

AWAKEN WELLNESS COLUMBIA MD

AWAKEN WELLNESS COLUMBIA MD: YOUR GATEWAY TO HOLISTIC WELL-BEING

ARE YOU FEELING OVERWHELMED, STRESSED, OR JUST PLAIN OUT OF BALANCE? LIVING IN COLUMBIA, MD, OFFERS A VIBRANT LIFESTYLE, BUT NAVIGATING THE DEMANDS OF MODERN LIFE CAN LEAVE YOU FEELING DEPLETED. FINDING THE RIGHT PATH TO WELLNESS CAN FEEL LIKE SEARCHING FOR A NEEDLE IN A HAYSTACK. THIS COMPREHENSIVE GUIDE EXPLORES AWAKEN WELLNESS COLUMBIA MD, DELVING INTO ITS SERVICES, BENEFITS, AND WHY IT COULD BE THE PERFECT FIT FOR YOUR HOLISTIC WELLNESS JOURNEY. WE'LL COVER EVERYTHING FROM WHAT SETS THEM APART TO FREQUENTLY ASKED QUESTIONS, ENSURING YOU HAVE ALL THE INFORMATION YOU NEED TO MAKE AN INFORMED DECISION ABOUT YOUR HEALTH AND HAPPINESS.

UNDERSTANDING AWAKEN WELLNESS COLUMBIA MD: MORE THAN JUST A SPA

AWAKEN WELLNESS IN COLUMBIA, MD ISN'T YOUR TYPICAL SPA. WHILE RELAXATION IS CERTAINLY A COMPONENT, THEIR APPROACH GOES FAR DEEPER, FOCUSING ON A HOLISTIC AND INTEGRATED APPROACH TO WELL-BEING. THEY UNDERSTAND THAT TRUE WELLNESS ENCOMPASSES PHYSICAL, MENTAL, AND EMOTIONAL HEALTH, INTERWOVEN TOGETHER TO CREATE A VIBRANT AND FULFILLING LIFE. THIS PHILOSOPHY GUIDES THEIR DIVERSE RANGE OF SERVICES, ENSURING A PERSONALIZED EXPERIENCE TAILORED TO YOUR UNIQUE NEEDS. FORGET SUPERFICIAL TREATMENTS; AWAKEN WELLNESS IS ABOUT CULTIVATING LASTING CHANGE AND EMPOWERING YOU TO TAKE CONTROL OF YOUR HEALTH.

A DIVERSE RANGE OF SERVICES TO SUPPORT YOUR JOURNEY

AWAKEN WELLNESS BOASTS A COMPREHENSIVE MENU OF SERVICES DESIGNED TO ADDRESS A WIDE RANGE OF WELLNESS NEEDS. THEIR OFFERINGS AREN'T JUST A LIST OF TREATMENTS; THEY ARE CAREFULLY CURATED TO PROVIDE A SYNERGISTIC EFFECT, SUPPORTING YOUR OVERALL WELL-BEING FROM MULTIPLE ANGLES. LET'S EXPLORE SOME OF THEIR KEY OFFERINGS:

1. **MASSAGE THERAPY:** FROM SWEDISH MASSAGE FOR RELAXATION TO DEEP TISSUE MASSAGE FOR MUSCLE PAIN RELIEF, THEIR SKILLED THERAPISTS UTILIZE VARIOUS TECHNIQUES TO ALLEVIATE TENSION, IMPROVE CIRCULATION, AND PROMOTE RELAXATION. THEY OFFER SPECIALIZED MESSAGES SUCH AS PRENATAL MESSAGE AND SPORTS MESSAGE, CATERING TO SPECIFIC NEEDS AND PREFERENCES.
1. **ACUPUNCTURE:** HARNESSING THE PRINCIPLES OF TRADITIONAL CHINESE MEDICINE, THEIR LICENSED ACUPUNCTURISTS USE THIN NEEDLES TO STIMULATE SPECIFIC POINTS ON THE BODY, PROMOTING ENERGY FLOW (QI) AND ADDRESSING IMBALANCES THAT MAY BE CONTRIBUTING TO PAIN, STRESS, OR ILLNESS. ACUPUNCTURE IS A POWERFUL TOOL FOR PAIN MANAGEMENT, STRESS REDUCTION, AND OVERALL HEALTH IMPROVEMENT.
1. **CHIROPRACTIC CARE:** GENTLE SPINAL ADJUSTMENTS HELP RESTORE PROPER ALIGNMENT, RELIEVING PAIN, IMPROVING POSTURE, AND ENHANCING OVERALL BODY FUNCTION. CHIROPRACTIC CARE CAN BE A CRUCIAL COMPONENT OF A HOLISTIC WELLNESS PLAN, ADDRESSING MUSCULOSKELETAL ISSUES AND IMPROVING NERVE FUNCTION.
1. **NUTRITIONAL COUNSELING:** UNDERSTANDING THE VITAL ROLE NUTRITION PLAYS IN HEALTH, AWAKEN WELLNESS PROVIDES PERSONALIZED NUTRITIONAL GUIDANCE TO HELP YOU OPTIMIZE YOUR DIET FOR BETTER ENERGY, IMPROVED

DIGESTION, AND OVERALL WELL-BEING. THEIR REGISTERED DIETITIANS WORK COLLABORATIVELY WITH YOU TO CREATE SUSTAINABLE LIFESTYLE CHANGES.

1. **YOGA AND MEDITATION:** MIND-BODY PRACTICES LIKE YOGA AND MEDITATION ARE INTEGRAL PARTS OF THEIR APPROACH. THESE ACTIVITIES HELP REDUCE STRESS, IMPROVE FLEXIBILITY, AND ENHANCE MENTAL CLARITY, CONTRIBUTING TO A MORE BALANCED AND PEACEFUL STATE OF MIND.

THE AWAKEN WELLNESS DIFFERENCE: A PERSONALIZED APPROACH

WHAT TRULY SETS AWAKEN WELLNESS COLUMBIA MD APART IS THEIR COMMITMENT TO PERSONALIZED CARE. THEY DON'T BELIEVE IN A ONE-SIZE-FITS-ALL APPROACH. INSTEAD, THEY TAKE THE TIME TO UNDERSTAND YOUR INDIVIDUAL NEEDS, GOALS, AND HEALTH HISTORY BEFORE CREATING A CUSTOMIZED WELLNESS PLAN. THIS PERSONALIZED APPROACH ENSURES THAT THE TREATMENTS AND THERAPIES ARE TAILORED TO YOUR SPECIFIC REQUIREMENTS, MAXIMIZING THEIR EFFECTIVENESS AND LEADING TO OPTIMAL RESULTS.

MORE THAN JUST TREATMENTS: A COMMUNITY OF WELLNESS

AWAKEN WELLNESS FOSTERS A SUPPORTIVE AND WELCOMING ENVIRONMENT, CREATING A SENSE OF COMMUNITY AMONG ITS CLIENTS. THE STAFF IS HIGHLY TRAINED, COMPASSIONATE, AND DEDICATED TO HELPING YOU ACHIEVE YOUR WELLNESS GOALS. THEY UNDERSTAND THAT THE JOURNEY TO WELL-BEING IS A PERSONAL ONE, AND THEY ARE THERE TO GUIDE AND SUPPORT YOU EVERY STEP OF THE WAY. THIS SENSE OF COMMUNITY CONTRIBUTES TO A HOLISTIC EXPERIENCE THAT EXTENDS BEYOND THE INDIVIDUAL TREATMENTS.

FINDING AWAKEN WELLNESS COLUMBIA MD: YOUR NEXT STEP TOWARDS WELLNESS

READY TO EMBARK ON YOUR JOURNEY TO HOLISTIC WELL-BEING? FINDING AWAKEN WELLNESS IS EASY. A QUICK ONLINE SEARCH FOR "AWAKEN WELLNESS COLUMBIA MD" WILL LEAD YOU TO THEIR WEBSITE, WHICH PROVIDES DETAILED INFORMATION ABOUT THEIR SERVICES, STAFF, AND LOCATION. YOU CAN ALSO BOOK APPOINTMENTS DIRECTLY ONLINE, MAKING SCHEDULING CONVENIENT AND HASSLE-FREE. TAKE THAT CRUCIAL FIRST STEP TOWARDS A HEALTHIER, HAPPIER YOU.

CONCLUSION

AWAKEN WELLNESS COLUMBIA MD OFFERS A COMPREHENSIVE AND PERSONALIZED APPROACH TO WELLNESS, BLENDING TRADITIONAL THERAPIES WITH MODERN TECHNIQUES. THEIR COMMITMENT TO HOLISTIC CARE, COMBINED WITH A SUPPORTIVE AND WELCOMING ENVIRONMENT, MAKES THEM A STAND-OUT CHOICE FOR THOSE SEEKING LASTING IMPROVEMENTS IN THEIR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH. DON'T HESITATE TO EXPLORE THEIR SERVICES AND BEGIN YOUR JOURNEY TOWARDS A MORE BALANCED AND FULFILLING LIFE.

FAQs

1. **DO I NEED A REFERRAL TO VISIT AWAKEN WELLNESS?** NO, REFERRALS ARE NOT REQUIRED. YOU CAN SCHEDULE AN APPOINTMENT DIRECTLY THROUGH THEIR WEBSITE OR BY PHONE.
1. **WHAT FORMS OF PAYMENT DOES AWAKEN WELLNESS ACCEPT?** THEY TYPICALLY ACCEPT MAJOR CREDIT CARDS, DEBIT CARDS, AND POSSIBLY CASH. IT'S BEST TO CHECK THEIR WEBSITE OR CONTACT THEM DIRECTLY TO CONFIRM THEIR CURRENT PAYMENT OPTIONS.

1. WHAT ARE THE HOURS OF OPERATION? THEIR HOURS OF OPERATION VARY. CHECK THEIR WEBSITE FOR THE MOST UP-TO-DATE SCHEDULE.

1. WHAT IF I HAVE A SPECIFIC HEALTH CONCERN? CONSULT WITH AWAKEN WELLNESS. THEY CAN ASSESS YOUR NEEDS AND RECOMMEND APPROPRIATE THERAPIES OR REFER YOU TO A SPECIALIST IF NECESSARY.

1. IS PARKING AVAILABLE AT AWAKEN WELLNESS? THE AVAILABILITY OF PARKING DEPENDS ON THEIR LOCATION. CHECK THEIR WEBSITE OR CALL THEM FOR SPECIFIC PARKING INFORMATION.

📖 **awaken wellness columbia md: Awakening the Brain** Charlotte A. Tomaino, Charlotte Tomaino, 2012-05-08 Drawing from her unique background as a neuropsychologist and former nun, Tomaino explores the impact of belief and spirituality on the actual function and structure of the brain. Readers will use effective, hands-on exercises to expand consciousness and raise awareness.

awaken wellness columbia md: Spiritual Nutrition Gabriel Cousens, M.D., 2009-03-03 When we eat, can we feed the soul as well as the body? Can a diet have an impact on spirituality? Spiritual Nutrition empowers readers to develop personal diets that are appropriate to their lifestyles and spiritual practices. Drawing on 14 years of clinical experience and research, Dr. Gabriel Cousens discusses nutritional issues that can help answer these questions, including raw vs. cooked food; high vs. low protein; the concepts of assimilation and fasting; alkaline--acid balance; attitudes about food; nutrients, energy, and structure building. In addition, Cousens shares his new dietary system of spiritual nutrition that is based on the relationship that the color of the food has to corresponding colors of the human chakra system, hence, the rainbow diet. For true nourishment, he strongly promotes the connection of diet to meditation, fellowship, wisdom, and love.

awaken wellness columbia md: The Awakened Brain Lisa Miller, 2021-08-17 A groundbreaking exploration of the neuroscience of spirituality and a bold new paradigm for health, healing, and resilience—from a New York Times bestselling author and award-winning researcher “A new revolution of health and well-being and a testament to, and celebration of, the power within.”—Deepak Chopra, MD Whether it’s meditation or a walk in nature, reading a sacred text or saying a prayer, there are many ways to tap into a heightened awareness of the world around you and your place in it. In *The Awakened Brain*, psychologist Dr. Lisa Miller shows you how. Weaving her own deeply personal journey of awakening with her groundbreaking research, Dr. Miller’s book reveals that humans are universally equipped with a capacity for spirituality, and that our brains become more resilient and robust as a result of it. For leaders in business and government, truth-seekers, parents, healers, educators, and any person confronting life’s biggest questions, *The Awakened Brain* combines cutting-edge science (from MRI studies to genetic research, epidemiology, and more) with on-the-ground application for people of all ages and from all walks of life, illuminating the surprising science of spirituality and how to engage it in our lives:

- The awakened decision is the better decision. With an awakened perception, we are more creative, collaborative, ethical, and innovative.
- The awakened brain is the healthier brain. An engaged spiritual life enhances grit, optimism, and resilience while providing insulation against addiction, trauma, and depression.
- The awakened life is the inspired life. Loss, uncertainty, and even trauma are the gateways by which we are invited to move beyond merely coping with hardship to transcend

into a life of renewal, healing, joy, and fulfillment. Absorbing, uplifting, and ultimately enlightening, *The Awakened Brain* is a conversation-starting saga of scientific discovery packed with counterintuitive findings and practical advice on concrete ways to access your innate spirituality and build a life of meaning and contribution.

awaken wellness columbia md: *The Healing Organization* Raj Sisodia, Michael J. Gelb, 2019-09-17 The image of modern corporations has been shaped by a profits over people approach, but we are at a point where business must take the lead in healing the crises of our time. The Healing Organization shows how corporations can become healing forces. Conscious Capitalism pioneer Raj Sisodia and organizational innovation expert Michael J. Gelb were inspired to write this book because of the epidemic of unnecessary suffering connected with business, including the destruction of the environment; increasing numbers living paycheck-to-paycheck and barely surviving; and rising rates of depression and stress leading to chronic health problems. Based on extensive in-depth interviews and inspiring case studies, Sisodia and Gelb show how companies such as Shake Shack, Hyatt, KIND Healthy Snacks, Eileen Fisher, H-E-B, FIFCO, Jaipur Rugs and DTE Energy are healing their employees, customers, communities and other stakeholders. They represent a diverse sampling of industries and geographies, but they all have significant elements in common, besides being profitable enterprises: Their employees love coming to work. They have passionately loyal customers. They make a significant positive difference to the communities they serve. They preserve and restore the ecosystems in which they operate. The enmity and dividedness between those who champion unfettered capitalism and those who advocate socialism is exacerbating rather than solving our problems. In a world that urgently needs healing on many levels, this is a movement whose time has come. The Healing Organization shows how it can be done, how it is being done, and how you can begin to do it too.

awaken wellness columbia md: *The Spiritual Child* Dr. Lisa Miller, 2015-05-05 In *The Spiritual Child*, psychologist Lisa Miller presents the next big idea in psychology: the science and the power of spirituality. She explains the clear, scientific link between spirituality and health and shows that children who have a positive, active relationship to spirituality: * are 40% less likely to use and abuse substances * are 60% less likely to be depressed as teenagers * are 80% less likely to have dangerous or unprotected sex * have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success. Combining cutting-edge research with broad anecdotal evidence from her work as a clinical psychologist to illustrate just how invaluable spirituality is to a child's mental and physical health, Miller translates these findings into practical advice for parents, giving them concrete ways to develop and encourage their children's—as well as their own—well-being. In this provocative, conversation-starting book, Dr. Miller presents us with a pioneering new way to think about parenting our modern youth.

awaken wellness columbia md: *The Grace in Aging* Kathleen Dowling Singh, 2014-08-05 Learn to use your later years for awakening and spiritual growth. Encouraging, inspiring, and practical, *The Grace in Aging* invites all those who have ever experienced spiritual longing to awaken in their twilight years. Since aging, in and of itself, does not lead to spiritual maturity, *The Grace in Aging* suggests and explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfold -- transforming the predictable sufferings of aging into profound opportunities for growth in clarity, love, compassion, and peace. Kathleen Dowling Singh streamlines vast and complex teachings into skillful means and wise views. Straightforward language and piercing questions bring Singh's teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Examples from our lives and from the chatter in our own minds touch the reader personally, offering the chance to absorb the implications deeply and do the work of freeing his or her own mind. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Thich Nhat Hanh, the Apostles, Annie Dillard, and more. Lessening our attachments, decreasing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings. *The Grace in Aging* offers guidelines for older individuals of any wisdom tradition who wish to

awaken before they die; no need for caves or seven-year retreats. This is spiritual practice for the lives we live.

awaken wellness columbia md: Heal Kelly Noonan Gores, 2019-10-22 Go on a fascinating scientific and spiritual journey in this eye-opening book that explores the body's incredible ability to heal itself - perfect for fans of Deepak Chopra and Anita Moorjani. When we receive diagnoses from medical professionals, we are often so overwhelmed that we give up authority over our own health and wellbeing. But the truth is, we have more control over our health and life than we have been led to believe, and that belief is at the core of our body's capacity to heal itself. Based on the groundbreaking documentary of the same name, director Kelly Noonan Gores follows two people on their healing journeys, while combining science-backed research and real-world testimonials from experts like Marianne Williamson, Bruce Lipton, Deepak Chopra, Bernie Siegel, Anita Moorgani, Kelly Brogan, and many others, to offer hope and alternative treatments for the many people suffering from a variety of chronic illnesses. By identifying the emotional roots of illnesses, we can tap into the body's healing powers and discover that although healing can be complex and deeply personal, it can also happen spontaneously in a moment. Heal shows us that science and spirituality are united and demonstrates that our thoughts, beliefs, and emotions have a huge impact on our overall health and the ability to recover from illness and injury.

awaken wellness columbia md: Intuitive Wellness Laura Alden Kamm, 2012-12-11 In 1982, at the age of 26, 'ordinary wife and mother' Laura Kamm recovered from a painful and terrifying near-death experience with an amazing new ability - she could tell just from looking at someone if they were suffering from a medical or spiritual malaise. The arrival of this incredible gift changed her life, and she went on to study with shamans and healers from around the world. In her amazing book, she clearly explains the philosophies that guide her work, and reveals how identifying the emotional 'messages' trapped in our bodies can liberate us from conditions such as depression and overweight. She offers practical exercises that help readers learn about their own unique energy systems, develop confidence in their intuition, and resolve their emotional and physical pain. Filled with inspiring stories and written with the down-to-earth warmth of a trusted friend, Kamm's profound insight teaches us how we can heal ourselves of ailments both physical and emotional through working with our innate 'forgotten' power.

awaken wellness columbia md: Life Is Your Best Medicine Tieraona Low Dog, M.D., 2012-09-04 The division between conventional and traditional medicine is as artificial as the division between science and nature. They can be woven together in a fashion that meets our physical, emotional, and spiritual needs. This is the foundation upon which integrative medicine is built. -- Tieraona Low Dog, M.D. In Life Is Your Best Medicine, Dr. Low Dog weaves together the wisdom of traditional medicine and the knowledge of modern-day medicine into an elegant message of health and self-affirmation for women of every age. This is a book that can be read cover to cover but also dipped into for inspiration or insight about a particular physical or mental health issue or remedy. We learn that, despite the widespread availability of pharmaceutical medications, advanced surgical care, and state-of-the-art medical technology, chronic illness now affects more than 50% of the American population. The evidence is overwhelmingly clear that much of the chronic disease we are confronting in the United States has its roots in the way we live our lives. Research shows that if Americans embraced a healthier lifestyle, which includes a balance between rest and exercise; wholesome nutrition; healthy weight; positive social interactions; stress management; not smoking; limited alcohol use; and no or limited exposure to toxic chemicals; then 93% of diabetes, 81% of heart attacks, 50% of strokes, and 36% of all cancers could be prevented! This means that each one of us has the power to shift the odds of being healthy in our favor. And if you do get sick, being fit gives you a much better chance for getting well. Your health has a great deal more to do with your lifestyle and a lot less to do with taking prescription drugs than most people realize. Part I. The Medicine of My Life is a personal and passionate introduction to the book Part II. Honoring the Body includes Food, Supplements, Illness, Wholeness Part III. Awakening the Senses includes Nature, Garden, Music Part IV. Listening to Spirit includes Humor, Relationships, Play, Meditation, Animals

Epilogue. Contentment

awaken wellness columbia md: Giant Steps Anthony Robbins, 2011-08-01 WHAT GOOD IS INSPIRATION IF IT'S NOT BACKED UP BY ACTION? Based on the finest tools, techniques, principles, and strategies offered in *Awaken the Giant Within*, best-selling author and peak performance consultant Anthony Robbins offers daily inspirations and small actions -- exercises -- that will compel you to take giant steps forward in the quality of your life. From the simple power of decision-making to the more specific tools that can redefine the quality of your relationships, finances, health, and emotions, Robbins shows you how to get maximum results with a minimum investment of time.

awaken wellness columbia md: Talk Rx Neha Sangwan, 2015 Details a five-step process for learning how to communicate effectively in order to improve health, strengthen relationships, and reduce stress, while becoming comfortable with having honest exchanges.

awaken wellness columbia md: Dreaming Wide Awake David Jay Brown, 2016-08-15 A detailed guide to mastering lucid dreaming for physical and emotional healing, enhanced creativity, and spiritual awakening • Offers methods to improve lucid dreaming abilities and techniques for developing superpowers in the dream realm • Explains how to enhance dreaming with supplements, herbs, and psychedelics • Explores the ability of lucid dreamers to communicate with the waking realm and the potential for shared lucid dreaming and access to our unconscious minds In a lucid dream, you “awaken” within your dream and realize you are dreaming. With this extraordinary sense of awakening comes a clear perception of the continuity of self between waking and sleeping and the ability to significantly influence what happens within the dream, giving you the opportunity to genuinely experience anything without physical or social consequences. In this way, lucid dreaming offers therapeutic opportunities for fantasy fulfillment, fear confrontation, and releasing the trauma of past experiences. With development and practice, lucid dreaming can provide a powerful path to greater awareness, heightened creativity, spiritual awakening, and communication with the vast interconnected web of cosmic consciousness. In this detailed guide to mastering the practice of lucid dreaming, David Jay Brown draws from his more than 20 years’ experience using these techniques and his interactions with dozens of experts on consciousness, physics, dreaming, and entheogens, such as Stanley Krippner, Rupert Sheldrake, Stephen LaBerge, Robert Waggoner, Dean Radin, Terence McKenna, and many others. He explores the intimate relationship between lucid dreaming, shamanic journeying, visionary plants, and psychedelic drugs and how they are used for healing and spiritual development. Offering methods for improving both lucid dreaming and shamanic journeying abilities, he explains how to enhance dreaming with oneirogens, supplements, herbs, and psychedelics and offers techniques for developing superpowers in the dream realm. Summarizing the scientific research on lucid dreaming, Brown explores the ability of lucid dreamers to communicate with people in the waking realm and the potential for dream telepathy, shared lucid dreaming, and access to the vast unconscious regions of our minds, opening up a path that takes us beyond dreaming and waking to dreaming wide awake.

awaken wellness columbia md: Return of the Children of Light Judith Bluestone Polich, 2001-08-01 A personal exploration of the conjunction between ancient Mesoamerican prophecy and New Age higher consciousness. • Selected by the Independent Publisher's Book Awards as one of the top two New Age books of the year. • Explores ancient prophecies and their relevance in the contemporary world. The Incan and Mayan cultures saw themselves as “children of light”--descended from celestial realms--and their prophecies foretell a time of great spiritual awakening. They prophesied a time when the gateways to higher consciousness would open once again. That time is now. Award-winning author Judith Bluestone Polich draws on her extensive research in quantum physics, archaeoastronomy, holography, cosmology, and pioneering studies of human consciousness to show how science and contemporary thought are consistent with this ancient knowledge. As the ancients predicted, the human god-seed is beginning to awaken, and modern civilization is finally beginning to perceive human potential in ways that the ancient cultures accepted as truth. Polich introduces techniques for awakening our own human potential through

dreaming, meditations, and the power of sacred sites.

awaken wellness columbia md: The Secret of Life Wellness Inna Segal, 2013 In a book that makes Ralph Waldo Emerson's ideas accessible to modern readers, the author delineates the American thinker's main advice for living a more fulfilling life and explains how this wisdom has inspired the modern New Thought movement.

awaken wellness columbia md: The Lotus and the Bud Christopher S. Kilham, 2020-12-29 An in-depth guide to blending the practice of yoga with cannabis • Examines the physical, mental, spiritual, and energetic effects of cannabis and yoga, including their effects on the nervous system and chakras • Explains how yoga practice offers a way to tune the human nervous system and how, through the endocannabinoid system, cannabis harmonizes a multitude of functions, from respiration to pain control, in ways that enhance yoga • Offers an illustrated sequence of cannabis-yoga asanas (postures) developed to awaken kundalini, open energy channels, accelerate healing, and unlock access to unbounded states of consciousness In India, both yoga and cannabis are considered gifts from the Hindu god Shiva. They are seen as twin currents of wisdom and enlightenment, allies for healing and consciousness expansion. As ethnobotanist and yogi Chris Kilham explains, when wisely and thoughtfully combined, cannabis and yoga offer profound benefits for body, mind, and spirit. Kilham examines the history and lore of both cannabis and yoga, with a special focus on the role of cannabis in Indian and Himalayan yoga traditions where it has been used for thousands of years. He investigates cannabis and yoga's effects on the chakras and energy body and how they assist in opening energy channels and awakening kundalini energy. He explains how yoga practice offers a way to tune the human nervous system and how, through the endocannabinoid system, cannabis harmonizes a multitude of functions, from respiration to pain control, in ways that enhance yoga. He looks at the effects of both THC and CBD as well as the different methods of consuming cannabis, with advice on selecting the right method for your yoga practice. In addition to instructions for breathwork and cannabis meditation practices, Kilham offers an illustrated guide to his own system of cannabis yoga, a sequence of asanas (postures) developed to arouse the kundalini, open up energy channels throughout your body, and unlock access to unbounded states of consciousness. Sharing his experiences combining yoga and cannabis around the world, the author shows that the fusion of cannabis and yoga dissolves the boundaries of the mind, accelerates healing, and imparts a greater understanding of the intrinsic unity of all things.

awaken wellness columbia md: Womb Awakening Azra Bertrand, Seren Bertrand, 2017-08-15 Rediscover the lost ancient mystery teachings of the Cosmic Womb • 2017 Nautilus Silver Award • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness • Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your

spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

awaken wellness columbia md: The Ultimate Guide To Choosing a Medical Specialty

Brian Freeman, 2004-01-09 The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

awaken wellness columbia md: Divine Revelation Susan G. Shumsky, 1996-08-05

INCREASE YOUR SPIRITUAL STRENGTH AWAKEN YOUR HIDDEN POTENTIAL AND FULFILL YOUR DESTINY Sushan Shumsky has taught thousands how to develop a deep spiritual connection within themselves by learning to listen to and trust the still small voice within -- the voice that embodies the wisdom needed to set a clear direction in life and make the biggest decisions with peaceful confidence. In Divine Revelation, she presents her proven techniques for opening your heart, mind, and spirit to the riches of inner divine contact and for learning how to: * Augment your innate intuitive abilities * Identify the source of intuitive messages and test their authenticity * Overcome resistance to divine contact by breaking through ego barriers * Attain mastery in the practice of meditation * Become self-reliant in solving personal problems and charting a course for the future

awaken wellness columbia md: Life Force Tony Robbins, Peter H. Diamandis, 2022-02-08

INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with Life Force—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span—from Tony Robbins, author of the #1 New York Times bestseller Money: Master the Game. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today, leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before. Life Force will show you how you can wake up every day with increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance athletes, to the average person who wants to increase their energy and strength, to those looking for healing. Life Force provides answers that can transform and even save your life, or that of someone you love.

awaken wellness columbia md: Unlocking the Heart of Healing Bridget Hughes,

2014-12-09 In Unlocking the Heart of Healing, Licensed Acupuncturist, Speaker, Qigong teacher, and National Board Certified Clinical Hypnotherapist Bridget Hughes M.Ac., L.Ac. NBCCH urges us

to cultivate a state of heart that unlocks our Inner Molecules of Medicine and engages our HeartMindBody connection to heal. Using a meditation she calls a Feeling Mantra(r) as the tool, and the heart-touching stories of her students, patients, and recollections from her own journey from chronic illness to health to bring it all to life, Hughes unlocks a door to a place we can all come home to. As Hughes demonstrates, when we learn the skills for unlocking our own dormant resources for healing, our efforts ripple out and touch our families, our community, and the global community.

awaken wellness columbia md: *A.D. Josh Neufeld*, 2009 Presents the stories of seven survivors of Hurricane Katrina who tried to evacuate, protect their possessions, and save loved ones before, during, and after the flood.

awaken wellness columbia md: *A Radical Awakening* Shefali Tsabary, 2021-05-18 The New York Times bestselling author and renowned clinical psychologist teaches women how to transcend their fears and illusions, break free from societal expectations, and rediscover the person they were always meant to be: fully present, conscious, and fulfilled. *A Radical Awakening* lays out a path for women to discover their inner truth and powers to help heal others and the planet. Dr. Shefali helps women uncover the purpose that already exists within them and harness the power of authenticity in every area of their lives. The result is an eloquent and inspiring, practical and accessible book, backed with real-life examples and personal stories, that unlocks the extraordinary power necessary to awaken the conscious self.

awaken wellness columbia md: *Spirit Weaver* Seren Bertrand, 2022-05-24 • Explains how to awaken your spiritual Womb to find strength within and how to reclaim your softness and vulnerability as a feminine superpower • Explores Earth Magic, the Moon Mysteries, Flower of Life teachings, Dragon wisdom, the shamanic powers of grief, the feminine archetypes of the Witch and the Priestess, and powerful goddesses from around the world • Reveals sacred spaces in the world where the power of the Goddess lives on The Womb is the seat of our primal power and intuition--our "wild knowing." Spirit weavers are those who have heard this wild voice from within and have followed that call--embarking on a grail quest to follow the feminine path of magic, awaken to the depths of their soul, and embody their true feminine essence. Inviting you onto the spiral path of the spirit weaver, Seren Bertrand shares wisdom teachings and rituals from the feminine path of magic and her own ancestral lineage of old European witches and faerie folk, spirit keepers and story weavers. She explores Flower of Life teachings, the moon mysteries, and dragon wisdom. She unveils the shamanic powers of grief and deeply examines the feminine archetypes of the witch and the priestess. Drawing on powerful feminine spiritual icons from around the world, such as Kali, Isis, Teresa of Ávila, and Mary Magdalene, she explains how to awaken your spiritual Womb to find strength within and how to reclaim your soft powers of heart-opening vulnerability. She explores the lost traditions of the Goddess lineage and reveals sacred spaces in the world where her memory lives on. She shares the Womb Mysteries of alchemical union, revealing how to awaken the wild feminine and wild masculine and become sacred lovers who balance their light and shadow. From working with the cycles of the moon and learning how to root your power into the earth to healing the ancestral wounds left by the generations before you, Seren's medicine teachings, like secret spells, cast an enchantment over your feminine soul, awakening its fertility and wild inner magic.

awaken wellness columbia md: *Ayurveda* Maya Tiwari, 2005 Forced by cancer to reexamine and redirect her life Maya Tiwari left a highly successful New York design career and returned to her native India to study Ayurvedic medicine. Her book a profound but practical testament to the healing power of balanced living shows how Ayurveda's ancient principles of health can help you achieve the highest levels of physical emotional and spiritual well being. The traditional form of medicine in India for more than five thousand years Ayurveda relies primarily on the proper use of foods and herbs to maintain or restore the body's natural state of balance. While Ayurvedic healing has in recent years become increasingly well known in the west Maya Tiwari is the first author to provide us with a comprehensive working guide to ayurveda as a way of life.

awaken wellness columbia md: *Root Shock* Mindy Thompson Fullilove, 2016-10-24 Dr. Mindy Thompson Fullilove, a clinical psychiatrist, exposes the devastating outcome of decades of

urban renewal projects to our nation's marginalized communities. Examining the traumatic stress of "root shock" in three African American communities and similar widespread damage in other cities, she makes an impassioned and powerful argument against the continued invasive and unjust development practices of displacing poor neighborhoods.

awaken wellness columbia md: Womb Wisdom Padma Aon Prakasha, Anaiya Aon Prakasha, 2011-01-21 Tools to awaken the creative powers of the womb • Contains exercises to open the womb's energetic pathways, release toxic emotions, and harness creative potential • Reveals how the womb's energies are crucial for the spiritual shift of 2012: birthing a new civilization • Shows how the awakened womb can also bring about male spiritual transformation In the past and in present-day indigenous traditions, women have known that the womb houses the greatest power a woman possesses: the power to create on all levels. Utilized in the process of giving birth, this power of creation can also be tapped in the birth of projects, careers, personal healing, spirituality, and relationships. However, because the womb stores the energetic imprint of every intimate encounter--loving or not--the creative voice of the womb is often muffled or absent altogether, affecting the emotional, mental, and spiritual health of women and their relationships. Drawing on sacred traditions from ancient India, Tibet, Egypt, Gnostic Christianity, and Judaism, the practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners. The authors include exercises to clear the past, release toxic emotions, open the womb's energetic pathways, activate the sacred sensual self, bring balance to relationships, and harness creative potential. Including intimate, individual stories of women experiencing the opening of the womb, this book also explores the forgotten sacred sites of the womb around the world as well as how the womb's energies are crucial to birth a new civilization in the spiritual shift of 2012.

awaken wellness columbia md: Gabbard's Treatments of Psychiatric Disorders Glen O. Gabbard, 2014-05-05 The definitive treatment textbook in psychiatry, this fifth edition of Gabbard's Treatments of Psychiatric Disorders has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, Gabbard's Treatments of Psychiatric Disorders, Fifth Edition, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

awaken wellness columbia md: Wild Feminine Tami Lynn Kent, 2011-02-22 Ladies! Tap into the wisdom of your womanhood and learn through real stories, helpful visualizations, and creative exercises how the sacred pelvic bowl supports and informs your ability to be creative, self-heal, and feel empowered in your life. Wild Feminine: Finding Power, Spirit, & Joy in the Female Body offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and the understanding of its connection to creative energy flow. By restoring the physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. In today's

age of women needing to reclaim their feminine power and bodily autonomy, Tami Kent—founder of Holistic Pelvic Care™ and a women's health and physical therapist—provides a framework for healing the body and navigating the realms of the feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform energy at the core of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine gives you the tools to awaken and retrieve your ancient wild self, restore your joy and creative energy, and reconnect to your sacred center.

awaken wellness columbia md: The Healing Power of Reiki Raven Keyes, 2012-10-08 The art of Reiki has the power to heal our minds, bodies, and spirits in ways few of us can imagine. The first Reiki master to practice in an operating room under the supervision of Dr. Mehmet Oz, author Raven Keyes tells moving stories of giving Reiki to rescue workers at Ground Zero, as well as PTSD survivors, professional athletes, trauma patients, and those suffering from crippling emotional pain. Keyes offers an abundance of inspirational experiences, sharing the joys and pains of working with patients, their loved ones, and their communities. Through stories and meditations, readers are filled with hope and a sense of good will. Helpful exercises are included to provide direct application of the material and the opportunity to engage with healing energy more deeply. Praise: My gift is surgery. Raven's gift is energy healing.—Mehmet C. Oz, MD I recommend this book to anyone wanting a deeper understanding of Reiki and how it can work with conventional medicine.—William Lee Rand, President of the Center for Reiki Research Raven Keyes is a Reiki rock star angel!—Elaine D'Farley, SELF Magazine

awaken wellness columbia md: *Promoting Social and Emotional Learning* Maurice J. Elias, 1997 The authors draw upon scientific studies, theories, site visits, and their own extensive experiences to describe approaches to social and emotional learning for all levels.

awaken wellness columbia md: Yoga Sequencing Mark Stephens, 2012-09-18 The yoga teacher's guide to planning and sequencing yoga classes—with over 2,000 instructional photos and 67 yoga pose sequences for students of all skill levels. Also features additional resources, including yoga class planning worksheets, comprehensive glossaries, and much more! Addressing one of the most popular topics in the yoga profession, this book offers 67 model sequences of yoga poses (asanas) that cover the broad range of yoga student experience. Inside, established and aspiring yoga teachers will find:

- Over 2,000 instructional photos and guide to over 150 yoga asanas
- Multiple sequences for beginning, intermediate, and advanced students
- Yoga sequences for kids, teens, seniors, and women across their life cycle
- Yoga classes designed for relieving depression and anxiety
- Sequences for each of the major chakras and ayurvedic constitutions
- Guidance for teaching breathing (pranayama) and meditation techniques
- Glossary of terms and alphabetical asana index with thumbnail photographs
- Yoga class planning worksheets
- Representative sequences from several popular styles of hatha yoga
- And many more resources for further reading!

Drawing on ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology, *Yoga Sequencing* is the ultimate guide teachers looking to bring the transformative power of yoga into their practice and classes.

awaken wellness columbia md: *The Bliss Principle* Perseus, 2005-08-22 A yoga instructor and stress management counselor has created a simple but effective program to show readers that, while pressure is a fact of life, it isn't an inescapable one. Includes five ways to reduce stress and ten recipes that promote health and well being.

awaken wellness columbia md: *The Secret Language of Colour Cards* Inna Segal, 2010 The Secret Language of Colour Cards are your key to unlocking the extraordinary healing power of colour. Combining tips and information on colours with powerful healing processes and affirmations, this vibrant and powerful card set by bestselling author Inna Segal is a tool you can draw on daily to receive inspired messages of guidance from the Universe and to restore your body to its natural state of health and harmony. Featuring 45 stunning cards, each infused with its unique healing

vibration, and an accompanying guidebook, *The Secret Language of Colour Cards* will assist you in adding more colour, creativity, joy, peace and balance to all areas of your life. -- back of box.

awaken wellness columbia md: *Climate Change and Indigenous Peoples in the United States* Julie Koppel Maldonado, Benedict Colombi, Rajul Pandya, 2014-04-05 With a long history and deep connection to the Earth's resources, indigenous peoples have an intimate understanding and ability to observe the impacts linked to climate change. Traditional ecological knowledge and tribal experience play a key role in developing future scientific solutions for adaptation to the impacts. The book explores climate-related issues for indigenous communities in the United States, including loss of traditional knowledge, forests and ecosystems, food security and traditional foods, as well as water, Arctic sea ice loss, permafrost thaw and relocation. The book also highlights how tribal communities and programs are responding to the changing environments. Fifty authors from tribal communities, academia, government agencies and NGOs contributed to the book. Previously published in *Climatic Change*, Volume 120, Issue 3, 2013.

awaken wellness columbia md: *Flora* Lissette Perry, Kathryn Boyle, 2020-11

awaken wellness columbia md: *The Mind of God* Jay Lombard, 2017 With cutting-edge research and provocative case studies, renowned behavioral neurologist provides insights to some of the most curious spiritual questions of mortality. For fans of *When Breath Becomes Air* and the work of Oliver Sacks.

awaken wellness columbia md: *The Five Invitations* Frank Ostaseski, 2017-03-14 The cofounder of the Zen Hospice Project and pioneer behind the compassionate care movement shares an inspiring exploration of the lessons dying has to offer about living a fulfilling life. Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most. Life and death are a package deal. They cannot be pulled apart and we cannot truly live unless we are aware of death. *The Five Invitations* is an exhilarating meditation on the meaning of life and how maintaining an ever-present consciousness of death can bring us closer to our truest selves. As a renowned teacher of compassionate caregiving and the cofounder of the Zen Hospice Project, Frank Ostaseski has sat on the precipice of death with more than a thousand people. In *The Five Invitations*, he distills the lessons gleaned over the course of his career, offering an evocative and stirring guide that points to a radical path to transformation. *The Five Invitations*: -Don't Wait -Welcome Everything, Push Away Nothing -Bring Your Whole Self to the Experience -Find a Place of Rest in the Middle of Things -Cultivate Don't Know Mind These Five Invitations show us how to wake up fully to our lives. They can be understood as best practices for anyone coping with loss or navigating any sort of transition or crisis; they guide us toward appreciating life's preciousness. Awareness of death can be a valuable companion on the road to living well, forging a rich and meaningful life, and letting go of regret. *The Five Invitations* is a powerful and inspiring exploration of the essential wisdom dying has to impart to all of us.

awaken wellness columbia md: *Rebuilding the Corporate Genome* Johan C. Aurik, Gillis J. Jonk, Robert E. Willen, 2003-06-16 Praise for *Rebuilding the Corporate Genome* Whether you talk about capability-driven organizations, modular approaches, or networked economies, the implications of very low costs for transactions, information exchanges, and communications are clear: Business boundaries are dissolving and re-forming. Aurik, Jonk, and Willen show how innovators are creatively exploiting this trend to their decided advantage. —Gerard Hoetmer, Senior Vice President, Unilever Bestfoods If you set your strategy at lower levels of the business, you can more effectively compete and grow-and fend off unexpected rivals. *Rebuilding the Corporate Genome* shows that once you look through capability lenses, new horizons and new possibilities suddenly come into focus. —Jan Oosterveld, Member, Group Management Committee, Royal Philips Electronics This book is a compelling and prescient look at the future of the modern corporation. While the 'corporate genome project' may be a work in progress, the authors take important steps towards the goal of understanding how corporations really work, and how capability-based corporations will emerge as the organizations of tomorrow. Read this book carefully, because this is

as close as you will get to a key for unlocking innovation and value in your industry. —Mohanbir Sawhney, McCormick Tribune Professor of Technology and Director, Center for Research in Technology & Innovation, Northwestern University, Kellogg School of Management Rebuilding the Corporate Genome reveals the future before it arrives. The authors masterfully extrapolate from a set of current trends to paint a picture of how businesses and strategies will evolve. The book is a must-read for anyone charged with charting the direction of a business in these turbulent times.

—Toby E. Stuart, Fred G. Steingraber-A.T. Kearney Professor of Organizations and Strategy, University of Chicago, Graduate School of Business

awaken wellness columbia md: Self-Compassion for Educators Lisa Baylis, 2021-06-15

There has never been a time in history when educators have felt such overwhelming levels of stress, burnout, and exhaustion. Still, we depend on teachers to be a positive guiding force in our children's lives - often playing simultaneous roles as educator, parent, mental health counselor, and caring friend. For educators to fulfill these vital roles, it's abundantly clear that they need to develop resiliency both inside and outside the classroom. Written by fellow educator and mindful self-compassion expert, Lisa Baylis, MEd, this book provides educators with simple, accessible, and easy-to-use practices that will inspire them to care for themselves - instead of adding to their chaos - so they can continue doing the profession they love. Within Self-Compassion for Educators, busy and overwhelmed teachers can learn how to: - Reduce feelings of shame, criticism, and self-doubt - Anchor themselves to the present moment - Develop greater compassion for themselves and others - Mitigate the effects of chronic stress and develop resilience - Cultivate a sense of gratitude - Practice self-care routines that create sustainable well-being - Avoid exhaustion and burnout

awaken wellness columbia md: Clean James Hamblin, 2020-07-21 Named a Best Book of 2020 by NPR and Vanity Fair One of Smithsonian's Ten Best Science Books of 2020 “A searching and vital explication of germ theory, social norms, and what the modern era is really doing to our bodies and our psyches.” —Vanity Fair A preventative medicine physician and staff writer for The Atlantic explains the surprising and unintended effects of our hygiene practices in this informative and entertaining introduction to the new science of skin microbes and probiotics. Keeping skin healthy is a booming industry, and yet it seems like almost no one agrees on what actually works. Confusing messages from health authorities and ineffective treatments have left many people desperate for reliable solutions. An enormous alternative industry is filling the void, selling products that are often of questionable safety and totally unknown effectiveness. In Clean, doctor and journalist James Hamblin explores how we got here, examining the science and culture of how we care for our skin today. He talks to dermatologists, microbiologists, allergists, immunologists, aestheticians, bar-soap enthusiasts, venture capitalists, Amish people, theologians, and straight-up scam artists, trying to figure out what it really means to be clean. He even experiments with giving up showers entirely, and discovers that he is not alone. Along the way, he realizes that most of our standards of cleanliness are less related to health than most people think. A major part of the picture has been missing: a little-known ecosystem known as the skin microbiome—the trillions of microbes that live on our skin and in our pores. These microbes are not dangerous; they're more like an outer layer of skin that no one knew we had, and they influence everything from acne, eczema, and dry skin, to how we smell. The new goal of skin care will be to cultivate a healthy biome—and to embrace the meaning of “clean” in the natural sense. This can mean doing much less, saving time, money, energy, water, and plastic bottles in the process. Lucid, accessible, and deeply researched, Clean explores the ongoing, radical change in the way we think about our skin, introducing readers to the emerging science that will be at the forefront of health and wellness conversations in coming years.

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