

WELLNESS BY ALEX LICENSED MASSAGE THERAPIST

WELLNESS BY ALEX: YOUR LICENSED MASSAGE THERAPIST FOR TOTAL WELL-BEING

ARE YOU TIRED, STRESSED, AND ACHING? DO YOU LONG FOR A SANCTUARY WHERE YOU CAN UNWIND, DE-STRESS, AND RECONNECT WITH YOUR BODY? THEN LOOK NO FURTHER THAN WELLNESS BY ALEX, YOUR TRUSTED LICENSED MASSAGE THERAPIST DEDICATED TO HELPING YOU ACHIEVE OPTIMAL WELLNESS. THIS COMPREHENSIVE GUIDE WILL INTRODUCE YOU TO THE SERVICES OFFERED AT WELLNESS BY ALEX, EXPLAIN THE BENEFITS OF MASSAGE THERAPY, AND ANSWER YOUR FREQUENTLY ASKED QUESTIONS. WE'LL DELVE INTO WHY CHOOSING A LICENSED PROFESSIONAL IS CRUCIAL AND EXPLORE HOW MASSAGE CAN TRANSFORM YOUR PHYSICAL AND MENTAL HEALTH.

UNDERSTANDING THE WELLNESS BY ALEX APPROACH

AT WELLNESS BY ALEX, WE BELIEVE THAT TRUE WELLNESS ENCOMPASSES PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING. WE GO BEYOND SIMPLY RELIEVING MUSCLE TENSION; WE AIM TO CREATE A PERSONALIZED EXPERIENCE TAILORED TO YOUR SPECIFIC NEEDS AND GOALS. WHETHER YOU'RE DEALING WITH CHRONIC PAIN, RECOVERING FROM AN INJURY, OR SIMPLY SEEKING RELAXATION, WE OFFER A VARIETY OF MASSAGE MODALITIES TO HELP YOU ACHIEVE YOUR DESIRED OUTCOME. OUR COMMITMENT TO PERSONALIZED CARE ENSURES THAT EVERY SESSION IS A JOURNEY TOWARDS GREATER WELL-BEING. WE TAKE THE TIME TO UNDERSTAND YOUR INDIVIDUAL CONCERNS, MEDICAL HISTORY, AND PREFERENCES BEFORE DEVELOPING A CUSTOMIZED TREATMENT PLAN.

THE BENEFITS OF MASSAGE THERAPY: MORE THAN JUST RELAXATION

MASSAGE THERAPY IS FAR MORE THAN A LUXURIOUS INDULGENCE; IT OFFERS A WIDE RANGE OF THERAPEUTIC BENEFITS. STUDIES HAVE SHOWN THAT REGULAR MASSAGE CAN SIGNIFICANTLY IMPROVE:

PAIN MANAGEMENT: MASSAGE HELPS TO REDUCE MUSCLE SORENESS, STIFFNESS, AND CHRONIC PAIN CONDITIONS LIKE FIBROMYALGIA AND BACK PAIN. BY INCREASING BLOOD FLOW AND RELEASING ENDORPHINS, MASSAGE CAN PROVIDE NATURAL PAIN RELIEF.

STRESS REDUCTION: IN TODAY'S FAST-PACED WORLD, STRESS IS A MAJOR CONTRIBUTOR TO VARIOUS HEALTH PROBLEMS. MASSAGE THERAPY HAS BEEN PROVEN TO LOWER CORTISOL LEVELS (THE STRESS HORMONE) AND PROMOTE RELAXATION, LEADING TO IMPROVED MOOD AND REDUCED ANXIETY.

IMPROVED SLEEP: MASSAGE CAN HELP REGULATE YOUR SLEEP-WAKE CYCLE, PROMOTING DEEPER AND MORE RESTFUL SLEEP. THIS IS PARTICULARLY BENEFICIAL FOR INDIVIDUALS SUFFERING FROM INSOMNIA OR OTHER SLEEP DISORDERS.

INCREASED FLEXIBILITY AND RANGE OF MOTION: BY LOOSENING TIGHT MUSCLES AND IMPROVING JOINT MOBILITY, MASSAGE CAN ENHANCE FLEXIBILITY AND RANGE OF MOTION, MAKING IT BENEFICIAL FOR ATHLETES AND INDIVIDUALS WITH LIMITED MOBILITY.

ENHANCED CIRCULATION: MASSAGE STIMULATES BLOOD FLOW, DELIVERING OXYGEN AND NUTRIENTS TO TISSUES AND REMOVING METABOLIC WASTE PRODUCTS. THIS CAN IMPROVE OVERALL HEALTH AND ACCELERATE HEALING.

IMPROVED IMMUNE FUNCTION: SOME STUDIES SUGGEST THAT MASSAGE MAY BOOST THE IMMUNE SYSTEM BY INCREASING THE NUMBER OF WHITE BLOOD CELLS. HOWEVER, MORE RESEARCH IS NEEDED IN THIS AREA.

CHOOSING A LICENSED MASSAGE THERAPIST: WHY IT MATTERS

CHOOSING A LICENSED MASSAGE THERAPIST IS CRUCIAL FOR YOUR SAFETY AND WELL-BEING. A LICENSED PROFESSIONAL HAS UNDERGONE RIGOROUS TRAINING AND EDUCATION, ENSURING THEY POSSESS THE NECESSARY SKILLS AND KNOWLEDGE TO PROVIDE

SAFE AND EFFECTIVE TREATMENTS. LICENSING ALSO GUARANTEES ADHERENCE TO ETHICAL STANDARDS AND PROFESSIONAL CONDUCT. AT WELLNESS BY ALEX, OUR COMMITMENT TO LICENSURE REFLECTS OUR DEDICATION TO PROVIDING YOU WITH THE HIGHEST QUALITY CARE. WE ADHERE TO ALL STATE REGULATIONS AND MAINTAIN THE HIGHEST STANDARDS OF HYGIENE AND PROFESSIONALISM.

THE RANGE OF SERVICES OFFERED AT WELLNESS BY ALEX

AT WELLNESS BY ALEX, WE OFFER A DIVERSE RANGE OF MASSAGE MODALITIES TO CATER TO YOUR INDIVIDUAL PREFERENCES AND NEEDS. OUR SERVICES INCLUDE:

SWEDISH MASSAGE: A CLASSIC RELAXATION MASSAGE FOCUSING ON LONG, FLOWING STROKES TO RELIEVE MUSCLE TENSION AND PROMOTE RELAXATION.

DEEP TISSUE MASSAGE: THIS TARGETED MASSAGE ADDRESSES DEEPER LAYERS OF MUSCLE TISSUE TO RELEASE CHRONIC TENSION AND PAIN.

SPORTS MASSAGE: DESIGNED TO HELP ATHLETES RECOVER FROM STRENUOUS ACTIVITY, IMPROVE PERFORMANCE, AND PREVENT INJURIES.

PRENATAL MASSAGE: A SPECIALIZED MASSAGE TAILORED TO THE NEEDS OF PREGNANT WOMEN, ADDRESSING DISCOMFORT AND PROMOTING RELAXATION.

HOT STONE MASSAGE: UTILIZING HEATED STONES TO DEEPLY PENETRATE MUSCLES AND PROVIDE SOOTHING HEAT THERAPY.

BOOKING YOUR APPOINTMENT WITH WELLNESS BY ALEX

READY TO EXPERIENCE THE TRANSFORMATIVE POWER OF MASSAGE THERAPY? BOOKING AN APPOINTMENT WITH WELLNESS BY ALEX IS EASY! YOU CAN VISIT OUR WEBSITE [INSERT WEBSITE ADDRESS HERE] TO VIEW OUR AVAILABILITY AND SCHEDULE YOUR SESSION. WE STRIVE TO CREATE A RELAXING AND COMFORTABLE ENVIRONMENT WHERE YOU CAN UNWIND AND FOCUS ON YOUR WELL-BEING. WE ENCOURAGE YOU TO CONTACT US WITH ANY QUESTIONS OR CONCERNS YOU MAY HAVE BEFORE YOUR APPOINTMENT. WE LOOK FORWARD TO WELCOMING YOU TO WELLNESS BY ALEX AND HELPING YOU ON YOUR JOURNEY TO OPTIMAL HEALTH.

CONCLUSION

WELLNESS BY ALEX IS MORE THAN JUST A MASSAGE PRACTICE; IT'S YOUR PARTNER IN ACHIEVING TOTAL WELL-BEING. OUR COMMITMENT TO PERSONALIZED CARE, LICENSED PROFESSIONALS, AND A WIDE RANGE OF SERVICES ENSURES THAT YOU RECEIVE THE BEST POSSIBLE TREATMENT TAILORED TO YOUR SPECIFIC NEEDS. TAKE THE FIRST STEP TOWARDS A HEALTHIER, HAPPIER YOU – BOOK YOUR APPOINTMENT TODAY!

FREQUENTLY ASKED QUESTIONS (FAQs)

1. WHAT FORMS OF PAYMENT DO YOU ACCEPT? WE ACCEPT CASH, CREDIT CARDS (VISA, MASTERCARD, AMERICAN EXPRESS), AND HEALTH SAVINGS ACCOUNT (HSA) CARDS.

1. DO YOU OFFER GIFT CERTIFICATES? YES, WE OFFER GIFT CERTIFICATES THAT CAN BE PURCHASED ONLINE OR IN PERSON.

1. WHAT SHOULD I WEAR TO MY MASSAGE APPOINTMENT? WEAR COMFORTABLE, LOOSE-FITTING CLOTHING. YOU WILL BE

DRAPED WITH SHEETS AND TOWELS THROUGHOUT THE MASSAGE.

1. WHAT IF I HAVE A MEDICAL CONDITION? IT'S CRUCIAL TO INFORM US OF ANY MEDICAL CONDITIONS, INJURIES, OR CONCERNS BEFORE YOUR APPOINTMENT SO WE CAN TAILOR THE MASSAGE TO YOUR SPECIFIC NEEDS AND ENSURE YOUR SAFETY.
1. HOW LONG ARE YOUR MASSAGE SESSIONS? WE OFFER A RANGE OF SESSION LENGTHS, FROM 30 MINUTES TO 90 MINUTES. YOU CAN CHOOSE THE DURATION THAT BEST SUITS YOUR NEEDS AND BUDGET DURING THE BOOKING PROCESS.

📖 **Wellness by alex licensed massage therapist: Happy End** Kurt Weill, Bertolt Brecht, Dorothy Lane, 1982

wellness by alex licensed massage therapist: Living Wellness Today Annette Denton Livingston, 2011-07-14 Sit a while and have a cup of hot tea while reading about my life's journey from having no hope to the fullness of life and years of enjoying family, friends, and pets. Perhaps you will be inspired to carry on with your own healing journey, despite seemingly insurmountable obstacles. Sometimes just reading about someone who has suffered the throngs of despair and somehow got out of it can be encouraging. In this day and age so many people are being diagnosed with serious problems. Have you looked into the face of a doctor who was saying to you Get your affairs in order? There is no cure The thought, no hope has a way of sinking in and taking one to depths unknown. Years before my diagnosis I had already begun a search for something that would make me feel better. I started with whole wheat bread and weight programs. Later I tried the Reams biological theory of ionization, vitamins and minerals and herbs, enemas and colonics, juicing and green drinks, fasting, raw foods and wheatgrass. Next I tried chiropractic, craniosacral therapy, ayurvedic medicine, massage, acupuncture, bad tasting teas, magnets, zappers, kombucha tea, rollers, citrine stones, music therapy, and emotional freedom technique. I found that the main therapies that work for me are reflexology, qigong, a macrobiotic eating plan and lifestyle, hypnosis, and prayer. Do you have a desire to feel better? Do you feel like life is passing you by? Would you like to have more fullness of life? Floating along downstream will only leave us washed up on the bank or swallowed up in the current. Remember that there are ways to help ourselves, whether we are strong and healthy or whether we have given up. There is always hope as long as there is breath.

wellness by alex licensed massage therapist: Living in Total Health Glen Alex, 2019-10-21 In Living in Total Health, Glen Alex explores the three components of complete health, Physical Wellth, Emotional Wellth, and Mental Wellth. Several chapters are devoted to each component, covering topics that range from exercise, redefined as moving, and eating well to the power of massage, how to manage stress, how to increase emotional intelligence, and how to set boundaries to achieve balance in your life. A lot of books talk about diet and nutrition and give exercise techniques, but Living in Total Health stands out for its holistic approach. The personal stories Glen shares will be further motivation for you to make the right changes for your particular situation. Discover in these pages new ways of looking at your health, and then use that insight to make manageable changes that will last a lifetime.

wellness by alex licensed massage therapist: The TB12 Method Tom Brady, 2017-09-19 The #1 New York Times bestseller by the 6-time Super Bowl champion The first book by New England Patriots quarterback Tom Brady--the 6-time Super Bowl champion who is still reaching unimaginable heights of excellence at 42 years old--a gorgeously illustrated and deeply practical

athlete's bible that reveals Brady's revolutionary approach to sustained peak performance for athletes of all kinds and all ages. In modern sports, some athletes have managed to transcend their competition in a way that no one will ever forget: Jordan. Jeter. Ali. Williams. These elite legends have changed the game, achieved the unthinkable, and pushed their bodies to unbelievable limits. Joining their exclusive ranks is Tom Brady. Brady is the healthiest great champion the NFL has ever had, both physically and mentally (Sally Jenkins, The Washington Post). The longtime New England Patriots quarterback, who in 2017 achieved his fifth Super Bowl win and fourth Super Bowl MVP award, is widely regarded as an athlete whose training and determination pushed him from a mediocre draft position to the most-revered and respected professional football player of his generation. In *The TB12 Method*, Tom Brady explains how he developed his groundbreaking approach to long-term fitness, presenting a comprehensive, step-by-step guide to his personal practice. Brady offers the principles behind pliability, which is at the heart of a new paradigm shift and movement toward a more natural, healthier way of exercising, training, and living--and one that challenges some commonly held assumptions around health and wellness. Filled with lessons learned from Brady's own peak performance training, and step-by-step action steps to help readers develop and maintain their own peak performance, *The TB12 Method* also advocates for more effective approaches to strength training, hydration, nutrition, supplementation, cognitive fitness, recovery, and other lifestyle choices that dramatically decrease the risk of injury while amplifying and extending performance, as well as quality of life. After using his methods for over a decade, Brady believes that the TB12 approach has made him--and can make any athlete, male or female, in any sport and at any level--achieve their own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, as well as personal anecdotes and experiences from on and off the field, *The TB12 Method* is the only book an athlete will ever need, a playbook from Brady himself that will change the game.

wellness by alex licensed massage therapist: Zen Shiatsu Shizuto Masunaga, Wataru Ohashi, 1977 An advanced, comprehensive book incorporating meditative psychology, massage and adjusting techniques into a holistic approach to health.

wellness by alex licensed massage therapist: ACT for Gender Identity Alex Stitt, 2020-02-21 Increasingly adopted by therapists and mental health professionals, Acceptance and Commitment Therapy (ACT) helps clients to cope with social, emotional and mental health issues by using the six core ACT processes: Acceptance, Cognitive Defusion, Being Present, the Self as Context, Values and Committed Action. This is the go-to-guide for evidence-based ACT techniques to be used by professionals to help their transgender, genderqueer, genderfluid, third gender and agender clients. It provides the tools to help these clients develop emotional processing skills they can implement throughout their life, from coping with mental health issues and substance abuse, to navigating prejudice and social pressure, to building a career and developing a family.

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

wellness by alex licensed massage therapist: Tired of Being Sick and Tired Michael Berglund, 2011-10-04 *DivIn Tired of Being Sick and Tired*, Dr. Michael Berglund addresses the surprising hidden reasons why you, like so many other people, may be struggling to overcome exhaustion, depression, and weight gain./div

wellness by alex licensed massage therapist: Maximum Healing H. Robert Silverstein, 2010 Combining conventional Western and holistic medical approaches, *Maximum Healing* presents a complete guide to improving the immune system including a thirty-day program designed to

reestablish health through diet, exercise, and stress reduction--Provided by publisher.

wellness by alex licensed massage therapist: Gong Therapy Mehtab Benton, 2016-07 Gong Therapy: Sound Healing and Yoga is a comprehensive book on using the gong and the practices of yoga to create a therapeutic environment and transformational experience for physical, mental and spiritual excellence. Written for sound healers, yoga teachers, gong players, and therapists, this book gives you the tools and information to conduct one-on-one private sessions as well as guidelines for using the gong as a therapeutic instrument in a group setting. Gong Therapy: Sound Healing and Yoga includes these topics: -The Basis of Sound Healing and Yoga Therapy -How to Structure a Gong Therapy Session -How to Play the Gong Therapeutically -Preparing the Gong Therapy Environment -Client Assessment and Development of a Therapy Session -Considerations for Selecting and Using Gongs -Using Mudras, Mantras, and Pranayamas Therapeutically -Guided Meditation and Relaxation for Gong Therapy -Gong Therapy for Groups -Using Gong Therapy with Other Healing Modalities -Gong Therapy as a Profession Mehtab Benton has trained hundreds of gong players and yoga teachers worldwide. He is the originator and author of Gong Yoga: Healing and Enlightenment Through Sound, published in five international editions and translations. His previous book Teaching Gong Yoga is the first book on using yoga practices with the gong, and his DVD course How To Play the Gong is a best-selling video for beginners. A practitioner and teacher of Kundalini Yoga for over 40 years, Mehtab has an educational background in psychology and yoga therapy and is a certified Vedic Astrologer.

wellness by alex licensed massage therapist: The Guide to Modern Cupping Therapy Shannon Gilmartin, 2017-09 An ancient alternative technique that has found its right place in the modern world of healing. In recent years countless high profile athletes and celebrities have been sporting distinctive circular cupping welts on their bodies -- the back and shoulder area being most common. Dating back thousands of years, cupping is a form of alternative medicine. The cups create suction and help with pain, inflammation, blood flow, deep relaxation and can even provide relief for sciatica and sinus congestion. Massage Cupping body therapy is a modern and modified version of cupping therapy that creates suction and negative pressure through the use of both stationary and moving cups. These cups are available at pharmacies and do not use heat like old-fashioned glass cupping -- making them entirely safe and easy for home use. Shannon Gilmartin is a licensed and nationally certified massage therapist and certified vacutherapies educator who teaches this wonderfully diverse therapy and has witnessed the positive outcomes for patients. This book shares all her extraordinary professional and hands-on experience, so that everyone can experience the positive benefits of cupping. Nearly 200 step-by-step photos and full color pages make it easy to follow this expert instruction. The book includes: The history of cupping, the types of cups and the many therapeutic benefits of cupping from skeletal and muscular to the digestive and nervous systems What to expect after a cupping session including comprehensive safety and techniques information Applications for common conditions that range from stress and back tension to frozen shoulder, carpal tunnel syndrome, TMJD (temporomandibular joint dysfunction) and even acid reflux A section for speciality applications like athletic performance, prenatal therapy and working with inflammation (acute vs. chronic). A comprehensive and easy-to-read cupping therapy book, with plenty of practical suggestions. This must be one of the best cupping therapy books I have seen recently published. -- Ilkay Zihni Chirali, Author of Traditional Chinese Medicine Cupping Therapy

wellness by alex licensed massage therapist: Pre- and Perinatal Massage Therapy Carole Osborne, 2012 Pre- and Perinatal Massage Therapy explores techniques of therapeutic massage and bodywork that enable massage therapists to support mothers and their babies throughout the childbearing year. In this updated edition of her widely used and trusted text, noted maternity massage therapist and teacher Carole Osborne details the physiological, functional, and emotional developments of childbearing. The three Technique Manuals included in the text teach clinically refined techniques, conveniently woven around women's common needs. -- Back cover.

wellness by alex licensed massage therapist: Decolonizing Trauma Work Renee Linklater, 2020-07-10T00:00:00Z In Decolonizing Trauma Work, Renee Linklater explores healing and wellness

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

wellness by alex licensed massage therapist: *Becoming a Supple Leopard 2nd Edition* Kelly Starrett, Glen Cordoza, 2015-05-19 Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or massage therapist. In *Becoming a Supple Leopard*, Dr. Kelly Starrett—founder of MobilityWOD—shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the New York Times and Wall Street Journal bestseller has been thoroughly revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? *Becoming a Supple Leopard* lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not only how to perform a host of exercise movements, such the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with those movements. Frustrated because you can’t perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim your mobility. Unsure how to put it all together into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can’t seem to get right. It even offers a 14-day full-body mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. *Becoming a Supple Leopard* makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this one-of-a-kind training manual will teach you how to harness your athletic potential and maintain your body. Learn how to perform basic maintenance on your body, unlock your athletic potential, live pain-free...and become a Supple Leopard. This step-by-step guide to movement and mobility will show you how to:

- Move safely and efficiently in all situations
- Organize your spine and joints in optimal, stable positions
- Restore normal function to your joints and tissues
- Accelerate recovery after training sessions and competition
- Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch
- Build efficient, transferable movement patterns and skill progressions from simple to more advanced exercises
- Identify, diagnose, and correct inefficient movement patterns
- Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow
- Prevent and rehabilitate common athletic injuries

Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations

- Create personalized mobility prescriptions to improve movement efficiency

wellness by alex licensed massage therapist: *SomatoEmotional Release* John E. Upledger, 2002-09-25 Developed by the author, *SomatoEmotional Release* is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of meaningful, intentioned

touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

wellness by alex licensed massage therapist: *Intuitive Eating, 2nd Edition* Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of *Intuitive Eating*, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the *Intuitive Eating* philosophy can be a safe and effective model on the path to recovery from an eating disorder.

wellness by alex licensed massage therapist: *The Tapping Solution* Nick Ortner, 2013-04-02 In the New York Times best-selling book *The Tapping Solution*, Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In this book, he gives readers everything they need to successfully start using the powerful practice of tapping—or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

wellness by alex licensed massage therapist: *Life Is Not Merely to Be Alive, But to Be Well* M H Clark, 2012-04-15 This is the perfect journal for those who celebrate wellness and whole being, whether through exercise, meditation, good diet, or other healthful life practices. This distinctive journal makes a statement with bold sentiments, modern typography, and artwork by a contemporary designer. Pages feature periodic typeset quotations enhanced with striking designs, and there's lots of space for capturing the day's thoughts, musings, and prose.

wellness by alex licensed massage therapist: *Facing Your Fears* Don Mann, Kraig Becker, 2020-03-17 Wisdom and Inspiration to Help You Overcome Your Doubts from a New York Times Bestselling Author A former Navy SEAL and current motivational speaker, Don Mann specializes in helping others achieve success in every aspect of life—personal and professional—by using techniques employed by Navy SEALs. In *Facing Your Fears*, Mann zeroes in on finding ways to cope with the fear and anxieties readers face in their lives, no matter what they may be. This volume includes three subsections dedicated to helping the reader cope with his or her doubts and worries: Identifying Your Fears Embracing the Fear Letting Go of the Fear Featuring practical advice, inspirational quotes, engaging stories, and interesting anecdotes, *Facing Your Fears* will give readers the tools they need to triumph in the face of adversity.

wellness by alex licensed massage therapist: Understanding the Global Spa Industry Gerard Bodeker, Gerry Bodeker, Marc Cohen, 2010-08-20 • Spa services and the development of the spa business from its historical beginnings to the size of the market today. • Business development and planning, spa operations and business models. • Spa products and technologies, retailing and the application of branding and marketing strategies. • Infrastructure, design and environmental issues including sustainability and social and environmental benchmarking. • Human resources issues from education and training to professional and regulatory issues and professional and corporate ethics and values.

wellness by alex licensed massage therapist: *The Sisterhood of Widows* Mary Francis, 2011-01-01 Sixteen women from all walks of life share their stories of widowhood in this “wonderful collection of ‘life after loss’ experiences” (Natalie Treadwell, founder of Food for Life). When author and life coach Mary Francis found herself widowed at fifty, she turned to other widows for support, understanding, and answers. Now she shares some of the stories that helped her find a new beginning for herself in *The Sisterhood of Widows*. This powerful book of healing contains sixteen true stories from women who reflect on their lives after the death of their husbands. These women, whose husbands died from accidents, cancer, heart attacks, and even suicide, share their stories openly and honestly. Every widow handles loss differently, yet there is a common bond they share that makes them part of a sisterhood. And each widow’s story provides guidance and insight into the journey of perseverance through grief.

wellness by alex licensed massage therapist: *Deeper Still* JOHN. STIRK, 2021-01-25 *Deeper Still* is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from *The Original Body* this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. *Deeper Still* goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. *Deeper Still* enables teachers to take their students to a deeper dimension. It also provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

wellness by alex licensed massage therapist: Sick and Tired? Maureen Kernion, Robert O. Young, 2001 In their revolutionary approach to healing the sick and tired body and soul, the authors bring together and interpret the work of prominent researchers and offer an elegantly simple, practical program for the restoration of health.

wellness by alex licensed massage therapist: *Higher Wisdom* Roger N. Walsh, Charles S. Grob, 2005-09-01 From the Back Cover: Psychedelics have been a part-often a central and sacred part-of most societies throughout history, and for half a century psychedelics have rumbled through the Western world, seeding a subculture, titillating the media, fascinating youth, terrifying parents, enraging politicians, and intriguing researchers. Not surprisingly, these curious chemicals fascinated some of the foremost thinkers of the twentieth century, fourteen of whom were interviewed for this book. Because no further human research can be done, these researchers constitute an irreplaceable resource. *Higher Wisdom* offers their fascinating anecdotes, invaluable knowledge, and hard-won wisdom-the culmination of fifty years of research and reflection on one of the most intriguing and challenging topics of our time.

wellness by alex licensed massage therapist: *Starry Eyes* Jenn Bennett, 2019-01-08 When teens Zorie and Lennon, a former couple, are stranded in the California wilderness together, they must put aside their differences, and come to terms with lingering romantic feelings, in order to survive.

wellness by alex licensed massage therapist: *Visceral Manipulation* J. P. Barral, Pierre Mercier, 2005 Osteopathy and other systems of manual medicine have developed a variety of models for understanding the mechanics of proper and improper motion of the musculoskeletal system. In this important and pioneering work, that same structural vision is applied to the visceral system. The central premise of 'Visceral Manipulation' is that the interrelationship of structure and function among the internal organs is at least as strong as that among the constituents of the musculoskeletal system; and that, like the musculoskeletal system, manipulation of the viscera can be beneficially used in the treatment of a wide variety of problems affecting any of the body's systems.--Publisher description.

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traditional post-pregnancy guidelines and how they accelerate a mother's recovery from pregnancy and childbirth. However, the primary obstacle in the past, to allow for general acceptance, has been the lack of explanation of how traditional post-pregnancy guidelines positively affects a mother's body as it transitions back to a non-pregnant state; and how such effects assist with a speedy recovery? These obstacles have been demystified in this book. Don't Underestimate Them, Understand Them Western countries are no longer underestimating the effectiveness of traditional post-pregnancy traditions; they are being understood. As women across the world are embracing more natural ways and means into their lifestyle, western mommies are searching for natural ways to recover from childbirth. The ability to heal at a faster rate from pregnancy is required in modern cultures as women must resume their normal life within weeks after delivery. The Mommy Plan is an introduction of the modern practical application of traditional post-pregnancy care. The Daddy Plan Dads are also remembered with the final chapter of the book called, The Daddy Plan. There is a note to mommies in the beginning of this chapter to, -Pass the book over to the daddy to read.- This chapter provides dads with a brief overview of important information for new, as well as successive, dads on how they may best support the mommy. REAL COMMENTS FROM REAL DADS are included to share real-life dad-to-dad perspectives and where modern dads get their information from popular websites on the internet.

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