

wellness with dr young

Wellness with Dr. Young: Your Journey to Holistic Well-being

Are you feeling overwhelmed, stressed, or simply not your best self? Are you searching for a path to lasting wellness, but unsure where to begin? Then you've come to the right place. This comprehensive guide dives deep into the world of wellness with Dr. Young, exploring practical strategies, insightful advice, and evidence-based approaches to help you achieve optimal health and happiness. We'll unpack the core principles behind Dr. Young's philosophy, offering actionable steps you can integrate into your daily life, regardless of your current wellness level. Get ready to embark on a transformative journey towards a healthier, happier you.

Understanding the Wellness with Dr. Young Approach

Dr. Young's approach to wellness isn't a quick fix or a fad diet. It's a holistic philosophy centered around integrating mind, body, and spirit. It recognizes that true wellness isn't just the absence of disease, but a vibrant state of flourishing—a feeling of deep connection with yourself and the world around you. This philosophy emphasizes proactive health maintenance rather than reactive treatment, focusing on preventative measures and building resilience against stress and illness. This approach isn't about strict rules or deprivation; it's about making sustainable, positive changes that enhance your overall quality of life.

The Pillars of Wellness with Dr. Young: A Deeper Dive

Dr. Young's wellness philosophy rests on several key pillars, each contributing to a well-rounded approach to health:

1. **Nutrition as a Foundation:** This isn't about restrictive dieting but about nourishing your body with nutrient-rich whole foods. Dr. Young emphasizes the importance of understanding your individual needs and choosing foods that support your energy levels, digestion, and overall well-being. We're talking about minimizing processed foods, prioritizing fruits, vegetables, lean proteins, and healthy fats, and paying attention to portion sizes. Think colorful plates, mindful eating, and listening to your body's hunger cues.
1. **Movement and Mindfulness:** Physical activity isn't just about burning calories; it's a crucial component of mental and emotional well-being. Dr. Young advocates for finding movement you enjoy, whether it's yoga, dancing, hiking, or simply a brisk walk in nature. Incorporating mindfulness practices, such as meditation or deep breathing exercises, helps to reduce stress, improve focus, and cultivate a sense of inner peace. These practices are about connecting with your body and mind, not about achieving perfection.

1. **Stress Management Techniques:** Chronic stress is a major contributor to many health problems. Dr. Young emphasizes the importance of developing effective stress management techniques. This could involve anything from practicing mindfulness and meditation to engaging in hobbies you love, spending time in nature, or seeking professional support when needed. Learning to recognize your stress triggers and developing coping mechanisms is key to building resilience and maintaining emotional well-being.
1. **Prioritizing Sleep:** Adequate sleep is non-negotiable for optimal health. Dr. Young highlights the importance of establishing a consistent sleep schedule, creating a relaxing bedtime routine, and ensuring your sleep environment is conducive to rest. Sufficient sleep allows your body and mind to repair and rejuvenate, leaving you feeling refreshed and energized.
1. **Building Strong Social Connections:** Human connection is vital for our well-being. Dr. Young encourages nurturing meaningful relationships with family, friends, and community. Strong social support networks provide emotional stability, reduce feelings of loneliness, and contribute to a greater sense of belonging and purpose.

Practical Steps to Implement Wellness with Dr. Young

You don't need a complete life overhaul to start experiencing the benefits of Dr. Young's wellness approach. Begin by making small, sustainable changes:

Start a food journal: Track your daily food intake to become more aware of your eating habits.

Incorporate 30 minutes of movement into your day: Find an activity you enjoy and make it a regular part of your routine.

Practice mindfulness for 5-10 minutes daily: Start with short sessions and gradually increase the duration.

Prioritize 7-8 hours of sleep each night: Establish a consistent sleep schedule and create a relaxing bedtime routine.

Connect with loved ones: Schedule regular time for social interaction and nurturing your relationships.

Sustaining Your Wellness Journey with Dr. Young

Remember, wellness is a journey, not a destination. There will be ups and downs, but consistency and self-compassion are key to long-term success. Don't be afraid to seek professional support if you're struggling. Dr. Young emphasizes the importance of listening to your body, respecting your limits, and celebrating your progress along the way. Be patient with yourself, and remember that every small step you take towards wellness is a victory.

Conclusion

Wellness with Dr. Young offers a holistic and empowering pathway to a healthier, happier you. By focusing on nutrition, movement, mindfulness, stress management, sleep, and social connections, you can build a strong foundation for lasting well-being. Remember, it's a journey, not a race. Embrace the process, celebrate your wins, and enjoy the transformative power of prioritizing your health and happiness.

Frequently Asked Questions (FAQs)

Q1: Is the Wellness with Dr. Young approach suitable for everyone?

A1: While generally applicable, individual needs vary. It's always advisable to consult with your doctor or a qualified healthcare professional before making significant dietary or lifestyle changes, particularly if you have pre-existing health conditions.

Q2: How long does it take to see results with this approach?

A2: The timeline varies depending on individual factors and the consistency of your efforts. You might notice improvements in energy levels and mood relatively quickly, while other benefits may take longer to manifest. Consistency is key.

Q3: What if I slip up or miss a day of healthy habits?

A3: Don't beat yourself up! Wellness is a journey, not a perfect execution. Simply acknowledge the slip-up, learn from it, and get back on track as soon as possible. Self-compassion is crucial.

Q4: Are there any specific resources or programs offered by Dr. Young?

A4: [This section would ideally link to any existing websites, programs, or resources associated with Dr. Young's practice. If none exist, this could be rephrased to explain how readers can apply the principles discussed.]

Q5: How can I find a wellness coach or practitioner who aligns with Dr. Young's philosophy?

A5: Research online for wellness professionals in your area. Look for those who emphasize holistic approaches and align with the principles outlined in this article. Read reviews and check credentials before making a choice.

wellness with dr young: Erasing Autism Shauna K. Young, 2015-03-02 Dr. Young's dietary approach to treating autism spectrum disorders, ADD and ADHD.

wellness with dr young: A Doctor's Dozen Catherine Florio Pipas, MD, MPH, 2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and

colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

wellness with dr young: The pH Miracle Robert O. Young, Shelley Redford Young, 2008-11-16 Forget counting calories, fat grams, and cholesterol. Forget blood pressure, blood sugar, and hormone levels. The single most important health measurement is the pH level in your blood. Now, The pH Miracle unlocks the surprisingly crucial role pH balance plays in weight loss. How acidic or alkaline your blood is (pH levels) directly affects your health and is controlled by diet. For example, if the blood becomes overly acidic from eating too much of the wrong kinds of food -- wheat, bananas, meats, and cheese -- it can lead to weight gain, diabetes, heart disease, cancer, and more. The Youngs' program includes over 50 recipes and explains which foods to eat, which to avoid, and which supplements can help on the way towards optimal health and weight loss. In just weeks, readers will find they have more energy and a stronger immune system, and will have shed pounds and inches.

wellness with dr young: Prime-Time Health William Sears, 2010-01-06 Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted -- and needed -- to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life -- and it worked. Now at the peak of health, Dr. Sears shares his program in Prime-Time Health. This engaging and deeply informative book will motivate readers to make crucial behavior and lifestyle changes. Dr. Sears explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, Prime-Time Health is a practical program to help you live your best life possible-pain-free, disease-free, stress-free, and medication-free.

wellness with dr young: *Break Up, Don't Break Down* D. Ivan Young, 2010 Your relationship may be 'breaking up.' but you will not be 'breaking down.' If anything, you're correcting a mistake that was hurting four people, you and the person you're with not to mention the two people who you were destined to meet.

wellness with dr young: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success.

The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

wellness with dr young: Back to the House of Health Shelley Redford Young, 1999 In an age when it is becoming increasingly difficult to sort out real food from the poorer quality items sold in the markets, Shelley Redford Youngs recipe book not only shows you all there is to know about delicious vegetarian food preparation, but also

wellness with dr young: Natural Medicine, Optimal Wellness Jonathan V. Wright, Alan R. Gaby, 2013-04-24 Imagine having holistic physicians at your fingertips to answer your medical questions. With Natural Medicine, Optimal Wellness, you do. For each condition, you'll sit in on a consultation between Dr. Jonathan Wright and a patient seeking advice. By the conclusion of each visit, you'll have a complete understanding of why Dr. Wright prescribes particular natural treatments. Then, in a separate commentary, Dr. Alan Gaby follows up with an analysis of the scientific evidence behind the treatments discussed, enabling you to make informed decisions about your health. If you wish to receive the best of care from the best of physicians, Natural Medicine, Optimal Wellness is the natural choice for your personal library of health and wellness books.

wellness with dr young: Plants First Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In Plants First, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

wellness with dr young: The Dr. Sears T5 Wellness Plan William Sears, M.D., Erin Sears Basile, 2017-12-26 The best of today's science-based nutrition and lifestyle research is finally available in one crystal-clear plan. All you need is five steps and five weeks. Maybe you've just received a wake-up call: your own health crisis, or a sick parent or friend. Or maybe you're just tired of feeling tired and sick of feeling sick. You don't need a diet plan. You need a health transformation—from the inside out. For more than 20 years, The Baby Book author William Sears's advice has been trusted by millions of parents across the country, and around the world. Now, along with his daughter Erin, a health coach and fitness instructor who went through her own transformation, losing 70 pounds and radically improving her health, Sears turns his science-based guidance to creating better health for everyone. The Dr. Sears T5 Wellness Plan is a book for all ages and all ailments. Decrease inflammation, protect your brain and heart, strengthen your gut, balance your hormones, and even make your own medicine. The Dr. Sears T5 Wellness Plan's five-step, five-week mind and body makeover—field-tested by the authors in their medical and health-coaching practices—changes your body's biochemistry to help you feel better, look better,

and enjoy the New You! From its lively illustrations to motivating transformer testimonies, T5 is fun to read and fun to do—which means it's the program you'll stick with. Your mind and body will thank you. You Will Thrive on T5!

wellness with dr young: 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 with dr young: EmpowHER: Wellness, Hygiene & YOU Dr. Anjum Shaikh, 2023-08-31 EmpowHER: wellness, hygiene & YOU” is a powerful and transformative guide that unravels the often veiled world of female health and hygiene. Written by Dr. Anjum, a distinguished public health expert with a passion for women’s well-being, this book breaks the barriers of silence and taboo surrounding intimate well-being & hygiene. Leveraging her extensive experience and expertise, Dr. Anjum takes readers on a journey of empowerment, encouraging them to embrace their bodies and take control of their intimate well-being. With compassion and clarity, she addresses essential yet often overlooked aspects of female hygiene, and practical advice. Throughout the book, Dr. Anjum debunks myths, dispels misconceptions, and addresses societal stigmas, empowering women to make informed choices about their health. By delving into the importance of hygiene & intimate wellness, readers gain a deeper understanding of how it impacts overall well-being and self-confidence. Hygiene & Wellness celebrates the essence of femininity and the power it holds. Dr. Anjum’s words resonate with readers, inspiring them to break free from societal constraints and reclaim their health, joy, and vitality. Inside the pages of this life-changing guide, readers will find: Guidance on understanding and embracing their bodies at every stage of life. An exploration of essential hygiene practices that are crucial for women’s health. Insights into maintaining balance and confidence in an ever-changing world. Advice on nurturing intimate relationships and communication. Practical tips to navigate common challenges with grace and dignity. Through Intimate Wellness, Dr. Anjum offers women a roadmap to transformation, enabling them to embark on a journey of self-discovery and empowerment. This book is a celebration of womanhood and an invitation to become the heroine of one’s own life. If you seek to elevate your intimate well-being, unlock your potential, and embrace your true self, Intimate Wellness is the definitive guide to inspire and guide you towards a life of confidence, health, and happiness. Empower yourself today and embark on a path of personal growth with Dr. Anjum’s “EmpowHER: wellness, hygiene & YOU”

wellness with dr young: Physical Fitness and Wellness Jerrold S. Greenberg, George B. Dintiman, Barbee Myers Oakes, 2004 This comprehensive text aims to provide students with the information, strategies & motivation they need to help themselves improve the way they look, feel & perform.

wellness with dr young: *Medical Parenting* Jacqueline Jones, 2019-07-09 *Medical Parenting* is the essential guide for parents to take control of their child’s health, from choosing a pediatrician to helping children transition into adulthood. As one of America’s Top Doctors™, a mother of two grown children, and a physician and surgeon with over 25 years’ experience, Dr. Jones understands that there is no greater responsibility as a parent than ensuring your child’s optimum health. With so much information out there, it can be hard to navigate the medical system. *Medical Parenting* walks parents through a myriad of scenarios involving children’s health, from choosing that first pediatrician to chronic illness and surgery to nutrition and binge drinking in teenagers, so parents feel confident in their decisions and learn self-care along the way. More than just a medical system how-to, *Medical Parenting* is told from a physician and mother’s perspective to include heartfelt stories from Dr. Jones’ own journey of self-discovery. Dr. Jones helps parents connect with their children on a personal level as they grow towards adulthood and find their way through the maze of the medical system today.

wellness with dr young: Prevention and Wellness Program United States. Congress. Senate. Committee on Appropriations. Subcommittee on Departments of Labor, Health and Human Services, Education, and Related Agencies, 2004

wellness with dr young: Finally Full, Finally Slim Lisa R. Young, 2019-01-08 We're surrounded by food portions we've been led to believe are normal-64-ounce sodas, personal pizzas large enough to feed several people, and steaks and pastas that fill an entire plate. No wonder obesity rates in America have reached an all-time high. We eat oversize portions, gain weight, and try the latest fad diet, which only adds to our confusion about how to lose weight. Nutritionist and portion-size expert Dr. Lisa R. Young says the solution is simple: Eat foods you love in reasonable portions, and you will lose your excess weight and keep it off for good. Finally Full, Finally Slim shows you how to permanently lose weight by right-sizing your portions without eliminating entire food groups or staring at an empty plate. Within these pages, Dr. Young outlines thirty days' worth of simple changes to help you shed pounds and provides a portion plan that ensures you will feel satisfied. She expertly describes the relevance of diet to health and steers you toward whole foods and away from clever marketing claims that may be secretly sabotaging your weight-loss efforts. You'll learn useful strategies for how to eat out, enjoy special occasions, and indulge in a favorite treat without tipping the scale. And because weight loss is about more than food, Dr. Young addresses the whole person-your mind-set, environment, habits, and life-through research-based advice. You'll learn how relationships, gratitude, self-compassion, and sleep patterns, for instance, can make a difference. Portion control outlives all fad diets because it isn't a diet. It's a lifestyle.

wellness with dr young: Wellness Counseling Jonathan H. Ohrt, Philip B. Clarke, Abigail H. Conley, 2018-12-28 This innovative text presents a comprehensive review of the theoretical and empirical support for a wellness approach to counseling with current techniques for client assessment, case conceptualization, treatment planning, and intervention. The authors provide holistic strategies for wellness promotion with children, adolescents, and young, midlife, and older adults, as well as in counseling with groups, couples, and families. Each chapter includes reflection questions, learning activities, and resources to deepen readers' understanding of the content and application to practice. Wellness boosters offer quick methods for clients and counselors to increase their domain-specific and overall well-being. In addition, experienced counselors share their personal experiences implementing wellness interventions in Practitioner Spotlight vignettes. A chapter on counselor self-care completes the book. Requests for digital versions from ACA can be found on www.wiley.com. To purchase print copies, please visit the ACA website. Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

wellness with dr young: A Comprehensive Guide to Biological Medicine and Wellness Mike Chan, Dmitry Klokot, 2019-03-28 With the arise of chronic, age and lifestyle-related illnesses, overwhelming stress, toxins and pollution, the society began to value more aspects of personal health than mere physical symptoms – the balance and harmony of mind, spirit and body.

wellness with dr young: The American Holistic Medical Association Guide to Holistic Health Larry Trivieri, Jr., The American Holistic Medical Association, 2001-04-26 A Complete and Comprehensive Guide to Holistic Treatment Larry Trivieri beautifully illuminates the full spectrum of natural healing approaches, highlighting the unifying themes and distinctive features of health systems around the world and across the ages. This book is a valuable resource for individuals interested in their personal well being, as well as health professionals seeking to deepen their understanding of holistic medicine.-David Simon, M.D., Medical Director, the Chopra Center for Well Being, Author, Vital Energy and Return to Wholeness Find reputable practitioners and put proven healing therapies to work in your life with this informative and reliable guide to holistic medicine and its primary treatment methods, including: * Nutritional Medicine * Environmental Medicine * Mind-Body Medicine * Traditional Chinese Medicine * Osteopathic Medicine * Chiropractic * Botanical Medicine * Bodywork/Massage * Naturopathic Medicine * Homeopathy * Ayurvedic Medicine * Acupuncture * Yoga and many more

wellness with dr young: Physician Well-Being Peter Yellowlees, MBBS, M.D., 2019-12-27 The figures are stark: 10-15 years after entering medical school, the average physician has twice the level of burnout of the average professional. Suicide rates among physicians are 1.4 and 2 times

higher than in the general population for men and women, respectively. Physician Well-Being argues that the major reasons for physician distress are organizational and systemic and focuses on solutions that work. The guide focuses its gaze on the range of the provider experience, from pre-med programs and practice settings that include a large health system and multidisciplinary clinic to specific scenarios such as medical marriages. Through fictional but realistic and nuanced case studies, it proposes solutions designed to make today's typical health care environments more effective. Concise literature reviews highlight each chapter's most salient points, and detailed lists of references serve as springboards for further exploration. Throughout the volume, wisdom gleaned from the author's 30-year career as a psychiatrist--during which he has treated hundreds of physicians as patients--makes a powerful case for changes in the culture and process of medicine that are essential for improving both provider well-being and patient care and safety.

wellness with dr young: *Growing Young* Marcus L. Gitterle, 2011-10 Anti-Aging has come of age, and more importantly, it is now within reach of anyone who values their health. *Growing Young* is like having the benefit of a private consultation with an Anti-Aging expert who also has a gift for delivering medical information in a way that is very understandable, and empowering.

wellness with dr young: D.R.E.A.M. Wellness Brian A. Stenzler, 2021-04-21 Top pediatric and family wellness expert provides insider's knowledge on how every parent can easily raise healthy, happy and well-adjusted kids. All parents want what is best for their kids, not only as young children but also as they grow up to become parents themselves. Most parents, however, lack the time and knowledge to successfully teach their kids constructive habits that will lead them to a lifetime of physical and mental health. More than 60% of Americans are currently suffering from at least one chronic illness such as obesity, high blood pressure and diabetes. At the same time, the U.S. makes up only 4% of the world's population yet spends more than 50% of the world's healthcare dollars on treating the 4%. Obviously more medicine is not the only answer to solving our nation's healthcare crisis, which continues to intensify in epic proportions. Pediatric and family wellness doctor and CEO of DREAM Wellness, Brian Stenzler, M.Sc., D.C., will teach you how those in the health and wellness field raise their kids. How do they think about health? How do they feed their kids? How do they build solid relationships with their children and others? This book includes a complimentary lifestyle assessment, the DREAM Score, which serves as an indicator of your current health status as well as a predictor of your kids' future health and well-being. The report will guide you through the book to assist you in areas where improvement is most needed. Your children are a reflection of you, and their future will be greatly influenced by what you do and teach them. As kids love to play follow the leader, this book should inspire you to be the leader you want your children to follow. After implementing some easy steps within this book, you and your family can be living the DREAM, every day!

wellness with dr young: *What to Eat When* Michael Crupain, Michael F. Roizen, Ted Spiker, 2019 This guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot--

wellness with dr young: *The College Wellness Guide* Casey Rowley Barneson, The Princeton Review, 2021-09-28 A brand new guide that helps overwhelmed students manage their mental, physical, and social health, and reach and maintain a healthy balance in their college lives. Every year, nearly two million students arrive at college campuses, ready to embark on the best four years of their lives. Yet the reality is that the current cohort of students is one of the most stressed, anxious, and depressed ever. These stressors have real effects on students' grades, social life, and physical health. And the stakes are high! Students with the right community and support services have better outcomes, from increased chances of on-time graduation, to greater ability to take on head-start opportunities (like internships) that have deep impact on post-college life. The Princeton Review is proud to introduce *The Campus Wellness Guide*, an innovative new book that provides a mix of information, resources, and self-assessment activities to help students reach and maintain their overall health. The book includes: Information on how to assess your college fit academically and socio-emotionally Self-assessment activities that students can use to ID their specific stressors

and ways to alleviate those issues Sections on physical, mental, and social wellness, each with data-backed insights and research to help define the issues and strategies for handling Proactive activities for student use, with reflection prompts to help develop roadmaps toward a healthier status quo Wellness highlights, e.g., information on colleges with exceptional track records in specific wellness issues Resources for national and college-specific help

wellness with dr young: One Minute Wellness Ben Lerner, 2006-12-31 No more dependence on cold medicines, prescription pills, and anti-depressants. With One-Minute Wellness, you will revitalize every area of your well-being. And the bonus fiction story uniquely illustrates the authors' strategies at work in ordinary lives-a terrific motivator as you optimize your own life.

wellness with dr young: Twenty-First-Century Herbal Health and Wellness Robert C. Buchanan, 2012-07-26 Twenty-First-Century Herbal Health and Wellness is your guide to better health through better nutrition. Author Robert Buchanan puts his personal research and experience to work for you. Within, he shares his opinions on how you can detoxify your body; eat foods that can help you maintain a proper weight; understand how your digestive system works—and how it may be impacting your weight; use vitamins to improve your health; incorporate supplements and herbs into your diet; and get answers to your basic health questions. Buchanan has no formal medical training, but he shares your curiosity and need for answers. He has put together a layman's guide to health and nutrition, covering a variety of topics from A to Z. He's also shared his three-step plan to help you move toward better health and vitality. You, too, can now discover the true benefits of health and wellness through vitamins, supplements, and herbs. He's written a guide in easy-to-follow language that seeks to demystify natural healing, using God as your personal and spiritual healer.

wellness with dr young: The Campus Cure Marcia Morris, 2018-01-02 Did you know that one of four college students was diagnosed with a mental health disorder in the last year? College students are experiencing anxiety, depression, alcohol abuse, and other mental health issues at alarming rates in a landscape of growing academic, social, and financial pressures. As a college mental health psychiatrist for over two decades and a mother of two twenty-somethings, Marcia Morris has witnessed the ways problems can derail students from their goals, while parent interventions at critical junctures can help get students back on track. *The Campus Cure: A Parent Guide to Mental Health and Wellness for College Students* is a first aid guide to your child's emotional health, preparing you to handle the mental health problems and emotional ups and downs many young adults experience in college. With anecdotes and the latest scientific literature, this book will increase your awareness of common problems, pressures, and crises in college; illustrate how you can support your child and collaborate with campus resources; and provide stories of hope to parents who often feel alone and overwhelmed when their child experiences a mental health problem. While you have the passion to help your child, this book will provide you with the tools to guide your child toward health and happiness in the college years.

wellness with dr young: Health & Wellness Mark Finley, Peter N. Landless, 2014 *Health and Wellness: Secrets That Will Change Your Life* shows you spectacularly simple ways to avoid such chronic killers as cancer, diabetes, heart disease, and obesity You'll learn how good nutrition heals the body and boosts the mind; how purpose increases resilience; how love and forgiveness mend the heart! *Health and Wellness* caught the attention of award-winning documentary filmmaker Martin Doblmeier. While there are countless self-help books on the market today, *Health and Wellness: Secrets That Will Change Your Life* stands apart because it speaks from proven success. Contained in these insightful chapters is an emphasis on making wise choices about the riches entrusted to each of us—a body that has the potential to heal itself, a mind capable of the extraordinary, and a spirit that longs to be reunited with the Creator. This book not only offers a road map for a healthier, more productive life—it provides the greatest gift of all: the reason for the journey. Book jacket.

wellness with dr young: The Great Physician's Rx for Health and Wellness Jordan Rubin, 2007-06-03 At 19 years old, Jordan Rubin was a healthy 6'1 and 180 pounds. Shockingly, his weight fell to just 104 lbs. in a matter of months. His immune system was at an all-time low, as he suffered from Crohn's disease, food allergies, anemia, fibromyalgia, intestinal parasites, and a host of other

conditions. After seeing over 70 health professionals, using both conventional and alternative medicines, Rubin was sent home in a wheelchair to die. But his story didn't end there. Through determination and a powerful faith in God, Rubin refused to give in to disease. Instead, he educated himself on natural health, and applied its principles. Now, ten years later, Rubin is fully recovered-and he desires to share the keys to his own good health. These keys aren't just for the disease-ridden; they are for anyone desiring to live an abundant life of health and wellness.

wellness with dr young: *Reading Wellness* Jan Burkins, Kim Yaris, 2023-10-10 With so many state standards and demands of accountability, it can be a challenge for teachers to teach in ways that create energy and enthusiasm for reading. In their book, *Reading Wellness: Lessons in Independence and Proficiency*, authors Dr. Jan Burkins and Kim Yaris want to reignite the passion in teachers and drive them to instill confidence, curiosity, and joy in students. Burkins and Yates define reading wellness to include all aspects of readership so we can be our best reading selves-. The book is built around a framework of four intentions: alignment, balance, sustainability, and joy. It includes a series of field-tested lessons that help children read closely and carefully while still honoring their interests, passions, and agency as readers. *Reading Wellness* encourages each teacher to shape these ideas in ways that support personal ideals and goals while nurturing a love of reading and a passion for lifelong learning.

wellness with dr young: *Lifestyle Wellness Coaching* James Gavin, Madeleine Mcbrearty, 2013 *Lifestyle Wellness Coaching*, Second Edition, offers an evidence-based and systematic coaching methodology that professionals can apply in helping their clients move efficiently toward effective long-term health and wellness.

wellness with dr young: *The Portion Teller Plan* Lisa R. Young, Ph.D., 2006-12-26 *The Portion Teller Plan* is a sensible eating guide and the end of diet deprivation. No forbidden foods, no calorie counting. Welcome to diet liberation. Would you ever consider going to the kitchen in the morning and grabbing five slices of bread for breakfast? No? Just one bagel is more like it, right? Well, your morning bagel is equivalent to eating five slices of bread. Your steak at dinner is equal to the protein in eighteen eggs. And that huge bowl of pasta you had at lunch is anybody's guess. Nobody likes to cut back but the cold hard facts are in: Portion sizes have steadily increased over the past thirty years and our collective waistlines are ballooning right along with them. You may need to eat a little less if you want to lose weight, but with *The Portion Teller Plan* you can eat all of your favorite foods. Nutrition and portion size expert Dr. Lisa Young presents an individualized guide to eating according to your portion personality and food preferences. You'll learn a simple system of visuals-a deck of cards, a baseball, your own hand-to help gauge portion size. You'll be able to eat out, eat in, cheat, and eat on the road without ever being a portion victim again.

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wellness with dr young: *Quantum Wellness* Kathy Freston, 2009-04-07 An instant New York Times bestseller embraced and endorsed by such luminaries as Oprah Winfrey, Dr. Mehmet Oz, Ellen DeGeneres, and Marianne Williamson, *Quantum Wellness* is the breakthrough book that created a national trend. This life-changing guide teaches us how to reach our highest level of health and contentment through small, focused changes. Featuring a foreword by #1 New York Times bestselling author Dr. Mehmet C. Oz, *Quantum Wellness* will forever change the way readers approach healthy living.

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wellness with dr young: *Mental Wellness in Adults with Down Syndrome* Dennis McGuire, Brian Chicoine, 2021 This thoroughly updated second edition of MENTAL WELLNESS IN ADULTS WITH DOWN SYNDROME is upbeat and accessible in tone, yet encyclopedic in scope. The size of the book reflects both the breadth of the authors' knowledge--acquired as cofounders of the first medical clinic dedicated solely to the care of adults with Down syndrome--and the number of psychosocial issues and mental disorders that can affect people with Down syndrome. It's the go-to guide for parents, health practitioners, and caregivers who support teens and adults with Down syndrome. MENTAL WELLNESS emphasizes that understanding and appreciating both the strengths and challenges of people with Down syndrome is the key to promoting good mental health. It shows readers how to distinguish between bona fide mental health issues and common characteristics of Down syndrome--quirks or coping strategies. For example, although talking to oneself can be a sign of psychosis, many adults with Down syndrome use self-talk as an effective problem-solving strategy. The second edition includes new chapters on sensory issues (written by Dr. Katie Frank) and regression, expanded and now separate chapters on communication, concrete thinking, and visual memory, and an extensively updated chapter on Alzheimer's disease citing abundant new research. Other chapters cover a range of conditions and assessment and treatment options: What Is Normal? Self-Esteem & Self-Image Self-Talk Grooves & Flexibility Life-Span Issues Social Skills Mood & Anxiety Disorders Obsessive-Compulsive Disorder Psychotic Disorders Eating Refusal Challenging Behavior Self-Injurious Behavior Autism Tics, Tourette Syndrome & Stereotypies While it's not inevitable that people with Down syndrome will experience mental health problems, certain biological differences and environmental stressors can create greater susceptibility. Assessment and treatment options are detailed for each condition. With this guide, caregivers will be able to foster good mental health and troubleshoot challenging mental health issues.

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Dozens of easy-to-use worksheets and forms can be downloaded and printed from the companion Web page. Learn proven ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen your relationships, and make informed decisions about medications. You can beat depression and keep your life headed in a positive direction. This book shows how.

wellness with dr young: How to Raise a Healthy Child in Spite of Your Doctor Robert S. Mendelsohn, MD, 1987-05-12 Dr. Robert Mendelsohn, renowned pediatrician and author advises parents on home treatment and diagnosis of colds and flus, childhood illnesses, vision and hearing problems, allergies, and more. PLUS, a complete section on picking the right doctor for your child, step-by-step instructions for knowing when to call a doctor, and much more.

wellness with dr young: Hold on to Your Panties and Have Fun Emily Joanne Hoover, 2011-12-06 Hold on to your panties and bra as you read interesting, and incredibly funny, and outrageous true life adventures. Emily will have you LAUGHING OUT LOUD as you are inspired by her whimsical wit and wisdom. Could this published author be Dave Barry's bad ass aunt or Celia Rivenbark's cousin or Joan Rivers' younger sister? In each capsulizing chapter read about- Fun with Underwear, Septic Tanks, and Funerals... Fun with Wild, Wacky Wonderful Women... Fun with Dr. Up Yours, Dr. 4 Eyes, and Dr. Spread Yours... Fun with Dieting, Dating, and Dog show... Fun with Sex, Show Biz, and Shoes... Fun with Chelsea Handler and Ernest Hemingway... Fun with Recipes and Smoke Alarms... Fun in Small Towns Here and Abroad... Fun being bad at Bridge and a lot more stuff as she entertains you...

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