

southern ct wellness and healing

Southern CT Wellness and Healing: Your Guide to Finding Inner Peace and Optimal Health

Are you feeling overwhelmed, stressed, or simply out of sync with your body and mind? Living in Southern Connecticut offers a wealth of resources for wellness and healing, but navigating the options can feel daunting. This comprehensive guide explores the vibrant landscape of Southern CT wellness and healing, offering insights into various modalities, practitioners, and resources to help you embark on your journey to better health and well-being. We'll uncover hidden gems, explore established practices, and empower you to make informed choices about your personal wellness path. Get ready to discover the path to a healthier, happier you right here in Southern Connecticut!

Finding Your Center: Mindfulness and Meditation in Southern CT

Southern Connecticut boasts a growing community embracing mindfulness and meditation practices. These techniques, proven to reduce stress, improve focus, and enhance emotional regulation, are readily accessible. Several studios offer guided meditation classes, from beginner-friendly sessions to more advanced retreats. Many yoga studios integrate mindfulness into their classes, creating a holistic approach to physical and mental wellness. Look for classes emphasizing techniques like:

Mindful Breathing: Learning to control your breath is a cornerstone of stress reduction and can be easily incorporated into your daily routine.

Body Scan Meditation: This practice involves systematically focusing your attention on different parts of your body, increasing body awareness and releasing tension.

Walking Meditation: A gentle and accessible way to cultivate mindfulness, combining physical activity with mental focus.

Beyond formal classes, explore the natural beauty of Southern CT. Hiking trails in places like Sleeping Giant State Park or the forests surrounding Hammonasset Beach State Park offer serene environments for personal reflection and mindful movement.

Bodywork and Therapeutic Massage: Releasing Tension and Promoting Healing

Therapeutic massage is a powerful tool for physical and emotional well-being. Numerous massage therapists in Southern CT offer a range of modalities, catering to diverse needs and preferences. Consider exploring:

Swedish Massage: A classic technique focusing on relaxation and stress reduction through long, flowing strokes.

Deep Tissue Massage: Addresses deeper muscle layers, ideal for chronic pain relief and addressing muscle tension.

Sports Massage: Tailored to athletes and active individuals, focusing on injury prevention and recovery.

Trigger Point Therapy: Targets specific points of muscle tension, releasing knots and improving mobility.

When choosing a therapist, look for licensed professionals with experience in your area of concern. Read online reviews and schedule a consultation to discuss your needs and ensure a good fit.

Holistic and Alternative Healing Practices in Southern CT

Southern Connecticut offers a diverse range of holistic and alternative healing practices, moving beyond traditional Western medicine to address the mind-body connection. These may include:

Acupuncture: This ancient Chinese practice uses thin needles inserted into specific points on the body to stimulate energy flow and promote healing. Many licensed acupuncturists are available in Southern

CT, often specializing in specific conditions.

Chiropractic Care: Focusing on the musculoskeletal system, chiropractic care aims to improve spinal alignment and reduce pain. Many chiropractors in the region integrate holistic approaches into their practice.

Naturopathy: Naturopathic doctors emphasize natural healing methods, incorporating nutrition, herbal remedies, and lifestyle changes to promote wellness.

Energy Healing: Practices like Reiki and therapeutic touch aim to balance energy flow within the body, promoting relaxation and healing.

Nutrition and Wellness: Fueling Your Body for Optimal Health

Proper nutrition is fundamental to overall wellness. Southern CT offers numerous resources to support healthy eating habits:

Registered Dietitians: These professionals provide personalized dietary guidance, helping you make informed choices about your food intake.

Farmers' Markets: Supporting local farmers and sourcing fresh, seasonal produce is a great way to enhance your diet and connect with your community.

Cooking Classes: Learning to prepare healthy and nutritious meals empowers you to take control of your diet and enjoy the process.

Consider exploring plant-based diets, incorporating mindful eating practices, and minimizing processed foods for optimal health.

Finding Community and Support in Southern CT

The journey to wellness is often enhanced through connection and community. Consider joining support groups, attending workshops, or connecting with others on a similar path. Many yoga studios, wellness centers, and community organizations offer opportunities for social interaction and shared experiences. These connections can provide invaluable support, motivation, and a sense of belonging.

Conclusion

Southern Connecticut presents a vibrant and diverse landscape of wellness and healing options. By exploring the various modalities, practitioners, and resources available, you can embark on a personalized journey towards improved physical and mental health. Remember to prioritize self-care, listen to your body, and seek out professionals who resonate with your needs and goals. Embrace the opportunity to cultivate a deeper connection with yourself and your community, paving the way for a healthier, happier life in Southern CT.

FAQs

1. How do I find a reputable wellness practitioner in Southern CT? Start by searching online directories, reading reviews, and checking licensing and certifications. Consider scheduling consultations to discuss your needs and ensure a good fit.
1. Are there affordable wellness options in Southern CT? Yes, many community centers and non-profit organizations offer subsidized or free wellness programs. Check local listings for opportunities.
1. What if I have insurance coverage for wellness services? Contact your insurance provider to determine which services are covered and what your co-pay or deductible will be.

1. How can I incorporate wellness practices into a busy schedule? Start small by incorporating short mindfulness exercises, healthy snacks, or brief walks into your daily routine. Consistency is key.

1. What are some free resources for wellness in Southern CT? Many parks offer opportunities for mindful walks and outdoor exercise. Online resources like meditation apps offer guided sessions for free. Check local libraries for wellness workshops or events.

southern ct wellness and healing: *Health and Wellness Tourism* Melanie K. Smith, László

Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

southern ct wellness and healing: The Science of Medical Cannabis David S. Younger, 2018-11-14 The cultural, scientific and legislative divide created by vigorous debates over the legalization of medical marijuana is giving way to a new synergy among community stakeholders across the United States. The goal is to improve access to medical marijuana for patients with refractory debilitating neurological disorders, cancer, and chronic pain as an alternative to ineffective pharmacotherapy and potentially addictive pain medications. The ultimate test of our nations resolve to ensure the welfare of our sickest patients is the enactment and implement of effective public health reform in the area of medical marijuana, also known as medical cannabis. This book evolved out of the present need for a definitive volume on the science and public health aspects of medical cannabis to fuel this national narrative. The ethnographic research presented in the concluding chapter was inspired by Professor Miriam W. Boeri and colleagues, at Bentley University in Waltham, MA. They examined views of community stakeholders including medical marijuana dispensary entrepreneurs, health care professionals, and patients in a state that legalized medical marijuana in 2013, yet there continued to be confusion and misunderstandings in the interpretation and implementation of medical marijuana guidelines during the period of policy shifts. Apparent gaps in policy development and implementation signaled the urgency for a comparison study addressing stakeholder views in New York State, where its medical marijuana program has legally dispensed the drug since 2014. The resulting pilot study was carried out in the Division of Health Policy and Management of the City University of New York School of Public Health. The research

model incorporated ethnographic and grounded methodologies to detail the views of physicians, pharmacists, educators, patients, and entrepreneur stakeholders; with triangulation of data and application of dominant themes into a socioecological framework model to identify areas of public health policy reform. The findings of this study detail that New York, like other states that recently legalized the dispensation of medical marijuana, faces challenges beyond policy transparency, communication and education explicitly to improve the implementation process for applying and registering medical cannabis dispensaries, referring physicians, and qualified patient recipients. Ken Langone, Chairman of the Board of New York University Langone Health, and Steven Galetta, Chair of Neurology in the School of Medicine, where the author is senior staff in neuroepidemiology, motivated him to pursue doctoral training in Health Policy and Management. The author has had the good fortune of interacting with thought-provoking medical students, neurology trainees, public health doctoral students, and professors who reinforce the high ethical standards in medical and public health practice and research. However, his patients still educate him in empathy and humanity. The author is grateful to his family, including his spouse Holly and sons Adam and Seth, who serve as his daily compass, encouraging him to take on projects that promote core values of medicine and humanity.

southern ct wellness and healing: *A Book of Miracles* Dr. Bernie S. Siegel, 2014-10-15
Heartwarming and Heart-Opening Stories Gathered from Decades of Medical Practice Bernie Siegel first wrote about miracles when he was a practicing surgeon and founded Exceptional Cancer Patients, a groundbreaking synthesis of group, individual, dream, and art therapy that provided patients with a “carefrontation.” Compiled during his more than thirty years of practice, speaking, and teaching, the stories in these pages are riveting, warm, and belief expanding. Their subjects include a girl whose baby brother helped her overcome anorexia, a woman whose cancer helped her heal by teaching her to stand up for herself, and a family that was saved from a burning house by bats. Without diminishing the reality of pain and hardship, the stories show real people turning crisis into blessing by responding to adversity in ways that empower and heal. They demonstrate what we are capable of and show us that we can achieve miracles as we confront life’s difficulties.

southern ct wellness and healing: *The New Southern Style* Alyssa Rosenheck, 2020-09-22 A vibrantly illustrated exploration of the creative, inclusive, and inspiring movement happening in today’s Southern interior design The American South is a place steeped in history and tradition. We think of sweet tea, thick drawls, and even thicker summer air. It is also a place with a fraught history, complicated social norms, and dated perspectives. Yet among the makers and artists of the South, there is a powerful movement afoot. Alyssa Rosenheck shines a much-needed spotlight on a burgeoning community of people who are taking what’s beloved, inherent, and honored in the South and making it their own. The New Southern Style tours more than 30 homes and includes interviews with the designers, artists, and creative entrepreneurs who are reinventing Southern design and culture. This beautifully illustrated book is sure to inspire the home and soul.

southern ct wellness and healing: *SomatoEmotional Release* John E. Upledger, 2002-09-25 Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

southern ct wellness and healing: *Encountering Buddhism* Seth Robert Segall, 2012-02-01 Creatively exploring the points of confluence and conflict between Western psychology and Buddhist teachings, various scholars, researchers, and therapists struggle to integrate their diverse psychological orientations—psychoanalytic, humanistic, cognitive-behavioral, transpersonal—with their diverse Theravada and Mahayana Buddhist practices. By investigating the degree to which Buddhist insights are compatible with Western science and culture, they then consider what each philosophical/psychological system has to offer the other. The contributors reveal how Buddhism has

changed the way they practice psychotherapy, choose their research topics, and conduct their personal lives. In doing so, they illuminate the relevance of ancient Buddhist texts to contemporary cultural and psychological dilemmas.

southern ct wellness and healing: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2004

southern ct wellness and healing: Black Therapists Rock Deran Young, 2018-05-28 The black community is often thought of as an ongoing saga of reliance, incredible strength, and perseverance, in spite of a brutally harsh past. However, the obvious connection between mental health and racial oppression, health disparities, cultural differences, societal factors, poverty, and reduced quality of life, often goes unspoken. Thousands of black people are suffering in the shadows while making every attempt to be seen. Although there is no single narrative, mental health and psychosocial wellness underpin many of the challenges experienced by black people. Black Therapists Rock has become a movement that is passionate about loudly speaking our varied truths to begin the healing of emotional wounds that are multiple generations deep. Although we may not be the cause of this deep-seated pain, it is ours to bear and soothe. The professional perspectives shared in this book strive to inspire hope, beyond the divorce courts, housing developments, emergency rooms, domestic violence shelters, broken homes, jails/prisons, homeless centers, welfare offices, or foster care systems. NONE of us are immune. Statistically, we all have at least one relative that has experienced one or more of these situations. And now, with our #villagementality, we can offer an honest and true source of healing; with compassion, forgiveness and genuine connection for ourselves and others.

southern ct wellness and healing: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

southern ct wellness and healing: Foundations of Rural Public Health in America Joseph N. Inungu, Mark J. Minelli, 2021-02-03 Foundations of Rural Public Health in America spans a wide variety of important issues affecting rural public health, including consumer and family health, environmental and occupational health, mental health, substance abuse, disease prevention and control, rural health care delivery systems, and health disparities. Divided into five sections, the book covers understanding rural communities, public health systems and policies for rural communities, health disparities in rural communities and among special populations, and advancing rural health including assessment, planning and intervention. Written by a multidisciplinary team of experienced scholars and practitioners, this authoritative text comprehensively covers rural health issues today.

southern ct wellness and healing: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been

teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

southern ct wellness and healing: Cultural Competence in Higher Education Tiffany Puckett, Nancy S. Lind, 2020-09-03 This book covers teaching cultural competence in colleges and universities across the United States, providing a comprehensive reference for instructors, researchers, and other stakeholders who are looking for material that will assist them in working to prepare students to become culturally competent.

southern ct wellness and healing: Health and Wellness in the 19th Century Deborah Brunton, 2013-12-09 Medicine in the 19th century may strike us as primitive by today's standards, but widespread social change of the era brought about new ideas and practices in health and healing—all described in this engaging book. Exploring the history of medicine in the 19th century around the world, this book showcases the wide range of medical ideas, practices, institutions, and patient experiences, revealing how the exchanges of ideas and therapies between different systems of medicine resulted in patients enjoying a surprising degree of choice. The author offers a unique perspective that provides an introduction to 19th-century medicine on a global stage and places the advancement of medicine within the context of wider historical changes. Chapters examine areas of dramatic change, such as the development of surgery, as well as the fundamental continuities in the use of traditional forms of supernatural healing, covering western, Chinese, unani, ayurvedic, and folk medicine-based understandings of the body and disease. Additionally, the book describes how the culture of medicine reflected and responded to the challenges posed by urbanization, industrialization, and global movement.

southern ct wellness and healing: *Decolonizing Pathways towards Integrative Healing in Social Work* Kris Clarke, Michael Yellow Bird, 2020-10-01 Taking a new and innovative angle on social work, this book seeks to remedy the lack of holistic perspectives currently used in Western social work practice by exploring Indigenous and other culturally diverse understandings and experiences of healing. This book examines six core areas of healing through a holistic lens that is grounded in a decolonizing perspective. Situating integrative healing within social work education and theory, the book takes an interdisciplinary approach, drawing from social memory and historical trauma, contemplative traditions, storytelling, healing literatures, integrative health, and the traditional environmental knowledge of Indigenous Peoples. In exploring issues of water, creative expression, movement, contemplation, animals, and the natural world in relation to social work practice, the book will appeal to all scholars, practitioners, and community members interested in decolonization and Indigenous studies.

southern ct wellness and healing: *New Age Journal* , 1993

southern ct wellness and healing: *Global Mental Health* Vikram Patel, Harry Minas, Alex Cohen, Martin Prince, 2013-11 This is the definitive textbook on global mental health, an emerging priority discipline within global health, which places priority on improving mental health and achieving equity in mental health for all people worldwide.

southern ct wellness and healing: *Healing Spaces* Esther M. Sternberg MD, 2010-09-30

"Esther Sternberg is a rare writer—a physician who healed herself...With her scientific expertise and crystal clear prose, she illuminates how intimately the brain and the immune system talk to each other, and how we can use place and space, sunlight and music, to reboot our brains and move from illness to health."—Gail Sheehy, author of *Passages* Does the world make you sick? If the distractions and distortions around you, the jarring colors and sounds, could shake up the healing chemistry of your mind, might your surroundings also have the power to heal you? This is the question Esther Sternberg explores in *Healing Spaces*, a look at the marvelously rich nexus of mind and body, perception and place. Sternberg immerses us in the discoveries that have revealed a complicated working relationship between the senses, the emotions, and the immune system. First among these is the story of the researcher who, in the 1980s, found that hospital patients with a view of nature healed faster than those without. How could a pleasant view speed healing? The author pursues this question through a series of places and situations that explore the neurobiology of the senses. The book shows how a Disney theme park or a Frank Gehry concert hall, a labyrinth or a garden can trigger or reduce stress, induce anxiety or instill peace. If our senses can lead us to a "place of healing," it is no surprise that our place in nature is of critical importance in Sternberg's account. The health of the environment is closely linked to personal health. The discoveries this book describes point to possibilities for designing hospitals, communities, and neighborhoods that promote healing and health for all.

southern ct wellness and healing: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986*, 1995

southern ct wellness and healing: *Wellness for Helping Professionals* John W. Travis, Meryn G. Callander, 1990

southern ct wellness and healing: Decolonizing Trauma Work Renee Linklater, 2020-07-10T00:00:00Z In *Decolonizing Trauma Work*, Renee Linklater explores healing and wellness in Indigenous communities on Turtle Island. Drawing on a decolonizing approach, which puts the "soul wound" of colonialism at the centre, Linklater engages ten Indigenous health care practitioners in a dialogue regarding Indigenous notions of wellness and wholistic health, critiques of psychiatry and psychiatric diagnoses, and Indigenous approaches to helping people through trauma, depression and experiences of parallel and multiple realities. Through stories and strategies that are grounded in Indigenous worldviews and embedded with cultural knowledge, Linklater offers purposeful and practical methods to help individuals and communities that have experienced trauma. *Decolonizing Trauma Work*, one of the first books of its kind, is a resource for education and training programs, health care practitioners, healing centres, clinical services and policy initiatives.

southern ct wellness and healing: *Encyclopedia of Wellness [3 volumes]* Sharon K. Zoumbarris, 2012-06-06 This wide-ranging encyclopedia addresses our rapidly changing understanding of health and wellness, providing a collection of essays that are up-to-date and comprehensive in both scope and breadth. *Encyclopedia of Wellness: From Açaí Berry to Yo-Yo Dieting* offers expert advice to anyone seeking information on a condition or illness. More than that, however, this three-volume resource is a compendium of practical information on how to reduce poor health choices and live a healthy, active, vibrant life. A source of basic, easily understandable entries on health and wellness, the encyclopedia covers an extraordinarily broad array of health-related topics including acupuncture, art therapy, biofeedback, food additives, nutrition labels, organic foods, and workplace wellness. Bulimia is covered, as are depression, autism, cancer, and environmental hazards. Essays examine issues related to healthy living for the mind and the body, stressing the importance of the mind-body connection to good health. Information is also offered on practical concerns such as medical savings accounts, changes in medical insurance, and the U.S. health care system. Throughout, the encyclopedia presents knowledge gleaned from new research on treatment and especially on choices in nutrition and exercise.

southern ct wellness and healing: Attention Deficit Disorder Thomas E. Brown, 2005-01-01 A new understanding of ADD, along with practical information on how to recognize and treat the disorder A leading expert in the assessment and treatment of Attention Deficit Disorder/Attention

Deficit/Hyperactivity Disorder dispels myths and offers reassuring, practical information about treatments. Drawing on recent findings in neuroscience and a rich variety of case studies from his own clinical practice, Dr. Thomas E. Brown describes what ADD syndrome is, how it can be recognized at different ages, and how it can best be treated. This is the first book to address the perplexing question about ADD: how can individuals, some very bright, be chronically unable to pay attention, yet be able to focus very well on specific tasks that strongly interest them? Dr. Brown disputes the willpower explanation and explains how inherited malfunctions of the brain's management system prevent some people from being able to deal adequately with challenging tasks of childhood, adolescence, and adulthood. His book is an authoritative and practical guide for physicians and psychologists, parents and teachers, and the 7 to 9 percent of persons who suffer from ADD/ADHD.

southern ct wellness and healing: Clinical Case Studies for the Family Nurse

Practitioner Leslie Neal-Boylan, 2011-11-28 Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

southern ct wellness and healing: Health and Wellness in 19th-Century America John C.

Waller, 2014-08-11 This book provides a comprehensive description of what being sick and receiving medical care was like in 19th-century America, allowing modern readers to truly appreciate the scale of the improvements in healthcare theory and practice. Health and Wellness in 19th-Century America covers a period of dramatic change in the United States by examining our changing understanding of the nature of the disease burden, the increasing size of the nation, and our conceptions of sickness and health. With topics ranging from the unsanitary tenements of New York's Five Points, the field hospitals of the Civil War, and to the laboratories of Johns Hopkins Medical School, author John C. Waller reveals a complex picture of tradition, discovery, innovation, and occasional spectacular success. This book draws upon an extensive literature to document sickness and wellness in environments like rural homesteads, urban East-coast slums, and the hastily built cities of the West. It provides a fascinating historical examination of a century in which Americans made giant strides in understanding disease yet also clung to traditional methods and ideas, charting how U.S. medical science gradually transformed from being a backwater to a world leader in the field.

southern ct wellness and healing: Integrative Cardiology Stephen Devries, James E. Dalen,

2011-02-03 Integrative Cardiology is an exploration of a new and much-needed perspective in cardiac care: the intelligent synthesis of conventional medicine with alternative approaches not typically part of Western medical curriculum. More than a blending of two approaches, this new perspective in cardiology highlights specific gaps in conventional heart care, and examines how alternative approaches may be ideally suited to address these missed opportunities. Cardiology is an ideal specialty for an integrative approach. Heart disease is largely preventable. The influence of nutrition, physical activity, metabolic factors, and emotional state on heart health is unmistakable, and the wide-angle lens of integrative medicine is an ideal model to address these multi-faceted needs. Most importantly, the focus of this work is directed at prevention. The approaches described in this book emphasize collaboration of the patient and health care provider--both seeking to obtain the best possible outcome taking into account the intangible, but vital, nuances of the patient's culture, beliefs, and preferences. The first section in this book describes the core elements of integrative cardiology, beginning with nutrition. Foundational chapters that follow include exercise, botanicals, aspirin, metabolic cardiology, acupuncture, spirituality, mind/body approaches, and energy medicine. Contributing authors, all of whom have a background in academic medicine, share the approaches they have found most effective in their own practices, referencing their work with

the best scientific evidence available.

southern ct wellness and healing: *Finding What Works in Health Care* Institute of Medicine, Board on Health Care Services, Committee on Standards for Systematic Reviews of Comparative Effectiveness Research, 2011-07-20 Healthcare decision makers in search of reliable information that compares health interventions increasingly turn to systematic reviews for the best summary of the evidence. Systematic reviews identify, select, assess, and synthesize the findings of similar but separate studies, and can help clarify what is known and not known about the potential benefits and harms of drugs, devices, and other healthcare services. Systematic reviews can be helpful for clinicians who want to integrate research findings into their daily practices, for patients to make well-informed choices about their own care, for professional medical societies and other organizations that develop clinical practice guidelines. Too often systematic reviews are of uncertain or poor quality. There are no universally accepted standards for developing systematic reviews leading to variability in how conflicts of interest and biases are handled, how evidence is appraised, and the overall scientific rigor of the process. In *Finding What Works in Health Care* the Institute of Medicine (IOM) recommends 21 standards for developing high-quality systematic reviews of comparative effectiveness research. The standards address the entire systematic review process from the initial steps of formulating the topic and building the review team to producing a detailed final report that synthesizes what the evidence shows and where knowledge gaps remain. *Finding What Works in Health Care* also proposes a framework for improving the quality of the science underpinning systematic reviews. This book will serve as a vital resource for both sponsors and producers of systematic reviews of comparative effectiveness research.

southern ct wellness and healing: Health and Wellness Tourism Patricia Erfurt-Cooper, Malcolm Cooper, 2009-07-27 Geothermal springs constitute a major tourism resource, providing spectacular settings, recreation facilities, a recognised value in treatments beneficial for health and wellness, a sense of heritage and adventure, and links with the natural environment. Health and wellness tourism accounts for a significant proportion of the world's tourism consumption, with components ranging from hot spring bathing for leisure and recreation, through mineral water use in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including usage, heritage, management, technology, environmental and cultural features, and marketing.

southern ct wellness and healing: The Hoffman Process Tim Laurence, 2007-12-18 For more than 35 years, the Hoffman Process has been recognized as one of the most potent transformational processes; however, the 8-day residential program is out of reach for most people. Now, Tim Laurence reveals this powerful methodology with warmth and clarity. Using practical exercises, personal stories, case histories, and insightful commentary, Laurence skillfully teaches how to identify and resolve the inherited patterns of behavior that cause emotional and spiritual pain. In this book readers will learn powerful ways to: Break the compulsive patterns that run your life, exercise your own free will, and regain control of your thoughts and behavior Free up energy by releasing your pent-up resentments and directly experience your own spirituality Identify what you really want in life, and finally make the changes you have been putting off for years The Hoffman Process is endorsed by an extraordinary array of experts and leaders from all walks of life, and it includes the results of a grant research study proving the long-term effectiveness of the Process.

southern ct wellness and healing: Energy Healing for Animals Joan Ranquet, 2015-11-01 Natural healing for pets has emerged into the mainstream—veterinarians across the nation are now providing acupuncture, chiropractic, and other alternative methods. With *Energy Healing for Animals*, acclaimed animal communicator Joan Ranquet offers an essential guide for anyone seeking to enhance their pet's health, longevity, and quality of life—and deepen their bond with a beloved companion. Animals are so receptive to healing energy, explains Joan, that they're often easier to work with than our fellow humans. In this engaging do-it-yourself pet therapy resource, this gifted

healer offers a broad spectrum of guidance and tools to help our animal companions with behavior issues, pain relief, anxiety, and overall well-being. Here she presents practical instruction in pet Reiki, massage, feng shui, chakra systems, acupuncture, Healing Touch, and much more—including breed-specific guidance for cats and dogs.

southern ct wellness and healing: *The Oxford Handbook of Endangered Languages* Kenneth L. Rehg, Lyle Campbell, 2018-07-18 The endangered languages crisis is widely acknowledged among scholars who deal with languages and indigenous peoples as one of the most pressing problems facing humanity, posing moral, practical, and scientific issues of enormous proportions. Simply put, no area of the world is immune from language endangerment. The Oxford Handbook of Endangered Languages, in 39 chapters, provides a comprehensive overview of the efforts that are being undertaken to deal with this crisis. A comprehensive reference reflecting the breadth of the field, the Handbook presents in detail both the range of thinking about language endangerment and the variety of responses to it, and broadens understanding of language endangerment, language documentation, and language revitalization, encouraging further research. The Handbook is organized into five parts. Part 1, Endangered Languages, addresses the fundamental issues that are essential to understanding the nature of the endangered languages crisis. Part 2, Language Documentation, provides an overview of the issues and activities of concern to linguists and others in their efforts to record and document endangered languages. Part 3, Language Revitalization, includes approaches, practices, and strategies for revitalizing endangered and sleeping (dormant) languages. Part 4, Endangered Languages and Biocultural Diversity, extends the discussion of language endangerment beyond its conventional boundaries to consider the interrelationship of language, culture, and environment, and the common forces that now threaten the sustainability of their diversity. Part 5, Looking to the Future, addresses a variety of topics that are certain to be of consequence in future efforts to document and revitalize endangered languages.

southern ct wellness and healing: *Crossing the Quality Chasm* Institute of Medicine, Committee on Quality of Health Care in America, 2001-07-19 Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. Crossing the Quality Chasm makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems, Crossing the Quality Chasm also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

southern ct wellness and healing: National Prevention Strategy: America's Plan for Better Health and Wellness Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

southern ct wellness and healing: Families Caring for an Aging America National

Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. *Families Caring for an Aging America* examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

southern ct wellness and healing: The ZOLA Experience Katurah A Bryant, 2020-09-17 As a result of the impact of grief and loss due to the COVID-19 pandemic and the financial crisis, many individuals and communities are struggling to find acceptance and closure. The most obvious loss is the loss of loved ones. As a result of the crisis, how people transition has changed, and family members are not allowed to take part in the transition process. This has created a level of grief that makes closure challenging. However, many are also suffering the loss of careers, retirement options, not to mention incomes and wealth. The purpose of this training is to train providers to incorporate this proven brief treatment model for grief/loss recovery. The ZOLA Experience Provider will then be equipped to utilize this intervention in a variety of settings from community to formal treatment settings; individual or group settings. The goal is to have a community of facilitators trained in The ZOLA Experience available to be able to work with a great variety of individuals and families in support of their recovery process from loss.

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southern ct wellness and healing: *Eat to Live* Joel Fuhrman, 2011-01-05 Hailed a medical breakthrough by Dr. Mehmet Oz, *Eat to Live* offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. *Eat to Live* has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off. Dr. Fuhrman's formula is simple, safe, and solid. --Body and Soul

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southern ct wellness and healing: Health Literacy Institute of Medicine, Board on Neuroscience and Behavioral Health, Committee on Health Literacy, 2004-06-29 To maintain their own health and the health of their families and communities, consumers rely heavily on the health information that is available to them. This information is at the core of the partnerships that patients and their families forge with today's complex modern health systems. This information may be provided in a variety of forms — ranging from a discussion between a patient and a health care provider to a health promotion advertisement, a consent form, or one of many other forms of health communication common in our society. Yet millions of Americans cannot understand or act upon this information. To address this problem, the field of health literacy brings together research and practice from diverse fields including education, health services, and social and cultural sciences, and the many organizations whose actions can improve or impede health literacy. Health Literacy: Prescription to End Confusion examines the body of knowledge that applies to the field of health literacy, and recommends actions to promote a health literate society. By examining the extent of limited health literacy and the ways to improve it, we can improve the health of individuals and populations.

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