2004-05-13 The achievement gap between white students and African American and Hispanic students has been debated by scholars and lamented by policymakers since it was first documented in 1966. The average black or Hispanic secondary school student currently achieves at about the same level as the average white student in the lowest quartile of white achievement. Black and Hispanic students are much less likely than white students to graduate from high school, acquire a college or advanced degree, or earn a middle-class living. They are also much more likely than whites to suffer social problems that often accompany low income. While educators have gained an understanding of the causes and effects of the education achievement gap, they have been less successful in finding ways to eliminate it—until now. This book provides, for the first time in one place, evidence that the achievement gap can be bridged. A variety of schools and school reforms are boosting the achievement of black and Hispanic students to levels nearing those of whites. Bridging the Achievement Gap brings together the findings of renowned education scholars who show how various states, school districts, and individual schools have lifted the achievement levels of poor and minority students. The most promising strategies include focusing on core academic skills, reducing class size, enrolling students in more challenging courses, administering annual achievement assessment tests, creating schools with a culture of competition and success, and offering vouchers in big-city school districts. While implementing new educational programs on a large scale is fraught with difficulties, these successful reform efforts offer what could be the start of widespread effective solutions for bridging the achievement gap.

restore hyper wellness paramus: Nowhere to Go Edwin Fuller Torrey, 1988 Examines the policy of deinstitutionalization of the mentally ill and what can be done about it.

restore hyper wellness paramus: College Andrew Delbanco, 2023-04-18 The strengths and failures of the American college, and why liberal education still matters As the commercialization of American higher education accelerates, more and more students are coming to college with the narrow aim of obtaining a preprofessional credential. The traditional four-year college experience—an exploratory time for students to discover their passions and test ideas and values with the help of teachers and peers—is in danger of becoming a thing of the past. In College, prominent cultural critic Andrew Delbanco offers a trenchant defense of such an education, and warns that it is becoming a privilege reserved for the relatively rich. In describing what a true

college education should be, he demonstrates why making it available to as many young people as possible remains central to America's democratic promise. In a brisk and vivid historical narrative, Delbanco explains how the idea of college arose in the colonial period from the Puritan idea of the gathered church, how it struggled to survive in the nineteenth century in the shadow of the new research universities, and how, in the twentieth century, it slowly opened its doors to women, minorities, and students from low-income families. He describes the unique strengths of America's colleges in our era of globalization and, while recognizing the growing centrality of science, technology, and vocational subjects in the curriculum, he mounts a vigorous defense of a broadly humanistic education for all. Acknowledging the serious financial, intellectual, and ethical challenges that all colleges face today, Delbanco considers what is at stake in the urgent effort to protect these venerable institutions for future generations.

restore hyper wellness paramus: Integrative Nutrition Therapy Mary J. Marian, Gerard Mullin, MD, 2015-08-31 Integrative medicine is an approach to wellness that makes use of both conventional and alternative therapies to achieve optimal health and healing. Nutrition-based therapies are consistently among the highest used alternative therapies to treat a wide variety of illnesses. This book provides consumers and health care professionals with practical guidance on integrating nutrition therapies into disease prevention and management. It provides reliable and accurate information from experts in the nutrition field including dietitians, nutritionists, physicians, researchers, and academic professionals. Integrative Nutrition Therapy includes up-to-date information on dietary supplements, popular diets, physical activity, and food allergies. The book covers disease prevention for cancer, cardiovascular disease, diabetes, and obesity. Additional topics include liver/pancreatic conditions and musculoskeletal disorders as well as nutrigenomics, epigenetics, and metabolomics. The book provides evidence-based recommendations for which therapies might be appropriate for various conditions and discusses the possible adverse effects that may develop. It also includes guidelines and suggestions for creating individualized, integrative care plans. Integrative Nutrition Therapy is organized in a systematic manner that presents the scientific data using an evidence-based, how-to approach. An overview of integrative medicine is written by Dr. Roberta Lee, a leading authority in the field. Award-winning nutrition experts provide practical knowledge for the integrative practitioner, covering topics such as: Nutrition screening and assessment Search for the optimum diet Functional foods and nutritional supplements Nutritional recommendations for women's health Health benefits of physical activity Diet and mental health Although unanswered questions still exist, this resource provides a much needed reference guide to the information currently available on nutrition and lifestyle-based therapies. Healthcare practitioners, instructors, and students in a variety of clinical and academic settings should find the information invaluable.

restore hyper wellness paramus: Crazy Horse The Edward Clown Family, 2016-09-06 "A family account of the life of Tashunke Witko, their great Sioux relative . . . For the first time, the Clown family members tell their oral history."—True West The Edward Clown family, nearest living relatives to the Lakota war leader, presents the family tales and memories told to them about their famous grandfather. In many ways the oral history differs from what has become the standard and widely accepted biography of Crazy Horse. The family clarifies the inaccuracies and shares their story about the past, including what it means to them to be Lakota, the family genealogy, the life of Crazy Horse and his motivations, his death, and why they chose to keep quiet with their knowledge for so long before finally deciding to tell the truth as they know it. This book is a compelling addition to the body of works about Crazy Horse and the complicated and often conflicting events of that time period in American History. "For the first time the first-hand account of Crazy Horse is told . . . The stories were faithfully passed down through the generations . . . It includes Crazy Horse's account of the last moments of Custer and the near-killing of Maj. Marcus Reno by Crazy Horse's father."—Capital Journal "After many years of keeping quiet, the family of Lakota warrior Crazy Horse decided to tell their story of his life and legacy . . . The truth behind the history of Crazy Horse—an iconic Native American warrior—until recently has been kept hidden for more than a

century.”—The Monroe News

restore hyper wellness paramus: *The Bardo of Waking Life* Richard Grossinger, 2011-05-31 An avant garde set of improvisational essays, Richard Grossinger's *The Bardo of Waking Life* is a meditation on the Tibetan Buddhist bardo realm which, in popular culture, is viewed as the bridge between lives, the state people enter after death and before rebirth. This book examines waking life and its history and language as if it were a bardo state rather than ultimate reality, and thus seeks a context for life (and dreams), even as it addresses more mundane issues including genetic theory, the war in Iraq and George W. Bush's presidency, North Korea, advertising, global warming, Prison Industrial Culture, childhood trauma, even country western music. Written with playfulness and precision, Bardo takes a new, probing approach to all the important questions of creation, destruction, and existence. In these intellectual field notes, Grossinger proves thematically fearless as he crosses quantum mechanics with totemic hexes and draws transcendental insight from the ephemeral space-time we call daily life. If, as Tibetan cosmology holds true, all conditional realms are bardos, then the state we all share is nothing less than the bardo of waking life.

restore hyper wellness paramus: *Treating the Trauma of Rape* Edna B. Foa, Barbara Olasov Rothbaum, 2001-10-24 After reviewing the relevant treatment literature, the authors detail how to assess and treat PTSD using a cognitive-behavioral approach. Complete instructions are given for planning treatment, as well as for introducing the patient to the various interventions. Nine exposure and stress management techniques are then detailed, including imaginal exposure (trauma reliving), in vivo exposure, relaxation training, thought-stopping, cognitive restructuring, covert modeling, and role-playing. Enhancing the book's clinical utility are numerous case examples illustrating how to implement the techniques, as well as explanations of how to cope with common problems and complications in treatment. The final chapter presents detailed outlines of three suggested treatment programs.

restore hyper wellness paramus: Shattered Jeff Yang, Parry Shen, Keith Chow, 2012 Envisions the rich tradition of American comics as an Asian American experience--P. [4] of cover.

restore hyper wellness paramus: Words to Live By C. S. Lewis, 2007-04-17 C. S. Lewis is a beloved writer and thinker and arguably the most important Christian intellectual of the twentieth century. His groundbreaking children's series *The Chronicles of Narnia*, lucid nonfiction titles such as *Mere Christianity* and *The Problem of Pain*, and thought-provoking fiction, including *The Screwtape Letters* and *The Great Divorce*, have become trusted companions for millions of readers. Here Lewis breathes new life into words and concepts that have dulled through time and familiarity, and his writings inevitably provoke deep thought and surprising revelations. *Words to Live By* contains an unprecedented selection of Lewis's writings, drawing from his most popular works, but also from his volumes of letters and his lesser-known essays and poems. His works are presented in accessible selections covering subjects from A to Z, including beauty, character, confession, doubt, family, holiness, and religion. Both a wonderful introduction to Lewis's thinking and a wise and insightful guide to key topics in the Christian life, these are truly words to live by.

restore hyper wellness paramus: Adult Acute Lymphocytic Leukemia Anjali S. Advani, Hillard M. Lazarus, 2010-11-18 The current explosion of new areas of controversy in the treatment of acute lymphocytic leukemia in adults and young adults makes this comprehensive book a much needed reference for hematologists and oncologists. This book assembles leading authorities from around the globe to cover the full spectrum of ALL subtypes and their treatments. Specific topics of discussion include indications for allogeneic bone marrow transplant in first complete remission, the role of minimal residual disease in making treatment decisions, the treatment of young adults, and the treatment of Philadelphia chromosome positive ALL with the advent of the tyrosine kinase inhibitors. This is the first book to focus exclusively on the adult ALL patient. It provides a complete overview of diagnosis, molecular pathogenesis, evaluation, and treatment for this important patient population.

restore hyper wellness paramus: Institutional Garbage Lara Schorl, 2018 Literary Nonfiction. Art. INSTITUTIONAL GARBAGE is an experimental publication that endeavors to grasp

the memory, feeling, and trace of an online exhibition that took place in the fall of 2016. The online exhibition presented the administrative residue of imaginary public institutions produced by artists, writers, and curators. Contracts, email correspondences, documented unproductivity, syllabi, scanned objects, obstacle courses, and other fragments were collected to illustrate the backend activities of imaginary bureaucracies, to trace the private life of institutional endeavors.

Contributors: Alberto Aguilar, Anna Martine Whitehead, Brit Barton, Britton Bertran, Daniel Borzutzky, David Ayala-Alfonso, David Hall, Every house has a door, Fiep van Bodegom, Institutional Garbage, Isaiah Dufort, Jane Lewty, Jeanine Hofland, Jill Magi, Joao Florencio, Josh Rios and Anthony Romero, Kevin Blake, Kuras and MacKenzie, La Keisha Leek, Lara Schoorl, Lise Haller Baggesen, Lucia Fabio, Maarten van der Graaf, Mara Baker, Mia You, Michal Samana, Nam Chi Nguy'n, Nageeb Stevens, Obe Alkema, Patrick Durgin, Pouya Ahmadi, Rami George, Rashayla Marie Brown, Renan Laru-an, Rowland Saifi, Sofia Lemos, Stevie Greco, Suzanne Scanlon, Tina Tahir, Tricia Van Eck, Vincent van Velsen, Zippora Elders.

restore hyper wellness paramus: Single-Domain Antibodies: Biology, Engineering and Emerging Applications Kevin A. Henry, C. Roger MacKenzie, 2018-03-19 Single-domain antibodies (sdAbs) represent the minimal antigen binding-competent form of the immunoglobulin domain and have unique properties and applications. SdAbs are naturally produced as the variable domains of the heavy chain-only antibodies of camelid ruminants and cartilaginous fishes, but can also be engineered synthetically from autonomous human or mouse VH or VL domains. The scope of this research topic and associated e-book covers current understanding and new developments in (i) the biology, immunology and immunogenetics of sdAbs in camelids and cartilaginous fishes, (ii) strategies for sdAb discovery, (iii) protein engineering approaches to increase the solubility, stability and antigen-binding affinity of sdAbs and (iv) specialized applications of sdAbs in areas such diagnostics, imaging and therapeutics.

restore hyper wellness paramus: Fear Is Just a Four-Letter Word Tracy Tutor, 2020-07-14 Instant Wall Street Journal bestseller! From the first female real estate broker on Million Dollar Listing LA, a no-nonsense guide to analyzing big egos, deflecting power plays, and taking control of any room. Behind Tracy Tutor's on-screen persona is an uncanny knack for projecting confidence in the most intimidating of circumstances. The breezy, tough-talking, utterly inimitable businesswoman has rivaled her male co-stars to land increasingly high-profile deals in the world of LA real estate. Now, Tracy is leveraging her years of experience to write the go-to manual for any woman struggling to convince people she's in charge. If you get thrown off course by narcissistic personalities or freaked out by high-stakes situations, don't assume you're weak. When fear is running the show, you get wrapped up in your head and start missing important cues. Yes, the people you're dealing with seem scary, but they're more predictable than you think. Once you understand them, it's easy to push the right levers of influence to get what you want. Through candid, hilarious stories of her rise through a world of misogyny and cutthroat business dealings (text message screen shots from creeps included!), Tracy offers a crash course in the psychology of power dynamics and social signaling. You'll learn: What five things you should always find out about someone before you meet them How to choose the perfect outfit for an important meeting, even when dressing on a budget When and how to use humor strategically to lighten the mood and command authority This book is a must-read for any ambitious woman who wants to win her next business confrontation before she even walks into the room.

restore hyper wellness paramus: Acute Psychiatric Emergencies Advanced Life Support Group (ALSG), 2020-03-30 Acute Psychiatric Emergencies is designed for all medical and healthcare professionals working with patients in mental health crisis. This manual is a key component of the Acute Psychiatric Emergencies (APEX) course, which uses a structured approach developed by leading psychiatry and emergency medicine specialists with years of practical experience. This valuable resource provides a practical approach for dealing with mental health emergencies, helping healthcare professionals from different specialties speak a common language and develop a shared understanding that expedites excellent care. The manual outlines the assessment and management

of patients who have self-harmed, those that are apparently drunk, the patient behaving strangely, the patient with acute confusion, and those that are aggressive. Presents a structured, practical approach for the emergency care of patients presenting in acute psychiatric crisis Covers common presentations of psychiatric emergencies Emphasises close co-operation of emergency and mental health teams Offers content designed jointly by practicing psychiatrists and emergency physicians from the Advanced Life Support Group (ALSG) Acute Psychiatric Emergencies will be useful for practitioners of emergency medicine, psychiatry, emergency and mental health nursing as well as other mental health and crisis care professionals.

restore hyper wellness paramus: Nutrition and Diet Therapy Carroll A. Lutz, Karen R. Przytulski, 1997-03 -- Covers counting carbohydrate educational approach developed by the American Dietetic and Diabetic Associations-- Two new chapters: Individualizing Client Care and Nutritional Care of the Terminally Ill-- Expanded coverage of TPN with a table of indications for PPN and TPN-- Demonstrates TPN calculations used to determine grams of protein, fat, and carbohydrates, percentage of calories from fat, and calorie-to-nitrogen ratios-- Updated physical activity information based on the CDC and American College of Sports Medicine recommendations-- Numerous sample diets and assessment tools-- Each chapter contains a case study organized by nursing process, chapter outline, learning objectives, glossary terms, chapter review questions, clinical analysis questions, clinical calculations, and chapter summaries

restore hyper wellness paramus: Whitney Biennial 2019 Jane Panetta, Rujeko Hockley, 2019-01-01 Showcasing the work of an exciting group of contemporary artists, this book reflects the trends shaping art in the United States today.

restore hyper wellness paramus: Five-Star Basketball Drills Howard Garfinkle, Will Klein, 1998-02-01 Over 5,000 talented players have completed the Five-Star program and received scholarships. Distinguished alumni include Isiah Thomas, Moses Malone, Dominique Wilkins, Michael Jordan, Mark Aguirre, John Paxson, Jim Paxson, Jeff Ruland, Darnell Valentine, and Mike O'Koren. Here, in print for the first time, is a compilation of 131 drills they practiced at the nation's premier basketball camp. The book includes the following: 131 of the best drills used at the Five-Star camp Conditioning, one, two, and three player drills for men and women Proven regimens from a star-studded galaxy of NCAA and NBA coaches Step by step instructions with pictures and diagrams to maximize your potential and practice time Howard Garfinkel and Will Klein are as well organized in their presentation of drills as they are in their camp. This book is a great contribution to your basketball library. -- Bob Knight Owning one of the most varied sports libraries in the country, I consider myself an expert on sports books. Nowhere on my shelves is there anything approaching the value of these drills for youngsters and young coaches. It's the best drill book in America. -- George Raveling With the advent of the three-point shot, there's now a high priority on the skill parts of the game. This book will help the dedicated user become a fundamentally sound player. -- Mike Fratello A must for all young players and coaches who want to learn the game the way it should be taught. -- Rick Pitino Five-Star has done a great job helping kids. I admire the way they've emphasized teaching the concepts and maintained the personal touch in dealing with youngsters. This book carries on that great tradition. -- Mike Krzyzewski

restore hyper wellness paramus: Words to Rhyme with Willard R. Espy, 2001 An easy-to-use dictionary of over 80,000 rhyming words.

restore hyper wellness paramus: The Montauk Book of the Living Peter Moon, 2009 The discovery of ancient pyramids at Montauk Point and the mysterious Pharaoh family of Montauk leads to the further discovery of a quantum relic which opens the door to these mysteries and many more, including an ancient blue race of people, the forerunners of the Pharaohs, who descended from the star Sirius and possessed the biological truth behind the Virgin Birth. The occult biology of this is revealed along with many mysteries which launches a new era once prophesied by Native Elders as the Second Coming of the Pharaohs, said to signal the return of ancient wisdom, universal brotherhood and healing.

restore hyper wellness paramus: Critical Perspectives on Housing Rachel G. Bratt,

Chester W. Hartman, Ann Meyerson, 1986-01 The overwhelming majority of writing done in the field of housing today is based on the erroneous assumption that either the nation's housing problems are not overly serious or long-lasting or that adjustments in market mechanisms and slightly modified government housing policies can correct the existing problems. *Critical Perspectives on Housing*, a collection of thirty-three articles, sixteen of which have been specifically written for the volume or are being published for the first time, attempts to dispel those illusions and set forth concrete proposals for change. Written by leading scholars and activists in the country today, the articles examine such diverse elements of the housing picture as the construction industry, gentrification, the homeless, abandonment, the market's ability to serve minorities and women, the income tax system, rural housing problems, suburbanization, and the actions of the Reagan Administration. The articles are divided into three sections: The Workings of the Private Housing Market; The Role of the State; and Strategies for Change. *Critical Perspectives on Housing* moves beyond the analytic perspective, however, by advancing a range of alternative approaches to help solve the housing crisis. These approaches are augmented by a survey of current and historical approaches taken by other governments and societies to address the crucial problems of their people's housing needs. Author note: Rachel G. Bratt is Assistant Professor in the Department of Urban and Environmental Policy at Tufts University. >P>Chester Hartman is currently a Fellow at the Institute for Policy Studies in Washington, D.C. >P>Ann Meyerson is Assistant Professor in the Metropolitan Studies Program at New York University.

restore hyper wellness paramus: I Can, I Will, I Must Alan Schnurman, Eric Feil, 2019-05-16 The lessons, traits and practices that underpin a successful real-estate investing strategy are the same as those for a successful life strategy: passion, patience, diligence, flexibility, perseverance, confidence, finding the right partners, overcoming disappointment, a positive outlook. Alan Schnurman has learned and lived by these principles, and discovered how to fill his professional and personal lives with great successes: success in real estate investing, success as a businessperson, success as a partner and husband and father and friend. From South Street Seaport to Sagaponack, Park Slope in Brooklyn to the slopes of Aspen, Alan has found the power in becoming an aggregator of knowledge and learning as if life is forever. He had nobody to teach him all this. The readers of *I Can, I Will, I Must*, by good fortune, have Alan to show how his lessons and experience apply to real-estate investing, yes, but also to an entire approach to living that is fulfilling, rewarding and will make you a richer person on every level. Filled with Alan's stories of some of the biggest real estate developments in the history of the Hamptons, of rising from a poor childhood in Brooklyn to becoming a successful lawyer, TV and internet content pioneer, renowned Hamptons broker, marathon runner, Mount Everest explorer and more, *I Can, I Will, I Must* is a must-read for anyone looking for inspiration for investing in real estate and their own success and happiness.

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restore hyper wellness paramus: What's Left Out Jay Baruch, 2015 2015 INDIEFAB Book of the Year Bronze Award for Short Fiction Short stories about the complex maze of health care Conventional medical narratives often fail to capture the incoherent, surreal, and logic-twisting reality of the contemporary healthcare experience, where mystery, absurdity, and even cruelty are disguised as logic, reason, and compassion. In this new collection of stories by physician and writer Jay Baruch, characters struggle in their quest for meaning and a more hopeful tomorrow in a strange landscape where motivations are complex and convoluted and what is considered good and just operates as a perpetually shifting proposition. Readers are invited to eavesdrop on the conversations and thoughts of those negotiating the healthcare landscape while attempting to maintain their sanity. Each glimpse into the minds of patients, doctors, and family members reveals the stark reality that reason and compassion are not always the lifeblood of a system devoted to

healing. From a weary night shift doctor dealing with a chronic patient to a physician figuring out how to tell the next of kin about a relative's death, each of Baruch's characters exposes the multitude of emotions lurking behind the strained and sickly faces in the hospital waiting room. With imagination and an eye for detail, Baruch takes readers on an unsparing ride through the hidden, ignored, or misunderstood challenges facing healers and the ill. It is a world where communities shoulder unrelenting burdens, optimism is held with caution, and people ration their dreams. Baruch's vivid storytelling guides his readers through the incoherent and emotionally fraught reality he has faced during his twenty years as an emergency physician. The stories in What's Left Out ask readers to take risks, to make leaps into unfamiliar territory, and, like the larger healthcare enterprise, to develop comfort and trust in the untraditional and unexpected.

restore hyper wellness paramus: Confessions of a Male Gynecologist Andre Bellanger, Andre Bellanger M D, 2016-04-26 Curious about the world of obstetrics and gynecology? Want to know why a future doctor would want to specialize in gynecology? Or perhaps you'd just like a peek behind the curtain, so to speak -- and to hear some OBGYN secrets. If you're intrigued by any of these topics, or just want to know about women's health from an OBGYN who tells it like it is, this book is for you. Confessions of a Male Gynecologist reveals not only what your gynecologist is thinking when your feet are in the stirrups, but provides women with some frank advice. Dr. Bellanger provides readers with an education, gets on his high horse, and shares some unbelievable (and in many cases), laugh-out-loud stories. Here's what readers have to say ... full of insights you had no idea you wanted to know. ... informational, educational, and at times downright hysterical ... answers all the questions you've ever had about your gynecologist ... an entertaining experience. ... an insightful look into the complexity and realities of not only women's health, but the state of our health care system today.

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