

the sports and wellness doc

The Sports and Wellness Doc: Your Guide to Holistic Athletic Performance

Are you an athlete striving for peak performance? Or perhaps you're just someone who wants to incorporate more wellness into their active lifestyle? Whatever your fitness level, understanding the connection between sports and wellness is crucial for achieving your goals and avoiding injury. This comprehensive guide, focused on "The Sports and Wellness Doc" approach, delves into the key aspects of optimizing your athletic journey – from injury prevention and recovery to nutrition and mental fortitude. We'll explore how a holistic approach can dramatically improve your overall well-being and athletic prowess.

Understanding the "Sports and Wellness Doc" Philosophy

The term "The Sports and Wellness Doc" represents a shift in how we approach athletic care. It's not just about treating injuries after they happen; it's about proactively preventing them and fostering a holistic approach to well-being that encompasses physical, mental, and emotional health. This philosophy recognizes that athletic performance isn't solely determined by physical training; it's a complex interplay of various factors. A true "Sports and Wellness Doc" takes a comprehensive view, considering your individual needs, goals, and lifestyle to create a tailored plan for optimal performance and longevity.

Injury Prevention: The Cornerstone of the Sports and Wellness Doc Approach

Injury prevention is paramount in any athletic endeavor. The "Sports and Wellness Doc" emphasizes proactive measures to minimize the risk of injury. This includes:

Proper Warm-up and Cool-down Routines: These are not optional extras; they're essential for preparing your body for activity and facilitating recovery. A well-structured warm-up increases blood flow to muscles and improves flexibility, while a cool-down helps reduce muscle soreness and prevent stiffness.

Strength and Conditioning Programs: Building a strong foundation of strength and conditioning is crucial for preventing injuries. Targeted exercises help stabilize joints, improve muscle balance, and enhance overall body control. A

"Sports and Wellness Doc" will work with you to design a program tailored to your specific sport and needs.

Proper Technique and Biomechanics: Mastering the correct technique in your chosen sport is vital for reducing the strain on your body. A sports doctor can analyze your movement patterns and identify areas for improvement, helping you refine your technique and minimize your risk of injury.

Rest and Recovery: Adequate rest is just as important as training. Your body needs time to repair and rebuild muscle tissue. Overtraining can lead to burnout, injury, and decreased performance. A "Sports and Wellness Doc" can help you create a balanced training schedule that incorporates appropriate rest periods.

Nutrition: Fueling Your Athletic Performance

Nutrition plays a pivotal role in athletic success. The "Sports and Wellness Doc" approach emphasizes fueling your body with the right nutrients to optimize performance, promote recovery, and support overall health. This includes:

Macronutrient Balance: Understanding the importance of carbohydrates, proteins, and healthy fats is critical. A "Sports and Wellness Doc" can help you determine the optimal macronutrient ratio based on your training intensity and goals.

Hydration: Dehydration can significantly impair athletic performance. Staying properly hydrated throughout the day, particularly during and after training, is crucial.

Micronutrients and Supplementation: Vitamins and minerals play essential roles in various bodily functions, including energy production, muscle repair, and immune function. A "Sports and Wellness Doc" can assess your nutritional needs and recommend appropriate supplementation if necessary. However, always prioritize whole foods over supplements.

Timing of Nutrition: Consuming the right nutrients at the right time can significantly impact your performance and recovery. Pre-workout, during-workout, and post-workout nutrition strategies are crucial.

Mental Wellness: The Often-Overlooked Component

Mental wellness is often overlooked in athletic training, but it's an integral component of overall performance. A "Sports and Wellness Doc" recognizes the crucial link between mental and physical health, incorporating strategies to enhance mental resilience, focus, and stress management:

Stress Management Techniques: Athletes face numerous pressures, from competition to training demands. Learning stress management techniques such

as mindfulness, meditation, or deep breathing exercises can improve mental well-being and reduce anxiety.

Sleep Hygiene: Adequate sleep is essential for physical and mental recovery. A "Sports and Wellness Doc" can provide guidance on establishing healthy sleep habits.

Goal Setting and Motivation: Setting realistic goals and maintaining motivation are key to long-term success. A sports doctor can help you develop a structured plan and provide support to help you stay on track.

Mindfulness and Mental Training: Techniques like visualization and positive self-talk can enhance focus, confidence, and performance.

Recovery Strategies: Optimizing Your Body's Repair Mechanisms

Recovery is not just about rest; it's an active process that helps your body repair and rebuild. The "Sports and Wellness Doc" approach emphasizes a comprehensive recovery strategy, including:

Active Recovery: Light activities such as walking or stretching can promote blood flow and reduce muscle soreness.

Passive Recovery: Techniques like foam rolling, massage, and ice baths can help reduce muscle stiffness and inflammation.

Sleep Optimization: Prioritizing quality sleep is crucial for muscle repair and hormonal balance.

Nutrition for Recovery: Consuming nutrient-rich foods after training helps replenish glycogen stores and promotes muscle repair.

Conclusion

The "Sports and Wellness Doc" approach represents a paradigm shift in athletic care, prioritizing a holistic view that integrates physical, mental, and emotional well-being. By focusing on injury prevention, optimal nutrition, mental wellness, and effective recovery strategies, athletes can achieve peak performance, minimize injury risk, and enjoy a long and fulfilling athletic journey. Remember, consistent effort and a commitment to holistic health are the keys to unlocking your full athletic potential.

FAQs

1. What is the difference between a traditional sports doctor and a "Sports and Wellness Doc"? A traditional sports doctor primarily focuses on

injury treatment and diagnosis. A "Sports and Wellness Doc" takes a more holistic approach, encompassing injury prevention, nutrition, mental wellness, and recovery strategies.

1. How can I find a "Sports and Wellness Doc"? Start by searching online for sports medicine professionals who emphasize holistic care and wellness. Look for doctors who actively incorporate nutrition, mental health, and recovery strategies into their practice.
1. Is the "Sports and Wellness Doc" approach suitable for all athletes? Yes, the principles of the "Sports and Wellness Doc" approach are applicable to athletes of all levels, from recreational participants to elite competitors.
1. How much does a consultation with a "Sports and Wellness Doc" cost? The cost varies depending on location, the doctor's experience, and the services provided. It's best to contact potential doctors directly to inquire about their fees.
1. What are some key questions to ask a potential "Sports and Wellness Doc"? Ask about their experience with holistic athletic care, their approach to injury prevention, their nutritional recommendations, and their strategies for managing stress and improving mental wellness.

the sports and wellness doc: The Resonance Effect Carolyn McMakin, 2017-04-25 The Resonance Effect is both the author's story of her inspirational journey of having the courage to find her true calling and an account of the development of a remarkable newly rediscovered treatment, frequency specific microcurrent (FSM), that takes advantage of the body's ability to respond to frequencies in order to heal a number of chronic conditions. Carolyn McMakin, a chiropractor specializing in fibromyalgia and myofascial pain, describes her experience using a two-channel microcurrent device that has achieved astounding results that have changed medicine and created new possibilities for suffering patients over the past twenty years. Nerve pain, fibromyalgia, diabetic neuropathies, muscle pain, athletic performance, injury repair, joint pain, low back pain, neck pain, kidney stone pain, the kidney stones themselves, liver disease, diabetic wounds, brain and spinal cord injuries, PTSD, depression, shingles, asthma, ovarian cysts, abdominal adhesions, and scarring all respond to specific frequencies. McMakin explains that results are predictable, reproducible, and teachable—all without side effects—offering hope and healing to millions of people. McMakin tells

the story of how thousands of patients with conditions that did not respond to other medical therapies recovered from pain and disability through the non-invasive treatment that she developed. For example, asthma resolves with specific frequencies that remove inflammation, allergy reaction, and spasm from the bronchi. One frequency combination eliminates shingles pain in minutes and stops the shingles attack with a single three-hour treatment. Since 2005, a series of frequencies has been used to treat hundreds of PTSD patients. Post-surgical patients use FSM to reduce pain, prevent bruising, and increase healing. NFL, NHL, and Olympic athletes use it to heal injuries and improve performance. McMakin includes case histories that illustrate the efficacy of the treatment and shares the specific frequencies that each condition requires so that patients direct their own treatments.

the sports and wellness doc: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 “Dr. Sims realizes that female athletes are different than male athletes and you can’t set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best.”—Evie Stevens, Olympian, professional road cyclist, and current women’s UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it’s no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women’s physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

the sports and wellness doc: Running Doc's Guide to Healthy Running Lewis G. Maharam, 2013-09-13 For a runner, injury is a terrible fate. Yet every year, nearly half of America's runners suffer an injury severe enough to bring them to a halt. Trust the Running Doc to get you back on your feet. Dr. Lewis G. Maharam, MD, is the most trusted authority on running health and running injuries, and his guide will help you avoid or fix nearly every common running-related injury. If you're already injured, Running Doc's book will help you diagnose, treat, and recover to run pain-free. From head to toenails, Running Doc's Guide to Healthy Running is the most comprehensive guide to running injuries and preventative care. Running Doc offers simple, effective treatments for every common running injury and also delivers easy-to-follow advice on the best way to prepare for and enjoy running events of all types and distances. Running Doc's Guide to Healthy Running addresses: How running is good for your health Healthy training programs for races and running events Choosing running shoes for your gait and feet Guidelines for running in cold weather, hot weather, and dry climates Safe and healthy marathon and half-marathon training Running with a cold, the flu, and aches and pains Feet and ankle injuries including plantar fasciitis, Lisfranc, sprains Legs and knee injuries including Runner's Knee, IT Band Syndrome, tendinitis Back pain from sciatica, piriformis syndrome, and related issues No matter your malady, Running Doc has got you covered. Get healthy and get back on your feet with Running Doc's Guide to Healthy Running.

the sports and wellness doc: The Exercise Cure Jordan Metzl, 2013-12-10 What if there were a drug to treat every illness, across all body systems, proven potent against heart disease, depression, arthritis, PMS and erectile dysfunction—even in chronic diseases such as asthma,

dementia, and certain types of cancer? What if it had no side effects, was completely free, readily available, and worked for everyone? Every single person who took it decreased her risk of premature death and raised his quality of life. Would you want it? In a healthcare system that spends 17% of GDP, roughly \$2.7 trillion, mostly on disease treatment, how do we save money and prevent illness? By increasing the use of the world's most effective preventive medicine: exercise. Jordan D. Metzl, MD, explains how everyone can maximize their daily dose in his groundbreaking new book, *The Exercise Cure*. In *The Exercise Cure*, Dr. Metzl—nationally renowned sports medicine physician—offers malady-specific and well-researched exercise prescriptions to help readers stay healthy, heal disease, drop pounds, increase longevity, and transform their lives. Today's medical system is largely focused on fixing rather than preventing problems, and many treatments carry significant side effects. Cholesterol-lowering drugs are linked to frequent muscle and joint problems, anti-hypertensive drugs like Beta-blockers cause headaches and diminished energy, and Prozac and other popular anti-depressant medications carry multiple consequences including sexual dysfunction. Dr. Metzl knows that exercise is inexpensive, powerful medicine that has benefits in prevention and treatment of disease without disturbing side effects. Even in older adults, daily exercise has been found to prevent dementia by generating neuron development in the hippocampus, the memory center of the brain. Combining the latest data and his proven motivational skills, Dr. Metzl addresses the common maladies troubling millions. He discusses our cardiovascular, pulmonary, metabolic, musculoskeletal, neurologic, reproductive, and endocrinologic body systems, with special sections on sleep problems and cancer prevention, presenting the science behind the role of exercise as medicine. Then, he details fun, fat-torcing, life-prolonging workouts that can be tailored easily to any fitness level, beginner to advanced, and provides nutritional information, including meal plans for healthy eating and disease prevention, as well.

the sports and wellness doc: *Educator's Guide to Grants*, The Dr. Linda Karges-Bone, 2011-09-01 Do you need funds for a pre-school autism program? Uniforms for the girls' cross-country team? Funding for a childhood obesity or literacy program? Dollars to help teachers learn to use interactive white boards or travel for study abroad? This book is designed to help schools and non-profits find funding and create proposals to access funds successfully. Novices just learning to negotiate grant writing and more experienced writers seeking million-dollar awards will find insight and assistance with *The Educator's Guide to Grants*. A zipped folder included with the book features a screened list of hundreds of funding sources matched to each grant area.

the sports and wellness doc: *Export America*, 2004

the sports and wellness doc: *Applied Anatomy of Aerial Arts* Emily Scherb, D.P.T., 2018-08-28 An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely Specifically designed for aerialists—including those who do trapeze, silks, and other aerial arts— *Applied Anatomy of Aerial Arts* is an invaluable resource for those who want to optimize their performance and train safely. Using a biomechanical and movement-based approach, Emily Scherb—a physical therapist who specializes in the care, treatment, and education of circus performers—explains the anatomical rationale for progressions of learning and demonstrates simple movements to achieve the coordination, muscular control, strength, and fitness to hang with correct form, how to progress from hanging into a pull up, an inversion, and beyond with a strong center, precise muscle sequencing, and ease of movement. Aerialists will learn how bones, joints, muscles, and soft tissues allow for specific movements and gain an appreciation for concepts of proximal stability. This full-color illustrated guide lays a solid foundation for beginners and advanced students with a wealth of insights into their own performance as well as refreshers on fundamentals in warm ups and conditioning. It explains how to structure a training session, how to care for injuries, and best practices for basic self first aid.

the sports and wellness doc: *Aerobics Program For Total Well-Being* Kenneth H. Cooper, 2013-12-04 From the medical authority, whose previous bestsellers (*Aerobics*, *The New Aerobics*, *The Aerobics Way*, and *Aerobics for Women*) have sold more than 12 million copies, comes an exciting, new and comprehensive concept for total fitness. . . . Millions have benefited from Dr.

Cooper's famous aerobic exercise programs. He has revolutionized the way Americans get in shape and stay in shape. Now, he presents a complete program for total well-being—physically, nutritionally, emotionally. Discover for yourself why it is the most effective, enjoyable and medically sound approach to a lifetime of energy and good health. A program designed to bring physical and emotional health and vitality to every area of your life, including: • the 7 benefits of integrated aerobic exercise, including reduced risk of heart disease • the 4 types of exercise that have been most radically re-evaluated in terms of aerobic exercise • the 3 dozen ways to stay fit, and the 4 steps to making it fun • 3 complete weeks of nutritious menus • guidelines for the 22 components of a comprehensive medical exam, so you can work with your doctor to evaluate your level of fitness • plus, the aerobics way to diminish physical and emotional stress, enhance your sex life, and more

the sports and wellness doc: *Running Doc's Guide to Healthy Eating* Lewis G. Maharam, 2020-04-28 An easily implemented sports nutrition program for the weekend warrior, the Olympic athlete, and everyone in between from one of the country's most respected experts in sports medicine. In *Running Doc's Guide to Healthy Eating*, readers will discover Dr. Lewis G. Maharam's unique Fueling Plates Program. Developed in 2012, it has helped countless sofa spuds who really just want to get off the couch and lose weight, marathoners competing for a place at the Olympic trials, and everyone in between, including recreational athletes who play tennis, soccer, basketball and other running sports. The Fueling Plates Program is designed primarily to boost the performance of athletes, but can also boost the health of the average person, athletic or not. Every day at Maharam's busy New York City practice, in addition to treating sports injuries, he offers his patients nutritional advice. They ask him: "When should I eat before the marathon?" "Do I really need to drink eight glasses of water a day?" "What about sports drinks?" "Should I use energy gels?" "Ginkgo?" "Glucosamine?" "Raspberry ketones?" The questions come because the bulk of the sports-nutrition books on the market today make fueling your body sound like a scientific experiment. The *Running Doc's Guide to Healthy Eating* explains why it's time to ditch the difficult-to-use food pyramid put out by the USDA in favor of a hands-on experience of your actual plate - what Maharam calls Fueling Plates. It shows, step by step, how readers can apply the program to feel and perform better and have more energy. Those who are already exercising will get faster by eating to fuel their body more efficiently. Even everyday activities become easier with the Fueling Plates Program. Readers who are willing to take advantage of everything revealed in the book, from what to eat to reduce muscle soreness after exercising to how much to drink to be hydrated properly to an individualized nutrition program, will transform their lives.

the sports and wellness doc: *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.

the sports and wellness doc: *Newsletter*, 1989

the sports and wellness doc: *Lies My Doctor Told Me Second Edition* Ken Berry, 2019-04-30 "Trust me; I'm a doctor" no longer has the credibility it once did. Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. Advice to avoid healthy fats and stay out of the sun has been proven to be detrimental to longevity and wreak havoc on your system, and yet many doctors still regularly espouse this "wisdom." What kind of advice is your doctor giving you? Is it possible you're being misled? Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry's bestseller *Lies My Doctor Told Me*

exposes the truth behind all kinds of “lies” told by well-meaning but misinformed medical practitioners. In this book, Dr. Berry will enlighten you about nutrition and life choices, their role in your health, and how to begin an educated conversation with your doctor about finding the right path for you. This book is a survival kit on your journey through the confusing, and often misleading, world of conventional medicine and includes such topics as • How doctors are taught to think about nutrition and other preventative health measures—and how they should be thinking • How the Food Pyramid and MyPlate came into existence and why they should change • The facts about fat intake and heart health • The truth about the effects of whole wheat on the human body • The role of dairy in your diet • The truth about salt—friend or foe? • The dangers and benefits of hormone therapy • New information about inflammation and how it should be viewed by doctors Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

the sports and wellness doc: *The Bottom Line Book of Total Health and Wellness* , 2004

the sports and wellness doc: *The Doctor and the Dinosaurs* Mike Resnick, 2013-12-10

Welcome to a Steampunk wild west starring Doc Holliday, with zombies, dinosaurs, robots, and cowboys. The time is April, 1885. Doc Holliday lies in bed in a sanitarium in Leadville, Colorado, expecting never to leave his room again. But the medicine man and great chief Geronimo needs him for one last adventure. Renegade Comanche medicine men object to the newly-signed treaty with Theodore Roosevelt. They are venting their displeasure on two white men who are desecrating tribal territory in Wyoming. Geronimo must protect the men or renege on his agreement with Roosevelt. He offers Doc one year of restored health in exchange for taking on this mission. Welcome to the birth of American paleontology, spearheaded by two brilliant men, Edward Drinker Cope and Othniel Charles Marsh, two men whose genius is only exceeded by their hatred for each other's guts. Now, with the aid of Theodore Roosevelt, Cole Younger, and Buffalo Bill Cody, Doc Holliday must save Cope and Marsh not only from the Comanches, not only from living, breathing dinosaurs, but from each other. And that won't be easy.

the sports and wellness doc: *Younger* Sara Gottfried, 2017-03-07 “The breakthrough book we’ve been waiting for on . . . epigenetics and aging . . . [A] stunning achievement by one of our wisest and most thoughtful . . . physicians.” —Mark Hyman, M.D., New York Times–bestselling author of *The Blood Sugar Solution* and director of the Cleveland Clinic Center for Functional Medicine Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The assumption is that we are our genes. The scientific reality is that ninety percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT-trained physician Sara Gottfried, M.D. has created a revolutionary seven-week program that empowers us to make the critical choices necessary to not just look young, but also feel young. Dr. Gottfried builds this book around the five-key factors that lead to accelerated aging —the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The seven-week program addresses these factors and treats them in an accessible and highly practical protocol and is as follows: Feed—Week 1 Sleep—Week 2 Move—Week 3 Release—Week 4 Expose—Week 5 Soothe—Week 6 Think—Week 7 Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days. “Prepare to completely shift your paradigm around aging.” —JJ Virgin, New York Times–bestselling author of *The Virgin Diet* “An invaluable resource.” —Marianne Williamson, International bestselling author of *A Return to Love*

the sports and wellness doc: *Wellness and Physical Therapy* Fair, Sharon Elayne Fair, 2010-10-22 The focus of *Wellness and Physical Therapy* will be the application of wellness, particularly fitness wellness, to the practice and profession of physical therapy. The book addresses all items related to wellness in the Normative Model of Physical Therapist Professional Education: Version 2004, the Guide to Physical Therapist Practice, and APTA's Education Strategic Plan. The text consists of foundational knowledge, theoretical models, empirical research and application of

material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. An important text for all physical therapy students! Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

the sports and wellness doc: *Southern Illinois University at 150 Years* John S Jackson, 2019-03-11 Chartered in 1869, Southern Illinois University has been a stalwart presence on the southern Illinois landscape for a century and a half. This book celebrates the 150th anniversary of the university's founding by exploring in depth its history since 1969, when the last book to celebrate a major anniversary was published. Chapters reflect on SIU's successful athletics program, the various colleges and departments within the university, the diverse holdings and collections of the library, the unique innovative research enterprises, and special programs such as the Paul Simon Public Policy Institute and Touch of Nature Environmental Center. Although SIU may be a typical large public university in many ways, its unique location, history, and culture have made it a distinct institution of higher education. Located close to the Shawnee National Forest and Giant City State Park, the landscape is an indelible part of SIU, contributing to both the beauty of the university grounds and the campus culture. The university's sesquicentennial provides a wonderful opportunity to revisit all that makes SIU amazing. Illustrated with 306 photographs of theater and music performances, art, sports, past and present students, faculty, staff, administration, politicians, community members, successful alums, distinguished visitors, and patrons of the university buildings, and landscapes, Southern Illinois University at 150 Years captures the university's story in all its vivid color.

the sports and wellness doc: *Unguarded* Scottie Pippen, 2022-10-04 An unflinching memoir from the six-time NBA Champion, two-time Olympic gold medalist, and Hall of Famer, revealing how Scottie Pippen, the youngest of twelve, overcame two family tragedies and universal disregard by college scouts to become an essential component of the greatest basketball dynasty of the last fifty years.

the sports and wellness doc: *Tell Me the Truth, Doctor* Richard Besser, 2013-04-23 Hey, Doc--Got a Minute? No matter where Dr. Richard Besser goes, a day doesn't go by without someone stopping him to ask that question. Often, that person is one of the millions who have come to rely on the vital information he shares on Good Morning America, World News with Diane Sawyer, and Nightline. Now, in response to thousands of inquiries from viewers, Dr. Besser has written his first book -- a comprehensive health guide that will both inform and surprise as he deciphers fact from fiction for nearly seventy confusing medical questions, including: Should I take a daily aspirin to prevent a heart attack, stroke, or cancer? If my doctors order a lot of tests, does that mean they're more thorough? Do I need thirty minutes of exercise a day to stay healthy? Recognizing the astonishing amount of misinformation that many important health decisions are based upon, Dr. Besser's commitment to delivering the truth is critical. He isn't afraid to challenge the status quo -- or the interests within the health care industry -- to provide the knowledge you need to take control of your health. Eager to help you make the choices that are right for YOU, he organizes his easy-to-understand answers into six lifestyle categories, including diet and nutrition; exercise and fitness; vitamins, supplements, and medicines; beating illness and injury; and navigating the perplexing world of health care, as well as a chapter dedicated to the questions you wished you asked before your doctor walks out the door. Throughout the book, Dr. Besser smashes myths while translating invaluable information into problem-solving advice you can use, including a Dr. B's Bottom Line at the end of each topic. As accessible as it is empowering, Dr. Besser's *Tell Me the Truth, Doctor* is a necessary addition to every home, office, and dorm room. Besser . . . ably analyzes popular myths (the Freshman Fifteen), considers pros and cons (HRT and statins), and mostly takes unequivocal stands on the issues. . . . Quite often, his comments and suggestions surprise . . . Particularly helpful are his guidelines for avoiding the harmful effects of health care and hospitalization. -- Publishers Weekly Richard Besser, MD, ABC News' Chief Health and Medical Editor, provides medical analysis and commentary for all ABC News broadcasts and platforms,

including World News with Diane Sawyer, Good Morning America, and Nightline, as well as many other news/entertainment programs. Since joining ABC News in 2009, Dr. Besser has been at the forefront of news coverage for every major medical story, including the earthquake in Haiti and the Japanese radiation release. He was the leading correspondent on ABC's global health series, Be the Change, Save a Life, and received a 2011 Emmy nomination for Outstanding Investigative Journalism for his World News story on cord blood banking. Besser came to ABC News from the Centers for Disease Control and Prevention (CDC), where he worked for thirteen years, including as acting director from January to June 2009, during which time he led the CDC's response to the H1N1 influenza outbreak. He has taught and trained doctors at the University of California, San Diego and is a visiting fellow at the Harvard School of Public Health. Most important, for more than twenty-five years he has practiced medicine, giving his patients and their families straightforward, commonsense advice.

the sports and wellness doc: Basketball Sports Medicine and Science Lior Laver, Baris Kocaoglu, Brian Cole, Amelia J. H. Arundale, Jeffrey Bytowski, Annunziato Amendola, 2020-10-05 This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

the sports and wellness doc: Boot Camp Fitness for All Shapes and Sizes Bob Weinstein, Joseph R. Weinstein, 2010 Put on your commander's hat. You are about to take charge of your health. This book is a health and fitness blueprint to get America back in shape, keep Americans from dying of ill health and keep Americans strong. A combination of self-help, right eating, exercising, how to start a fitness boot camp, weight loss as well as guidance on how to lead a values-based life to the benefit of others and our society. more info: TheHealthColonel.com

the sports and wellness doc: The Earth Diet Liana Werner-Gray, 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

the sports and wellness doc: Vibrant Stacie Stephenson, 2021-03-23 Stop thinking of your own well-being as something that's beyond your control. Today's view of wellness is far too often fragmented, focusing on specific symptoms rather than the whole person. In Vibrant, Dr. Stacie Stephenson introduces readers to a new and empowering way of looking at health. A recognized

leader in functional and integrative medicine, Stephenson has helped thousands by focusing not on treating disease, but on creating health-by giving individuals the knowledge, confidence, and inspiration they need to do so for themselves. By the end of this life-changing book, readers will have the tools to transform their energy, weight, fitness, and general wellness, tackling everything from enhancing sleep quality to building an iron-clad immune system. Beginning with basics such as the truth about the best diet, the critical role of exercise in vitality and longevity, and the importance of human connection, Vibrant also dives deeper to give a holistic picture of health and how to achieve it. With helpful breakdowns on supplements, detoxification, and how to think about disease, this is much more than just another wellness book. It's also packed with practical, useful features, including: • Self-assessment tools to aid you in listening to your body • A foolproof two-week meal plan • 40 delicious, healthful chef-created recipes • 30 days of baby steps to start building the habit of health With Stephenson's candid and conversational voice, Vibrant is like having a friend who also happens to be a leading health authority take you under her wing. Along with practical advice, she shares powerful insights that will change the way you think about everything from exercise to relationships, and sends readers off with an inspirational chapter on how health has a ripple effect that can change your family, your community, and help to create a more vibrant world. With a step-by-step program for making foundational lifestyle shifts, Vibrant shows you how to reclaim your health and energy, reverse aging, and glow-not just on the outside, but from deep within yourself.

the sports and wellness doc: Nancy Clark's Sports Nutrition Guidebook Nancy Clark, 2013-10-11 Boost your energy, manage stress, build muscle, lose fat, and improve your performance. The best-selling nutrition guide is now better than ever! Nancy Clark's Sports Nutrition Guidebook will help you make the right choices in cafes, convenience stores, drive-throughs, and your own kitchen. Whether you're preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You'll learn what to eat before and during exercise and events, how to refuel for optimal recovery, and how to put into use Clark's family-friendly recipes and meal plans. You'll find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you're seeking advice on getting energized for exercise or improving your health and performance, Nancy Clark's Sports Nutrition Guidebook has the answers you can trust.

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from how to treat jellyfish stings to how to apply a tourniquet. Whether you are surfing a crowded beach in California or a remote island in Indonesia, be prepared to handle surfing-related emergencies from hypothermia and drowning to wound care and infections. Topics include: • Fitness for surfers • Prevention and rehabilitation of common overuse injuries • Wilderness first aid • Surviving the sun • Surf-travel medicine • Surviving big surf • SUP • Surfer's ear • And much, much more! Written by three expert physician surfers, packed with color photos and illustrations, this is the authoritative medical guide for surfers and watermen.

the sports and wellness doc: Handbook of Sports Medicine and Science Jonathan C. Reeser, Roald Bahr, 2008-04-15 This addition to the Handbook series is presented in five sections. The first sections covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries - including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special consideration: the young, the disabled, and the elite, as well as gender issues. Finally, section five looks at performance enhancement.

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the sports and wellness doc: *15 Minutes to Fitness* Vincent Ben Bocchicchio, 2017-01-17 Do you ever feel like a hamster, spinning on a wheel in an endless loop and getting nowhere when it comes to your health and fitness? Are you working out regularly and cutting calories but seeing no real improvements? Does it feel like you will never lose those last 10 or 20 pounds? Or do you feel as if you simply don't have the time required to lose the fat and get into shape? Imagine if you could have the blueprint for the most efficient form of exercise to keep your body healthy and fit and an eating plan to satisfy hunger, taste, and health. Well, now you can. The best part? It will only require 15 minutes of exercise, twice a week, paired with a controlled-carb diet, and on the average, you will lose 10 pounds of fat within five weeks. It's hard to believe, but it works—and 15 Minutes to Fitness: Dr. Ben's SMaRT plan for total Fitness will not only show you how to do it but also explain why it works. If this sounds like just another "new exercise secret," please be assured that it is most certainly not. The foundation of this program is based on years of study, observation, and practice, and it has delivered real, measurable results in the overwhelming majority of those who have tried it. Dr. Vincent "Ben" Bocchicchio has spent the last 40 years in the fitness and health field, and as he approaches 70, people are still shocked to hear that he only spends 14 minutes twice a week on working out. But it's true. With only 7 percent body fat, he is often asked what the secret is and if there's a "magic bullet." The answer would be that the magic bullet is knowledge. And now with this book you will understand why genetically our bodies require simple and limited exercise exposure and how you can follow this optimal pattern yourself. The fact is that as humans we are hard-wired to exercise our bodies in very specific ways to reap the highest level of health benefits. I will provide the simple scientific argument for why my combination of high intensity exercise and controlled carbohydrate eating is the most effective means for burning fat, so that you can better understand exactly why this works. Exercise and diet are the two most powerful tools available for attaining high levels of health and function, and 15 Minutes to Fitness will show you just how little it actually takes to achieve a maximum response.

the sports and wellness doc: *Dr. Vonda Wright's Guide to Thrive* Vonda Wright, 2014-05-01 Dr. Wright unfolds her Guide to Thrive by preparing readers for six remarkable months of body, brains, and bliss transformation, using her framework of the four practical steps. As a scientist and physician, Dr. Wright backs up each step with the latest science about the vital connections between the physical body, the mind, and emotional health and equips readers to move, eat, think, and feel in order to thrive. Additionally, readers are invited to join Dr. Wright's online fitness and nutrition club where they can enter their own health data and receive instant interactive information and encouragement.

the sports and wellness doc: *Good Sport* Thomas H. Murray, 2018 Good Sport argues that the values and meanings embedded within sport provide the guidance we need to make difficult decisions about fairness and performance-enhancing technologies. By examining how sport's history, rules and practices identify and celebrate natural talent and dedication, the book illuminates not just

what we champion in the athletic arena but more broadly what we value in human achievement.

the sports and wellness doc: *Gymnastics Psychology* Joseph L. Massimo, Dr. Sue Massimo, 2012-10-01 *Gymnastics Psychology* takes a comprehensive look at the factors that are necessary for training champions while emphasizing concern for the athlete's psychological status, regardless of the level of achievement. The easy-to-follow articles cover the interpersonal relationships of coaches and athletes, psychological issues pertaining to motivation and fear management, meet preparation and goal setting, as well as vital family, school and peer relationships. The authors provide definitive insight in the areas of psychological development and competitive behaviors that are critical to success.

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the sports and wellness doc: *The M.A.X. Muscle Plan 2.0* Brad J. Schoenfeld, 2021-10-01 Widely regarded as one of America's leading strength and fitness professionals, Brad Schoenfeld has won numerous natural bodybuilding titles and has been published or featured in virtually every major fitness magazine. Now the best-selling author brings his expertise to a resource that has everything needed for completing a total-body transformation in just six months. The M.A.X. Muscle Plan 2.0, Second Edition, is packed with step-by-step directions for 106 of the most effective exercises and over 200 photos that demonstrate the revolutionary muscle-building program. Schoenfeld provides a science-based program specifically designed to promote lean gains and help you reach your ultimate muscular potential. The book's three-phase total-body program can be customized to your individual needs to dramatically transform your physique in just six months' time. For those who are relatively new to resistance training or are coming back from a prolonged layoff, there is a M.A.X. break-in routine designed to prepare the body to deal with the rigorous nature of the M.A.X. Muscle Plan program. Further, there are chapters devoted to providing cardio training guidelines and nutrition recommendations, based on the latest scientific research, that complement the M.A.X. Muscle Plan program. The second edition has been completely revamped to include updated science and research-based evidence as well as 12 sidebars that break down specific topics and offer applied examples. Two new chapters have also been added: a chapter with detailed information on the M.A.X. Muscle Plan warm-up and a Q&A chapter that provides answers to 13 common questions Schoenfeld has received since the first edition of the book. Results from The M.A.X. Muscle Plan 2.0 speak for themselves; thousands have successfully transformed their bodies by following the program. It is the blueprint for achieving—and maintaining—maximal muscle development. Please note: This book is not affiliated with Joe Wells Enterprises or MAX Muscle Sports Nutrition.

the sports and wellness doc: *How to Be a Rock Star Doctor* Rebekah Bernard, 2015-06-25 This is well-written, accessible and useful, not only for students, residents and new docs but also for seasoned docs struggling with the complexities of today's health care system. -- Jay W. Lee, MD, MPH, FAAFP, President of the California Academy of Family Physicians I want to give this book to all of my physician patients, especially those who struggle with time management. A must read for any

novice practitioner as well as the seasoned physician who needs to reboot their practice. -Steven Cohen, PsyD, The Center for Psychology How to be a Rock Star Doctor shows doctors how to get on-stage to achieve clinical and professional success, while avoiding burnout. The key is to follow the Rebekah Bernard's Rock Star rules for running a successful practice that delights patients and delivers financial and emotional rewards to the physician. The Rock Star rules teach the physician to: Convey the qualities that are the most important to patients, leading to clinical success Organize and control the office visit to maximize the patient and physician agendas Optimize time management by the use of clinical tools such as the Problem List and Evidence-Based-Medicine (EBM) Focus on physician-patient face-to-face time to maximize profitability Overcome the challenges of the Electronic Health Record (EHR) on the physician-patient relationship with time-saving methods such as customizable forms Cope with emotionally challenging patients by learning to show empathy, even when you don't feel it Use psychology to maintain your mental health and find work-life balance

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