

shanti recovery and wellness

Shanti Recovery and Wellness: Finding Your Path to Holistic Healing

Are you feeling overwhelmed, burnt out, or simply lost in the daily grind? Do you crave a deeper sense of peace and well-being, but aren't sure where to start? At Shanti Recovery and Wellness, we believe that true healing comes from nurturing the mind, body, and spirit. This comprehensive guide will delve into what makes Shanti Recovery and Wellness unique, explore the services we offer, and ultimately, help you determine if our holistic approach is the right fit for your journey to recovery and lasting wellness.

Understanding the Shanti Recovery and Wellness Philosophy

Shanti, meaning "peace" in Sanskrit, perfectly encapsulates the core of our philosophy. We don't just treat symptoms; we address the root causes of imbalance. Our integrated approach recognizes the interconnectedness of physical, emotional, and mental health. We believe that lasting wellness requires a personalized plan, tailored to your individual needs and goals. This isn't a one-size-fits-all solution; it's about creating a sanctuary for your healing journey.

We understand that the path to recovery can be challenging, and we're committed to providing a supportive and compassionate environment. Our team of experienced professionals—from therapists and counselors to nutritionists and wellness coaches—works collaboratively to create a comprehensive treatment plan designed to empower you to reclaim your life.

The Spectrum of Services at Shanti Recovery and Wellness

Shanti Recovery and Wellness offers a broad range of services designed to support your holistic healing journey. These include:

1. Individual Therapy: Our licensed therapists utilize evidence-based approaches to address a variety of mental health concerns, including anxiety, depression, trauma, and relationship issues. We offer a safe and confidential space for you to explore your challenges and develop coping mechanisms. We work with various therapeutic modalities, ensuring a personalized approach that resonates with your needs.

1. **Group Therapy:** The power of shared experience is undeniable. Our group therapy sessions provide a supportive community where individuals can connect with others facing similar challenges. This shared journey fosters empathy, understanding, and a sense of belonging, which can significantly accelerate the healing process.

1. **Holistic Wellness Programs:** We go beyond traditional therapy, incorporating practices that nurture the whole person. These programs might include yoga, meditation, mindfulness techniques, nutritional counseling, and art therapy. We believe that these practices complement traditional therapeutic interventions, leading to more comprehensive and sustainable results.

1. **Nutritional Counseling:** What you eat significantly impacts your mental and physical health. Our registered dietitians work with you to create a personalized nutrition plan that supports your overall well-being. This might involve addressing dietary deficiencies, improving gut health, or simply developing healthier eating habits.

1. **Wellness Workshops and Retreats:** We regularly host workshops and retreats designed to provide tools and techniques for managing stress, cultivating self-compassion, and enhancing your overall well-being. These events offer a unique opportunity to connect with like-minded individuals and deepen your commitment to self-care.

1. **Addiction Recovery Support:** We understand the complexities of addiction and offer a comprehensive program that addresses the physical, emotional, and spiritual aspects of recovery. This includes individual and group therapy, medication-assisted treatment (when appropriate), and ongoing support to prevent relapse.

Creating a Personalized Healing Plan at Shanti

At Shanti Recovery and Wellness, we believe in the power of collaboration. Your healing journey begins with a comprehensive assessment, where we work with you to identify your goals and create a personalized treatment plan. This collaborative process ensures that your individual needs are at the center of everything we do. We'll work together to set realistic expectations and track your progress, adjusting

the plan as needed to ensure you receive the most effective support possible.

The Shanti Difference: A Commitment to Compassionate Care

What sets Shanti Recovery and Wellness apart is our unwavering commitment to compassionate care. We believe in creating a safe, supportive, and non-judgmental environment where individuals feel empowered to heal. We prioritize building strong therapeutic relationships based on trust, respect, and mutual understanding. We're not just treating clients; we're partnering with them on their journey to wellness.

Taking the First Step Towards Wellness

The path to recovery and lasting well-being is a personal journey, and we are here to walk alongside you every step of the way. If you're ready to prioritize your mental, emotional, and physical health, we encourage you to contact us to learn more about how Shanti Recovery and Wellness can support your journey.

Conclusion:

Shanti Recovery and Wellness provides a holistic approach to healing, emphasizing the interconnectedness of mind, body, and spirit. Our comprehensive services, compassionate care, and personalized treatment plans are designed to empower you to achieve lasting wellness. We invite you to explore our website and contact us to begin your journey toward a more peaceful and fulfilling life.

Frequently Asked Questions (FAQs):

1. What insurance plans do you accept? We accept a variety of insurance plans, but it's best to contact us directly with your specific insurance information to confirm coverage.
1. Do you offer telehealth services? Yes, we offer telehealth services for many of our programs, allowing you to access support from the comfort of your own home.
1. What are your hours of operation? Our hours are flexible and can be adapted to meet your needs. Please contact us to schedule an appointment.

1. What makes your approach different from other wellness centers? We emphasize a truly holistic approach, integrating various therapies and wellness practices to address the root causes of imbalance rather than just treating symptoms.

1. What if I'm not sure which service is right for me? We offer a free initial consultation to discuss your needs and help you determine the best path forward. We're happy to answer any questions and guide you in choosing the most appropriate services for your individual situation.

shanti recovery and wellness: Reclaiming Life after Trauma Daniel Mintie, Julie K. Staples, 2018-06-12 Integrative tools for healing the traumatized mind and body • Combines cutting-edge Western cognitive-behavioral therapy (CBT) and ancient Eastern wisdom to heal Post-Traumatic Stress Disorder (PTSD) • Teaches Kundalini yoga practices specifically designed to reset parts of the brain and body affected by PTSD • Presents a fast-acting, holistic, evidence-based, and drug-free program for eliminating PTSD symptoms and restoring health, vitality, and joy Trauma, the Greek word for “wound,” is the most common form of suffering in the world today. An inescapable part of living, the bad things that happen to us always leave aftereffects in both body and mind. While many people experience these aftereffects and move on, millions of others develop Post-Traumatic Stress Disorder (PTSD)--a painful, chronic, and debilitating barrier to happiness. *Reclaiming Life after Trauma* addresses both the physical and psychological expressions of PTSD, presenting an integrative, fast-acting, evidence-based, and drug-free path to recovery. Authors Daniel Mintie, LCSW, and Julie K. Staples, Ph.D., begin with an overview of PTSD and the ways in which it changes our bodies and minds. They present research findings on cognitive-behavioral therapy (CBT) and yoga, giving the reader insights into how these powerful modalities can counteract and reverse the physical and mental aftereffects of trauma. The authors provide a suite of simple, powerful, and easily learned tools readers can put to immediate use to reset their traumatized bodies and minds. On the physical side, they teach four Kundalini yoga techniques that address the hypervigilance, flashbacks, and insomnia characteristic of PTSD. On the psychological side, they present 25 powerful CBT tools that target the self-defeating beliefs, negative emotions, and self-sabotaging behaviors that accompany the disorder. Drawing on many years of clinical work and their experience administering the successful Integrative Trauma Recovery Program, the authors help readers understand PTSD as a mind-body disorder from which we can use our own minds and bodies to recover. Woven throughout the book are inspiring real-life accounts of PTSD recoveries showing how men and women of all ages have used these tools to reclaim their vitality, physical health, peace, and joy.

shanti recovery and wellness: Malheur National Forest (N.F.), Summit Fire Recovery Project, Grant County , 1998

shanti recovery and wellness: *The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and Postpartum* Linda Shanti McCabe, 2019-02-21 The upheaval of pregnancy and new motherhood can often trigger the development of, or a relapse into, an eating disorder. This book supports pregnant women and new mothers struggling with changes in food, body image, sleep,

spirituality, work, breastfeeding (or not), new motherhood identity, and postpartum depression or anxiety. Combining professional expertise, personal experience, and pragmatic suggestions, it is the ideal guide for women who are trying to balance recovery with new motherhood. The author offers recovery tools, support strategies and wisdom on how to make time for self-care while navigating the chaos of early parenthood. Most importantly, this book will help women let go of perfectionistic ideals and embrace being good enough during the massive learning curve of new motherhood.

shanti recovery and wellness: Everyday Ease Shanti Douglas, 2018-08-04 After recovering from 20+ years in corporate finance, Shanti Douglas has dedicated her life to empowering people everywhere to create greater peace, balance, and resiliency so they can live authentically and energized from their heart. As a student of Zen Master Thich Nhat Hanh and Mindfulness and HeartMath® Coach, Shanti has insights and experiences that are perfect for the busy professional woman who struggles to balance the impossible all. She's spoken to over 20,000 people, sharing practices of peace and ease. This book is perfect for you if: ~ You're so overwhelmed and overloaded you can't think straight. ~ You over-react, get stressed out, or worry about the small stuff. ~ Your neck muscles are ridiculously tight and tense. It feels impossible to relax. ~ You're so busy taking care of everyone else that you've sacrificed yourself. ~ You eat to calm your emotional hunger, not your body hunger. Take back your precious life. It doesn't need to be like this. Learn how to find balance, ease, and resiliency without adding big changes to your day. You've already got enough on your plate! Everyday Ease will create dramatic shifts in your energy and level of presence so you can show up fresh, clear, and truly in charge. The practical and integrative practices of this six week experiential Easebook give you a manageable structure to follow, offering insights to calm your chaotic life and bring balance to your burnout. With mindfulness at the helm, exploring simple acts of self-care and love will have you feeling fantastic again. From here, it's all possible.

shanti recovery and wellness: Radical Remission Kelly A. Turner, PhD, 2014-03-18 In her New York Times bestseller, Radical Remission: Surviving Cancer Against All Odds, Dr. Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer—even after conventional medicine has failed. While getting her Ph.D. at the University of California, Berkley, Dr. Turner, a researcher, lecturer, and counselor in integrative oncology, was shocked to discover that no one was studying episodes of radical (or unexpected) remission—when people recover against all odds without the help of conventional medicine, or after conventional medicine has failed. She was so fascinated by this kind of remission that she embarked on a ten month trip around the world, traveling to ten different countries to interview fifty holistic healers and twenty radical remission cancer survivors about their healing practices and techniques. Her research continued by interviewing over 100 Radical Remission survivors and studying over 1000 of these cases. Her evidence presents nine common themes that she believes may help even terminal patients turn their lives around.

shanti recovery and wellness: Yoga of Recovery Durga Leela, 2022-05-19 By offering an empowering personal program of self-care in recovery, this book provides guidance for everyone affected by widespread modern 'addictiveness'. The book explores Ayurveda's understanding of both the problem of our 'one addiction process' and its solution. It offers holistic techniques that enhance any of the traditional recovery pathways and beyond any of the common diet/exercise dogma from mainstream media. It covers the stress/addictive tendencies of the doshic types, and links this to how stress affects metabolism, the main determinant of health. The program offered in the book is an integration of the philosophy, psychology and physical practices of Yoga and Ayurveda to help people shift their life trajectory. With Yoga of Recovery, author Durga Leela presents a complete resource for working with individuals recovering from addiction.

shanti recovery and wellness: Psychosocial Interventions for Mental and Substance Use Disorders Institute of Medicine, Board on Health Sciences Policy, Committee on Developing Evidence-Based Standards for Psychosocial Interventions for Mental Disorders, 2015-09-18 Mental health and substance use disorders affect approximately 20 percent of Americans and are associated with significant morbidity and mortality. Although a wide range of evidence-based psychosocial

interventions are currently in use, most consumers of mental health care find it difficult to know whether they are receiving high-quality care. Although the current evidence base for the effects of psychosocial interventions is sizable, subsequent steps in the process of bringing a psychosocial intervention into routine clinical care are less well defined. *Psychosocial Interventions for Mental and Substance Use Disorders* details the reasons for the gap between what is known to be effective and current practice and offers recommendations for how best to address this gap by applying a framework that can be used to establish standards for psychosocial interventions. The framework described in *Psychosocial Interventions for Mental and Substance Use Disorders* can be used to chart a path toward the ultimate goal of improving the outcomes. The framework highlights the need to (1) support research to strengthen the evidence base on the efficacy and effectiveness of psychosocial interventions; (2) based on this evidence, identify the key elements that drive an intervention's effect; (3) conduct systematic reviews to inform clinical guidelines that incorporate these key elements; (4) using the findings of these systematic reviews, develop quality measures - measures of the structure, process, and outcomes of interventions; and (5) establish methods for successfully implementing and sustaining these interventions in regular practice including the training of providers of these interventions. The recommendations offered in this report are intended to assist policy makers, health care organizations, and payers that are organizing and overseeing the provision of care for mental health and substance use disorders while navigating a new health care landscape. The recommendations also target providers, professional societies, funding agencies, consumers, and researchers, all of whom have a stake in ensuring that evidence-based, high-quality care is provided to individuals receiving mental health and substance use services.

shanti recovery and wellness: Shantideva's Guide to the Bodhisattva's Way of Life

Śāntideva, 2002 Reading the verses slowly, while contemplating their meaning, has a profoundly liberating effect on the mind. The poem invokes special positive states of mind, moving us from suffering and conflict to happiness and peace, and gradually introduces us to the entire path to attaining the supreme inner peace of enlightenment, the real meaning of our human life.

shanti recovery and wellness: No Time to Lose Pema Chodron, 2007-08-14 The beloved Buddhist nun and bestselling author of *When Things Fall Apart* examines Shantideva's *The Way of the Bodhisattva*, sharing "her ever-approachable and pithy instructions for daily life" for readers of all backgrounds (Parabola) Over the years, Pema Chödrön's books have offered readers an exciting new way of living: developing fearlessness, generosity, and compassion in all aspects of their lives. In this new book, she invites readers to venture further along the path of the "bodhisattva warrior," explaining in depth how we can awaken the softness of our hearts and develop true confidence amid the challenges of daily living. In *No Time to Lose* Chödrön reveals the traditional Buddhist teachings that guide her own life: those of *The Way of the Bodhisattva* (*Bodhicharyavatara*), a text written by the eighth-century sage Shantideva. This treasured Buddhist work is remarkably relevant for our times, describing the steps we can take to cultivate courage, caring, and joy—the key to healing ourselves and our troubled world. Chödrön offers us a highly practical and engaging commentary on this essential text, explaining how its profound teachings can be applied to our daily lives. Full of illuminating stories and practical exercises, this fresh and accessible guide shows us that the path of the bodhisattva is open to each and every one of us. Pema Chödrön urges us to embark on this transformative path today, writing, "There is no time to lose—but not to worry, we can do it."

shanti recovery and wellness: Fundamentals of Cancer Prevention David S. Alberts, Lisa M. Hess, 2019-09-25 This authoritative work, now in its fourth edition, presents state of the art knowledge on all key aspects of cancer prevention. In addition to detailed summaries on preventive strategies for specific cancers, readers will find current knowledge on a range of relevant scientific topics including the benefits of cancer prevention, the importance of diet and physical activity, innate and adaptive immune responses to cancer, hereditary risks, cancer health disparities, and the preventive role of telemedicine. In this new edition of the book, the coverage has been expanded to include additional disease sites and to provide up-to-date information across the range of disciplines in the field of cancer prevention and control. Written as a collaborative work by internationally

recognized leaders in the field, *Fundamentals of Cancer Prevention* is an essential reference guide and tool for oncologists, primary care physicians, the research community, and students with an interest in reducing the burden of cancer through the implementation of effective preventive strategies.

shanti recovery and wellness: *A Guide to the Bodhisattava's Way of Life* Shantideva, 2017-01-01 Shantideva's *Bodhisattvacharyavatara* (A Guide to the Bodhisattva's Way of Life) holds a unique place in Mahayana Buddhism akin to that of the *Dhammapada* in Hinayana Buddhism and the *Bhagavadgita* in Hinduism. In combining those rare qualities of scholastic precision, spiritual depth and poetical beauty, its appeal extends to a wide audience of Buddhists and non-Buddhists alike. Composed in India during the 8th century of the Christian era, it has since been an inspiration to millions of people throughout the world. This present translation by Stephen Batchelor is based upon a 12th century Tibetan commentary as orally explained by Ven. Geshe Ngawang Dhargyey. The ninth chapter on wisdom has been expanded for this edition with relevant commentarial passages.

shanti recovery and wellness: *Fundamentals of Cancer Prevention* David Alberts, Lisa M. Hess, 2013-12-11 This authoritative work is an essential reference guide and tool for oncologists, primary care physicians, the research community, and students with an interest in reducing the burden of cancer. Written as a collaborative work by nationally recognized leaders in the field of cancer prevention and control, the third edition provides readers with new information related to recent developments in the field. The scope of this edition has been expanded to include topics related to global health and to provide readers with novel insights into the expanding disciplines within cancer prevention and control.

shanti recovery and wellness: *Stop Bingeing, Start Living* Shrein H. Bahrami, 2018-11-20 Break the binge eating cycle with recovery-oriented, CBT and mindfulness strategies from *Stop Bingeing, Start Living*. A healthy relationship with food also includes how we think and feel about ourselves. Healing both mind and body, *Stop Bingeing, Start Living* arms you with proven therapeutic and wellness strategies to free yourself from self-judgement and finally put an end to binge eating. Through intuitive and mindful eating activities, these strategies show you how to listen to your body to change your relationship with food. Combined with highly effective CBT exercises, you'll learn how to rewire your brain to overcome urges and strengthen your mind-body-soul connection. *Stop Bingeing, Start Living* arms you with integrative, concrete tools that you can apply in your day-to-day life, and includes: An introduction that helps you better understand your relationship to food, complete with the latest research and reflective exercises. A holistic plan that uses CBT, ACT, and mindfulness therapies to help you eat mindfully and intuitively. A recovery toolbox that includes actionable strategies and exercises such as self-assessments, reflective prompts, and goal setting exercises to guide you through your journey. Imagine a new vision for your life wherein you can live without the constant focus on weight and food. To turn that vision into a reality, *Stop Bingeing, Start Living* equips you with actionable strategies to start managing emotions and stop binge eating.

shanti recovery and wellness: *Suffer Dogs* Frank Willmott, 1985 This novel, set in a depressing suburb of Melbourne, pulls no punches as the story is told of a teenageboy forced to leave home and live temporarily with relatives in another state. His experiences at home, at school and in the street form only one thread of the story which loosely links many happenings in the lives of many characters.

shanti recovery and wellness: *Race and the City* Shanti Fernando, 2011-11-01 In *Race and the City*, Shanti Fernando presents an elegant analysis of the mechanisms of political mobilization under systemic racism that draws on case studies, interviews, and a detailed understanding of the racialized legal and sociocultural histories of both the United States and Canada. She argues that while increasing diversity may be a challenge for systemic inclusiveness, it is one that must be met if Canada is to uphold its vision of a truly democratic society.

shanti recovery and wellness: *Embodied Resilience through Yoga* Melanie C. Klein, Jan Adams, Kat Heagberg, Nicole Lang, Kathryn Ashworth, Colin Hall, Toni Willis, Jill Weiss Ippolito,

David Holzer, Jennifer Kreatsoulas, Mary Higgs, Sarah Garden, Amanda Huggins, Sarah Harry, Tonia Crosby, Sarah Nannen, Zabie Yamasaki, Alli Simon, Kathryn Templeton, Tobias Wiggins, Michael Hayes, Susanna Barkataki, Amber Karnes, Rachel Otis, Dorian Christian Baucum, Niralli D Costa, Justine Mastin, Sará King, Kathleen Kraft, Elliot Kesse, Celisa Flores, Antesa Jensen, Sanaz Yaghmai, Michelle Johnson, 2020-09-08 30 Amazing Stories of Resilience to Help You Heal, Connect, and Thrive Featuring thirty personal essays about finding resilience through yoga, this inspiring book supports your journey to self-acceptance and empowerment. Susanna Barkataki, Zabie Yamasaki, Jan Adams, Michael Hayes, Amanda Huggins, Sarah Harry, Alli Simon, and many other renowned practitioners present extraordinary stories of overcoming addiction, working through trauma, and learning how to heal from grief. Topics of loss and hardship are often swept aside in conversations about mindfulness and yoga, but this remarkable book offers profound wisdom on how your practice can help you carry on during challenging times. Explore unique perspectives on trauma related to gender, identity, and body image. Discover uplifting messages of recovery, awakening, and belonging. This anthology encourages you to reconnect with your body and transform it into a trusted ally that provides strength you didn't realize you had. Includes a foreword by Hala Khouri, MA, cofounder of Off the Mat, Into the World.

shanti recovery and wellness: The Adornment of the Middle Way Shantarakshita, 2010-02-09 In the Madhyamakalankara, Shantarakshita synthesized the views of Madhyamaka and Yogachara, the two great streams of Mahayana Buddhism. This was the last great philosophical development of Buddhist India. In his brilliant and searching commentary, Mipham re-presented Shantarakshita to a world that had largely forgotten him, defending his position and showing how it should be understood in relation to the teaching of Chandrakirti. To do this, he subtly reassessed the Svatantrika-Prasangika distinction, thereby clarifying and rehabilitating Yogachara-Madhyamaka as a bridge whereby the highest philosophical view on the sutra level flows naturally into the view of tantra. Mipham's commentary has with reason been described as one of the most profound examinations of Madhyamaka ever written.

shanti recovery and wellness: *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.

shanti recovery and wellness: Buku Ajar Keperawatan Psikiatri Made Dian Shanti Kusuma, Rosmi Eni, Veronika Toru, Ayu Pratiwi,, Dwinara Febrianti, Rosmitha Tanan, Khusnul Aini, Marisca Agustina, Nera Djanuar, 2024-06-06 Buku Ajar Keperawatan Psikiatri adalah panduan komprehensif yang dirancang untuk membantu dosen dalam proses belajar mengajar di perguruan tinggi. Buku ini mencakup berbagai materi penting, termasuk konsep dasar keperawatan psikiatri, yang memberikan fondasi teoritis tentang peran dan fungsi perawat dalam bidang kesehatan mental. Selain itu, materi mengenai evidence based nursing keperawatan psikiatri menekankan pentingnya penggunaan bukti ilmiah dalam praktik keperawatan. Buku ini juga membahas konsep recovery dan asuhan keperawatan pada berbagai kondisi seperti waham, halusinasi, dan perilaku kekerasan. Selain itu, terdapat panduan untuk merawat anak korban KDRT dan pemerkosaan, serta kelompok pengguna NAPZA. Terapi Aktivitas Kelompok diuraikan sebagai salah satu pendekatan terapeutik yang efektif. Dengan penyajian yang mendalam dan relevan, buku ini dapat di jadikan panduan bagi

dosen untuk mengajar mata kuliah keperawatan psikiatri. Buku ajar ini disusun secara sistematis, ditulis dengan bahasa yang jelas dan mudah dipahami, dan dapat digunakan dalam kegiatan pembelajaran.

shanti recovery and wellness: New Realities , 1987

shanti recovery and wellness: *Yoga Journal* , 2001-12 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

shanti recovery and wellness: *Integrative Women's Health* Victoria Maizes, Tieraona Low Dog, 2010-02-26 Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care. Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions. As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

shanti recovery and wellness: Hike It Baby Shanti Hodges, 2018-06-01 New parents and parents of toddlers face unique challenges when it comes to planning outdoor trips. "Family-friendly trail" is often a misleading phrase, and doesn't take young children under the age of 5 into consideration, whose safety and comfort require a different perspective. The unpredictable nature of little ones leads many parents to put their adventure dreams on the back burner, missing out on years of meaningful experiences as a family. Hike it Baby presents 100 outdoor adventures across the U.S. that you can take with babies and toddlers (really!), along with everything you need to know about exploring the natural world. Sourced from real families using Hike it Baby's trail-tested system, this book helps moms and dads get out there in their comfort zone, yet feel like hardcore adventurers! Whether you've always wanted to hike part of the Appalachian Trail, splash around in gentle Northwest waterfalls, or scramble up rocks in the desert surrounded by Joshua Trees, this book shows you how to plan a truly memorable journey together.

shanti recovery and wellness: Emotional Freedom Judith Orloff, 2010-12-28 A New York Times bestseller, Emotional Freedom is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom. Bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories

from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation. Complete emotional freedom is within your grasp.

shanti recovery and wellness: Essiac Cynthia Olsen, Jim Chan, Christopher Gussa, 2004 This book gives a complete account of the recipe, the doses and of Essiac's uses now available through health food stores. Tells of experience of patients who have attained relief or regeneration from this remarkable herbal preparation.

shanti recovery and wellness: Yoga and Breast Cancer Ingrid Kollak, PhD, RN, Isabell Utz-Billing, MD, 2010-09-29 Yoga and Breast Cancer is a practical how to guide to using yoga to manage stress, relieve pain, and gain the strength necessary to make it through this illness. It follows the authors' own research in the subject that has shown a proven correlation between yoga practice and better health and outcomes after a breast cancer diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and physical activity that is a safe way to rebuild strength, stamina, and flexibility both during and following cancer treatments. It is intended to support women during the critical phases of their disease as well as during times of secondary prevention and rehabilitation. It shows how yoga ameliorates difficulties after breast cancer therapy, improves a woman's awareness of her body, thoughts and feelings, and guides towards leading a healthier life.

shanti recovery and wellness: Yoga Journal , 1995-12 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

shanti recovery and wellness: Federal Register , 2012-11

shanti recovery and wellness: ChiWalking Danny Dreyer, Katherine Dreyer, 2009-11-24 From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of T'ai Chi to deliver maximum physical, mental, and spiritual fitness. The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches, teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and T'ai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body. The five mindful steps of the ChiWalking program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out. 1. Get aligned. Develop great posture and better balance. 2. Engage your core. Make back and knee pain disappear. 3. Create balance. Walk faster, farther, and with less effort. 4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh. 5. Move forward. Make walking any distance a mindful, enjoyable experience, whether you're a beginner or a seasoned walker.

shanti recovery and wellness: The Stigma of Mental Illness - End of the Story? Wolfgang Gaebel, Wulf Rössler, Norman Sartorius, 2016-08-10 This book makes a highly innovative contribution to overcoming the stigma and discrimination associated with mental illness – still the heaviest burden both for those afflicted and those caring for them. The scene is set by the presentation of different fundamental perspectives on the problem of stigma and discrimination by researchers, consumers, families, and human rights experts. Current knowledge and practice used in reducing stigma are then described, with information on the programmes adopted across the world and their utility, feasibility, and effectiveness. The core of the volume comprises descriptions of new approaches and innovative programmes specifically designed to overcome stigma and

discrimination. In the closing part of the book, the editors – all respected experts in the field – summarize some of the most important evidence- and experience-based recommendations for future action to successfully rewrite the long and burdensome ‘story’ of mental illness stigma and discrimination.

shanti recovery and wellness: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986 , 1999

shanti recovery and wellness: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2003

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