

rex wellness knightdale nc

Rex Wellness Knightdale NC: Your Guide to Holistic Wellness

Are you searching for a holistic wellness center in Knightdale, NC? Look no further! This comprehensive guide dives deep into Rex Wellness Knightdale NC, exploring its services, benefits, and what sets it apart. We'll cover everything you need to know to decide if Rex Wellness is the right fit for your health and wellness journey. Get ready to discover a path towards a healthier, happier you!

Understanding Rex Wellness Knightdale NC

Rex Wellness, located in Knightdale, North Carolina, is more than just a healthcare facility; it's a comprehensive wellness center committed to providing personalized care for individuals seeking a holistic approach to their health. Unlike traditional medical practices that often focus solely on treating symptoms, Rex Wellness emphasizes preventative care and overall well-being. They strive to address the root causes of health issues, empowering patients to take control of their health journey.

A Wide Array of Services at Rex Wellness Knightdale NC

The strength of Rex Wellness lies in its diverse range of services tailored to meet individual needs. Let's explore some of the key offerings:

1. Primary Care: The Foundation of Wellness

At the heart of Rex Wellness is comprehensive primary care. This includes routine checkups, preventative screenings, and diagnosis and treatment of common illnesses. Their primary care physicians take a proactive approach, working closely with patients to develop personalized wellness plans. This personalized approach sets them apart from more traditional, rushed primary care settings.

2. Specialized Medical Services: Addressing Specific Needs

Beyond primary care, Rex Wellness Knightdale NC often offers specialized medical services, which can vary depending on the specific location and staffing. These might include:

Women's Health: Specialized care focused on the unique needs of women throughout their lives.

Men's Health: Addressing the specific health concerns and preventative measures for

men.

Pediatrics: Providing comprehensive care for children from infancy through adolescence. (Verify the availability of these services directly with the center, as they can change.)

3. Holistic Approaches: Beyond Traditional Medicine

Rex Wellness differentiates itself by embracing holistic approaches to wellness. This may include:

Nutritional Counseling: Working with registered dietitians to develop personalized nutrition plans that support overall health and specific health goals.

Stress Management Techniques: Offering resources and guidance on stress reduction techniques, such as mindfulness and meditation.

Physical Therapy & Rehabilitation: Helping patients recover from injuries and improve their physical function through specialized therapy programs. (Again, availability should be verified directly with Rex Wellness Knightdale NC).

What Sets Rex Wellness Knightdale NC Apart?

Several factors contribute to Rex Wellness's reputation as a leading wellness center:

Patient-Centered Approach: The focus is always on the patient's individual needs and preferences.

Personalized Care Plans: Rather than a "one-size-fits-all" approach, care plans are tailored to each patient's unique circumstances.

Convenient Location: The Knightdale location provides easy access for residents of the surrounding community.

Experienced and Compassionate Staff: The team at Rex Wellness is known for its expertise and dedication to patient care.

Focus on Preventative Care: They actively work with patients to prevent health issues before they arise.

Finding Rex Wellness Knightdale NC and Getting in Touch

Finding the exact location and contact information for Rex Wellness in Knightdale is crucial. The best approach is to visit the official Rex Healthcare website. Look for their locations page and search specifically for "Knightdale" or use their online search function. This will provide you with the most accurate address, phone number, and hours of operation. It's essential to verify this information independently, as details can change.

Conclusion: Your Journey to Wellness Starts Here

Rex Wellness Knightdale NC offers a unique approach to healthcare, focusing on holistic wellness and personalized care. By combining traditional medical services with a broader perspective on health and well-being, they empower individuals to take control of their health journey. If you're seeking a comprehensive and supportive wellness center in

Knightdale, NC, Rex Wellness is definitely worth exploring. Don't hesitate to contact them directly to learn more about their services and how they can help you achieve your health goals.

Frequently Asked Questions (FAQs)

1. Does Rex Wellness Knightdale NC accept my insurance? Contact Rex Wellness directly to confirm which insurance providers they accept. Insurance coverage can vary.
1. What are the hours of operation for Rex Wellness Knightdale NC? The hours of operation should be clearly listed on the official Rex Healthcare website or by calling the facility directly.
1. Do I need a referral to see a doctor at Rex Wellness Knightdale NC? Referral requirements vary depending on the type of service and your insurance plan. Contact them directly to clarify.
1. What types of payment methods does Rex Wellness Knightdale NC accept? Payment methods are typically listed on their website or can be confirmed by contacting the facility directly. Expect to find common options such as credit cards, debit cards, and possibly health savings accounts (HSAs).
1. How do I schedule an appointment at Rex Wellness Knightdale NC? Appointment scheduling information will be available on the official Rex Healthcare website, typically through an online portal or by contacting them via phone.

rex wellness knightdale nc: Lower Extremity Arterial Disease Dennis G. Caralis, George L. Bakris, 2007-11-15 A comprehensive review the state-of-the-art in atherosclerosis of the arteries of the legs and feet. The authors discuss in detail the primary symptom-claudication-an intermittent pain in the leg or foot while walking, its predisposing factors, the current diagnostic methodologies, the impressive advances in the therapeutic armamentarium, and the need to screen for co-existing coronary artery disease. Additional chapters describe cutting-edge noninvasive angiography and vascular flow studies, specific drug therapy for claudication, regression of atherosclerosis therapy, gene therapy, and drug eluting stents for peripheral arterial disease. The authors also examine the

epidemiology of LEAD, the effects of smoking and effective smoking cessation programs, its pathogenesis and its association with lipid abnormalities and hypertension, aggressive risk factor modification, and the need to measure the ankle brachial index of every patient over 45.

rex wellness knightdale nc: *Nutrition and Bariatric Surgery* Robert F. Kushner, Christopher D. Still, 2014-08-21 Bariatric surgery has led to improved health outcomes including significant weight loss and reduction in co-morbidities among patients with obesity. Clinical practice guidelines recommend that patients considering bariatric surgery undergo a comprehensive nutritional assessment. *Nutrition and Bariatric Surgery* is the first comprehensive book that u

rex wellness knightdale nc: *Drug Induced Movement Disorders* Stewart Factor, Anthony Lang, William Weiner, 2008-04-15 The second revised edition of this text will update and present current state of the art clinical approaches to this subject. This book will continue to be the source text of information on drug-induced movement disorders authored and edited by the pioneers in the field. It will be an invaluable addition to the library of any neurologist.

rex wellness knightdale nc: *Without Precedent* Anna R. Hayes, 2009-06-01 The first woman judge in the state of North Carolina and the first woman in the United States to be elected chief justice of a state supreme court, Susie Marshall Sharp (1907-1996) broke new ground for women in the legal profession. When she retired in 1979, she left a legacy burnished by her tireless pursuit of lucidity in the law, honesty in judges, and humane conditions in prisons. Anna Hayes presents Sharp's career as an attorney, distinguished judge, and politician within the context of the social mores, the legal profession, and the political battles of her day, illuminated by a careful and revealing examination of Sharp's family background, private life, and personality. Judge Sharp was viewed by contemporaries as the quintessential spinster, who had sacrificed marriage and family life for a successful career. The letters and journals she wrote throughout her life, however, reveal that Sharp led a rich private life in which her love affairs occupied a major place, unsuspected by the public or even her closest friends and family. With unrestricted access to Sharp's abundant journals, papers, and notes, Anna Hayes uncovers the story of a brilliant woman who transcended the limits of her times, who opened the way for women who followed her, and who improved the quality of justice for the citizens of her state. *Without Precedent* also tells the story of a complicated woman, at once deeply conservative and startlingly modern, whose intriguing self-contradictions reflect the complexity of human nature.

rex wellness knightdale nc: *Contested Waters* Jeff Wiltse, 2009-11-30 From nineteenth-century public baths to today's private backyard havens, swimming pools have long been a provocative symbol of American life. In this social and cultural history of swimming pools in the United States, Jeff Wiltse relates how, over the years, pools have served as asylums for the urban poor, leisure resorts for the masses, and private clubs for middle-class suburbanites. As sites of race riots, shrinking swimsuits, and conspicuous leisure, swimming pools reflect many of the tensions and transformations that have given rise to modern America.

rex wellness knightdale nc: *Deadly Dose* Amanda Lamb, 2008-06-03 The crime was unforgivable. The suspected murderer—unbelievable. One man's pursuit of justice—unstoppable. The death of promising young pediatric AIDS researcher Eric Miller stunned the Raleigh, North Carolina, community, largely because of the horrific way he was killed. For months, Eric was slowly tortured as arsenic consumed his body. No one thought that Eric Miller's wife, Ann—an attractive, demure, educated scientist—could be capable of such a horrible crime. No one except for veteran homicide investigator Chris Morgan, a man in the twilight of his career. But from the moment Morgan saw the thirty-year-old widow in the interview room at the police department, he knew he was seeing pure evil. Now, journalist Amanda Lamb details Morgan's dogged investigation—a quest for the truth that would last four years and see another life taken before Ann Miller's tangled web of death and deceit finally came to light.

rex wellness knightdale nc: *Endovascular Interventions* Robert S. Dieter, Raymond A. Dieter, Jr., Raymond A. Dieter, III, 2013-08-27 *Endovascular Interventions* uses a case-based approach to present the current methodology used for the treatment of peripheral arterial and venous diseases.

Utilizing a series of case studies, the book presents readers with a range of complexities and complications encountered in daily practice, along with tips and tricks for overcoming them. Chapters are organized to give a comprehensive look at conditions involved in endovascular interventions, including intracranial strokes, lower extremity artery disease, access-related pseudoaneurysm, complications of intra-aortic balloon pumps, aortic dissections, and septic arteritis. Endovascular Interventions: A Case-Based Approach is a practical guide and valuable resource for the practicing interventional cardiologist, interventional radiologist, vascular surgeon and cardiothoracic surgeon.

rex wellness knightdale nc: The Marriage First Aid Kit , 2009-08 In his 35] years as a therapist and marriage counselor, Bryce Kaye has come to know that problems in marriages are not going to be overcome by a self help book, a Marriage For Idiots handbook, or a couple of episodes of Dr. Phil in the afternoon. His work, The Marriage First Aid Kit, is just what the title suggests, a temporary help for couples until more permanent care can be obtained. Dr. Kaye helps his audience work on issues resulting from communication avoidance by showing how to balance the conflicting needs of attachment and autonomy in a relationship. This vital balance is endangered not only by the obvious assassins abuse, affairs, and addictions, but also what Kaye terms hedonic inhibitions the inability by some partners to seek and enjoy fun in a couple's life together. Kaye employs everyday wisdom and therapeutic theory to show individuals in a relationship how to establish autonomy while affirming attachment, how to manage inevitable and healthy conflicts, and how to share power and responsibility throughout their marriage. Incorporating examples culled from his years of helping clients, Kaye peppers his book with problem scenarios to which readers can relate as well as with a useful variety of measurement tools and viable exercises to help couples through the common issues faced in intimate relationships. Rising above the plethora of quick-fix, relationship-help manuals, The Marriage First Aid Kit by Bryce Kaye, PhD offers professional, intelligent suggestions to couples to be employed, not as panaceas, but as temporary help while they work their way through the difficulties of life together.

rex wellness knightdale nc: Vacation & Travel Guide Rand McNally and Company, 1978 Covers 2,000 points of interest, U.S., Puerto Rico, Virgin Islands.

rex wellness knightdale nc: Seven-Mile Miracle Steven Furtick, 2017-02-28 His Final Words Are Your New Beginning It's Good Friday. The Son of God is giving up his life. What does he want to say to us in His final hours? What does He tell the people standing at the foot of the cross, to pass down to the ages? He speaks only seven short statements. Words of forgiveness, salvation, relationship, abandonment, distress, triumph, and reunion. Seven statements that mean everything. In Seven-Mile Miracle, Pastor Steven Furtick shows us how Jesus's last words offer mile markers for our journey in relationship with God. It's a lifelong journey and it's not always easy. But Jesus is both our guide and our destination as we travel. Includes questions for reflection and a forty-day reading guide to Jesus's death and resurrection. A Proven Path for Spiritual Growth From time to time we all feel stuck in our relationship with God and frustrated by life's setbacks. Jesus faced what could have been the ultimate defeat on the cross. Yet he emerged triumphant through his relationship with his heavenly Father. And he showed us the way so that we could do the same. In Seven-Mile Miracle, Steven Furtick explores how Jesus's seven last statements on the cross offer a proven spiritual growth path for us. You will experience the Easter message more personally than ever before as you engage the words of forgiveness, salvation, relationship, abandonment, distress, triumph, reunion. After all, we are not simply believers—people who have put our faith in Jesus. We are not simply disciples—pupils who learn from him. We are called to be followers of Christ. This is your opportunity to follow Jesus through his death, and move forward in his resurrection power, starting now.

rex wellness knightdale nc: Department of Transportation Federal Motor Carrier Safety Administration Register , 2001

rex wellness knightdale nc: Gastrointestinal Motility Satish S.C. Rao, 2012-12-06 Gastrointestinal motility has evolved from an esoteric laboratory tool into a sophisticated diagnostic

technique that is now widely used clinically to guide in management of complex gastrointestinal problems. Today, it is the most rapidly growing subspecialty within gastroenterology. Previously, many of the gastrointestinal motility problems were either ignored or attributed to a disturbance of psyche. But with the growing knowledge and understanding of how a dysfunction of the gastrointestinal muscle and nerves can cause disease, we are at the threshold of a revolution in our approach to the diagnosis and treatment of gastrointestinal motility disorders. The purpose of this book is to serve as a useful, up-to-date reference manual and guide for the diagnostic and therapeutic approach towards common adult and pediatric gastrointestinal motility problems. In order to enhance the understanding of these disorders, a problem-oriented approach has been chosen, and wherever possible the authors have provided clinical case scenarios to illustrate their message. The emphasis has been on how to diagnose and treat motility disorders rather than to provide an encyclopedic information. The reference list at the end of each chapter should enable the enthusiast to seek further information. Some of the material presented in this book has been derived from the proceedings of the annual University of Iowa College of Medicine GI Motility Symposia.

rex wellness knightdale nc: Directory of Nursing Homes, 1999 With 1991-92: Includes detailed information on licensed nursing facilities in the U.S., Puerto Rico, and the Virgin Islands. Entries cite number of beds, level of care provided, and Medicaid, and/or Medi-Cal certification.

rex wellness knightdale nc: *A Perfectly Good Family* Lionel Shriver, 2009-10-13 Following the death of her worthy liberal parents, Corlis McCrea moves back into her family's grand Reconstruction mansion in North Carolina, willed to all three siblings. Her timid younger brother has never left home. When her bullying black-sheep older brother moves into his house as well, it's war. Each heir wants the house. Yet to buy the other out, two siblings must team against one. Just as in girlhood, Corlis is torn between allying with the decent but fearful youngest and the iconoclastic eldest, who covets his legacy to destroy it. *A Perfectly Good Family* is a stunning examination of inheritance, literal and psychological: what we take from our parents, what we discard, and what we are stuck with, like it or not.

rex wellness knightdale nc: The Expectant Father Armin A. Brott, Jennifer Ash, 2001 The expectant father: facts, tips and advice for dads-to-be.

rex wellness knightdale nc: Laparoscopic Gastric Sleeve Rudolf A. Weiner, Ralph Peterli, 2012-04-23 This operation primer provides excellent photographic step-by-step guidance to this surgical procedure. It has been designed to describe the operation in the simplest manner possible without over-simplifying the complexities involved. Nodal points are at the core of the operation primer, describing the key surgical steps in detail. This surgical guidebook provides essential reference material for surgeons wishing to improve and update their knowledge in this specific area. The operation primer *Laparoscopic Sleeve Gastrectomy* is specially created for surgeons wishing to familiarize themselves with minimally invasive stomach-restrictive surgical techniques. The worldwide use of laparoscopic sleeve gastrectomy (vertical sleeve gastrectomy) is consistently increasing in popularity. This type of surgery can be safely integrated into obesity and metabolic treatment programs resulting in weight loss, reduction in co-morbidities and increased quality of life. This operation primer is an excellent teaching tool, accurately describing the steps of this standardized technique in a manner suitable for both beginners and experienced surgeons. It provides a detailed overview of patient preparation, key surgical steps and common pitfalls of *Laparoscopic Sleeve Gastrectomy*. This operation primer will provide surgeons with a reliable and systematic approach to performing *Laparoscopic Sleeve Gastrectomy*.

rex wellness knightdale nc: *Saving Bobby* Renee Hodges, 2018-05-01 When Renee Hodges invited her nephew, Bobby, to come stay with her for a few weeks so he could visit a doctor about his back pain, she knew he was recovering from an addiction to prescription painkillers. She believed that if he could address his back problems, he would have a better chance of staying clean—but she had no idea what a roller coaster ride she was getting on. Unlike other books about addiction, *Saving Bobby* begins after rehab is over. Told in part through journal entries, e-mails, and personal recollections, this raw, honest, deeply moving memoir—begun to keep the family

accountable—describes the sixteen months that Hodges, her husband, and their community struggled alongside Bobby as he attempted to successfully re-enter the day-to-day world. Using a holistic and open approach, the shame and stigma associated with addiction was lessened—and ultimately, Bobby learned he had to save himself. A gripping and heartrending story of survival, *Saving Bobby* is an essential, timely read for those concerned about America's most pressing epidemic.

rex wellness knightdale nc: *Aesthetic Contouring of the Craniofacial Skeleton* Douglas K. Ousterhout, 1991

rex wellness knightdale nc: No Child-- Nilaja Sun, 2008 THE STORY: NO CHILD... is a tour-de-force exploration of the New York City public school system. An insightful, hilarious and touching master class not to be missed by anyone who is concerned about the state of our education system and how we might f

rex wellness knightdale nc: The Illustrated Guide to Holistic Care for Horses Denise Bean-Raymond, 2009

rex wellness knightdale nc: The Physician and Pharmacist , 1868

rex wellness knightdale nc: *Things That Go Vroom* Sterling, 2016-01-05 Introduces young readers to a variety of vehicles, including a convertible, helicopter, ferryboat, police car, bulldozer, and motorcycle.

rex wellness knightdale nc: *Five for Your First Five* Allison E. McWilliams, 2017-06-13 Dr. Allison McWilliams has hit the nail right on the head and provides focused, effective and actionable ideas for recent college grads who are getting too much inspiration and too little useable help addressing the substantial challenge of building their lives after college. Much of the literature for this audience patronizingly over-compliments them (You are amazing and can do anything ') or over-criticizes them (Today's young adults are so entitled - they're impossible). Neither of these categorizations is accurate or helpful - quite the opposite. Dr. McWilliams distills her substantial experience in working in some of the most advanced career-preparatory institutions in the country well by picking five key areas for grads to focus their efforts in building a life they own and can love. Her assessments of what's needed directly complements our decade-plus of work in the Stanford Life Design Lab. Her counsel spans the wide swath of necessary critical skills ranging from forming deep habits of personal reflection to navigating the tactical constraints of that tough first job out of college many grads will get. She tells it like it is without making assumptions or judgments about her reader and balances artfully conversing with her reader and challenging them via exercises to do the work. Like Dr. McWilliams, our team believes that successfully journeying those first five years after graduation (and defining what success is wisely) is terrifically important. If you love anyone who is currently or about to be in those five years, do them the kindness of giving them this book. Dave Evans, Co-Author, New York Times #1 Bestseller *Designing Your Life*, and Co-Founder, Stanford Life Design Lab *** Young adults making their way from college to life-after-college face a multitude of decisions, challenges, and opportunities. How do you build skills and experiences that will benefit you in the future, when you are on the lowest rung of the professional ladder, or in a job that doesn't seem to be going anywhere? How do you balance creating a life with professional demands when your time is not your own? How do you ensure you are practicing self-care - physically, mentally, financially, and emotionally - when you don't know what the resources are to do that? How do you build community and find friends? How do you build your network and find mentors? And, how do you take ownership for what comes next? These and many others are the questions that all young professionals should be asking themselves, especially in the critical first five years out of college. This is the time when you will discover more about yourself than at any other point in your life. You will discover strengths, interests, and beliefs that will guide your future career and life decisions. You will learn professional and life skills and habits that will be the foundation for your future professional selves. You will begin to discern what matters to you, and begin to define what a meaningful life looks like, for you. And, you largely will be expected to do all of this work on your own. Where do you begin? FIVE FOR YOUR FIRST FIVE is based on twenty years of experience

working with college students and young adults as they make this sometimes challenging and overwhelming transition from college to life-after-college. It combines real-life stories and experiences, from young adults who have already navigated through these waters, with tools, strategies, discussion, and reflection questions. The reader is encouraged to do real, intentional work while exploring the five key areas: Do the Work, Build a Life, Create Community, Practice Reflection, and Own What's Next. Part workbook, part wise counselor and mentor, FIVE FOR YOUR FIRST FIVE provides meaningful insight into what can happen when you truly take ownership for your career and life. ***

rex wellness knightdale nc: Breast Reconstruction Following Mastectomy Nicholas G. Georgiade, 1979

rex wellness knightdale nc: **The Complete History of Comedy (Abridged)** Reed Martin, Austin Tichenor, 2022-03-29 Critic's Pick! Fast and furious...fresh and funny...a great piece of political satire. Cincinnati City Beat You knew they'd get this one right. THE COMPLETE HISTORY OF COMEDY (abridged) -is a madcap, breakneck-speed two hours. Audacious, often outrageous and bawdy, the frantic pacing of COMEDY reminds you of an old-time burlesque or vaudeville revue. Boston Stages A wild, wild ride! It's funny. Really, really funny... And most of all, it's really, really smart. Cincinnati Enquirer THE COMPLETE HISTORY OF COMEDY (abridged) is a master class in the art form. Broadway World

rex wellness knightdale nc: *AED* National Safety Council, 2001

rex wellness knightdale nc: **The Heritage** Martha Stoops, 1984

rex wellness knightdale nc: **Nobody Told Me about that** Ginger Breedlove, 2018 This book covers many critical issues confronting the first few weeks of parenting. Nobody receives a comprehensive education on how to be a new parent. The authors are experienced professionals from a variety of disciplines dedicated to helping families of newborns. Each chapter is written to stand alone, with the book covering an array of topics. The book is designed to be read a chapter at a time as you need to know, now! Every reader will gain confidence, coping skills, and an increased sense of calm through those first six weeks. As a brand-new parent, if you have experienced the phrase, Nobody Told Me About That, we have answers!

rex wellness knightdale nc: **Careers Working with Animals** , 2021

rex wellness knightdale nc: *Groundwork* Buck Brannaman, 1997

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