

WELLNESS AND PAIN PARAMUS NJ

WELLNESS AND PAIN PARAMUS NJ: FINDING RELIEF AND REVITALIZATION

ARE YOU SEARCHING FOR LASTING RELIEF FROM PAIN AND A PATH TO IMPROVED WELLNESS IN PARAMUS, NJ? THE CONSTANT ACHE, THE STIFFNESS, THE LIMITATIONS – THEY CAN SIGNIFICANTLY IMPACT YOUR QUALITY OF LIFE. THIS COMPREHENSIVE GUIDE DIVES DEEP INTO FINDING THE RIGHT WELLNESS AND PAIN SOLUTIONS IN PARAMUS, NJ, EXPLORING VARIOUS TREATMENT OPTIONS, IDENTIFYING POTENTIAL CAUSES, AND ULTIMATELY EMPOWERING YOU TO TAKE CONTROL OF YOUR HEALTH JOURNEY. WE'LL COVER EVERYTHING FROM UNDERSTANDING DIFFERENT TYPES OF PAIN TO CHOOSING THE MOST SUITABLE WELLNESS PROGRAMS AND FINDING REPUTABLE PRACTITIONERS IN THE PARAMUS AREA.

UNDERSTANDING THE SPECTRUM OF PAIN IN PARAMUS, NJ

BEFORE WE DELVE INTO SOLUTIONS, IT'S CRUCIAL TO UNDERSTAND THE DIVERSE NATURE OF PAIN. PAIN IN PARAMUS, NJ, AS ANYWHERE ELSE, CAN STEM FROM NUMEROUS SOURCES, INCLUDING:

ACUTE PAIN: THIS IS SHORT-TERM PAIN, USUALLY LASTING LESS THAN THREE MONTHS, OFTEN RESULTING FROM INJURIES LIKE SPRAINS, STRAINS, OR FRACTURES. FINDING PROMPT TREATMENT IS KEY FOR MINIMIZING LONG-TERM EFFECTS.

CHRONIC PAIN: CHRONIC PAIN PERSISTS FOR THREE MONTHS OR LONGER, SIGNIFICANTLY IMPACTING DAILY LIFE. CONDITIONS LIKE ARTHRITIS, FIBROMYALGIA, AND NEUROPATHY CAN CONTRIBUTE TO CHRONIC PAIN, REQUIRING A MORE HOLISTIC APPROACH TO MANAGEMENT.

MUSCULOSKELETAL PAIN: THIS TYPE OF PAIN AFFECTS THE MUSCLES, BONES, JOINTS, AND CONNECTIVE TISSUES. IT'S FREQUENTLY ASSOCIATED WITH ACTIVITIES LIKE REPETITIVE MOVEMENTS, POOR POSTURE, AND INJURIES. MANY RESIDENTS OF PARAMUS, WITH ITS BUSY LIFESTYLE, MAY EXPERIENCE THIS.

NEUROPATHIC PAIN: THIS ARISES FROM DAMAGE TO THE NERVOUS SYSTEM AND CAN MANIFEST AS BURNING, TINGLING, OR SHOOTING PAINS. DIAGNOSING AND TREATING NEUROPATHIC PAIN OFTEN REQUIRES SPECIALIZED MEDICAL EXPERTISE.

WELLNESS AND PAIN TREATMENT OPTIONS IN PARAMUS, NJ

PARAMUS, NJ BOASTS A RANGE OF HEALTHCARE PROFESSIONALS SPECIALIZING IN WELLNESS AND PAIN MANAGEMENT. HERE ARE SOME COMMON TREATMENT APPROACHES YOU'RE LIKELY TO FIND:

PHYSICAL THERAPY: PHYSICAL THERAPISTS IN PARAMUS OFFER PERSONALIZED EXERCISE PROGRAMS, MANUAL THERAPY TECHNIQUES, AND MODALITIES LIKE ULTRASOUND AND ELECTRICAL STIMULATION TO ALLEVIATE PAIN, IMPROVE MOBILITY, AND RESTORE FUNCTION. THEY'RE PARTICULARLY EFFECTIVE FOR MUSCULOSKELETAL PAIN AND INJURY REHABILITATION.

CHIROPRACTIC CARE: CHIROPRACTORS FOCUS ON THE DIAGNOSIS, TREATMENT, AND PREVENTION OF MUSCULOSKELETAL DISORDERS. THEY UTILIZE SPINAL ADJUSTMENTS AND OTHER MANUAL THERAPIES TO ALLEVIATE PAIN AND IMPROVE SPINAL ALIGNMENT. THIS IS A POPULAR CHOICE FOR BACK PAIN AND NECK PAIN RELIEF.

MASSAGE THERAPY: MASSAGE THERAPY OFFERS RELAXATION AND PAIN RELIEF THROUGH VARIOUS TECHNIQUES. THERAPEUTIC MASSAGE CAN TARGET SPECIFIC MUSCLE GROUPS TO REDUCE TENSION, IMPROVE CIRCULATION, AND ALLEVIATE PAIN.

ACUPUNCTURE: THIS TRADITIONAL CHINESE MEDICINE TECHNIQUE INVOLVES INSERTING THIN NEEDLES INTO SPECIFIC POINTS ON THE BODY TO STIMULATE ENERGY FLOW AND REDUCE PAIN. ACUPUNCTURE CAN BE PARTICULARLY EFFECTIVE FOR CHRONIC PAIN MANAGEMENT.

OSTEOPATHIC MEDICINE: OSTEOPATHIC PHYSICIANS TAKE A HOLISTIC APPROACH, CONSIDERING THE INTERCONNECTEDNESS OF THE BODY'S SYSTEMS. THEY USE MANUAL TECHNIQUES, ALONGSIDE CONVENTIONAL MEDICAL APPROACHES, TO ADDRESS PAIN AND IMPROVE OVERALL WELLNESS.

FINDING THE RIGHT WELLNESS AND PAIN PRACTITIONER IN PARAMUS, NJ

CHOOSING THE RIGHT PRACTITIONER IS CRUCIAL FOR EFFECTIVE PAIN MANAGEMENT. HERE'S HOW TO APPROACH YOUR SEARCH:

RESEARCH AND REVIEWS: USE ONLINE RESOURCES LIKE GOOGLE MY BUSINESS, YELP, AND HEALTHGRADES TO READ REVIEWS AND COMPARE PRACTITIONERS IN PARAMUS, NJ.

INSURANCE COVERAGE: CHECK WITH YOUR INSURANCE PROVIDER TO CONFIRM WHICH PRACTITIONERS ARE COVERED UNDER YOUR PLAN.

SPECIALIZATIONS: CONSIDER THE SPECIFIC TYPE OF PAIN YOU'RE EXPERIENCING AND LOOK FOR PRACTITIONERS SPECIALIZING IN THAT AREA. FOR EXAMPLE, IF YOU HAVE CHRONIC BACK PAIN, SEARCH FOR CHIROPRACTORS OR PHYSICAL THERAPISTS WITH EXPERIENCE IN SPINAL CARE.

CONSULTATIONS: MANY PRACTITIONERS OFFER FREE INITIAL CONSULTATIONS. THIS ALLOWS YOU TO DISCUSS YOUR CONDITION, ASK QUESTIONS, AND DETERMINE IF THEIR APPROACH ALIGNS WITH YOUR NEEDS.

COMFORT AND TRUST: THE PRACTITIONER-PATIENT RELATIONSHIP IS CRUCIAL FOR SUCCESSFUL TREATMENT. CHOOSE A PRACTITIONER YOU FEEL COMFORTABLE WITH AND WHO YOU TRUST TO GUIDE YOU THROUGH YOUR WELLNESS JOURNEY.

BEYOND TREATMENT: HOLISTIC WELLNESS STRATEGIES

WHILE EFFECTIVE TREATMENT ADDRESSES IMMEDIATE PAIN, INTEGRATING HOLISTIC WELLNESS STRATEGIES ENHANCES LONG-TERM RELIEF AND OVERALL WELL-BEING:

REGULAR EXERCISE: MAINTAINING A REGULAR EXERCISE ROUTINE, TAILORED TO YOUR FITNESS LEVEL AND PAIN TOLERANCE, HELPS STRENGTHEN MUSCLES, IMPROVE FLEXIBILITY, AND REDUCE PAIN.

HEALTHY DIET: A BALANCED DIET RICH IN FRUITS, VEGETABLES, AND WHOLE GRAINS PROVIDES ESSENTIAL NUTRIENTS FOR OPTIMAL HEALTH AND CAN REDUCE INFLAMMATION.

STRESS MANAGEMENT: STRESS CONTRIBUTES TO PAIN AND EXACERBATES EXISTING CONDITIONS. INCORPORATING STRESS-REDUCING TECHNIQUES LIKE YOGA, MEDITATION, OR DEEP BREATHING EXERCISES IS CRUCIAL.

ADEQUATE SLEEP: GETTING ENOUGH QUALITY SLEEP ALLOWS YOUR BODY TO REPAIR AND REGENERATE, PROMOTING HEALING AND PAIN REDUCTION.

CONCLUSION

FINDING RELIEF FROM PAIN AND ACHIEVING LASTING WELLNESS IN PARAMUS, NJ, REQUIRES A MULTIFACETED APPROACH. BY UNDERSTANDING THE DIFFERENT TYPES OF PAIN, EXPLORING VARIOUS TREATMENT OPTIONS, AND INCORPORATING HOLISTIC WELLNESS STRATEGIES, YOU CAN SIGNIFICANTLY IMPROVE YOUR QUALITY OF LIFE. REMEMBER TO RESEARCH PRACTITIONERS CAREFULLY, CHOOSE SOMEONE YOU TRUST, AND ACTIVELY PARTICIPATE IN YOUR RECOVERY JOURNEY. TAKING CONTROL OF YOUR HEALTH IS THE FIRST STEP TOWARDS A HAPPIER, HEALTHIER YOU.

FAQs

Q1: HOW DO I FIND A REPUTABLE WELLNESS AND PAIN CLINIC IN PARAMUS, NJ?

A1: LOOK FOR CLINICS WITH POSITIVE ONLINE REVIEWS, VERIFY THEIR CREDENTIALS AND LICENSES, AND CHECK IF THEY ARE COVERED BY YOUR INSURANCE. SCHEDULING A CONSULTATION TO DISCUSS YOUR NEEDS AND COMFORT LEVEL WITH THE PRACTITIONER IS HIGHLY RECOMMENDED.

Q2: WHAT IF MY PAIN DOESN'T IMPROVE AFTER TREATMENT?

A2: IT'S IMPORTANT TO COMMUNICATE WITH YOUR PRACTITIONER ABOUT YOUR PROGRESS. THEY MAY ADJUST YOUR TREATMENT PLAN OR RECOMMEND FURTHER INVESTIGATIONS TO RULE OUT OTHER UNDERLYING CONDITIONS.

Q3: ARE THERE ANY SPECIFIC WELLNESS CENTERS IN PARAMUS FOCUSING ON CHRONIC PAIN?

A3: MANY CLINICS IN PARAMUS OFFER SPECIALIZED CHRONIC PAIN MANAGEMENT PROGRAMS. RESEARCH CLINICS OFFERING SERVICES LIKE PHYSICAL THERAPY, ACUPUNCTURE, OR OTHER HOLISTIC TREATMENTS TAILORED TO LONG-TERM PAIN RELIEF. CONTACT THEM DIRECTLY TO INQUIRE ABOUT THEIR PROGRAMS.

Q4: WHAT'S THE AVERAGE COST OF WELLNESS AND PAIN TREATMENT IN PARAMUS, NJ?

A4: COSTS VARY SIGNIFICANTLY DEPENDING ON THE TYPE OF TREATMENT, THE NUMBER OF SESSIONS REQUIRED, AND YOUR INSURANCE COVERAGE. IT'S BEST TO CONTACT INDIVIDUAL PRACTITIONERS DIRECTLY FOR SPECIFIC PRICING INFORMATION.

Q5: HOW CAN I PREVENT FUTURE PAIN ISSUES?

A5: MAINTAIN A HEALTHY LIFESTYLE INCLUDING REGULAR EXERCISE, A BALANCED DIET, STRESS MANAGEMENT TECHNIQUES, AND SUFFICIENT SLEEP. PRACTICE GOOD POSTURE, AVOID OVERUSE INJURIES, AND CONSULT YOUR DOCTOR OR PHYSICAL THERAPIST IF YOU EXPERIENCE ANY CONCERNING PAIN OR DISCOMFORT.

📖 **wellness and pain paramus nj: 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.

wellness and pain paramus nj: 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.

wellness and pain paramus nj: Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, I.B.S, and Other Symptoms Without Surgery Amy Stein, 2008-08-31 Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for

building core strength and enhancing sexual pleasure

wellness and pain paramus nj: *Bone Stress Injuries* Adam S. Tenforde, MD, Michael Fredericson, MD, 2021-07-17 "This book gives a nice summary of the current state of diagnosis, treatment, and prevention of bone stress injuries. It is particularly useful for sports medicine fellows and residents with an interest in athletes and active patients. ---Doody's Review Service, 3 stars Bone stress injuries are commonly seen in athletes and active individuals across a full spectrum of physical activity, age, and gender. While most overuse injuries can be addressed through non-operative care, injuries may progress to full fractures that require surgery if misdiagnosed or not correctly managed. Written by leaders in sports medicine including physical medicine and rehabilitation, orthopaedics, endocrinology and allied health professionals of biomechanics, physical therapy and dietetics, Bone Stress Injuries offers state-of-the-art guidelines and up-to-date science and terminology to practitioners. Using a holistic approach to understand the management of bone stress injuries, this book highlights specific considerations by injury, gender, and risk factor to ensure that a comprehensive treatment plan can be developed to optimize bone health, neuromuscular re-education, gait mechanics, and injury prevention. Organized into four parts, opening chapters cover the general need-to-know topics, including clinical history, imaging, and risk factors including biological and biomechanical factors. The book proceeds anatomically through the body from upper extremity to foot and ankle injuries, with each chapter underscoring diagnostic and treatment strategies specific to that region. Chapters dedicated to special populations discuss the differences in injury evaluation and management according to age, gender, and military background. Final chapters review the prevention of injuries and examine both common and novel treatment strategies, such as medications, nutrition, gait retraining, orthobiologics, and other interventions. Invaluable in its scope and approach, Bone Stress Injuries is the go-to resource for sports medicine physicians, physiatrists, and primary care providers who manage the care of athletes and individuals leading active lifestyles. Key Features: Promotes evidence-based practice for diagnosis, treatment, and prevention of bone stress injuries Covers specific anatomy that is prone to bone stress injuries with dedicated chapters on upper and lower extremities, pelvis and hip, spine, and foot and ankle Considers evaluation and management differences according to specific populations of pediatric, male, female, and military personnel Discusses emerging strategies to treat bone stress injuries, such as gait retraining, orthobiologics, and other non-pharmacological treatments

wellness and pain paramus nj: *Neuropuncture* Michael Corradino, 2017-06-21 Neuropuncture is the clinical manual of a groundbreaking acupuncture system that incorporates neuroscience into its clinical applications for pain management, orthopaedic conditions and internal medicine. It shows acupuncturists how to apply research into the neurophysiological mechanisms of acupuncture and electrical acupuncture to the traditional TCM model of healthcare. The book explains how acupuncture works using Western medical science and illustrates how to apply this knowledge to clinical cases with electrical acupuncture, creating evidence-based acupuncture protocols. These protocols are clinically proven and result in reproducible clinical outcomes.

wellness and pain paramus nj: *The Microbiome Diet* Raphael Kellman, 2014-07-01 First diet book connecting the microbiome with healthy weight loss; featuring an easy wellness program with a 3-phase diet.

wellness and pain paramus nj: *New York*, 2003

wellness and pain paramus nj: *Active Isolated Stretching* Aaron L. Mattes, 1995 Demonstrates a technique of preventive muscle stretching based upon reciprocal innervation of muscle tissue, the agonist-antagonist reflex. With each exercise, the type of flexion and the muscle groups used are provided. The Mattes Method of Active Isolated Stretching is a myofascial release and therapeutic treatment for deep and superficial muscles, tendons and fascia.

wellness and pain paramus nj: *Quick Calm* Jennifer R. Wolkin, 2021-04-01 Calm the chaos and rewire your brain in just five minutes a day! Do you ever feel like your stress levels are off the charts? You aren't alone. Every day it feels like there's something new to juggle or a fresh crisis to avert. And just keeping everything in the air requires an exhausting amount of attention and a

dizzying amount of responsibilities. The more chaotic life becomes, the more we tend to forget what we truly value—from family and friends to mental and physical health. Fortunately, there are things you can do to stay grounded that won't eat away at your increasingly precious time. *Quick Calm* is a practical and fun guidebook designed to fit perfectly into a fast-paced lifestyle. You'll discover the what, why, and how of developing your own mindfulness practice. You'll learn all about the essential, life-affirming benefits of this ancient practice, including mindfulness meditation's positive effects on both mind and body. And, most importantly, you'll find daily practices you can do in just five minutes a day! So, if you're ready to discover the gift of mindfulness, but you don't have the time to attend a meditation retreat, set aside five minutes a day with this handy little guide. You'll be hard pressed to find a better return on your time investment!

wellness and pain paramus nj: *Happy Gut* Vincent Pedre, 2015-12-29 Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

wellness and pain paramus nj: *Prescription for Cooking and Rx Dietary Wellness* Phyllis A. Balch, James F. Balch, 1992

wellness and pain paramus nj: *Atlas of Image-Guided Spinal Procedures E-Book* Michael B. Furman, Leland Berkwits, Isaac Cohen, Brad Goodman, Jonathan Kirschner, Thomas S. Lee, Paul Sean Lin, 2017-10-25 Give your patients the non-surgical spine pain relief they need with help from the *Atlas of Image-Guided Spinal Procedures* by Dr. Michael Bruce Furman. This medical reference book features a highly visual atlas format that shows you exactly how to safely and efficiently perform each technique step-by-step. A unique, systematic, safe, and efficient approach makes *Atlas of Image-Guided Spinal Procedures* your go-to resource for spine pain relief for your patients. The highly visual format shows you exactly how to perform each technique, highlighting imaging pearls and emphasizing optimal and suboptimal imaging. Updated content includes ultrasound techniques and procedures for spine mimickers, including hip and shoulder image-guided procedures, keeping you on the cutting edge of contemporary spine pain-relief methods. - Safely and efficiently relieve your patients' pain with consistent, easy-to-follow chapters that guide you through each technique. - Highly visual atlas presentation of an algorithmic, image-guided approach for each technique: trajectory view (demonstrates fluoroscopic set up); multi-planar confirmation views (AP, lateral, oblique); and safety view (what should be avoided during injection), along with optimal and suboptimal contrast patterns. - Special chapters on Needle Techniques, Procedural Safety, Fluoroscopic and Ultrasound Imaging Pearls, Radiation Safety, and L5-S1 Disc Access provide additional visual instruction. - View drawings of radiopaque landmarks and key radiolucent anatomy

that cannot be viewed fluoroscopically. - Includes new unique and diagrams demonstrating cervical, thoracic and lumbar radiofrequency probe placement and treatment zones on multiplanar views, as well as new unique tables and examples differentiating between optimal and suboptimal epidural contrast flow - Features new coverage of ultrasound techniques, as well as new presentation of procedures for spine masqueraders such as the hip and shoulder. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to access and search all of the text, figures, images, videos, and references from the book on a variety of devices

wellness and pain paramus nj: *Rewired for Sleep* Daniel R. Bernstein, 2020-02-18 If you, or someone you know, struggles with insomnia, *Rewired for Sleep* can help. Whether the condition is chronic or it was brought on by a recent situation, you're not alone: 60 million in the US suffer with sleep disorders. Sadly, the standard solution--habit-forming pills--isn't a solution in any sense of the phrase. If you're sick of being tired, the tools to help you are within reach--in fact, they're inside you. *Rewired for Sleep* is a roadmap to the doctor within us all. Within its pages are methods, gathered over a span of thirty years by the author, geared to help you sleep. The new sciences of Neuroplasticity, Neuro-Linguistic Programming and Cognitive Behavioral Therapy are interwoven with tools from ancient China, India, and Egypt. Among the threads uniting them all are that: - We all have untapped resources that can restore us to health.- With guidance we can access them to help ourselves, and others.- The mind can repair the body, and the body can repair the mind.- The individual is a participant in his or her own recovery at every step of the way. If you struggle with sleep-related issues including pain, anxiety, digestive problems and stress, then this book may be for you. *Rewired for Sleep* provides far more than hope: it is a step-by-step map for helping you to take control of your sleep, and your long-term health as well.

wellness and pain paramus nj: *Official Gazette of the United States Patent and Trademark Office*, 2005

wellness and pain paramus nj: *Symptom Oriented Pain Management* D K Baheti, 2012-07-31 A comprehensive guide to help practitioners diagnose the cause of pain based on symptoms presented, and facilitate its management with appropriate treatment. Beginning with an introduction to clinical examination and radiology, the following sections each examine pain in a different part of the body and possible causes and treatment. The final sections discuss alternative pain management with physiotherapy, psychotherapy and allied therapy.

wellness and pain paramus nj: *The Wise Woman's Guide to Your Healthiest Pregnancy and Birth* Patricia Ladis, 2021-01-05 A fresh, new pregnancy guide—the first complete functional medicine book—offering women and their partners a comprehensive approach to maintain and enhance health and wellness before, during, and after pregnancy. *The Wise Woman's Guide to Your Healthiest Pregnancy and Birth* combines the expertise of top-tier physical therapist Patricia Ladis—who works with superstar athletes, professional dancers, and celebrities—with Dr. Anita Sadaty, a highly regarded holistic ob-gyn with a celebrity clientele. Together, they have devised a six-step protocol beginning the six months before conception continuing forty days post-birth and beyond, incorporating holistic principles that encourage optimal wellness for mother, partner, and baby. Whether they are in their 20's, 30's or 40's, this book empowers readers to be in tune with their bodies during all stages of pregnancy, and is the first book by a functional medicine dream-team aligning medical and structural body issues to avoid such potential pregnancy outcomes as osteoporosis, sciatica, pelvic prolapse, structural weakness, and postpartum depression. Each of the six stages organizes Ladis and Sadaty's holistic principles into five easy-to-follow aspects: Body, Movement, Breathing, Nourishment, and Wisdom. They include practical applications such as foods to help reduce internal inflammation, specific exercises—with instructive photos—in each stage, breathing techniques to lower stress, and “pearls of wisdom” backed by science exploring a multicultural history of this special time in a woman's life. For the first time, a pregnancy guide considers the importance of choices you make six months prior to conception, and the effect on genes. When both members of a couple are calm, fit, and well-nourished, the latest science suggests that together they are less likely to pass on negative genes to a child.

wellness and pain paramus nj: *Essential Sports Medicine* Gerardo Miranda-Comas, Grant Cooper, Joseph Herrera, Scott Curtis, 2021-04-02 Sports medicine is a popular medical sub-specialty. Sports medicine certainly overlaps with general musculoskeletal medicine, but there are important differences to be aware of. This book provides comprehensive, pertinent information about sports medicine so that the busy clinician can find it accessible and practical. Medical students, residents, and fellows will find the book useful for providing an accessible overview of the most salient points in the field of sports medicine.

wellness and pain paramus nj: *Deer's Treatment of Pain* Timothy R. Deer, Jason E. Pope, Tim J. Lamer, David Provenzano, 2019-08-01 Designed and written by a team of clinically established academics, this is a unique book that is an excellent manual for physicians practicing pain medicine or treating pain in neurosurgery, orthopedic, neurology, or family practice clinics. As a practical resource, this book is written to be more accessible to the reader and is designed to be more clinically-focused and useful in day-to-day practice. This 102 chapter volume is divided into seven separate sections: Anatomy and Physiology of Pain, Psychology of Pain, Pharmacological Treatment of Pain, Interventional Treatment of Pain, Adjuvant Therapies for Pain and Suggested Reading. The calculated organization of this book is supplemented by key photos, drawings and a self-assessment of four key questions at the end of each chapter -- thus making it an indispensable, pragmatic resource that will benefit anyone working in the pain management field. *Deer's Treatment of Pain: An Illustrated Guide for Practitioners* contains pearls for improving knowledge and improving one's practice as a physician.

wellness and pain paramus nj: *Atlas of Ultrasound Guided Musculoskeletal Injections* David A. Spinner, Jonathan S. Kirschner, Joseph E. Herrera, 2013-11-19 The use of ultrasound guidance to perform diagnostic and therapeutic injections is growing at a rapid rate, as is the evidence to support its use. Even with the increased popularity of ultrasound, there remains a lack of formal training or a standard reference book. *Atlas of Ultrasound Guided Musculoskeletal Injections* fills this void in the literature and will be useful to physiatrists, orthopedists, rheumatologists, pain medicine and sports medicine specialists alike. Broken down by anatomic structure and heavily illustrated, this book is both comprehensive and instructive. The Editors and their contributors break down the basics (both the fundamentals of ultrasound to needle visibility and the role of injections) and explore ultrasound-guided injection for structures in the shoulder, elbow, wrist and hand, hip and groin, knee, ankle and foot, and spine. Using a clear, heavily illustrated format, this book describes the relevant clinical scenarios and indications for injection, the evidence to support ultrasound use, relevant local anatomy, injection methods, and pearls and safety considerations. It will be a valuable reference for trainees and experienced clinicians alike, for experienced sonographers or those just starting out.

wellness and pain paramus nj: *The SAGE Encyclopedia of Cancer and Society* Graham A. Colditz, 2015-08-12 The first edition of the *Encyclopedia of Cancer and Society* was published in 2007 and received a 2008 Editors' Choice Award from Booklist. It served as a general, non-technical resource focusing on cancer from the perspective of the social and behavioral sciences, exploring social and economic impacts, the "business" of cancer, advertising of drugs and treatment centers, how behavior change could offer great potential for cancer prevention, environmental risks, food additives and regulation, the relation between race and ethnicity and cancer risk, socioeconomic status, controversies—both scientific and political—in cancer treatment and research, country-by-country entries on cancer around the world, and more. Given various developments in the field including new drug treatments, political controversies over use of the vaccines Gardasil and Cervarix with young girls to prevent cervical cancer, and unexpected upticks in the prevalence of adult smoking within the U.S. following decades of decline, the *SAGE Encyclopedia of Cancer and Society, Second Edition* serves as an updated and more current encyclopedia that addresses concerns pertaining to this topic. Key Features: · Approximately half of the 700 first-edition articles revised and updated · 30+ new entries covering new developments since 2006 · Signed entries with cross-references · Further Readings accompanied by pedagogical elements · New Reader's Guide ·

Updated Chronology, Resource Guide, Glossary, and through new Index The SAGE Encyclopedia of Cancer and Society, Second Edition serves as a reliable and precise source for students and researchers with an interest in social and behavioral sciences and seeks to better understand the continuously evolving subject matter of cancer and society.

wellness and pain paramus nj: Gasp! Michael Gelb, Howard Hindin, 2016-09-09 The Airway Centric(R) Model prevents Airway-Centered Disorders, Sleep-Disordered Breathing to maintain mental and physical health. Learn how to recognize and correct Airway-Centered Disorders, Sleep-Disordered Breathing. Gasp is about our airway, breathing and sleep. Problems can start at birth. Many premature babies are mouth breathers. A poorly structured and functioning airway leads to mouth breathing, snoring and sleep apnea; it can interfere with restorative sleep and ultimately damage the part of the brain called the prefrontal cortex, which controls executive function skills, attentiveness, anxiety and depression. Learn how to restore an ideal airway with early intervention, and where to go for help. Learn how once the airway is established with breastfeeding, allergy treatment, and other methods, neurocognitive and neurobehavioral problems are greatly improved-often without any medication. Anxiety and depression are alleviated, and the behavior and performance of children are remarkably transformed. Today there is a health movement toward Wellness. Wellness is about diet and nutrition, exercise, and mental attitude. The new paradigm is called Functional Medicine. It addresses the causes of chronic disease with an individualized approach and emphasizes early intervention. It restores the balance amongst functional systems and the networks that connect them. The missing link is airway, breathing, and sleep. If we don't breathe well when we sleep, 1/3 of our life is affected. Gasp describes the impact of a narrowed airway from cradle to grave. Every day, we encounter fatigued patients with chronic headaches and neck pain. They have difficulty concentrating; they suffer with GI problems from acid reflux to irritable bowel syndrome. They range from thin women to men who have put on a few pounds. And you do not have to be obese to have an airway problem. Many of our younger patients with ADHD and airway issues have little body fat. Time after time we see that once the airway is opened during the day and maintained during sleep, the transformation is quick and dramatic. Breathing is life.

wellness and pain paramus nj: The Mouth-Body Connection Gerald P. Curatola, Diane Reverand, 2017-06-20 Acclaimed oral health expert and wellness pioneer, Dr. Gerry Curatola, explores the bi-directional relationship between the health of your mouth and your body, and provides a groundbreaking program for creating a healthy mouth that will help maintain a healthy body. The mouth acts as mirror and a gateway and reflects what is happening in the rest of your body and the health of your mouth appears to have a profound impact on the rest of your body. Chronic, low-grade oral disease is a major source of inflammation throughout your body, which can sometimes result in serious systemic problems, including cardiovascular disease, type 2 diabetes, obesity, and premature birth. The Mouth-Body Connection educates the reader on the natural ecology of the mouth. The oral microbiome consists of communities of 20 billion microorganisms of more than six hundred types-keeping these communities balanced is the key to well-being. Dr. Curatola's program, thirty years in the making, helps to restore microbiome balance and reduce health-destroying inflammation. The Curatola Care Program fosters a healthy oral microbiome by means of diet, supplements, exercise, and stress reduction. Four weeks of meal plans and fifty delicious recipes will convince you that eating for balance can be a treat. There are supplement schedules for each stage, two high-intensity band workouts that take only 15 minutes twice a week, relaxation techniques, and yoga postures to fight inflammation. In just four weeks, you will reboot your body and begin to take control of your health. Best of all, your brilliant smile will prove that you have never felt better.

wellness and pain paramus nj: Modern Therapies Virginia Binder, Arnold Binder, Bernard Rimland, 1976 Includes chapters on the therapeutic use of psychedelics and megavitamins.

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medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying fertility types, they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. *Making Babies* is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

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instruction for all levels, Cure Back Pain with Yoga helps you: • distinguish between the nine major causes of backache; • target your source of pain through diagnosis-specific yoga poses; • manage, reduce, and ultimately end your pain. Depending on the severity and chronicity of your pain, the postures in this guide, described in detail and illustrated by photographs, will help you determine how to start your own yoga practice or alter your existing practice in order to achieve lasting comfort and strength.

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understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries. Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice. Provides a comprehensive approach to treatment of common soft tissue pain and injury. Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy. Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition. Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application. Compares traditional treatments with soft tissue manipulation for each problem discussed. Clearly links anatomy, physiology, and biomechanics with clinical practice. Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques. New clinical case studies and tips illustrate the techniques discussed. Now presented in full colour. New step-by-step photographs depict the techniques described in full detail. Increased artwork and photographs make learning more visual. Case studies demonstrate techniques and management in clinical practice Clinical hints and tips throughout. Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol Considerations'.

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statistical data throughout

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