

who owns love wellness

Who Owns Love Wellness? Unpacking the Brand Behind the Popular Supplements

Ever found yourself scrolling through Instagram, captivated by vibrant images of wellness products promising radiant skin and boundless energy? Chances are you've stumbled upon Love Wellness. But who's behind this popular brand that's seemingly everywhere? This post dives deep into the ownership of Love Wellness, exploring its founder, its business model, and the story behind its success. We'll unravel the mystery surrounding this influential wellness company and answer the burning question: who owns Love Wellness?

The Founding Story: Meet Lo Bosworth

Love Wellness wasn't born overnight. It's the brainchild of Lo Bosworth, a familiar face to many. Known for her role on *Laguna Beach* and *The Hills*, Bosworth transitioned from reality television to the world of entrepreneurship with a clear vision: to create accessible and effective wellness products. Her personal journey with hormonal imbalances and the struggles she faced finding solutions spurred her to create Love Wellness. This personal connection is a key factor in the brand's identity and appeal to consumers.

This wasn't a case of simply slapping her name on existing products. Bosworth's involvement goes far beyond a celebrity endorsement. She actively participates in product development, drawing upon her personal experiences and collaborating with experts to formulate effective and safe solutions. Her entrepreneurial spirit and genuine passion for women's health have been crucial to Love Wellness's success.

The Business Model: Direct-to-Consumer and Beyond

Love Wellness primarily operates on a direct-to-consumer (DTC) business model. This means the company sells its products directly to customers through its website and various online retailers, minimizing reliance on intermediaries. This approach offers several advantages. It allows for tighter control over branding, pricing, and customer experience. It also allows for a more direct connection with the customer base, facilitating valuable feedback and building a loyal community.

However, Love Wellness's reach extends beyond its own website. The brand strategically utilizes various online marketplaces and collaborations to broaden its customer base and increase brand visibility. This multi-channel approach is indicative of a smart business strategy designed for growth and

market penetration.

Love Wellness's Product Line: Targeting Specific Needs

The products themselves are a key part of Love Wellness's success story. The company focuses on creating supplements and other wellness products designed to address specific concerns experienced by women, particularly those related to hormonal health, gut health, and overall well-being. This targeted approach resonates with a specific demographic, contributing to the brand's strong customer loyalty.

The brand's careful selection of ingredients and commitment to transparency further enhance its appeal. Love Wellness often highlights the natural origins and scientific backing of its ingredients, instilling consumer confidence and trust. This emphasis on natural ingredients aligns with a growing consumer preference for clean and ethically sourced products.

Expansion and Future Growth: Maintaining Momentum

Love Wellness's success hasn't gone unnoticed. The company's continued growth suggests a strong market demand for its products and a shrewd business strategy. While the specific financial details of the company are not publicly available (as is common for privately held companies), the brand's expansion into new product categories and its continued online presence clearly point to ongoing success. The future of Love Wellness seems bright, indicating the company will likely continue to expand its product line and market reach.

The Bottom Line: Who Ultimately Owns Love Wellness?

While Love Wellness doesn't release detailed ownership information, it is widely understood that Lo Bosworth is the founder and primary owner of Love Wellness. She remains the public face of the brand, heavily involved in all aspects of the business. While there may be outside investors or silent partners involved, Bosworth's visible and central role makes it clear that she holds the ultimate controlling stake.

Conclusion

Love Wellness has carved a distinct niche in the crowded wellness market. Its success isn't just about celebrity endorsement; it's built on a foundation of genuine consumer needs, a savvy business model, and a founder deeply committed to her brand's vision. Lo Bosworth's passion and entrepreneurial drive are the driving forces behind Love Wellness's continued growth and success. While the specifics of ownership might remain undisclosed, the clear answer to "who owns Love Wellness?" points definitively towards Lo Bosworth.

and her team.

Frequently Asked Questions (FAQs)

1. Is Love Wellness a publicly traded company? No, Love Wellness is a privately held company, meaning its stock is not traded on any public stock exchange.
1. Where are Love Wellness products manufactured? Love Wellness products are manufactured in facilities that adhere to high quality and safety standards, although the exact locations are not publicly disclosed by the company.
1. What makes Love Wellness products different from other wellness brands? Love Wellness focuses on addressing women's specific hormonal and wellness needs with transparently sourced, high-quality ingredients, combined with a strong brand identity and a direct connection to the founder.
1. Does Love Wellness offer any subscription services? Check the Love Wellness website; they frequently update their offerings and may have subscription options available. This is a dynamic area of their business.
1. Can I find Love Wellness products in physical stores? While the primary sales channel is online, Love Wellness might occasionally collaborate with select retailers for limited-time promotions. Checking their website for current partnerships is recommended.

who owns love wellness: Love Yourself Well Lo Bosworth, 2022-12-27 A frank and accessible guide to optimizing women's health by Lo Bosworth—the CEO and founder of Love Wellness—tracing the interconnectivity of the gut, brain, and vagina, and providing natural solutions to intimate problems. Lo Bosworth didn't know what to do, when—out of nowhere—she began experiencing strange physical ailments like fatigue, yeast infections, and debilitating brain fog. The CEO and former reality TV star was no stranger to anxiety or depression, but those were easier to

trace, and more easily solved; these new, mysterious ailments were chronic. *Love Yourself Well* is inspired by Lo's personal journey to health, and the setbacks she encountered along the way. As she would come to find, the issues she was experiencing were common—but sadly invisible in conversations about public health. In detailing her own personal journey to better health and empowerment, Lo passes along the lessons she learned in the pursuit of body harmony. Alongside a panel of medical experts, Lo demystifies the science behind the gut-brain-vagina axis, showing how—with frankness and humor—she has become the go-to expert for millennials on sexual health and overall wellness. Most importantly, Lo provides a space to engage honestly and openly about the intimate issues women face—and need to speak about. The book answers questions like: How does my overall health affect my vaginal health? Is there a way to heal leaky gut and leaky brain? Are there supplements and a diet to encourage body harmony? Is my body normal? What is normal when it comes to sexual wellness? Chock full of recipes, exercises, and implementable strategies to meet your wellness goals, *Love Yourself Well* offers a comprehensive plan to rejuvenate your health, and help you go from feeling blah to feeling balanced.

who owns love wellness: *The Nix* Nathan Hill, 2016-08-30 Winner of the Art Seidenbaum Award for First Fiction A New York Times 2016 Notable Book Entertainment Weekly's #1 Book of the Year A Washington Post 2016 Notable Book A Slate Top Ten Book NEW YORK TIMES BESTSELLER "The Nix is a mother-son psychodrama with ghosts and politics, but it's also a tragicomedy about anger and sanctimony in America. . . . Nathan Hill is a maestro." —John Irving From the suburban Midwest to New York City to the 1968 riots that rocked Chicago and beyond, *The Nix* explores—with sharp humor and a fierce tenderness—the resilience of love and home, even in times of radical change. It's 2011, and Samuel Andresen-Anderson—college professor, stalled writer—has a Nix of his own: his mother, Faye. He hasn't seen her in decades, not since she abandoned the family when he was a boy. Now she's re-appeared, having committed an absurd crime that electrifies the nightly news, beguiles the internet, and inflames a politically divided country. The media paints Faye as a radical hippie with a sordid past, but as far as Samuel knows, his mother was an ordinary girl who married her high-school sweetheart. Which version of his mother is true? Two facts are certain: she's facing some serious charges, and she needs Samuel's help. To save her, Samuel will have to embark on his own journey, uncovering long-buried secrets about the woman he thought he knew, secrets that stretch across generations and have their origin all the way back in Norway, home of the mysterious Nix. As he does so, Samuel will confront not only Faye's losses but also his own lost love, and will relearn everything he thought he knew about his mother, and himself.

who owns love wellness: *Follow Your Bliss* Alyssa Kuchta, 2021-11-30 *Follow your Bliss* is a gorgeous book filled with powerful advice from aspirational women for go-getters from all stages of life.

who owns love wellness: *The Lo-Down* Lo Bosworth, 2011-01-11 Reality TV personality Lauren Lo Bosworth has witnessed her fair share of bad dating and has experienced some herself. As a star on two reality shows, she is no stranger to drama and what comes along with it. Now she is offering her advice gleaned from her and her famous friends' relationship experiences on dating and love. Featuring personal photos and anecdotes about her experiences on Laguna Beach and The Hills, *The Lo-Down* is a further glimpse into the lives of the people that have enthralled so many.

who owns love wellness: *Wellth* Jason Wachob, 2016 Mindbodygreen founder Jason Wachob ... redefines successful living and offers readers instead a new life currency to build on, one that is steeped in physical and emotional health and well-being--

who owns love wellness: *Crazy Love* Desiree Day, 2005-09-20 From a bright new voice in African American women's fiction comes a sexy, scandalous, and scintillating novel set in steamy Atlanta. Stacie Long thinks she's God's gift to men and she keeps a list of qualities (phat ride, freak in bed...) that she's looking for in an ideal mate. But behind all her confidence she's got a secret -- one that even her best friend doesn't know about, one that may just keep her forever searching for her perfect man. Tameeka Johnson is a successful businesswoman who owns one of Atlanta's top

wellness shops. But even with business booming, success in her bedroom is at an all-time low. Then, when she meets her black prince -- a loving man who promises to treat her like gold -- her insecurities about her sizeable body may just keep her from living the dream. Stacie and Tameeka are super tight, but their friendship is tested by sexy NBA players, baby mama drama, and temptations like they've never known before. Because if there's one thing these girls like better than each other, it's men.

who owns love wellness: Wellness His Way Caren Fehr, 2023-07-17 Have you ever thought about what it would look like to take care of your body with God, His way and for His glory? Our bodies do matter. The problem is that so often we make our bodies the main thing when they are simply meant to help us do the main thing, which is to love God and love others. For so long I took care of my body as though I was the owner of it rather than as the steward of it. I got stuck in either idolizing my body or neglecting it all together. My health was a tangled mess and the enemy tried to convince me it was hopeless. But God gently drew near to me and whispered, "I can untangle it if you let Me." I let Him and He did. Are you ready to let Him? Are you ready to learn and live His way? This book is for: - The friend who obsesses about their body, neglects it, or is anywhere in between! - The friend who is ready to surrender this area of their life to Christ. - The friend who wants to be both strong in their spirit and healthy in body. - The friend who feels they've been given a "problem body," so why bother? - The friend who wants to learn how to steward their health with God, His way and for His glory. Friend, you can steward your body with joy, peace and as an extension of your worship. I am cheering you on as you say yes to discovering why God's way is not only greater but is ultimately the Way.

who owns love wellness: I Forgot to Die Khalil Rafati, 2015 Khalil Rafati went to Los Angeles in the 1990s and had it all. He was working with Hollywood movie stars and legendary rock musicians, but it wasn't long before he found his way into the dark underbelly of the City of Angels. When he hit rock bottom addicted to heroin and cocaine, overtaken by paranoia and psychosis, written off by his friends and family he grabbed a shovel and kept digging. At 33, Khalil was 109 pounds, a convicted felon, high school dropout, and homeless junkie living on the infamous Skid Row in downtown L.A.

who owns love wellness: Money, a Love Story Kate Northrup, 2013-09-10

who owns love wellness: Love's Own Truths Bert Hellinger, 2001

who owns love wellness: The Kind Diet Alicia Silverstone, 2011-03-15 Addresses the nutritional concerns faced by many who are new to plant-based, vegetarian diets and shows how to cover every nutritional base, from protein to calcium and beyond. Features irresistibly delicious food that satisfies on every level --including amazing desserts to keep the most stubborn sweet tooth happy.

who owns love wellness: Love Works Joel Manby, 2020-03-17 Updated and Expanded Edition of the Leadership Bestseller Harness the meaning of love, the verb, to improve your corporate culture and bottom line with the help of Joel Manby, former President and CEO of both SeaWorld Parks & Entertainment and Herschend Enterprises. Joel won the respect of America with his appearance on the CBS reality TV series Undercover Boss. A highly successful corporate executive, Joel Manby is unlike most other CEOs. As the 18 million viewers of Undercover Boss witnessed, Manby has a unique style of leadership--servant leadership--which has a profound impact on his employees. In this updated and expanded edition of Love Works, Manby demonstrates that leading with love is effective even in extremely difficult business environments, which he experienced at SeaWorld. With an all-new introduction and two additional chapters, Manby shares more of his own leadership and personal stories, giving insight that will help you become a more effective leader by: Cultivating a culture that builds improved employee engagement and long-term success Outlining seven time-proven principles that break down the natural walls within the workplace Overcoming personal failures at work and home Empowering your managers and employees Disarming difficulties in the workplace Discover the truth of the power of love to change the course of your business and your life today!

who owns love wellness: *The Juice Generation* Eric Helms, 2014-01-14 From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation ! Refresh, Restore, and Rejuvenate Get ready to live juicy with The Juice Generation. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes The Juice Generation offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you're newly juice curious, or already an old pro, The Juice Generation's plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. Juicing Tools for Detoxing and Healing The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

who owns love wellness: *Family Wellness Guide* Tara Fellner, Becky Ankeny, 2012-01-31 The Family Wellness Guide is a soothing mix of history, basic information, and practical suggestions for keeping your whole family well. According to the World Health Organization, 80 percent of the world's population entrusts their health care to natural remedies and traditional practitioners. Out Mother Earth provides not only the basic food, water, and shelter that we need to survive, but also the wonderful medicinal herbs, plants, and flowers to comfort, soothe, and heal. More and more, people are turning to nature for their healing of body and mind. The Family Wellness Guide covers such areas as herbs, flower remedies, homeopathy, and aromatherapy, and includes a definitive Guide to Common Ailments. The author also provides her Top Twelve recommendations, such as Mother Earth's Top Twelve Healing Herbs. This comprehensive, traditional healing book is unique in its additional focus on children, and not only discusses childhood ailments in each chapter, but also provides games and stories for children throughout the text. Specific chapters on bathtime and bedtime rituals will create a sense of well-being for the entire family.

who owns love wellness: *Bye Bye Baby* Caroline Sullivan, 2016-04-25 _____
The story of a teen's love affair with the Bay City Rollers _____ Over four hot summers from 1975 to 1979, teenager Caroline Sullivan and her friends criss-crossed the USA in the Rollers' wake. They staked out airports and hotels, tricking airline clerks and wheedling information out of PR companies.

who owns love wellness: *The Glutathione Revolution* Nayan Patel, 2020-09-08 Ward off life-threatening disease and symptoms of aging with this guide to boosting your levels of glutathione (GSH), the master antioxidant. The body has a remarkable ability to ward off disease and heal itself--and it does it with the help of the most important antioxidant you've never heard of: glutathione (GSH), the master antioxidant. This indispensable molecule--which we make ourselves--holds the key to immunity, vitality, and lifelong health, helping to flush out toxins, fight DNA-damaging free radicals, and rebuild other essential antioxidants like Vitamins C and E. It's been linked to longevity in centenarians, and it protects against diseases like cancer, diabetes, and Alzheimer's. It plays a role in lesser ailments too: low glutathione levels could be the culprit behind your fatigue, aches, and pains. At the forefront of the latest GSH research, Dr. Nayan Patel shares all the information you need to boost your glutathione levels, revitalize your body, and transform your life with this naturally-occurring super antioxidant. In *The Glutathione Revolution*, he addresses the most important questions about GSH: What exactly is glutathione? What happens when your GSH levels are low? What diseases does GSH ward off? How can you naturally increase the amount of GSH your cells produce? What foods should you eat--and not eat? What are the safest and most effective GSH supplements? With a wealth of practical information and three easy, accessible action plans that you can tailor to your own life and health concerns, you too can harness the power of

glutathione.

who owns love wellness: Building a Wellness Business That Lasts Rick Stollmeyer, 2020-10-20 Start and grow a durable business in the rapidly growing wellness industry! As we emerge from COVID-19 the world sits on the cusp of a massive wave of wellness industry growth. This Fourth Wave of Wellness will bring hundreds of millions more people into healthier, happier lifestyles, creating millions of jobs and producing massive entrepreneurial opportunities. Whether your goal is to work from home, open a neighborhood wellness studio or launch the next global wellness brand, Building a Wellness Business That Lasts is your definitive guide. Wellness has become one of the largest and most important business opportunities of our age, fueled by massive societal trends, rapid technology innovations, and hundreds of thousands of wellness business entrepreneurs. Independent teachers, trainers, and therapists and studio, gym, spa, and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier, happier lives. Author Rick Stollmeyer is the co-founder and CEO of Mindbody, Inc., the leading technology platform for the wellness industry. Over more than two decades, Rick built Mindbody from a garage startup into a multi-billion-dollar technology platform for the wellness industry, helping thousands of wellness business owners achieve their visions in the process. This experience has given Rick a front row seat to the explosive growth of the wellness industry. He brings that unique experience and his passion for entrepreneurship to Building a Wellness Business That Lasts. This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success.

who owns love wellness: Indigenous Health Equity and Wellness Catherine E. Mckinley, Michael S. Spencer, Karina Walters, Charles R. Figley, 2022-02-27 This book focuses on promoting health equity and addressing health disparities among Indigenous peoples of the United States (U.S.) and associated Territories in the Pacific Islands and Caribbean. It provides an overview of the current state of health equity across social, physical, and mental health domains to provide a preliminary understanding of the state of Indigenous health equity. Part 1 of the book traces the promotive, protective, and risk factors related to Indigenous health equity. Part 2 reports promising pathways to achieving and transcending health equity through the description of interventions that address and promote wellness related to key outcomes. The chapters in this book were originally published as a special issue of the Journal of Ethnic & Cultural Diversity in Social Work.

who owns love wellness: Who Owns Domestic Abuse? Ruth Marie Mann, 2000-01-01 Mann details a community effort to establish a shelter for abused women in a small Ontario municipality. She uses personal accounts of abuse to urge activists and intervenors to argue less and listen more.

who owns love wellness: Is Gwyneth Paltrow Wrong About Everything? Timothy Caulfield, 2016-05-10 An exploration of the effect our celebrity-dominated culture has on our ideas of what it means to live the good life What would happen if an average Joe tried out for American Idol, underwent a professional makeover, endured Gwyneth Paltrow's "Clean Cleanse," and followed the outrageous rituals of the rich and famous? Health law policy researcher Timothy Caulfield finds out in this thoroughly unique, engaging, and provocative book about celebrity culture and its iron grip on today's society. Over the past decade, our perceptions of beauty, health, success, and happiness have become increasingly framed by a popular culture steeped in celebrity influence and ever more disconnected from reality. Research tells us that our health decisions and goals are influenced by celebrity culture and endorsements, our children's ambitions are now overwhelmingly governed by the fantasy of fame, and the ideals of beauty and success are mediated through a celebrity-dominated worldview. But while much has been written about the cause of our obsession with the rich and famous, Caulfield argues that not enough has been done to debunk celebrity messages and promises about health, diet, beauty, or happiness. From super-thin models to Gwyneth Paltrow's endorsement of a gluten free-diet for almost anyone, celebrity opinions have the power to dominate our conversations and outlooks. In this book, Caulfield provides an entertaining look into the celebrity world, including vivid accounts of his own experiences trying out for American Idol, having his skin resurfaced, and doing the cleanse; interviews with actual celebrities;

thought-provoking facts, and a practical and evidence-based reality check on our own celebrity ambitions.

who owns love wellness: The Illustrated Guide to Holistic Care for Horses Denise Bean-Raymond, 2009

who owns love wellness: Retrospective Wellness Series Sripremraj Sinnaiah, 2020-05-05 Life-changing methods are usually simple, easy, and free! Do you value health over everything else? Do you wish to guarantee a long-lasting healthy life for yourself and your loved ones? Do you feel insecure about the various outbreaks and sicknesses around? Do you wish to discover health from a new dimension? Do you wish to celebrate life, relish each moment of it without the fear of illness? If your answer is YES to any of the questions above, then this book will prove a worthy investment of your time and money. The book emphasizes some guiding principles on health, tried and tested in the past, although in recent times, they have been forgotten amidst our rat race. The results of such a lifestyle were proved beyond doubt by our ancestors. This book gives a holistic approach to wellness, a manual on the fundamentals of health and longevity. The best part is that the moment you read a particular principle, you will end up wondering, why didn't I think of this before?

who owns love wellness: *Wellness* Brent Q. Hafen, Werner W. K. Hoeger, 1997-08 Whenever students pick up a newsletter on wellness, they read health articles in magazines, or watch current health documentaries on television, they often see the mind-body connection discussed. As we move into the 21st century there is a real trend toward healing and staying well through behaviors. Anger, hostility, stress, loneliness, and self-esteem are just a few of the things that affect health. This text is ideal for professors who discuss any of these concepts with their students. This text covers the mind-body connection and self-responsibility.

who owns love wellness: *Natural Causes* Barbara Ehrenreich, 2018-04-10 From the celebrated author of *Nickel and Dimed*, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, *Natural Causes* describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But *Natural Causes* goes deeper -- into the fundamental unreliability of our bodies and even our mind-bodies, to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own decisions, and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, *Natural Causes* examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

who owns love wellness: The Plant Powered Penis Mindy Mylrea, 2020-04-08 The Penis. Half the population owns one. The other half knows someone who owes one. Unfortunately, many of those penises have lost their pep. Erectile dysfunction is no longer an old guy's issue. Men as young as 30 are now showing signs of ED and ED may be a knock on the door to something much worse. ED can be an early warning sign for atherosclerosis, heart disease, and even an early death. Without masking the problem with the little blue pill, the pump, or the prosthetic, let's look at the starring role our diet plays in either helping or hurting our wilting or willing willies. This book introduces you to the science and research outlining the causes and effects of food on penile function and provides

tips for taking matters of our members, into our own hands. Sprinkled in along the way are personal penis stories and observations and tips to assist with every aspect of overall penal wellness. The Plant Powered Penis covers foods to eat every day that enhance blood flow and artery function including healthy recipes, partnership pointers, exercise template, and ways to transition easily to a healthier you. You deserve to have a proud penis. One that stands to attention at a moment's notice. This book is for everyone--whether you own one or just love someone who does. Foods have powerful effects on health--they can help you lose weight, lower cholesterol, and even reduce your cancer risk. But there is one benefit you might not have anticipated, and that is their effect on your sex life. Give it a try, and you'll see what I mean. This engaging book brings you the information you need, along with delicious recipes to put it to work. Neal D. Barnard, MD Adjunct Professor George Washington University School of Medicine President, Physicians Committee This entertaining book engages readers with the science and research of eating a whole food, plant-based diet without added oil and also with Mindy's personal experience of how plant-based nutrition plays an important role in a healthy marriage/partnership and health overall. John McDougall, MD Founder of the McDougall Program Best-selling author--The Starch Solution Playful and sexy in its delivery, the information Mylrea shares is health positive regardless of your genitalia. Whether you choose to go fully vegan or not, a plant-based diet is clearly associated with enhanced wellbeing, reducing the risk of chronic illness such as obesity, diabetes, heart disease, and cancer. Helpful motivating tips and enticing recipes provide practical resources to encourage the adoption of improved nutrition for a healthier lifestyle. Donald I. Abrams, MD, Integrative Oncologist, UCSF Osher Center for Integrative Medicine Professor of Clinical Medicine, University of California San Francisco IT'S ABOUT TIME for this book to come out! I've health coached hundreds of men over a decade now, and they need this NOW more than ever! This quick, easy-to-read guide will give you all the action steps you need to take your health back into your own hands! Thank you, Mindy, for bringing this book to life! Can't wait to give them out as Holiday Gifts! Michelle Joy Kramer Board Certified Health Coach, CHHC, AADP Vegan is the new viagra! In this delightful book you'll learn that what's good for your heart is good for all of your organs. Why take a blue pill when you can eat a green leaf? Chef AJ Author: The Secrets To Ultimate Weight Loss

who owns love wellness: The Well of Loneliness Radclyffe Hall, 2015-04-24 This early work by Radclyffe Hall was originally published in 1928 and we are now republishing it with a brand new introductory biography. 'The Well of Loneliness' is a novel that follows an upper-class Englishwoman who falls in love with another woman while serving as an ambulance driver in World War I. Marguerite Radclyffe Hall was born on 12th August 1880, in Bournemouth, England. Hall's first novel The Unlit Lamp (1924) was a lengthy and grim tale that proved hard to sell. It was only published following the success of the much lighter social comedy The Forge (1924), which made the best-seller list of John O'London's Weekly. Hall is a key figure in lesbian literature for her novel The Well of Loneliness (1928). This is her only work with overt lesbian themes and tells the story of the life of a masculine lesbian named Stephen Gordon.

who owns love wellness: Unscripted Love Melanie A. Smith, 2024-11-01 Sometimes you have to go off-script to find your true role in life ... Carrie Anderson has always put others first, following the path that was expected of her over her own desires. But when she finds herself jobless and disillusioned, she takes a chance on a new venture in the charming town of Alpine Ridge, discovering a strength she never knew she had. As she helps shape the town's future, Carrie finds herself drawn to the last person she ever expected to find in a small, out-of-the-way town in the Cascade Mountains of Washington State - Hollywood heartthrob Evan Edwards. Evan thought he had it all — fame, fortune, and a successful career as an action movie star. But when a scandal threatens to derail his career, he retreats to his brother's mountain hideaway to escape the spotlight. In Alpine Ridge, he finds a simpler life and a connection he never thought possible with the town's ambitious political consultant. As Evan grapples with his future in Hollywood, he realizes that true happiness might lie far from the red carpet. As Carrie and Evan navigate their growing feelings, they must confront their fears and overcome the challenges of their different worlds. Will

Carrie find the courage to step into the spotlight of Evan's world? Or will Evan be willing to leave behind the glitz and glamour of Hollywood for a chance at real happiness? In this heartwarming tale of love, self-discovery, and small-town charm, Carrie and Evan must learn that sometimes the greatest love stories are unscripted.

who owns love wellness: Make Some Noise Andrea Owen, 2021-08-31 A bold and unabashed guide to finding your voice, harnessing your true desires, and leading the life you really want. Women are tired of worrying that they are being too loud if they speak up and say what they believe, want, or need, and are ready to feel their power and make themselves heard. A certified life coach and author of the bestseller *How to Stop Feeling Like Shit*, Andrea Owen knows that this is absolutely attainable if women can channel their righteous anger and desire. But she also knows that they'll need to disrupt a status quo in which women have been conditioned and socialized to remain on the sidelines and to put others before themselves. With all of the expertise of a veteran feminist and hell-raiser, and the relatability of a dear friend, *Make Some Noise* will push women to step outside of rigid societal expectations and show them how to take back control of their lives, and make them all their own. In *Make Some Noise*, Owen deconstructs common behavior patterns that sabotage our power as women, and instead suggests new behaviors for creating a life that truly serves our desires and needs. From unlearning the notion that women should stay quiet and take up little space to trusting your inner wisdom, *Make Some Noise* is a raw and honest guidebook, and, ultimately, a call to arms.

who owns love wellness: Bluebird Sharon Cameron, 2021-10-05 Author of Reese's Book Club YA Pick *The Light in Hidden Places*, Sharon Cameron, delivers an emotionally gripping and utterly immersive thriller, perfect for fans of Ruta Sepetys's *Salt to the Sea*. In 1946, Eva leaves behind the rubble of Berlin for the streets of New York City, stepping from the fiery aftermath of one war into another, far colder one, where power is more important than principles, and lies are more plentiful than the truth. Eva holds the key to a deadly secret: Project Bluebird -- a horrific experiment of the concentration camps, capable of tipping the balance of world power. Both the Americans and the Soviets want Bluebird, and it is something that neither should ever be allowed to possess. But Eva hasn't come to America for secrets or power. She hasn't even come for a new life. She has come to America for one thing: justice. And the Nazi that has escaped its net. Critically acclaimed author of *The Light in Hidden Places* Sharon Cameron weaves a taut and affecting thriller ripe with intrigue and romance in this alternately chilling and poignant portrait of the personal betrayals, terrifying injustices, and deadly secrets that seethe beneath the surface in the aftermath of World War II.

who owns love wellness: *Luna Finds Love Everywhere* Shainna Ali, 2021-08-17 Can you find love everywhere? It's easier than you think! Follow Luna as she discovers self-love in small, everyday moments. From kindness and sharing to what to do when things don't go your way, *Luna Finds Love Everywhere* celebrates the many ways we can love and appreciate each other and ourselves!--

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apartment, a rambling country cottage or an elegant town house For the Love of White offers the definitive book on decorating with white and neutral ones. From room schemes for light, bright family kitchens and calming bedrooms to the all-important finishing touches—this is a book to be inspired by again and again. Illustrated with specially commissioned photography by leading interiors photographer, Chris Everard and organized into three sections—Country, Town and Coastal—the book provides both the advice and the inspiration needed to transform your home.

who owns love wellness: Live. Learn. Love Rachel Ann Dine, 2019-02-10 In our world, women hear it all the time: practice self-care, love yourself, and be empowered, but what does this actually mean? Live. Learn. Love. takes out the guesswork of these sometimes ambiguous terms and provides realistic (real-talk!) ways you can achieve mental wellness in your life. We don't always know ways to proactively live, learn, and love that will aid in our success, and sometimes our journey through life can become discouraging. You CAN live life from a place of empowerment and this self-help wellness book seeks to help you do just that! Throughout Live. Learn. Love., Rachel Ann Dine, LPC, provides relatable techniques and concepts for you to easily apply to your life to gain a better sense of self-awareness and make positive changes. Catered to women, Live. Learn. Love., includes ways to goal-set on the personal level and practice self-exploration with the take action assignments that are thoughtfully included throughout this wellness book. Licensed Professional Counselor, Rachel Ann Dine, has spent over a decade in the mental health field helping women reconnect with who they are and regain self-confidence. She has observed over time, that there are many commonalities between living, learning, and loving as a woman and shares in her book ways you can live a self-care lifestyle to help you be your most empowered self. Rachel Ann writes One of the most important pieces of being a woman is staying true to yourself and knowing your worth. Learning to live intentionally and let go of people, places, and things who are not serving you well will always aid in your mental wellness! Is living empowered easy and straightforward? No, not always. But when you have a clearer sense of who you are and what you want from life, you're better able to make healthy decisions and live life with contentment, and not fear. Live. Learn. Love. is written for the down to earth woman who may be struggling with knowing who she is, loving self, getting over the past, and or having difficulty with seeing her worth in this world. If you're ready to learn how to truly love yourself through living the self-care lifestyle, learn from past mistakes instead of allowing them to hold you back, or reconnect with who you are, this book is for you.

who owns love wellness: Healing with Essential Oils Jodi Sternoff Cohen, 2017-02-06 In this ground-breaking guide to advanced essential oils, Vibrant Blue Oils founder Jodi Sternoff Cohen shares her thorough and comprehensive roadmap for using essential oils to balance the underlying causes of various health concerns, including poor sleep, stress, compromised digestion, detoxification, gut inflammation, poor circulation, and blood sugar issues. While many use essential oils to treat particular symptoms, like a stuffy nose or poor sleep, Jodi Cohen reveals in Healing with Essential Oils how essential oils can bring specific organs and regions of the brain, back into balance, thereby supporting the body to heal itself. She also has discovered that essential oils, when combined in certain synergistic combinations, expand their healing benefits exponentially, beyond that of the individual oils. Healing with Essential Oils will show you how oils provide an open backdoor into the body through the olfactory channel and topical application, especially when the front door of digestion is compromised. This book will empower you with the knowledge and tools you need to identify and prioritize your underlying health issues and support your healing journey with essential oils. Healing with Essential Oils offers a variety of tools and checklists to help both the home practitioner and the professional understand why essential oils work and how to use them to support: Restful Sleep Enhanced Mood Reduced Stress, Anxiety, and Depression Optimal Digestion Reduced Inflammation in the Gut and the Brain Enhanced Detoxification Balanced Blood Sugar Improved Circulation Healing with Essential Oils will empower you with the knowledge and tools to start feeling better with less work.

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who owns love wellness: Who Owns Whom , 2008

who owns love wellness: Livingood Daily Livingood, 2017-12-24 America takes 75% of the worlds medications and seven out of ten people die of chronic and preventable diseases. The health care system meant to remedy this problem is now the third leading cause of death itself. This exists because we often ignore our health or assume we are healthy until disease hits. Then once disease hits we manage the sickness with drugs and surgeries. That's not health care, that's sick care. This book is the guide to experience real health. If you manage sickness and disease you get sickness and disease, if you build health you get health.

who owns love wellness: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

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