

asheville vision and wellness

Asheville Vision and Wellness: Your Guide to Clarity and Wellbeing in the Mountains

Are you ready to experience the breathtaking beauty of Asheville, North Carolina, while simultaneously nurturing your mind, body, and spirit? This guide dives deep into the vibrant world of Asheville Vision and Wellness, exploring the unique offerings and opportunities available to enhance your overall well-being in this stunning mountain city. We'll uncover hidden gems, highlight top-rated practitioners, and explore the synergistic relationship between a healthy visual experience and overall wellness. Whether you're a local seeking enhanced care or a visitor looking to incorporate self-care into your mountain getaway, this comprehensive guide has something for you.

Finding the Right Eye Care in Asheville: More Than Just 20/20

Asheville boasts a diverse range of eye care professionals, catering to every need from routine checkups to complex vision correction. When searching for "Asheville vision and wellness," you'll find everything from traditional optometrists and ophthalmologists to specialized practitioners offering cutting-edge treatments. Consider these factors when choosing your eye care provider:

Insurance Coverage: Check if your insurance provider covers the practitioners within your preferred network. Many Asheville practices accept a variety of plans.

Specializations: Do you need specific care, such as glaucoma management, pediatric ophthalmology, or low vision rehabilitation? Research providers specializing in your needs.

Technology: Many modern practices utilize advanced technology for diagnostics and treatment. Inquire about the technology available to ensure you receive the most accurate and effective care.

Patient Reviews: Online reviews provide invaluable insight into the patient experience. Look for consistent positive feedback regarding professionalism, wait times, and overall satisfaction.

Location and Accessibility: Consider the location's convenience and accessibility, especially if you require frequent visits.

Beyond the Eyes: Holistic Wellness in Asheville

Asheville's commitment to wellness extends far beyond eye care. The city's vibrant culture embraces holistic approaches, fostering a strong connection between physical, mental, and spiritual well-being. Exploring these aspects alongside your vision health can lead to a more comprehensive and enriching experience.

Yoga and Meditation Studios: Numerous studios throughout Asheville offer various yoga styles and meditation practices. These activities can help reduce stress, improve focus, and enhance overall mental clarity, complementing any vision therapy or treatment.

Nature Therapy: Asheville's stunning natural environment provides unparalleled opportunities for nature therapy. Hiking, exploring waterfalls, and simply breathing in the fresh mountain air can significantly reduce stress and improve your overall mood, positively impacting both your mental and visual well-being.

Nutritional Wellness: A balanced diet plays a crucial role in overall health, including eye health. Numerous health food stores and restaurants in Asheville offer fresh, locally sourced ingredients to support your nutritional needs. Consider consulting a nutritionist for personalized guidance.

Massage Therapy and Bodywork: Relaxation techniques, such as massage therapy, can reduce eye strain and tension headaches often associated with prolonged screen time or vision problems. Asheville has many skilled massage therapists offering various modalities to suit your preferences.

Integrating Asheville Vision and Wellness for Optimal Health

The most significant advantage of prioritizing both vision care and holistic wellness in Asheville is the synergistic effect. Addressing eye health concerns alongside overall well-being creates a holistic approach that maximizes the benefits of each. For example:

Reduced Eye Strain: Stress management techniques like yoga and meditation can significantly reduce eye strain, a common complaint among individuals who spend extended periods in front of screens.

Improved Sleep Quality: Adequate sleep is vital for both eye health and overall well-being. Prioritizing relaxation techniques and creating a calming sleep environment will contribute to both.

Enhanced Cognitive Function: Regular exercise, healthy nutrition, and stress reduction contribute to improved cognitive function, positively impacting visual processing and learning.

Increased Energy Levels: Addressing underlying health concerns through holistic practices can improve energy levels, making it easier to manage daily tasks and maintain eye health routines.

Finding Your Asheville Vision and Wellness Journey

Your journey towards optimal vision and wellness in Asheville is unique to you. Start by identifying your specific needs and goals. Research practitioners, explore holistic wellness options, and prioritize self-care. Remember that maintaining a proactive approach to your health is key to achieving long-term well-being. Don't hesitate to schedule consultations, ask questions, and find a healthcare team that aligns with your values and priorities. The beauty of Asheville provides the perfect backdrop for this transformative journey, offering a unique blend of exceptional healthcare and a rejuvenating environment.

Conclusion

Asheville offers a remarkable opportunity to prioritize both your vision health and overall well-being. By integrating eye care with holistic wellness practices, you can experience a significant improvement in your quality of life. Embrace the beauty of the mountains, nurture your body and mind, and discover the transformative power of Asheville Vision and Wellness.

FAQs

1. What types of eye care specialists are available in Asheville? Asheville has a wide range of eye care professionals, including optometrists, ophthalmologists, and specialists in areas like glaucoma management and pediatric ophthalmology.
1. How can I find a holistic wellness practitioner in Asheville? You can search online directories, ask for recommendations from your eye doctor or other healthcare providers, or explore the local wellness centers and spas.
1. Are there any specific dietary recommendations for eye health? A diet rich in antioxidants, omega-3 fatty acids, and lutein and zeaxanthin is beneficial for eye health. Consulting a nutritionist can provide personalized dietary advice.
1. How can nature therapy benefit my vision and overall health? Spending time in nature reduces stress, improves mood, and promotes relaxation, all of which positively impact eye health and overall well-being.
1. What are some cost-effective ways to integrate holistic wellness into my routine? Simple practices like regular walks in nature, mindful breathing exercises, and incorporating healthy foods into your diet can be cost-effective ways to improve your overall wellness.

asheville vision and wellness: Give Up Your Glasses for Good Nathan Oxenfeld, 2018-05-05
Learn how to prevent and reverse vision problems naturally with holistic eye care, which combines the Bates Method, Yoga, Meditation, Breathwork, Emotional Healing, and more to achieve dynamic relaxation, mental focus, and improved eyesight and insight. Glasses, contacts, and surgeries simply treat the symptoms of vision problems. Holistic eye care addresses the underlying root causes of vision problems.

asheville vision and wellness: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 “Dr. Sims realizes that female athletes are different than male athletes and you can’t set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best.”—Evie Stevens, Olympian, professional road cyclist, and current women’s UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it’s no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active

women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

asheville vision and wellness: American Barefoot Doctor's Manual Accem Scott, 2004-04-01 In mid twentieth century China, during the time of the Cultural Revolution, there was a great need for medical treatment and a severe shortage of medical practitioners, especially in the countryside. To remedy this situation, workers and farmers were trained in the prevention and treatment of disease. These people were known as Barefoot Doctors. The American Barefoot Doctor's Manual was created in the spirit of these original barefoot doctors. Strategies for using Chinese Patent Medicines, LM Homeopathics, and Flower Essences are found throughout the manual. Also included in this work is an integrated form of movement therapy which opens and increases the energetics through all 14 meridians. For a limited time I will provide 1/2 hour session of Chinese Energetic Method with each purchase.

asheville vision and wellness: The Problem with Prophecies Scott Reintgen, 2022-05-24 Twelve-year-old Celia Cleary's first vision launches a quest to change her neighbor Jeffrey Johnson's fate--

asheville vision and wellness: The Last Castle Denise Kiernan, 2017-09-26 A New York Times bestseller with an engaging narrative and array of detail" (The Wall Street Journal), the "intimate and sweeping" (Raleigh News & Observer) untold, true story behind the Biltmore Estate—the largest, grandest private residence in North America, which has seen more than 120 years of history pass by its front door. The story of Biltmore spans World Wars, the Jazz Age, the Depression, and generations of the famous Vanderbilt family, and features a captivating cast of real-life characters including F. Scott Fitzgerald, Thomas Wolfe, Teddy Roosevelt, John Singer Sargent, James Whistler, Henry James, and Edith Wharton. Orphaned at a young age, Edith Stuyvesant Dresser claimed lineage from one of New York's best known families. She grew up in Newport and Paris, and her engagement and marriage to George Vanderbilt was one of the most watched events of Gilded Age society. But none of this prepared her to be mistress of Biltmore House. Before their marriage, the wealthy and bookish Vanderbilt had dedicated his life to creating a spectacular European-style estate on 125,000 acres of North Carolina wilderness. He summoned the famous landscape architect Frederick Law Olmsted to tame the grounds, collaborated with celebrated architect Richard Morris Hunt to build a 175,000-square-foot chateau, filled it with priceless art and antiques, and erected a charming village beyond the gates. Newlywed Edith was now mistress of an estate nearly three times the size of Washington, DC and benefactress of the village and surrounding rural area. When fortunes shifted and changing times threatened her family, her home, and her community, it was up to Edith to save Biltmore—and secure the future of the region and her husband's legacy. This is the fascinating, "soaring and gorgeous" (Karen Abbott) story of how the largest house in America flourished, faltered, and ultimately endured to this day.

asheville vision and wellness: Joshua Spassky Gwendoline Riley, 2008 Joshua and Natalie share a vexed five-year history of sporadic encounters, explosive drunkenness and failed intercourse, spliced with sad intimations of true love. Natalie is attempting to start a new life in Manchester, but when Joshua calls unexpectedly and asks her to meet him in America she knows she has no choice but to go. Whilst wandering around the Blue Ridge Mountains or lying together for days in their

cheap hotel room, they talk about their lives - about his ex-wife, and her dead family - and come to a surprising understanding. Shortlisted for the John Llewellyn Rhys Prize and winner of the Somerset Maugham Prize.

asheville vision and wellness: Travel & Leisure , 2004-05

asheville vision and wellness: Wellness for Makers Missy Graff Ballone, 2022-08-16 Learn the actions, movements, and best practices to help your body—your main craft tool—perform its best For artists and craftsmen of all ages to reduce their risk of injury in the studio Author is well known as founder of Wellness for Makers®, a company focused on this topic

asheville vision and wellness: The Soul-Sourced Entrepreneur Christine Kane, 2020-11-17 Can you succeed in business when your strength is more about sensitivity than swagger? If you're moved by meaning, more than manipulation? In other words: Can you succeed while still being you? Christine Kane is living proof that the answer is yes. Far too many of us have swallowed the notion that business owners have to be a certain way to be successful—strategy-obsessed, data-driven, and relentlessly aggressive. Bookstore shelves are lined with guides for entrepreneurs that urge them to Crush it! 10X It! or Unf**k it! Those who aren't crushers or unf**kers of anything are left wondering if something's wrong with them. Like, maybe they're just not cut out for business. A former songwriter and performer, and then founder of Uplevel YOU—a multi-million-dollar business coaching company—Christine Kane shows a new class of entrepreneurs another way. It's time to connect, not crush. In *The Soul-Sourced Entrepreneur*, Kane shares the insights that have helped thousands find success without losing themselves. In these pages, readers will find a practical plan to:

- Toss out ineffective, old-school goal-setting models.
- Reframe your intuition and sensitivity as valuable assets, not as flaws to hide.
- Examine old patterns for clues as to what's been holding you back.
- Clean up the spaces and distractions draining your energy and power.
- Learn to confidently trust in your own wisdom.
- Break free from fear-based decision-making that plagues most businesses.

Throughout the book, you'll hear stories from other soul-sourced entrepreneurs, who employ their own reliable, unique set of best practices based as much in intuition and self-awareness as on specific skills and strategies. Forget business as usual. Your business is personal, and in this new era, authenticity, creativity, and sensitivity are what set businesses apart. *The Soul-Sourced Entrepreneur* is your unconventional plan to build the business of your dreams, and being wildly successful by being you.

asheville vision and wellness: A Fabulous Fair Alphabet Debra Frasier, 2010-06-22 Letters of the alphabet in various graphic styles accompany words associated with fairs.

asheville vision and wellness: Maia Toll's Wild Wisdom Companion Maia Toll, 2021-11-23 Maia Toll's *Wild Wisdom Companion* guides readers in developing a personalized earth-based spiritual practice using rituals, writing prompts, recipes, symbols, and reflections tied to each season--

asheville vision and wellness: Ballparks Eric Enders, 2018-10-16 If you love baseball and the venerable stadiums its played in, you need this definitive history and guide to Major League ballparks of the past, present, and future. With a tear-out checklist to mark ballparks you've visited and those on your bucket list, *Ballparks* takes you inside the histories of every park in the Major Leagues, with hundreds of photos, stories, and stats about: Storied parks like Wrigley Field, Fenway Park, and Dodger Stadium Fan favorites AT&T Park, Camden Yards, PNC Park, Safeco Field, and so much more Forgotten treasures like Shibe Park in Philadelphia, Sportsman's Park in St. Louis, and all five parks of the Detroit Tigers New stadiums like the Atlanta Braves' SunTrust Park, the Minneapolis Twins' Target Field, and New York's Yankee Stadium and Citifield More than 40 other major league parks that tell the story of the national pastime through the lens of the fields the players call home No baseball fan's collection is complete without this up-to-date tome.

asheville vision and wellness: Murder at Asheville's Battery Park Hotel Anne Chesky Smith, 2021-07-26 Did the phrase That's what I was wondering... solve a murder? In the morning hours of July 16, 1936, Helen Clevenger's uncle discovered her bloodied body crumpled on the floor of her small room in Asheville's grand Battery Park Hotel. She had been shot through the chest.

Buncombe County Sheriff Laurence Brown, up for reelection, desperately searched for the teenager's killer as the public clamored for answers. Though witnesses reported seeing a white man leave the scene, Brown's focus turned instead to the hotel's Black employees and on August 9 he arrested bell hop Martin Moore. After a frenzied four-day trial that captured the nation's attention, Moore was convicted of Helen's murder on August 22. Though Moore confessed to Sheriff Brown, doubt of his guilt lingers and many Southerners feared that justice had not, in fact, been served. Author Anne Chesky Smith weaves together varying accounts of the murder and investigation to expose a complex and disturbing chapter in Asheville's history.

asheville vision and wellness: Subcommittee Hearing on how Small Businesses Can Best Address the Healthcare Needs of Their Employees United States. Congress. House. Committee on Small Business. Subcommittee on Rural and Urban Entrepreneurship, 2007

asheville vision and wellness: My Heart Flies Open Omileye Achikeobi-Lewis, 2021-09-07 "A vibrantly illustrated book that offers readers empowering affirmations"—Gabi Garcia, author of *Listening to My Body* An inclusive, empowering, and uplifting picture book about yoga, meditation, and coming home to self-love for children ages 4-8, especially girls of color In every situation I can blossom. Breathing in and breathing out, I know...I AM PEACEFUL. Beautifully and brightly illustrated, *My Heart Flies Open* takes readers on a yoga journey of mindful reflection, self-discovery, and self-love. Starting with Easy Pose (I AM LOVE) and moving through Mountain Pose (I AM STILLNESS), Triangle Pose (I AM ME), and more, *My Heart Flies Open* guides young readers through a grounding sequence of 15 yoga poses and affirmations. More than just another yoga or mindfulness book, *My Heart Flies Open* transports young readers to a magical world where they learn to overcome negative emotions and move dynamically through their feelings--shining bright and connecting to the peace, laughter, love, grounding, and spirit that live inside all along. With every yoga pose, each breath in, and each breath out, *My Heart Flies Open* brings young readers home to themselves: they are life, love, joy, and kindness; bold, fierce, peaceful, and whole. Written for children, and especially girls of color, ages 4 - 8.

asheville vision and wellness: Budget-Friendly Plant-Based Diet Cookbook Kathy A. Davis, 2021-08-17 Learn how to eat well on a plant-based diet for \$50/week! Eating healthy on a budget can be a challenge. Doing so on a whole-food, plant-based diet can seem almost impossible. The *Budget-Friendly Plant-Based Diet Cookbook* proves it's both achievable and tasty to eat vegan on a budget. Discover more than 75 healthy, inexpensive plant-based recipes that will keep your taste buds jumping, your belly full, and your grocery bill in check. Explore new favorites: Sweet Potato Breakfast Hash, Ratatouille Pasta, Peanut Butter Energy Bites, and many more! This plant-based cookbook offers tips for frugal food shopping, clever ways to stretch your dollars, and strategies for longer-lasting leftovers. Plant-based basics—New to a plant-based diet? Find plant-based cooking methods and kitchen tips that spice up meal time while avoiding oil, salt, and sugar. Meal planning—Try the three-week meal plan for a whole-food, plant-based diet that only costs \$50 per week! Follow along or use it as a template to create your own plant-based meal plan. Price tagged—Each recipe includes nutritional information and the approximate price per serving to help you to stick to your budget. Save money and eat healthy with *The Budget-Friendly Plant-Based Diet Cookbook*.

asheville vision and wellness: The Illustrated Crystallary Maia Toll, 2020-09-01 In the ancient world there were three medicine kingdoms: animal, vegetable, and mineral. Following her previous acclaimed volumes on animal (*The Illustrated Bestiary*) and vegetable (*The Illustrated Herbiary*), Maia Toll fulfills the call for mineral with *The Illustrated Crystallary*, exploring the mystical qualities of 36 fascinating crystals and minerals, including amethyst, hematite, mica, smoky quartz, emerald, ruby, and more. Combining bits of ancient wisdom with her own insights, Toll illuminates the aspects and energy of each stone and, through rituals and reflections, the life guidance it might offer contemporary readers. Obsidian's shiny surface and sharp edges reflect the shadowy corners of the self and serve as the tool for cutting them loose. The sky-like color of earthly turquoise provides balance between opposing forces. Stunning illustrations by Kate O'Hara magnify the symbolism of

each crystal and are also featured on 36 bonus cards included in an envelope bound in the back of the book. Also available: *The Illustrated Herbiary* and *The Illustrated Bestiary*

asheville vision and wellness: *Marketing Health Services*, 2004

asheville vision and wellness: *Together* Larry Duggins, 2017-05-05 *Together: Community as a Means of Grace* addresses the concept of community as an avenue to a deeper relationship with God. Using an ecumenical Wesleyan approach, Duggins explores the concept of God as community to conclude that bringing people together in almost any setting allows them to grow in God's image. He frames this idea using the historical concept of the means of grace: the ordinary ways in which people encounter God. Drawing heavily on the work of the Missional Wisdom Foundation, Duggins begins with a reflection on the community-building aspects of traditional church. He then uses storytelling to introduce four common forms of community: community through work, community through food, community through children's schools and activities, and community through shared recreational activities. *Together* is intended to help Christian people embrace the freedom to experiment with alternative forms of Christian community. Duggins nudges the missional imagination of people who long for spiritual connection and growth, but for whom traditional church is not the answer. Using a yes, and approach, he shows that traditional church can empower and stand alongside new forms of community, each of which can act as a means of grace.

asheville vision and wellness: *The French Broad* Wilma Dykeman, 1965

asheville vision and wellness: *Inner Engineering* Sadhguru, 2016-09-20 NEW YORK TIMES BESTSELLER • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. "A loving invitation to live our best lives and a profound reassurance of why and how we can."—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. *Inner Engineering* presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

asheville vision and wellness: *Cracking the Metabolic Code* B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 *Crack Your Code and Reach a New Level of Healing and Health* Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a

step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

asheville vision and wellness: Visionary Kitchen Sandra Young, OD, Anne Marie Coutts, DTR Photographer, 2018-01-24 Visionary Kitchen: A Cookbook for Eye Health includes 150+ beautifully photographed, gourmet recipes designed to support eye health and wellness, and visual performance. Age-related macular degeneration (AMD) is the leading cause of central vision loss in adults over fifty. Several studies have shown lutein, zeaxanthin, omega-3 fatty acids along with other nutrients can delay the onset and slow the progression of AMD. Athletes who strive for their best visual performance will benefit from eating for eye health. Elite visual skills are required for hitting baseballs, hockey pucks and tennis balls. Personalize your eye health diet using the food charts. Learn about culinary preparation to maximize nutritional content. Enjoy a wide variety of recipes including: traditional-fare, vegetarian, vegan, dairy-free and gluten-free. Feeding your eyes never tasted so good!

asheville vision and wellness: The Science of the Mind Ernest Holmes, 2007-06-01 First published in 1926, this book is the most important writing from preacher Ernest Shurtleff Holmes. In it, he strives to introduce man to himself, as he truly is. Man is part of the Infinite Spirit, as is all of the visible and invisible in existence. And sharing in the creative power of the Infinite, man becomes able to make thought manifest, as is the case with illness. Holmes explains how the mind controls illness in the body and how changing one's mental state can be healing. In this volume, Holmes gives readers a complete course in Mental Science, so that they may come to understand the power and potential that exists within. Anyone looking for a new way to understand the world and their place in it will find this an empowering read.

asheville vision and wellness: Publication , 1994

asheville vision and wellness: Yoga Journal , 2003-03 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

asheville vision and wellness: Sacred Woman Queen Afua, 2012-06-20 The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

asheville vision and wellness: Conquering Macular Degeneration Edward L. Paul, 2002 Macular degeneraion is the leading cause of blindness for those over the age of 65 and affects as many as 15 million North Americans. That number is projected to grow to an epidemic 30 million by 2010. Getting old and going blind is not your only option! What most eye doctors are telling their patients is that there is no treatment for this disease... and that simply isn't true. These controversial words come from one of the nation's leading authorities on eye disease, Dr. Edward L. Paul, Jr. This ground breaking book discloses the latest breakthroughs and treatments for macular degeneration. Debunking the myths that surround this blinding disease, Dr. Paul disucusses new research evolving in the field of nutrition as well as cutting edge therapies in electro medicine such as MCS™ Therapy.

MCS™ is a new safe, nonsurgical, inexpensive and painless treatment that is helping over 75% of the patients treated, says Dr. Paul. In this book, you'll learn: How to dramatically improve your vision in 4 days. Why your eye doctor doesn't know about these new therapies. How inexpensive nutritional supplements may save your eyesight. How taking one simple action will improve your chances of recovery by 350%. Conquering macular degeneration is finally achievable and there is now hope where previously there was none. Dr. Paul's book uncovers secrets that will truly become the medicine of the millennium.

asheville vision and wellness: Make Mead Like a Viking Jereme Zimmerman, 2015-10-15 A complete, practical, and entertaining guide to using the best ingredients and minimal equipment to create flavorful brews—including wildcrafted meads, bragots, t'ej, grog, honey beers, and more! A great guide . . . full of practical information and fascinating lore.—Sandor Ellix Katz, author of *The Art of Fermentation* Ancient societies brewed flavorful and healing meads, ales, and wines for millennia using only intuition, storytelling, and knowledge passed down through generations—no fancy, expensive equipment or degrees in chemistry needed. In *Make Mead Like a Viking*, homesteader, fermentation enthusiast, and self-described “Appalachian Yeti Viking” Jereme Zimmerman summons the bryggjemann of the ancient Norse to demonstrate how homebrewing mead—arguably the world’s oldest fermented alcoholic beverage—can be not only uncomplicated but fun. Inside, readers will learn techniques for brewing: Sweet, semi-sweet, and dry meads Melomels (fruit meads) Metheglins (spiced meads) Ethiopian t'ej (honey wine) Flower and herbal meads Bragots Honey beers Country wines Viking grog And there's more for aspiring Vikings to explore, including: The importance of local and unpasteurized honey for both flavor and health benefits What modern homebrewing practices, materials, and chemicals work—but aren’t necessary How to grow and harvest herbs and collect wild botanicals for use in healing, nutritious, and magical meads, beers, and wines How to use botanicals other than hops for flavoring and preserving mead, ancient ales, and gruits The rituals, mysticism, and communion with nature that were integral components of ancient brewing Whether you’ve been intimidated by modern homebrewing’s cost or seeming complexity in the past or are boldly looking to expand your current brewing and fermentation practices, Zimmerman’s welcoming style and spirit will usher you into exciting new territory. Grounded in history and mythology, but—like Odin’s ever-seeking eye—focusing continually on the future of self-sufficient food culture, *Make Mead Like a Viking* is a practical and entertaining guide for the ages. Adventurous mead makers or brewers who want to move beyond the basics will find plenty to savor here.—Library Journal

asheville vision and wellness: HMO/PPO Directory, 2002

asheville vision and wellness: Principles and Concepts of Behavioral Medicine Edwin B. Fisher, Linda D. Cameron, Alan J. Christensen, Ulrike Ehlert, Yan Guo, Brian Oldenburg, Frank J. Snoek, 2018-10-08 *Principles and Concepts of Behavioral Medicine A Global Handbook* Edwin B. Fisher, Linda D. Cameron, Alan J. Christensen, Ulrike Ehlert, Brian Oldenburg, Frank J. Snoek and Yan Guo This definitive handbook brings together an international array of experts to present the broad, cells-to-society perspectives of behavioral medicine that complement conventional models of health, health care, and prevention. In addition to applications to assessment, diagnosis, intervention, and management, contributors offer innovative prevention and health promotion strategies informed by current knowledge of the mechanisms and pathways of behavior change. Its range of conceptual and practical topics illustrates the central role of behavior in health at the individual, family, community, and population levels, and its increasing importance to person-centered care. The broad perspectives on risk (e.g., stress, lifestyle), management issues (e.g., adherence, social support), and overarching concerns (e.g., inequities, health policy) makes this reference uniquely global as it addresses the following core areas: · The range of relationships and pathways between behavior and health. · Knowing in behavioral medicine; epistemic foundations. · Key influences on behavior and the relationships among behavior, health, and illness. · Approaches to changing behavior related to health. · Key areas of application in prevention and disease management. · Interventions to improve quality of life. · The contexts of behavioral medicine

science and practice. Principles and Concepts of Behavioral Medicine opens out the contemporary world of behavior and health to enhance the work of behavioral medicine specialists, health psychologists, public health professionals and policymakers, as well as physicians, nurses, social workers and those in many other fields of health practice around the world.

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asheville vision and wellness: *The Opioid Crisis* David E. Newton, 2018-07-11 A comprehensive overview of opioid use throughout human history, current problems surrounding opioid abuse, and suggested approaches to solving these problems. Dependence on opioids has grown into an epidemic, its effects felt globally and most of all in the United States. The Opioid Crisis: A Reference Handbook provides a detailed and accurate history of opioid use, helping readers to understand how the crisis developed, as well as a review of problems arising out of this crisis and some of the solutions that have been proposed. The volume additionally comprises ten essays from individuals who have a personal or educational connection to the crisis and short biographical and explanatory essays on important individuals and organizations working to mitigate the opioid crisis by supporting research of the biological systems implicated in opioid dependence and raising awareness of the challenges of addiction in America today. It also provides resources for readers who want to continue their study of the topic or pursue research in the field.

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