

restore hyper wellness tulsa

Restore Hyper Wellness Tulsa: Your Guide to Holistic Well-being

Are you feeling burnt out, sluggish, or just...off? Do you crave a deeper level of wellness than just the absence of illness? If so, you're not alone. Millions are searching for ways to optimize their health and achieve a state of true hyper wellness. In this comprehensive guide, we'll delve into Restore Hyper Wellness Tulsa, exploring what makes them unique, the services they offer, and how they can help you unlock your body's full potential. We'll cover everything from IV therapy to hormone optimization, ensuring you have the information you need to make an informed decision about your health journey. Let's dive in!

Understanding Restore Hyper Wellness: More Than Just a Clinic

Restore Hyper Wellness isn't your typical doctor's office. It's a proactive, holistic wellness center focused on optimizing your health before you get sick. They take a personalized approach, understanding that everyone's wellness journey is unique. Instead of treating symptoms, Restore aims to address the root causes of imbalances, helping you achieve peak physical and mental performance. Their Tulsa location offers a wide range of cutting-edge services designed to boost your energy, improve your mood, and enhance your overall well-being.

Restore Hyper Wellness Tulsa: A Range of Services for Peak Performance

The Tulsa location boasts a comprehensive menu of services, catering to a broad spectrum of wellness needs. Let's explore some of their most popular offerings:

1. IV Therapy: Restore offers a variety of customized IV drips designed to address specific needs. Whether you're battling a cold, aiming for increased energy, or seeking a boost to your immune system, their IV drips deliver vital nutrients directly into your bloodstream for rapid absorption and maximum impact. They use high-quality ingredients and experienced medical professionals to ensure safety and efficacy.
1. Hormone Optimization: Hormonal imbalances can significantly impact your energy levels, mood, sleep, and overall health. Restore Hyper Wellness Tulsa offers comprehensive hormone testing and personalized treatment plans to restore balance

and optimize your hormonal profile. They work with both men and women, addressing issues like low testosterone, thyroid imbalances, and menopause symptoms.

1. **Peptide Therapy:** Peptides are short chains of amino acids that play a crucial role in various bodily functions. Restore utilizes peptide therapy to stimulate cell regeneration, improve muscle growth, boost energy levels, and enhance overall health and wellness. This is a more advanced treatment option often used for anti-aging and performance enhancement.
1. **Nutritional Consultations:** Nutrition is a cornerstone of overall health. Restore's registered dietitians provide personalized nutritional guidance, helping you create a meal plan tailored to your individual needs and goals. They'll help you identify nutrient deficiencies, optimize your diet for better health, and achieve your weight management objectives.
1. **Wellness Shots:** Looking for a quick and easy way to boost your immunity or improve your energy? Restore's wellness shots are packed with vitamins and nutrients to give you that extra edge. These are a convenient way to supplement your diet and support your overall well-being.
1. **Bioidentical Hormone Replacement Therapy (BHRT):** BHRT aims to replace missing or deficient hormones with hormones that are chemically identical to those naturally produced by the body. This approach can alleviate symptoms associated with hormone imbalances and improve overall well-being. This requires a thorough consultation and ongoing monitoring.

Why Choose Restore Hyper Wellness Tulsa?

Several factors set Restore apart from other wellness centers:

Holistic Approach: They don't just treat symptoms; they address the root causes of imbalances.

Personalized Treatment Plans: Every plan is tailored to your specific needs and goals.

Experienced Professionals: Their team comprises highly trained and certified medical professionals.

Cutting-Edge Technology: They utilize advanced technology and treatments to maximize results.

Convenient Location: The Tulsa location is easily accessible and offers a welcoming

atmosphere.

Focus on Prevention: Restore emphasizes proactive wellness to help you avoid illness and maintain optimal health.

Finding the Right Path to Hyper Wellness

The journey to hyper wellness is a personal one. Restore Hyper Wellness Tulsa provides the tools, resources, and expertise to help you achieve your goals. Remember, it's not just about feeling better; it's about feeling optimal. By addressing underlying imbalances and supporting your body's natural healing processes, you can unlock a higher level of health and well-being.

Conclusion

Restore Hyper Wellness Tulsa offers a comprehensive and personalized approach to achieving optimal health. With its wide range of services and experienced professionals, it's an excellent choice for anyone seeking to boost their energy, improve their mood, and enhance their overall well-being. Take the first step toward a healthier, more vibrant you by scheduling a consultation today.

FAQs

1. Do I need a referral to visit Restore Hyper Wellness Tulsa? No, you do not need a referral to visit Restore Hyper Wellness Tulsa. You can schedule an appointment directly through their website or by phone.
1. What insurance plans does Restore Hyper Wellness Tulsa accept? Restore Hyper Wellness Tulsa does not directly accept insurance. However, they can provide you with the necessary documentation to submit to your insurance provider for potential reimbursement. It's best to contact them directly to discuss your specific insurance plan.
1. How much does a typical IV therapy session cost? The cost of IV therapy varies depending on the type of drip and the specific ingredients used. It's best to contact Restore Hyper Wellness Tulsa directly for pricing information.
1. What should I expect during my first consultation? During your first consultation, you'll meet with a healthcare professional who will assess your health history, discuss your goals, and recommend a personalized treatment plan.

1. Are there any potential risks associated with IV therapy or other treatments offered at Restore? As with any medical procedure, there are potential risks associated with IV therapy and other treatments. Your healthcare provider will discuss these risks with you during your consultation. They will take all necessary precautions to minimize any potential risks and ensure your safety.

restore hyper wellness tulsa: *Rhythms of Recovery* Leslie E. Korn, 2021-09-28 The classic edition of *Rhythms of Recovery* sheds light on rhythm, one of the most important components of our survival and well-being. It governs the patterns of our sleep and respiration and is profoundly tied to our relationships with friends and family. But what happens when these rhythms are disrupted by traumatic events? Can balance be restored, and if so, how? What insights do eastern, natural, and modern western healing traditions have to offer, and how can practitioners put these lessons to use? Is it possible to do this in a way that's culturally sensitive, multidisciplinary, and grounded in research? *Rhythms of Recovery* examines and answers these questions and provides clinicians with effective, time-tested tools for alleviating the destabilizing effects of traumatic events. It also explores integrative medicine, East/West medicine, herbal medicine, psychedelic medicine, complex trauma, yoga, and somatic and feminist therapies. For practitioners and students interested in integrating the insights of complementary/alternative medicine and 21st-century science, this deeply appealing book is an ideal guide.

restore hyper wellness tulsa: Wong's Essentials of Pediatric Nursing - Text and Study Guide Package Marilyn J. Hockenberry, David Wilson, 2011-05-24 This money-saving package includes the 8th edition of *Wong's Essentials of Pediatric Nursing Text and Study Guide*.

restore hyper wellness tulsa: Student Workbook for Understanding Medical Surgical Nursing Paula D. Hopper, Linda Sue Williams, 2006-12-27 Provides students with a study tool that reinforces learning through fun-to-do exercises. Each chapter follows along with the text and features a host of critical thinking exercises, basic matching and true/false tests, word scrambles, crossword puzzles, vocabulary review exercises, and NCLEX-PN-style questions.

restore hyper wellness tulsa: *The Clinical Handbook of Biofeedback* Inna Z. Khazan, 2013-03-12 A practical guide to the clinical use of biofeedback, integrating powerful mindfulness techniques. A definitive desk reference for the use of peripheral biofeedback techniques in psychotherapeutic settings, backed by a wealth of clinical research Introduces mindfulness and acceptance techniques and shows how these methods can be incorporated into biofeedback practice Step-by-step instructions provide everything a clinician needs to integrate biofeedback and mindfulness including protocols, exemplar logs for tracking symptoms, and sample scripts for mindfulness exercises Includes scientifically robust treatment protocols for a range of common problems including headaches, hypertension and chronic pain

restore hyper wellness tulsa: 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 tulsa: Handbook of Analytic Philosophy of Medicine Kazem Sadegh-Zadeh, 2015-04-06 Medical practice is practiced morality, and clinical research belongs to normative ethics. The present book elucidates and advances this thesis by: 1. analyzing the structure of medical language, knowledge, and theories; 2. inquiring into the foundations of the clinical encounter; 3. introducing the logic and methodology of clinical decision-making, including artificial intelligence in medicine; 4. suggesting comprehensive theories of organism, life, and psyche; of health, illness, and disease; of etiology, diagnosis, prognosis, prevention, and therapy; and 5. investigating the moral and metaphysical issues central to medical practice and research. Many systems of (classical, modal, non-classical, probability, and fuzzy) logic are introduced and applied. Fuzzy medical deontics, fuzzy medical ontology, fuzzy medical concept formation, fuzzy medical decision-making and biomedicine and many other techniques of fuzzification in medicine are introduced for the first time.

restore hyper wellness tulsa: Care and the City Angelika Gabauer, Sabine Knierbein, Nir Cohen, Henrik Lebuhn, Kim Trogal, Tihomir Viderman, Tigran Haas, 2021-10-25 Care and the City is a cross-disciplinary collection of chapters examining urban social spaces, in which caring and uncaring practices intersect and shape people's everyday lives. While asking how care and uncaring are embedded in the urban condition, the book focuses on inequalities in caring relations and the ways they are acknowledged, reproduced, and overcome in various spaces, discourses, and practices. This book provides a pathway for urban scholars to start engaging with approaches to conceptualize care in the city through a critical-reflexive analysis of processes of urbanization. It pursues a systematic integration of empirical, methodological, theoretical, and ethical approaches to care in urban studies, while overcoming a crisis-centered reading of care and the related ambivalences in care debates, practices, and spaces. These strands are elaborated via a conceptual framework of care and situated within broader theoretical debates on cities, urbanization, and urban development with detailed case studies from Europe, the Americas, and Asia. By establishing links to various fields of knowledge, this book seeks to systematically introduce debates on care to the interconnecting fields of urban studies, planning theory, and related disciplines for the first time.

restore hyper wellness tulsa: The Sioux Chef's Indigenous Kitchen Sean Sherman, 2017-10-10 2018 James Beard Award Winner: Best American Cookbook Named one of the Best Cookbooks of 2017 by NPR, The Village Voice, Smithsonian Magazine, UPROXX, New York Magazine, San Francisco Chronicle, Mpls. St. Paul Magazine and others Here is real food—our indigenous American fruits and vegetables, the wild and foraged ingredients, game and fish. Locally sourced, seasonal, “clean” ingredients and nose-to-tail cooking are nothing new to Sean Sherman, the Oglala Lakota chef and founder of The Sioux Chef. In his breakout book, The Sioux Chef's Indigenous Kitchen, Sherman shares his approach to creating boldly seasoned foods that are vibrant, healthful, at once elegant and easy. Sherman dispels outdated notions of Native American fare—no fry bread or Indian tacos here—and no European staples such as wheat flour, dairy products, sugar, and domestic pork and beef. The Sioux Chef's healthful plates embrace venison and rabbit, river and lake trout, duck and quail, wild turkey, blueberries, sage, sumac, timsula or wild turnip, plums, purslane, and abundant wildflowers. Contemporary and authentic, his dishes feature cedar braised bison, griddled wild rice cakes, amaranth crackers with smoked white bean paste, three sisters salad, deviled duck eggs, smoked turkey soup, dried meats, roasted corn sorbet, and hazelnut-maple bites. The Sioux Chef's Indigenous Kitchen is a rich education and a delectable introduction to modern indigenous cuisine of the Dakota and Minnesota territories, with a vision and approach to food that travels well beyond those borders.

restore hyper wellness tulsa: The Adrenal Thyroid Revolution Aviva Romm, M.D., 2017-01-31 A Yale-trained, board-certified family physician with a specialty in women's health and obstetrics delivers a proven 28-day program to heal the overwhelmed, overloaded systems, and prevent and reverse the myriad of symptoms affecting the vast majority of women today. Weight gain, fatigue, brain fog, hormonal imbalances, and autoimmune conditions—for years, health practitioners have commonly viewed each as individual health problems resulting from a patient's genetic bad luck, poor lifestyle choices, or lack of willpower. Patients, too, have turned to different doctors to alleviate their specific symptoms: an endocrinologist for a thyroid problem; a gynecologist for hormonal issues; an internist for weight, diabetes, and high blood pressure; a rheumatologist for joint problems, and even to therapists or psychologists. While these ailments may seem unrelated, Dr. Aviva Romm contends that they are intrinsically connected by what she calls Survival Overdrive Syndrome, a condition that occurs when the body becomes overloaded. SOS can result from childhood survival patterns or adult life stressors that are compounded by foods we eat, toxins in our environment, viral infections, lack of sleep, disrupted gut microflora, and even prescribed medications. Two of the systems most affected are the adrenal system and the thyroid, which control mood, hormones, inflammation, immunity, energy, weight, will power, blood sugar balance, cholesterol, sleep, and a host of other bodily functions. When these systems become overwhelmed they lead to symptoms that can develop into full blow illnesses, including diabetes, hypertension, osteoporosis, and heart disease—all of which have medically provable origins in SOS. The Adrenal Thyroid Revolution explains SOS, how it impacts our bodies and can lead to illness, and most importantly, offers a drug-free cure developed through Dr. Romm's research and clinical work with tens of thousands of patients. In as little as two weeks, you can lose excess weight, discover increased energy, improve sleep, and feel better. With The Adrenal Thyroid Revolution, you can rescue your metabolism, hormones, mind and mood—and achieve long-lasting health.

restore hyper wellness tulsa: Mosby's Comprehensive Review of Nursing for the NCLEX-RN® Examination Patricia M. Nugent, Judith S. Green, Mary Ann Hellmer Saul, Phyllis K. Pelikan, 2011-11-08 A classic resource that has helped nurses pass the NCLEX exam for over 60 years, Mosby's Comprehensive Review of Nursing for the NCLEX-RN® Examination, 20th Edition is fully updated to reflect the newest NCLEX-RN test plan. Content review is presented in a concise and full-color outline format organized by the core areas of medical-surgical, pediatric, maternity/women's health, and mental health nursing, with a practice test following each unit. More than 4,200 practice questions and rationales -- including more than 600 questions in the newest alternate item formats -- are written by a team of trusted NCLEX experts led by author Patricia M. Nugent. This title includes additional digital media when purchased in print format. For this digital book edition, media content may not be included.

restore hyper wellness tulsa: Tendon Injuries Nicola Maffulli, Per Renstrom, Wayne B. Leadbetter, 2005-02-09 Tendon ailments are a significant cause of morbidity among athletes of all levels and are increasing in prevalence. Their management is often empirical, and para-scientific, only looking at the biological aspects of tendon ailments. This book conveys a comprehensive and concise body of knowledge on the management of tendon problems in sportspeople with practical details of clinical protocols. Tendon Injuries: Basic Science and Clinical Medicine is specifically dedicated to the clinical aspects of tendinopathy and provides the required knowledge and scientific basis for the sports medicine practitioner, orthopedic specialist and student facing upper and lower limb tendon ailments in athletes. A comprehensive review of tendon disorders is given and modern criteria of management outlined to form the basis of effective clinical management of this group of patients.

restore hyper wellness tulsa: Relocation and Real Property Acquisition United States. Office of Community Planning and Development, 1979

restore hyper wellness tulsa: A Life with Health Aimee Tariq, 2017-09

restore hyper wellness tulsa: A Brief History of Psychology Michael Wertheimer, 2012 This edition approaches psychology as a discipline with antecedents in philosophical speculation and

early scientific experimentation. It covers these early developments, 19th-century German experimental psychology and empirical psychology in tradition of William James, the 20th century dubbed the age of schools and dominated by psychoanalysis, behavioralism, structuralism, and Gestalt psychology, as well as the return to empirical methods and active models of human agency. Finally it evaluates psychology in the new millennium and developments in terms of women in psychology, industrial psychology and social justice

restore hyper wellness tulsa: *Irony and Outrage* Dannagal Goldthwaite Young, Dannagal G. Young, 2020 This text explores the aesthetics, underlying logics, and histories of two seemingly distinct genres - liberal political satire and conservative opinion talk - making the case that they should be thought of as the logical extensions of the psychology of the left and right, respectively.

restore hyper wellness tulsa: *Interpreting the MMPI-2-RF* Yossef S. Ben-Porath, Detailed and practical instruction for interpreting the newly published MMPI-2-RF

restore hyper wellness tulsa: *Speculative Blackness* André M. Carrington, 2016-02-29 In *Speculative Blackness*, André M. Carrington analyzes the highly racialized genre of speculative fiction—including science fiction, fantasy, and utopian works, along with their fan cultures—to illustrate the relationship between genre conventions in media and the meanings ascribed to blackness in the popular imagination. Carrington's argument about authorship, fandom, and race in a genre that has been both marginalized and celebrated offers a black perspective on iconic works of science fiction. He examines the career of actor Nichelle Nichols, who portrayed the character Uhura in the original *Star Trek* television series and later became a recruiter for NASA, and the spin-off series *Star Trek: Deep Space Nine*, set on a space station commanded by a black captain. He recovers a pivotal but overlooked moment in 1950s science fiction fandom in which readers and writers of fanzines confronted issues of race by dealing with a fictitious black fan writer and questioning the relevance of race to his ostensible contributions to the 'zines. Carrington mines the productions of Marvel comics and the black-owned comics publisher Milestone Media, particularly the representations of black sexuality in its flagship title, *Icon*. He also interrogates online fan fiction about black British women in *Buffy the Vampire Slayer* and the *Harry Potter* series. Throughout this nuanced analysis, Carrington theorizes the relationship between race and genre in cultural production, revealing new understandings of the significance of blackness in twentieth-century American literature and culture.

restore hyper wellness tulsa: *The Interoceptive Mind* Manos Tsakiris, Helena de Preester, 2019 Interoception is the body-to-brain axis of sensations that originates from the internal body and visceral organs. *The Interoceptive Mind: From Homeostasis to Awareness* offers a state-of-the-art overview of, and insights into, the role of interoception for mental life, awareness, subjectivity, affect, and cognition.

restore hyper wellness tulsa: *Psychosocial Occupational Therapy* Elizabeth Cara, 2013

restore hyper wellness tulsa: *Handbook of Police Psychology* Jack Kitaeff, 2019-06-11 The *Handbook of Police Psychology* features contributions from over 30 leading experts on the core matters of police psychology. The collection surveys everything from the beginnings of police psychology and early influences on the profession; to pre-employment screening, assessment, and evaluation; to clinical interventions. Alongside original chapters first published in 2011, this edition features new content on deadly force encounters, officer resilience training, and police leadership enhancement. Influential figures in the field of police psychology are discussed, including America's first full-time police psychologist, who served in the Los Angeles Police Department, and the first full-time police officer to earn a doctorate in psychology while still in uniform, who served with the New York Police Department. The *Handbook of Police Psychology* is an invaluable resource for police legal advisors, policy writers, and police psychologists, as well as for graduates studying police or forensic psychology.

restore hyper wellness tulsa: *Voices of Oklahoma* John Erling, John Hamill, 2018-12-03 For 30 years John Erling entertained Tulsans as the stimulating host of *Erling in the Morning* on KRMG radio. Known for his interviews with people of all walks of life—from politicians to celebrities to

everyday people--John provided the perfect forum on his talk show to deliberate the hottest local and national topics. As a well-respected community leader and member of the Oklahoma Broadcasters Hall of Fame and Oklahoma Historians Hall of Fame, Erling is now devoting his energy and enthusiasm to the VoicesofOklahoma.com oral history project. He has interviewed hundreds of his fellow Oklahomans for this endeavor. All have had stories that serve to inspire, instruct, and entertain future generations of Oklahomans. In commemoration of the project's tenth anniversary, this book has been written to introduce VoicesofOklahoma.com to a new audience, and to provide dedicated visitors with some of their favorite stories between the covers of a book.

restore hyper wellness tulsa: BORDERx Mauricio Alberto Cordero, 2020-05-05 BORDERx is a comix anthology to raise funds and awareness for the humanitarian crisis at the US border, to benefit the South Texas Human Rights Center. With over 70 artists and writers who explore the crisis from a variety of perspectives.

restore hyper wellness tulsa: Vitamins and "health" Foods Victor Herbert, Stephen Barrett, 1985

restore hyper wellness tulsa: Lying in Weight Trisha Gura, PhD, 2009-10-13 A girl with an eating disorder grows up. And then what? In this groundbreaking book, science journalist Trisha Gura explodes the myth that those who suffer from eating disorders, including anorexia nervosa and bulimia nervosa, are primarily teenage girls. In truth, twenty-five to thirty million American women twenty-five and older suffer from serious food issues, from obsessions with calorie counting to compulsions to starve then overeat. These diseases often linger from adolescence or emerge anew in the lives of adult women in ways that we are only now starting to recognize. Drawing on her own experience with anorexia, as well as the most up-to-date research and extensive interviews with clinicians and sufferers, Gura presents a startling, timely, and imperative investigation of eating disorders all grown up, and offers hope through understanding.

restore hyper wellness tulsa: Pediatric Rehabilitation Dennis J. Matthews, MD, 2015-05-28 Named a Doody's Core Title in 2012 and 2013! Widely acknowledged as the cornerstone reference in the field, Pediatric Rehabilitation brings together renowned specialists from all sectors of the pediatric rehabilitation community to provide the most current and comprehensive information available. The fifth edition has been substantially updated and expanded with evidence-based discussions of new theories, therapies, interventions, research findings, and controversies. Five completely new chapters focus on such emerging areas as the use of ultrasound to guide motor point and nerve injections, rehabilitation of chronic pain and conversion disorders, management of concussions, sports injuries, and neurodegenerative and demyelinating diseases in children. This edition also addresses important new directions in genetic markers and tests, cognitive, developmental, and neuropsychological assessment, and rehabilitation for common genetic conditions. Additionally, several new contributors provide fresh perspectives to the voices of established leaders in the field. The text covers all aspects of pediatric rehabilitation medicine from basic examination and testing to electrodiagnosis, therapeutic exercise, orthotics and assistive devices, gait labs, aging with pediatric onset disability, and in-depth clinical management of the full range of childhood disabilities and injuries. Pearls and Perils featured throughout the book underscore crucial information, and illustrations, summary tables, information boxes, and lists contribute to the text's abundant clinical utility. New to the Fifth Edition: Every chapter has been thoroughly revised and expanded to reflect current thinking and practice Evidence-based discussions of new theories, therapies, interventions, research findings, and areas of controversy Five entirely new chapters illuminating emerging areas: rehabilitation of chronic pain and conversion disorders, ultrasound-guided injections, concussion management, sports injuries, and neurodegenerative and demyelinating diseases in children

restore hyper wellness tulsa: Viral Modernism Elizabeth Outka, 2019-10-22 The influenza pandemic of 1918-1919 took the lives of between 50 and 100 million people worldwide, and the United States suffered more casualties than in all the wars of the twentieth and twenty-first centuries combined. Yet despite these catastrophic death tolls, the pandemic faded from historical

and cultural memory in the United States and throughout Europe, overshadowed by World War One and the turmoil of the interwar period. In *Viral Modernism*, Elizabeth Outka reveals the literary and cultural impact of one of the deadliest plagues in history, bringing to light how it shaped canonical works of fiction and poetry. Outka shows how and why the contours of modernism shift when we account for the pandemic's hidden but widespread presence. She investigates the miasmic manifestations of the pandemic and its spectral dead in interwar Anglo-American literature, uncovering the traces of an outbreak that brought a nonhuman, invisible horror into every community. *Viral Modernism* examines how literature and culture represented the virus's deathly fecundity, as writers wrestled with the scope of mass death in the domestic sphere amid fears of wider social collapse. Outka analyzes overt treatments of the pandemic by authors like Katherine Anne Porter and Thomas Wolfe and its subtle presence in works by Virginia Woolf, T. S. Eliot, and W. B. Yeats. She uncovers links to the disease in popular culture, from early zombie resurrection to the resurgence of spiritualism. *Viral Modernism* brings the pandemic to the center of the era, revealing a vast tragedy that has hidden in plain sight.

restore hyper wellness tulsa: *A Field Guide to Climate Anxiety* Sarah Jaquette Ray, 2020-04-21 Gen Z's first existential toolkit for combating eco-guilt and burnout while advocating for climate justice. A youth movement is reenergizing global environmental activism. The "climate generation"—late millennials and iGen, or Generation Z—is demanding that policy makers and government leaders take immediate action to address the dire outcomes predicted by climate science. Those inheriting our planet's environmental problems expect to encounter challenges, but they may not have the skills to grapple with the feelings of powerlessness and despair that may arise when they confront this seemingly intractable situation. Drawing on a decade of experience leading and teaching in college environmental studies programs, Sarah Jaquette Ray has created an "existential tool kit" for the climate generation. Combining insights from psychology, sociology, social movements, mindfulness, and the environmental humanities, Ray explains why and how we need to let go of eco-guilt, resist burnout, and cultivate resilience while advocating for climate justice. *A Field Guide to Climate Anxiety* is the essential guidebook for the climate generation—and perhaps the rest of us—as we confront the greatest environmental threat of our time.

restore hyper wellness tulsa: Globalization, Spirituality, and Justice Revised Edition Daniel G. Groody, 2015-10-15 A theological reading of globalization and a global reading of theology. This book offers a rigorously critical, and yet inspiring, vision of justice as an integral part of Christian spirituality in our complex, globalized world. At the same time, Daniel Groody's analysis draws on the conviction that faith and spirituality have an integral role in the struggle to achieve a more just social order.

restore hyper wellness tulsa: Grieving the Child I Never Knew Kathe Wunnenberg, 2010-06-01 When the anticipation of your child's birth turns into the grief of miscarriage, tubal pregnancy, stillbirth, or early infant death, no words on earth can ease your loss. But there is strength and encouragement in the wisdom of others who have been there and found that God's comfort is real. Having experienced three miscarriages and the death of an infant son, Kathe Wunnenberg knows the deep anguish of losing a child. *Grieving the Child I Never Knew* was born from her personal journey through sorrow. It is a wise and tender companion for mothers whose hearts have been broken--mothers like you whose dreams have been shattered and who wonder how to go on. This devotional collection will help you grieve honestly and well. With seasoned insights and gentle questions, it invites you to present your hurts before God, and to receive over time the healing that He alone can--and will--provide. Each devotion includes: * Scripture passage and prayer * Steps Toward Healing questions * Space for journaling Readings for holidays and special occasions also included

restore hyper wellness tulsa: Foundations of Athletic Training Marcia K. Anderson, Gail P. Parr, 2013 This text integrates basic medical concepts and related scientific information to provide a strong foundation of general athletic training practices. Using a problem-solving approach to prevention, recognition, assessment, management, and disposition of sports-related injuries and

diseases, this text provides athletic trainers and athletic training students with the most extensive, challenging content in a user-friendly format. New Content! This edition features a new chapter on Psychosocial Intervention Strategies.

restore hyper wellness tulsa: What Counts Naomi Cytron, Kathryn L. S. Pettit, Federal Reserve Bank of San Francisco, G. Thomas Kingsley, Urban Institute, David Erickson, Ellen S. Seidman, 2014-12-04

restore hyper wellness tulsa: Wardlaw's Perspectives in Nutrition Carol Byrd-Bredbenner, Gordon M. Wardlaw, Gaile Moe, Donna Beshgetoor, Jacqueline R. Berning, 2009 An introductory nutrition text appropriate for nutrition and science majors, as well as mixed majors/non-majors nutrition courses. This text has current, in-depth and thoughtful introduction to the dynamic field of nutrition. The 8th edition introduces a new author team whose primary goal has been to maintain the strengths and philosophy that have been the hallmark of this book yet enhance the accessibility and personal application of materials for today's students.

restore hyper wellness tulsa: Rebuild by Design Rebuild by Design, 2015-06-30

restore hyper wellness tulsa: Defending the Lion City Tim Huxley, 2000-12 Surrounded by larger and more populous nations in the heart of the Muslim Malay world, Singapore has been acutely aware of its vulnerability since separating from the Malaysian federation in 1965. Singapore's government has met its defense needs with characteristic determination, building powerful, well-equipped and highly-trained armed forces based on a relatively small professional core and much larger numbers of conscript and reservist citizen soldiers.

restore hyper wellness tulsa: A Bound Woman Is a Dangerous Thing DaMaris B. Hill, 2019-01-15 Nominated for an NAACP Image Award A Publishers Weekly Top 10 History Title for the season Booklist's Top 10 Diverse Nonfiction titles for the year BookRiot's 50 Must-Read Poetry Collections Most Anticipated Books of the Year--The Rumpus, Nylon A revelatory work in the tradition of Claudia Rankine's *Citizen*, DaMaris Hill's searing and powerful narrative-in-verse bears witness to American women of color burdened by incarceration. "It is costly to stay free and appear / sane." From Harriet Tubman to Assata Shakur, Ida B. Wells to Sandra Bland and Black Lives Matter, black women freedom fighters have braved violence, scorn, despair, and isolation in order to lodge their protests. In *A Bound Woman Is a Dangerous Thing*, DaMaris Hill honors their experiences with at times harrowing, at times hopeful responses to her heroes, illustrated with black-and-white photographs throughout. For black American women, the experience of being bound has taken many forms: from the bondage of slavery to the Reconstruction-era criminalization of women; from the brutal constraints of Jim Crow to our own era's prison industrial complex, where between 1980 and 2014, the number of incarcerated women increased by 700%.* For those women who lived and died resisting the dehumanization of confinement--physical, social, intellectual--the threat of being bound was real, constant, and lethal. In *A Bound Woman Is a Dangerous Thing*, Hill presents bitter, unflinching history that artfully captures the personas of these captivating, bound yet unbridled African-American women. Hill's passionate odes to Zora Neale Hurston, Lucille Clifton, Fannie Lou Hamer, Grace Jones, Eartha Kitt, and others also celebrate the modern-day inheritors of their load and light, binding history, author, and reader in an essential legacy of struggle. *The Sentencing Project

restore hyper wellness tulsa: *International Trauma Life Support for Emergency Care Providers: Pearson New International Edition* . . International Trauma Life Support (ITLS), John Campbell, 2013-08-27 Text only. This product does NOT include a Resource Central Access Code Card. To purchase the text with a Resource Central Access Code Card, please use ISBN: 0-13-281811-6 For more than 30 years, International Trauma Life Support has been at the forefront of trauma education at all levels of emergency care worldwide. This practical, hands-on training offers a complete reference covering all skills necessary for rapid assessment, resuscitation, stabilization, and transportation of the trauma patient. Updated with new photos and the latest approaches to the care of the trauma patient, this seventh edition conforms to the most recent AHA/ILCOR guidelines for artificial ventilation and CPR.

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