

spine and wellness exeter

Spine and Wellness Exeter: Your Guide to Back Health and Wellbeing

Are you experiencing persistent back pain, stiffness, or discomfort in the Exeter area? Finding the right support for your spinal health can feel overwhelming, but it doesn't have to be. This comprehensive guide dives deep into the world of spine and wellness in Exeter, exploring various treatment options, preventative measures, and resources available to help you achieve optimal back health and overall wellbeing. We'll cover everything from understanding the causes of back pain to finding the best practitioners in Exeter, ensuring you have the information you need to take control of your spinal health journey.

Understanding Your Spine and Common Back Problems

Your spine is a marvel of engineering, providing support, flexibility, and protection for your spinal cord. However, it's also susceptible to a variety of problems, many stemming from modern lifestyles. Common issues affecting the spine include:

Lower Back Pain (Lumbar Pain): This is arguably the most prevalent spinal problem, often caused by poor posture, muscle strain, and degenerative conditions like osteoarthritis. In Exeter, many individuals experience this due to prolonged sitting at desks or physically demanding jobs.

Sciatica: This involves pain radiating down the leg from the lower back, often caused by compression of the sciatic nerve. Finding effective sciatica treatment in Exeter is crucial for alleviating this debilitating pain.

Spinal Stenosis: This condition involves the narrowing of the spaces within your spine, putting pressure on nerves and causing pain, numbness, and weakness. Early diagnosis and appropriate management are essential for those in Exeter suffering from spinal stenosis.

Herniated Discs: When the soft inner part of an intervertebral disc pushes through the outer layer, it can cause significant pain and nerve compression. Effective treatment for herniated discs in Exeter often involves a multi-faceted approach.

Scoliosis: This sideways curvature of the spine can affect individuals of all ages and often requires specialized care. Finding a qualified specialist in Exeter experienced in scoliosis treatment is crucial for proper management.

Finding the Right Spine and Wellness Care in Exeter

Choosing the right practitioner for your spinal health is a critical step. In Exeter, you have several options:

Chiropractors: Chiropractors focus on the diagnosis, treatment, and prevention of musculoskeletal disorders, including back pain. They use spinal manipulation and other techniques to improve spinal alignment and reduce pain. Many chiropractors in Exeter offer a holistic approach to care.

Osteopaths: Osteopaths take a holistic approach, addressing the interconnectedness of the body's systems. They use manual therapy techniques to diagnose and treat musculoskeletal problems, often focusing on improving range of motion and reducing pain. Several highly-rated osteopaths practice in Exeter.

Physiotherapists: Physiotherapists help patients recover from injuries and improve their physical function. They use exercise, manual therapy, and other techniques to strengthen muscles, improve flexibility, and reduce pain. Many physiotherapy clinics in Exeter specialize in spinal rehabilitation.

Doctors (GPs and Specialists): Your GP is your first point of contact for any health concerns. They can provide initial assessments, refer you to specialists (like neurologists or orthopedic surgeons), and prescribe medication if needed. In Exeter, accessing timely GP appointments is crucial for managing spinal issues.

Preventative Measures for Spinal Health in Exeter

Preventing back problems is often more effective than treating them. Consider incorporating these practices into your daily routine:

Maintain good posture: Whether sitting, standing, or lifting, maintaining proper posture minimizes strain on your spine.

Regular exercise: Strengthening your core muscles and improving flexibility are crucial for supporting your spine. Many gyms and fitness studios in Exeter offer classes focusing on back health.

Ergonomic workspace: If you have a desk job, ensure your workstation is ergonomically designed to minimize strain.

Safe lifting techniques: Learn and practice proper lifting techniques to avoid injury.

Maintain a healthy weight: Excess weight puts added stress on your spine.

Stress management: Chronic stress can exacerbate back pain.

Choosing the Right Treatment for You: A Personalized Approach

The best treatment for your spinal problem will depend on several factors, including the specific condition, its severity, and your individual needs. Your chosen healthcare provider in Exeter will work with you to develop a personalized treatment plan. This might involve:

Manual therapy: This includes techniques like spinal manipulation, massage, and mobilization.

Exercise therapy: Targeted exercises help strengthen muscles, improve flexibility, and reduce pain.

Pain management: This may involve medication, injections, or other therapies to manage pain.

Lifestyle modifications: Changes to posture, work habits, and activity levels can significantly impact spinal health.

Surgery: In severe cases, surgery may be necessary.

Finding Resources and Support in Exeter

Exeter offers a wealth of resources for those seeking support for their spinal health. Online searches for "spine and wellness Exeter" will yield numerous clinics, practitioners, and support groups. Don't hesitate to reach out to your GP or a specialist for referrals. Patient reviews and testimonials can also be valuable in finding the right care. Remember to prioritize open communication with your healthcare provider to ensure your needs are being met.

Conclusion:

Taking proactive steps to maintain your spinal health is an investment in your overall wellbeing. By understanding the common causes of back pain, choosing the right practitioner in Exeter, and implementing preventative measures, you can significantly reduce your risk of developing spinal problems and improve your quality of life. Remember, seeking professional help early is key to managing any spinal issues effectively.

FAQs:

1. How can I find a reputable chiropractor in Exeter? Check online directories, read patient reviews, and consider asking your GP for recommendations.

1. What are the costs associated with spine and wellness treatments in Exeter? Costs vary depending on the type of treatment and the practitioner. Many clinics offer consultations to discuss pricing.

1. Is physiotherapy always necessary for back pain? Not always. Many cases of back pain can be managed with self-care and lifestyle modifications. Physiotherapy is often recommended for more severe or persistent cases.

1. How long does it take to recover from back surgery in Exeter? Recovery times vary greatly depending on the type of surgery and the individual. Your surgeon will provide a more accurate timeline.

1. Are there any support groups for individuals with back pain in Exeter? Check with your GP or local hospital for information on support groups and resources in the Exeter area.

spine and wellness exeter: Pennsylvania Business Directory , 2009

spine and wellness exeter: Ghost Town Jason Hawes, Grant Wilson, Tim Waggoner, 2012-10-09 From the stars of the SyFy network's popular show Ghost Hunters, the second novel in a new spine-tingling supernatural series. WELCOME TO EXETER, THE "MOST HAUNTED TOWN IN AMERICA," thanks to a deadly flood that unleashed an army of ghosts decades ago. And when ghost trackers Amber, Drew, and Trevor attend a conference during Exeter's spookiest week of the year, the ghouls grow restless. First, an innocent bookstore worker is mysteriously killed, setting off a string of strange deaths that point to a shadowy spirit known as the Dark Lady. With a paranormal revolution ensuing, the team must stop the twisted bloodbath. But a past horror involving the death of a former teammate has them spinning faster than a specter in a storm, especially when they learn that it's his ghost who awakened the Dark Lady. Now, with their lives on the line and the entire town at stake, the three must decide whether to trust the spirit of their old friend or to finally put a stake through his heart.

spine and wellness exeter: MicroMiracles Ellen Cutler, 2005-09-29 The only definitive resource on enzyme therapy by the nation's leading expert, a pioneering medical doctor who has used enzymes to treat allergies, asthma, fatigue, chronic pain, and many other ailments—with astonishing success! Welcome to the next frontier in healing where natural substances known as enzymes will transform how we view—and combat—disease. Unlike conventional medications, which only mask symptoms, enzyme supplements work at the cellular level to repair and prevent the damage that's responsible for a host of health problems. And they're safe, with no known side effects. MicroMiracles is the definitive resource on enzyme therapy. Here you'll find everything you

need to assess your enzyme status and incorporate enzyme supplements into your self-care regimen. Experience their amazing therapeutic benefits for yourself! Eliminate food cravings—and unwanted pounds Replenish energy stores Stimulate immune function Protect against heart disease, cancer, and diabetes Fight inflammation Slow the aging process In *MicroMiracles*, you'll also discover how undiagnosed food intolerances may leave you feeling less than your best—and how enzymes support optimum digestion and restore balance to all of your body's systems. Your payoff is radiant health.

spine and wellness exeter: *The Food Allergy Cure* Dr. Ellen Cutler, 2010-06-16 Food allergies are one of the most common chronic medical conditions. Dr. Ellen Cutler, a chiropractor and naturopath, has spent ten years studying enzyme therapy and nutrition and their relationship to allergies, asthma, immune disorders, and chronic diseases. Using methods derived from many disciplines -- including chiropractic, Eastern medicine, immunology, environmental medicine, genetics, and Western physiology and physics -- Dr. Cutler has found a way to combat allergies at their root: the immune response. Her system of techniques, called BioSET?, combines muscle testing, detoxification, enzyme and diet therapy, and chiropractic manipulation to desensitize people permanently to every kind of allergy, not only those caused by foods. To understand how Dr. Cutler's techniques work, it's helpful to think of the body as an electromagnetic organism in which energy flows along invisible pathways called meridians, or channels. Essentially, an allergic response is caused when these pathways are blocked by the immune response to an allergen. Dr. Cutler's techniques actually unblock these pathways, thus stopping the body's violent immune response. The *Food Allergy Cure* teaches you how to test yourself to determine the allergies you have and gives you simple techniques you can perform on yourself or your children to begin to lead an allergy-free life. In addition, there are helpful lists of foods and enzymes to correct digestive disorders such as lactose intolerance, chronic heartburn, irritable bowel syndrome, and constipation. Dr. Cutler also recommends foods that support the immune system's functioning and work to alleviate such disorders as hypothyroidism, hyperthyroidism, fibromyalgia, colitis, herpes, and candida. This blending of Eastern and Western medicine is so easy to implement and will be hailed as a new paradigm of twenty-first-century medicine. For the ninety million people who experience food allergies and haven't found relief in the usual approaches, *The Food Allergy Cure* offers a revolutionary program that allows sufferers to identify and alleviate specific food sensitivities immediately! * Learn quick and easy methods to identify your allergies. * Discover how to detoxify your body. * Find the most effective means of eliminating food sensitivities. * Take a self-diagnostic questionnaire to determine which specific enzymes will contribute to your optimum health.

spine and wellness exeter: *Doctor Dealer* Mark Bowden, 2007-12-01 From the # 1 New York Times bestselling author of *Black Hawk Down: The "shocking" story of the country's unluckiest drug kingpin* (The Baltimore Sun). By the early 1980s, Larry Lavin had everything going for him. He was a bright, charismatic young man who rose from working-class roots to become a dentist with an Ivy League education and a thriving practice, and a beloved father with a well-respected family in one of Philadelphia's most exclusive suburbs. But behind the façade of his success was a dark secret: Lavin was also the mastermind behind a cocaine empire that spread from Miami to Boston to New Mexico, catering to lawyers, stockbrokers, and other professionals, and generating an annual income of \$60 million for the good doctor. Now, Mark Bowden, a "master of narrative journalism" (The New York Times Book Review) tells the harrowing saga of Lavin's rise and fall in "a shocking American tragedy . . . [that] shoots straight from the hip" (Pittsburgh Post-Gazette). "An engrossing crime story and a compelling morality tale." —The Arizona Republic "Has all the elements of a chilling suspense thriller . . . A smoothly crafted, exciting, can't-put-it-down book." —The New Voice (Louisville)

spine and wellness exeter: *Football as Medicine* Peter Krustrup, Daniel Parnell, 2019-11-22 It is beyond dispute that physical activity is good for us, but what are the benefits, challenges and impacts of sport on health? This is the first book to focus on football in the context of health from individual, public and population-level perspectives. *Football as Medicine* examines the effects of football training on the three main types of fitness (cardiovascular, metabolic and musculoskeletal) and on specific target populations (for example, children, type 2 diabetes patients, cancer patients,

people with mental health conditions, the socially deprived and older people). It discusses the significance of football for public health and assesses the efficacy of football interventions by clubs and community sport development programs. With its multi-disciplinary approach, this is a valuable resource for students, researchers and practitioners working in physical activity and health, public health, health promotion and medicine, as well as football and sport business management, sport and exercise science, and the sociology of sport.

spine and wellness exeter: *Tennis Medicine* Giovanni Di Giacomo, Todd S. Ellenbecker, W. Ben Kibler, 2019-01-08 This book will serve as a key resource for all clinicians working in orthopedics, sports medicine, and rehabilitation for the sport of tennis. It provides clinically useful information on evaluation and treatment of the tennis player, covering the entire body and both general medical and orthopedic musculoskeletal topics. Individual sections focus on tennis-related injuries to the shoulder, the elbow, wrist, and hand, the lower extremities, and the core/spine, explaining treatment and rehabilitation approaches in detail. Furthermore, sufficient sport science information is presented to provide the clinical reader with extensive knowledge of tennis biomechanics and the physiological aspects of training and rehabilitation. Medical issues in tennis players, such as nutrition and hydration, are also discussed, and a closing section focuses on other key topics, including movement dysfunction, periodization, core training, and strength and conditioning specifics. The expansive list of worldwide contributors and experts coupled with the comprehensive and far-reaching chapter provision make this the highest-level tennis medicine book ever published.

spine and wellness exeter: *The Biopsychosocial Model of Health and Disease* Derek Bolton, Grant Gillett, 2019-03-28 This open access book is a systematic update of the philosophical and scientific foundations of the biopsychosocial model of health, disease and healthcare. First proposed by George Engel 40 years ago, the Biopsychosocial Model is much cited in healthcare settings worldwide, but has been increasingly criticised for being vague, lacking in content, and in need of reworking in the light of recent developments. The book confronts the rapid changes to psychological science, neuroscience, healthcare, and philosophy that have occurred since the model was first proposed and addresses key issues such as the model's scientific basis, clinical utility, and philosophical coherence. The authors conceptualise biology and the psychosocial as in the same ontological space, interlinked by systems of communication-based regulatory control which constitute a new kind of causation. These are distinguished from physical and chemical laws, most clearly because they can break down, thus providing the basis for difference between health and disease. This work offers an urgent update to the model's scientific and philosophical foundations, providing a new and coherent account of causal interactions between the biological, the psychological and social.

spine and wellness exeter: *The Circle* Dave Eggers, 2013-10-08 INTERNATIONAL BESTSELLER • A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives—a “compulsively readable parable for the 21st century” (Vanity Fair). When Mae Holland is hired to work for the Circle, the world's most powerful internet company, she feels she's been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users' personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company's modernity and activity. There are parties that last through the night, there are famous musicians playing on the lawn, there are athletic activities and clubs and brunches, and even an aquarium of rare fish retrieved from the Marianas Trench by the CEO. Mae can't believe her luck, her great fortune to work for the most influential company in the world—even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public. What begins as the captivating story of one woman's ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and

the limits of human knowledge.

spine and wellness exeter: Contextual Wellbeing Helen Street, 2018-09-25 Our schools and colleges have never done so much to

spine and wellness exeter: The Failed Spine Marek Szpalski, Robert Gunzburg, 2005 Written by an international group of recognized experts, this volume addresses the complications of spine surgery and the treatment of patients with adverse surgical outcomes. Coverage includes discussions of failed spine fusion, postoperative scoliosis, postoperative flat back, postoperative infection, epidural fibrosis, and complications resulting from implants and devices. Chapters offer guidelines on patient selection for surgery and identify psychosocial risk factors for chronic pain. Sections on treatment of the failed spine cover medications, physical therapy, and invasive modalities including radiofrequency procedures, spinal cord stimulation, epiduroscopy, and revision lumbar fusion. A treatment algorithm for the failed back surgery syndrome is included.

spine and wellness exeter: The Complete Guide to Hospital Marketing Patrick T. Buckley, 2007 Written specially for marketers just starting out in the healthcare industry, this comprehensive resource offers a variety of practical lessons that touch upon many of the key elements and unique challenges you'll face. [...] It is an essential primer for hospital marketing professionals [Ed.]

spine and wellness exeter: Mental Representation in Health and Illness J.A. Skelton, Robert T. Croyle, 2012-12-06 How do individuals conceive illness and symptoms? Do their conceptions conflict with the physician's views of their illness, and what happens if they do? This book thoroughly explores the field of disease representation, describes and discusses lay illness models in a variety of social, historical and cultural contexts.

spine and wellness exeter: Kinanthropometry and Exercise Physiology Laboratory Manual Roger Eston, Thomas Reilly, 2001 Kinanthropometrics is the study of the human body size and somatotypes and their quantitative relationships with exercise and nutrition. This is the second edition of a successful text on the subject.

spine and wellness exeter: *Alternative Medicine for the Elderly* P. Cherniack, 2003-04-23 This book on complementary alternative medicine (CAM) for the Elderly provides a critical and objective evaluation of alternative medical therapy for the elderly. The focus on practical aspects such as adverse effects and general risks of various therapeutic methods makes it a valuable reference book for the general practitioner, for geriatricians and professionals within the area of alternative medicine, but also for interested laypeople. In the three sections, Epidemiology, Types of CAM, and Common Medical Problems and CAM, a broad range of issues are covered. They range from drug compliance in elderly people to CAM in the treatment of specific conditions such as pulmonary diseases, arthritis or cancer. The above features and in particular the unbiased approach to discuss the pros and cons of CAM make this publication a must-have for everybody searching for detailed information on alternative medicine for the elderly.

spine and wellness exeter: *Trick or Treatment?* Dr. Simon Singh, Professor Edzard Ernst, 2009-10-06 Welcome to the world of alternative medicine. Prince Charles is a staunch defender and millions of people swear by it; most UK doctors consider it to be little more than superstition and a waste of money. But how do you know which treatments really heal and which are potentially harmful? Now at last you can find out, thanks to the formidable partnership of Professor Edzard Ernst and Simon Singh. Edzard Ernst is the world's first professor of complementary medicine, based at Exeter University, where he has spent over a decade analysing meticulously the evidence for and against alternative therapies. He is supported in his findings by Simon Singh, the well-known and highly respected science writer of several international bestsellers. Together they have written the definitive book on the subject. It is honest, impartial but hard-hitting, and provides a thorough examination and judgement of more than thirty of the most popular treatments, such as acupuncture, homeopathy, aromatherapy, reflexology, chiropractic and herbal medicine. In *Trick or Treatment?* the ultimate verdict on alternative medicine is delivered for the first time with clarity, scientific rigour and absolute authority.

spine and wellness exeter: *The Cambridge History of Medicine* Roy Porter, 2006-06-05

Against the backdrop of unprecedented concern for the future of health care, 'The Cambridge History of Medicine' surveys the rise of medicine in the West from classical times to the present. Covering both the social and scientific history of medicine, this volume traces the chronology of key developments and events.

spine and wellness exeter: Hope for Health Scott Monk, 2011-03 Where do I start? the unwell ask in desperation. Do I need to detoxify my liver? Cleanse my bowel? Eliminate my food allergies? Balance my hormones? Fix my sugar cravings? What about my insomnia, joint pain, migraines, and these nagging restless legs? Can it all somehow be connected? Having already abandoned the traditional medical approach with its addiction to prescription drugs, some of these same confused souls are now growing disenchanted with the efforts of natural medicine as well, finding the process too laborious, time-consuming or expensive. Surely, there must be a better approach to all of this? they moan. It was in this context that Hope for Health was written and Functional Bio-Analysis was born. Functional Bio-Analysis (FBA) is science-based complementary medicine technique that helps knowledgeable practitioners navigate the natural monitoring system present in all people. It is the primary goal of FBA to tap into the body's neurological and energetic pathways in order to evaluate the functions within. With FBA, practitioners can follow a hierarchy of steps to find the vitamin, mineral, herb, or other agent that will positively impact multiple systems simultaneously, what is known as the hormetic effect. Presently, there is only one method that allows a practitioner to utilize FBA to its fullest potential, namely, manual muscle testing. Despite being solidly grounded in neurology and basic body reflexes, this much maligned and poorly understood approach is still taboo for many. And yet, those curious enough to examine it for themselves will find that the precision of manual muscle testing, along with the power of FBA, can bring Hope for Health to those in greatest need.

spine and wellness exeter: The PTSD Behavioral Activation Workbook Matthew Jakupcak, Amy W. Wagner, Christopher R. Martell, 2020-01-02 A simple, effective, and groundbreaking approach to help you move beyond trauma and focus on the things that bring you joy. If you suffer from post-traumatic stress disorder (PTSD), reliving the past through trauma-focused treatments may be too painful a place to start. Behavioral activation—the powerful treatment method outlined in this workbook—provides an essential foundation for recovery by shifting the focus of your trauma to the things in life that give you true fulfillment, joy, and value. This way, you can envision the kind of future you want to have, and move forward in your treatment to pursue that future. With this breakthrough workbook, you'll learn to replace unproductive coping strategies—such as avoidance—with activities that you find pleasant and meaningful. You'll find an overview of behavioral activation: what it is, why it works, and how you can implement it into your life to begin healing the wounds of your past and paving the way for a bright future full of possibility. If you've experienced trauma, you need real tools to help you manage your pain and jumpstart your recovery. With this compassionate and evidence-based workbook, you'll find actionable solutions to help you begin healing and take that next needed step toward wellness, wholeness, and peace.

spine and wellness exeter: Healthy Mom Iva Young, 2010-05 Where can Moms go to for advice on nutrition, healthy ingredients and a happier lifestyle for their family and themselves? Healthy Mom Most mothers learned to cook from their own mother or grandmother. Often these recipes, while filling, are actually overloaded with the wrong types of food. Fat, Sodium, Cholesterol...these are all the obstacles that Moms face everyday in their quest to help their families live longer and healthier lives. A mother must be equipped with not only knowledge of healthy eating habits, but also recipes that children will ask for time and time again. In her new book, Healthy Mom, author Iva Young not only shares her expertise, but also time tested recipes that will have families leaving the table full, healthy and happy. Iva Young is the family meal planner, ingredient buyer, cook and a Healthy Mom. Many of her friends asked her over and over, Iva, How is your family so thin and healthy? Her secret: purchase, prepare and eat healthy foods, including nutritious fruits and vegetables. A graduate of the California Polytechnic University with a Bachelors of Arts in Liberal Studies with an Emphasis in Kinesiology and Health Promotion, she believes that by truly educating

yourself on the right nutritional data, choosing the right food products, learning about a system known to make your body work for you and not against you, and following meal plans are the keys to maintaining a lifelong healthy nutritional life. She lives in California with her husband and two children. With her next book, *Healthy Kids*, Iva continues to inspire and motivate Healthy Moms everywhere. For more information, visit www.healthyiva.com.

spine and wellness exeter: *The Girl Who Fell* S.M. Parker, 2016-03-01 In this “invaluable addition to any collection” (School Library Journal, starred review) high school senior Zephyr Doyle is swept off her feet—and into an intense and volatile relationship—by the new boy in school. His obsession. Her fall. Zephyr Doyle is focused. Focused on leading her team to the field hockey state championship and leaving her small town for her dream school, Boston College. But love has a way of changing things. Enter the new boy in school: the hockey team’s starting goaltender, Alec. He’s cute, charming, and most important, Alec doesn’t judge Zephyr. He understands her fears and insecurities—he even shares them. Soon, their relationship becomes something bigger than Zephyr, something she can’t control, something she doesn’t want to control. Zephyr swears it must be love. Because love is powerful, and overwhelming, and...terrifying? But love shouldn’t make you abandon your dreams, or push your friends away. And love shouldn’t make you feel guilty—or worse, ashamed. So when Zephyr finally begins to see Alec for who he really is, she knows it’s time to take back control of her life. If she waits any longer, it may be too late.

spine and wellness exeter: *Prevention Practice* Jeffrey Rothman, 1992 A reference for rehabilitation specialists currently providing or planning health promotion and prevention programs, including lower back pain prevention, exercise programs for the elderly, prevention of falls, corporate fitness, ergonomics, TMJ syndrome prevention, cumulative trauma disorders, stress management and other health problems. The book is aimed at physiotherapists and occupational therapists,

spine and wellness exeter: *The Ultimate Answer...Is Inside* Joshua Bloom, 2021-01-12 Looking for the ultimate answer? Live life on your terms! Catapult yourself to the top of your field. At this time, it is absolutely necessary to understand the nature of energy and invisible forces and how they impact our lives. In *The Ultimate Answer*, you will be provided vital life-enhancing knowledge about energy fields and consciousness that can be used to empower your life. Knowledge is power, and the awareness offered is indeed a powerful resource for taking control of our lives.

spine and wellness exeter: *Principles of Equity and Trusts* Alastair Hudson, 2016-06-10 *Principles of Equity and Trusts* is a concise new textbook from Alastair Hudson - the author of the definitive classic, *Equity and Trusts*. Through clear and careful analysis, the author explains what the law is, its foundational principles, and its social and economic effect. By beginning with the core principles on which this field is based, even the most complex academic debates concerning express, resulting and constructive trusts, the family home, charities law and other equitable doctrines become comprehensible and interesting. This book offers a fresh, lively and often humorous account of Equity and Trusts. Through easy-to-follow worked examples and analysis of the case law, Alastair helps you to answer problem questions and to prepare coursework. The author shows how the law affects real people in real situations. Each chapter begins with a clear and concise introduction to the core principles. It contains numbered headings for ease of navigation and advice on studying this subject. Students also have access to Professor Hudson’s ever-popular supporting website which has had hundreds of thousands of hits over the years. It has over 50 brief podcasts on key issues which have been specially re-recorded to coincide with the publication of this book. That website also contains detailed lectures, a variety of videos explaining the law and guidance on tackling assessments. Characterised by the passion and enthusiasm for his subject matter that make Alastair Hudson’s classic textbook so popular, *Principles of Equity and Trusts* is sure to be a winner with both academics and students alike.

spine and wellness exeter: *Move* Caroline Williams, 2022-01-04 An eye-opening journey into the power of human movement and how we can harness it to optimize our brain health, boost our mood and improve every aspect of our lives. For our earliest ancestors who hunted and gathered,

movement meant survival. Our brains evolved to reward physical activity. Moving, thinking and feeling have always been inextricably linked. Yet what happens when we stop moving? Today, on average, we spend around 70% of our lives sitting or lying completely still. Our sedentary lifestyle—desk jobs, long commutes and lots of screen time—is not only bad for our bodies. It can also result in anxiety, depression and a lower overall IQ. But there's good news. Even the simplest movements can reactivate our bodies and open up a hotline to our minds, improving our overall well-being and longevity. And we don't have to spend countless hours in the gym. In fact, exercise as we understand it misses the point. Veteran science journalist Caroline Williams explores the cutting-edge research behind brain health and physical activity, interviewing scientists from around the world to completely reframe our relationship to movement. Along the way she reveals easy tricks that we could all use to improve our memory, maximize our creativity, strengthen our emotional literacy and more. A welcome counterpoint to the current mindfulness craze, *Move* offers a more stimulating and productive way of freeing our caged minds to live our best life.

spine and wellness exeter: Smarter Tomorrow Elizabeth R. Ricker, 2021-08-17 What if you could upgrade your brain in 15 minutes a day? Let Elizabeth Ricker, an MIT and Harvard-trained brain researcher turned Silicon Valley technologist, show you how. Join Ricker on a wild and edifying romp through the cutting-edge world of neuroscience and biohacking. You'll encounter Olympic athletes, a game show contestant, a memory marvel, a famous CEO, and scientists galore. From Ricker's decade-long quest, you will learn: ● The brain-based reason so many self-improvement projects fail . . . But how a little-known secret of Nobel Prize winning scientists could finally unlock success ● Which four abilities—both cognitive and emotional—can predict success in work and relationships . . . and a new system for improving all four ● Which seven research-tested tools can supercharge mental performance. They range from low-tech (a surprising new mindset) to downright futuristic (an electrical device for at-home brain stimulation) Best of all, you will learn to upgrade your brain with Ricker's 20 customizable self-experiments and a sample, 12-week schedule. Ricker distills insights from dozens of interviews and hundreds of research studies from around the world. She tests almost everything on herself, whether it's nicotine, video games, meditation, or a little-known beverage from the Pacific islands. Some experiments fail hilariously—but others transform her cognition. She is able to sharpen her memory, increase her attention span, boost her mood, and clear her brain fog. By following Ricker's system, you'll uncover your own boosts to mental performance, too. Join a growing, global movement of neurohackers revolutionizing their careers and relationships. Let this book change 15 minutes of your day, and it may just change the rest of your life!

spine and wellness exeter: Integrative Pain Management Robert Alan Bonakdar, Andrew W. Sukiennik, 2016 Integrative Pain Management is a comprehensive guide written by experts in the field that provides case examples of pain conditions, reviews common integrative treatments including physical therapy, behavioral strategies, and advanced procedures to maximize function and reduce pain; and with extensive resources.

spine and wellness exeter: Engaging Student Voices in Higher Education Simon Lygo-Baker, Ian M. Kinchin, Naomi E. Winstone, 2019-07-01 This book examines the importance of exploring the varied and diverse perspectives of student experiences. In both academic institutions and everyday discourse, the notion of the 'student voice' is an ever-present reminder of the importance placed upon the student experience in Higher Education: particularly in a context where the financial burden of undertaking a university education continues to grow. The editors and contributors explore how notions of the 'student voice' as a single, monolithic entity may in fact obscure divergence in the experiences of students. Placing so much emphasis on the 'student voice' may lead educators and policy makers to miss important messages communicated – or consciously uncommunicated – through student actions. This book also explores ways of working in partnership with students to develop their own experiences. It is sure to be of interest and value to scholars of the student experience and its inherent diversity.

spine and wellness exeter: My Husband's Wife Jane Corry, 2017 Resolving to leave her

secrets behind when she gets married, a young lawyer is strangely drawn to a convicted killer during her first murder case in ways that shape her psychologically charged relationship with a young neighbor years later.

spine and wellness exeter: The Year of Jubilo Howard Bahr, 2001-05-04 A confederate soldier returns home to find that life and love will never be the same.

spine and wellness exeter: Being Well Within Loren M. Gelberg-Goff Lcsw, Loren M. Gelberg-Goff, Carmel-Ann Mania DC, 2011-11 Stress may be a given in our lives, but suffering from it is optional! This premise is the guiding force behind Being Well Within: From Distressed to De-Stressed. In this book you will find guidance, strategies, and tools to help you find your way past the obstacles of stress. You can learn to understand the process as it relates to your own life and how to use this knowledge to overcome (and even thrive) in today's stressful environment. You can learn how to embrace a new outlook on life that is customized to your desires. Our work as a chiropractor and a psychotherapist with people in many types of pain has revealed to us the effects of stress on everyone's minds, bodies, hearts, and souls. This book is about healing from the constant, overwhelming effects of stress on your entire being. We will show you the physical, mental, and emotional components of stress, as well as easy-to-understand steps you can follow to help embrace yourself and your new life in a conscious, empowered, and mindful way. Opening up Being Well Within: From Distressed to De-Stressed is your first step towards learning to use stress to motivate and inspire.

spine and wellness exeter: The Science and Physiology of Flexibility and Stretching David Behm, 2018-11-01 Stretching is a fundamentally important part of sport and exercise, playing a role in improving performance, and preventing injury and rehabilitation, but its scientific underpinnings have, to this point, been overlooked in book publishing. The Science and Physiology of Flexibility and Stretching is the most up-to-date and comprehensive book to cover the underlying physiology and psychology of stretching, critically assessing why, when, and how we should stretch, as well as offering a highly illustrated, practical guide to stretching exercises. Placing stretching in the context of both health and performance, the first section of the book sets out the science behind stretching, critically assessing the benefits, disadvantages, and roles of different types of stretching, exploring the mechanisms behind increasing range-of-movement through stretching and other methods, and offering evidence-based guidance on building stretching into warm-ups. In its second section, the book provides a step-by-step guide to static, dynamic, and PRF stretching exercises for beginners, through recreational athletes, to elite performers. Richly illustrated, and including an online resource, The Science and Physiology of Flexibility and Stretching provides an important scientific enquiry into stretching, and an invaluable reference for any strength and conditioning coach or student, personal trainer, sports coach, or exercise scientist.

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spine and wellness exeter: Clearing the Way to Health and Wellness Ellen Cutler, 2013-02-25 Dr. Ellen Cutler is one of the pioneering holistic doctors who have spent years of research to find the best ways to boost our immune system and get it back in its power. By following her advice, you can not only get younger biologically and become more vital, but you are also making your body more cancer-proof. There is no one I trust more than Dr. Ellen Cutler. To have her in your corner is already winning half the battle. Please study this book and apply all the advice as soon as possible. Your life and health could depend on it. Roy Martina, MD, bestselling author of Emotional Balance Four years ago, my fibromyalgia symptoms forced me to retire from medical practice. Thanks to Ellen Cutlers treatments, the guaifenesin protocol, and acupuncture, my health is so much better. I have been able to return to practice medicine as a fibromyalgia consultant, and I feel blessed to be able to continue my recovery with the help of Dr. Cutlers digestive enzymes and clearing treatments. Melissa Congdon, MD, fibromyalgia consultant If you are one of the millions of people who suffer from chronic fatigue syndrome, fibromyalgia, Crohns Disease, colitis, Hashimotos thyroiditis, candidiasis, sinusitis, hay fever, environmental illnesses, and other autoimmune disorders and sensitivities, youve probably tried a myriad of treatments just trying to gain control of

your life. Clearing the Way to Health and Wellness presents the Ellen Cutler Method (ECM), an innovative technique that offers hope for those for whom other treatments have failed. It provides an empowering new explanation of allergies and sensitivities as the cause of chronic illness, as well as a groundbreaking approach to overcoming them. Allergies and sensitivities can be reduced or eliminated, not miraculously and instantaneously, but inevitably and permanently. With contributions from Dr. Richard Tunkel, Dr. Ellen Cutler outlines the relationships among allergies, sensitivities, and chronic health and autoimmune disorders, guiding both patients and health-care practitioners in identifying and eliminating sensitivities that trigger symptoms. Case studies and personal stories illustrate how this powerful new approach has ended the suffering for thousands of all ages without the use of drugs.

spine and wellness exeter: *Overcoming Multiple Sclerosis* George Jelinek, 2016-07-01

Overcoming Multiple Sclerosis is an established and successful program of treatment. Once a diagnosis of MS meant inevitable decline and disability. Now thousands of people around the world are living healthy, active lives on the Overcoming Multiple Sclerosis recovery program. Overcoming Multiple Sclerosis explains the nature of MS and outlines an evidence-based 7 step program for recovery. Professor George Jelinek devised the program from an exhaustive analysis of medical research when he was first diagnosed with MS in 1999. It has been refined through major ongoing international clinical studies under Professor Jelinek's leadership, examining the lifestyles of several thousand people with MS world-wide and their health outcomes. Overcoming Multiple Sclerosis is invaluable for anyone recently diagnosed with MS, living with MS for years, or with a family member with MS. It makes an ideal resource for doctors treating people with MS. 'I would have no hesitation in recommending Overcoming Multiple Sclerosis to my patients, but also to my friends and colleagues.' Professor Gavin Giovannoni, MBBCh, PhD, FCP (S.A., Neurol.), FRCP, FRCPath, Chair of Neurology, Blizzard Institute, Barts and The London School of Medicine and Dentistry 'Overcoming Multiple Sclerosis combines hard scientific evidence with practical advice and compassion. It will be of benefit to nearly everybody affected by MS and I heartily recommend it.' Dr Peter Fisher FRCP , Physician to Her Majesty Queen Elizabeth II, and Director of Research, Royal London Hospital for Integrated Medicine

spine and wellness exeter: *Textbook Of Transpersonal Psychiatry And Psychology* Bruce

W Scotton, Allan B. Chinen, John R. Battista, 2009-06-16 This important new book brings together the work of top scholars and clinicians at leading universities and medical centers on the benefits and risks of transpersonal therapy. After comparing a variety of multicultural approaches -- Zen Buddhism, existential phenomenology, and Christian mysticism, among many others -- the book offers a wealth of information on specific disorders and the application of transpersonal psychology techniques such as visualization, breathwork, and past lives regression. With solid scholarship, wide scope, and accessible style, Textbook of Transpersonal Psychiatry and Psychology will become the standard work for students, researchers, clinicians, and lay readers interested in extending psychiatry and psychology into sciences that describe the functioning of the human mind, thereby building bridges between those disciplines and spirituality.

spine and wellness exeter: *Around the Tarot in 78 Days* Marcus Katz, Tali Goodwin, 2012

Welcome to the land of tarot, where each and every card is an adventure of discovery Journey into the exciting world of tarot with this comprehensive 78-day course. Uniquely presented in a one-card-per-day format, this workbook provides a solid foundation in tarot--and offers new ways to enrich your life using the wisdom of the cards. Well-known tarot readers and instructors Marcus Katz and Tali Goodwin take you through the symbolic landscape of tarot card by card. Progress through the exercises in sequence, or study the cards in whatever order you like. Casting traditional interpretation methods in a fresh and modern light, Katz and Goodwin teach you how to interpret spreads by experiencing them as meditations, activities, affirmations, and oracles. Discover the keywords of each card and how to use them. Delve even deeper with gated spreads--a series of spreads guiding you toward a powerful experience--and integrative lessons on magick and kabbalistic correspondences.

spine and wellness exeter: *The Man Who Wasn't There* Anil Ananthaswamy, 2016-08-02 In the tradition of Oliver Sacks, science journalist Anil Ananthaswamy skillfully inspects the bewildering connections among brain, body, mind, self, and society by examining a range of neuropsychological ailments from autism and Alzheimer's to out-of-body experiences and body integrity identity disorder. Award-winning science writer Anil Ananthaswamy smartly explores the concept of self by way of several mental conditions that eat away at patients' identities, showing we learn a lot about being human from people with a fragmented or altered sense of self. Ananthaswamy travelled the world to meet those who suffer from "maladies of the self" interviewing patients, psychiatrists, philosophers and neuroscientists along the way. He charts how the self is affected by Asperger's, autism, Alzheimer's, epilepsy, schizophrenia, among many other mental conditions, revealing how the brain constructs our sense of self. Each chapter is anchored with stories of people who experience themselves differently from the norm. Readers meet individuals in various stages of Alzheimer's disease where the loss of memory and cognition results in the loss of some aspects of the self. We meet a woman who recalls the feeling of her first major encounter with schizophrenia which she describes as an outside force controlling her. Ananthaswamy also looks at several less familiar conditions, such as Cotard's syndrome, in which patients believe they are dead, and those with body integrity identity disorder, where the patient seeks to have a body part amputated because it "doesn't belong to them." Moving nimbly back and forth from the individual stories to scientific analysis *The Man Who Wasn't There* is a wholly original exploration of the human self which raises fascinating questions about the mind-body connection.

spine and wellness exeter: The Scoliosis Handbook of Safe and Effective Exercises Pre and Post Surgery Caroline Freedman, 2019

spine and wellness exeter: Vocational Rehabilitation Gordon Waddell, Vocational Rehabilitation Task Group, A. Kim Burton, Industrial Injuries Advisory Council, Nicholas Kendall, 2008-07-17 The aim of this review was to provide an evidence base for policy development on vocational rehabilitation - defined as whatever helps someone with a health problem to stay at, return to and remain at work. The focus was on adults of working age, the common health problems that account for two-thirds of long-term sickness (mild/moderate musculoskeletal, mental health and cardio-respiratory conditions) and work outcomes (staying at, returning to and remaining in work). Data from some 450 scientific reviews and reports were included in evidence tables. The review demonstrates that there is a strong scientific evidence base for many aspects of vocational rehabilitation, a good business case for it and more evidence on cost-benefits than for many health and social policy areas. Generic and condition-specific findings are reported, and practical suggestions offered for the differing types of people affected by health problems. Vocational rehabilitation should be a fundamental element of government strategy to improve the health of working age people.

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