

bronx wellness acupuncture and massage

Bronx Wellness Acupuncture and Massage: Your Path to Relaxation and Healing

Feeling stressed, stiff, or just plain out of sorts? Living in the Bronx doesn't mean you have to sacrifice your well-being. This comprehensive guide dives deep into the world of Bronx wellness acupuncture and massage, exploring its benefits, finding the right practitioner, and maximizing your treatment experience. We'll cover everything you need to know to embark on your journey to relaxation and improved health, right here in the heart of the Bronx.

Understanding the Power of Acupuncture and Massage

Before we delve into the specifics of finding the perfect Bronx wellness acupuncture and massage services, let's understand the individual benefits of each.

Acupuncture: This ancient Chinese medicine practice involves inserting thin needles into specific points on the body. These points, known as acupoints, are believed to stimulate the flow of qi (vital energy) and promote healing. Acupuncture is effective for a wide range of conditions, including:

Pain management: From chronic back pain to headaches and arthritis, acupuncture can provide significant pain relief.

Stress reduction: By calming the nervous system, acupuncture can alleviate anxiety, depression, and insomnia.

Improved immune function: Studies suggest acupuncture may boost the immune system, making you less susceptible to illness.

Digestive issues: It can help alleviate symptoms of indigestion, bloating, and irritable bowel syndrome.

Massage Therapy: Massage involves manipulating the soft tissues of the body to relieve muscle tension, improve circulation, and promote relaxation. Different types of massage, such as Swedish, deep tissue, and trigger point therapy, offer unique benefits. Massage can help with:

Muscle pain and stiffness: Relieving knots and tension in muscles, improving flexibility and range of motion.

Stress and anxiety relief: Massage promotes relaxation and reduces cortisol (the stress hormone) levels.

Improved sleep: Relaxed muscles and a calm mind contribute to better sleep quality.

Increased circulation: Improved blood flow delivers oxygen and nutrients throughout the body, promoting healing and reducing inflammation.

Finding the Right Bronx Wellness Acupuncture and Massage Practitioner

Choosing the right practitioner is crucial for a positive experience. Here's what to consider when searching for Bronx wellness acupuncture and massage services:

Licensing and Certification: Ensure your practitioner is licensed and certified in their respective fields. Check with the relevant state regulatory boards.

Experience and Specialization: Consider the practitioner's experience and whether they specialize in treating your specific condition.

Reviews and Testimonials: Read online reviews and testimonials to get an idea of other patients' experiences.

Comfort and Trust: Schedule a consultation to meet the practitioner, discuss your needs, and ensure you feel comfortable and trust their expertise.

Location and Convenience: Choose a location that's convenient for you, considering factors like proximity, parking, and accessibility.

Maximizing Your Bronx Wellness Acupuncture and Massage Experience

To get the most out of your treatments, consider the following:

Communicate Clearly: Before your treatment, clearly communicate your concerns, medical history, and desired outcomes to your practitioner.

Hydration: Drink plenty of water before and after your treatment to help flush out toxins and support the body's healing processes.

Relax and Breathe: Try to relax and breathe deeply during your treatment. The more relaxed you are, the more effective the treatment will be.

Follow-Up Care: Your practitioner may recommend follow-up care, such as stretches, exercises, or lifestyle changes, to maintain the benefits of your treatment.

Realistic Expectations: While acupuncture and massage can be highly effective, it's important to have realistic expectations. Results may vary depending on the individual and the condition being treated.

Exploring Different Treatment Options within Bronx Wellness Acupuncture and Massage

The term "wellness" encompasses a broad spectrum of needs. Many practitioners in the Bronx offer specialized services tailored to specific concerns. These might include:

Prenatal Massage: Designed to address the specific needs of pregnant women, providing relief from back pain, swelling, and other pregnancy-related discomforts.

Sports Massage: Focusing on muscle recovery and injury prevention for athletes.

Cupping Therapy: An ancient technique involving placing cups on the skin to create suction, promoting blood flow and relieving muscle tension.

Herbal Remedies: Some practitioners may incorporate herbal remedies alongside acupuncture and massage to enhance the therapeutic effect.

Finding Bronx Wellness Acupuncture and Massage Services: Practical Tips

With the rise of online resources, finding the right practitioner is easier than ever. Use these tools:

Online Search Engines: Use keywords like "Bronx wellness acupuncture and massage," "acupuncture near me Bronx," or "massage therapist Bronx" to locate practitioners in your area.

Online Directories: Utilize online directories such as Yelp, Google My Business, and Healthgrades to read reviews and compare practitioners.

Referrals: Ask friends, family, or your doctor for recommendations.

Conclusion

Investing in your well-being is an investment in your overall health and happiness. By understanding the benefits of Bronx wellness acupuncture and massage and taking the time to find the right practitioner, you can embark on a path toward relaxation, pain relief, and improved overall health. Remember to always prioritize your comfort and communicate openly with your chosen professional to ensure the best possible outcome.

FAQs

1. Is acupuncture painful? The sensation is often described as a slight prick or pressure. Most patients find it comfortable.

1. How many acupuncture sessions will I need? The number of sessions varies depending on the individual and the condition being treated. Your practitioner can provide a personalized plan.

1. Is massage therapy covered by insurance? Insurance coverage varies depending on your plan and provider. Check with your insurance company for details.

1. What should I wear to my acupuncture or massage appointment? Comfortable, loose-fitting clothing is recommended.

1. What are the potential side effects of acupuncture and massage? Side effects are rare but may include mild bruising, soreness, or dizziness. Discuss any concerns with your practitioner.

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

bronx wellness acupuncture and massage: *Acupuncture Physical Medicine* Mark Seem, 2000

bronx wellness acupuncture and massage: *The Earth Diet* Liana Werner-Gray, 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific

guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

bronx wellness acupuncture and massage: Holistic Aromatherapy Marc J. Gian, 2017-11-14 Heal your body, mind, and spirit using the power of essential oils. Heal your body, mind, and spirit using the power of essential oils. Are you seeking a natural and holistic way to improve your mental, emotional, and physical well-being? And did you know that our sense of smell has the power to trigger and increase memory, change our mood, and boost our immune system? In Holistic Aromatherapy you will find the foundations for harnessing this power and self-healing with essential oils, including the additional benefits of practical applications based on Chinese Medicine. Discover the healing connection between aromatherapy and Chinese Medicine, and learn about key essential oils—peppermint, lavender, rose, eucalyptus, and many more—and their unique personalities and applications. Find out how to apply essential oils on acupressure points for enhanced benefits and make an essential bath oil, scrub, spray, or steam inhalation, as well as simple massage techniques and compresses for pain relief. Whether you need relief from a common cold, have a digestive concern, or suffer from back and neck pain, or if you are looking to improve your memory or seeking relaxation and a calm mind, enter the scent-filled world of Holistic Aromatherapy for overall self-care and rejuvenation.

bronx wellness acupuncture and massage: Making Babies Jill Blakeway, Sami S. David, 2009-08-12 Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying fertility types, they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

bronx wellness acupuncture and massage: Orthopedic Massage Whitney W. Lowe, 2009-04-08 Fully updated and revised Orthopedic Massage has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions. Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In addition, it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries. Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice. Provides a comprehensive approach to treatment of common soft tissue pain and injury. Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy. Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition. Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application. Compares traditional treatments with soft tissue manipulation for each problem discussed. Clearly links anatomy, physiology, and biomechanics with clinical practice. Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques. New clinical case studies and tips illustrate the techniques discussed. Now presented in full colour. New step-by-step photographs depict the techniques described in full detail. Increased artwork and photographs make learning more visual. Case studies

demonstrate techniques and management in clinical practice Clinical hints and tips throughout. Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol Considerations'.

bronx wellness acupuncture and massage: *Alternative Medicine for the Elderly* P. Cherniack, 2003-04-23 This book on complementary alternative medicine (CAM) for the Elderly provides a critical and objective evaluation of alternative medical therapy for the elderly. The focus on practical aspects such as adverse effects and general risks of various therapeutic methods makes it a valuable reference book for the general practitioner, for geriatricians and professionals within the area of alternative medicine, but also for interested laypeople. In the three sections, Epidemiology, Types of CAM, and Common Medical Problems and CAM, a broad range of issues are covered. They range from drug compliance in elderly people to CAM in the treatment of specific conditions such as pulmonary diseases, arthritis or cancer. The above features and in particular the unbiased approach to discuss the pros and cons of CAM make this publication a must-have for everybody searching for detailed information on alternative medicine for the elderly.

bronx wellness acupuncture and massage: *Herbs and Roots* Tamara Venit Shelton, 2019-11-26 An innovative, deeply researched history of Chinese medicine in America and the surprising interplay between Eastern and Western medical practice Chinese medicine has a long history in the United States, with written records dating back to the American colonial period. In this intricately crafted history, Tamara Venit Shelton chronicles the dynamic systems of knowledge, therapies, and materia medica crossing between China and the United States from the eighteenth century to the present. Chinese medicine, she argues, has played an important and often unacknowledged role in both facilitating and undermining the consolidation of medical authority among formally trained biomedical scientists in the United States. Practitioners of Chinese medicine, as racial embodiments of "irregular" medicine, became useful foils for Western physicians struggling to assert their superiority of practice. At the same time, Chinese doctors often embraced and successfully employed Orientalist stereotypes to sell their services to non-Chinese patients skeptical of modern biomedicine. What results is a story of racial constructions, immigration politics, cross-cultural medical history, and the lived experiences of Asian Americans in American history.

bronx wellness acupuncture and massage: *Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, I.B.S, and Other Symptoms Without Surgery* Amy Stein, 2008-08-31 Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for building core strength and enhancing sexual pleasure

bronx wellness acupuncture and massage: *The Infertility Cure* Randine Lewis, 2008-12-14 In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupressure so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. *The Infertility Cure* addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques *The Infertility Cure* opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

bronx wellness acupuncture and massage: *Wrist-ankle Acupuncture* Qinghui Zhou, 2002

bronx wellness acupuncture and massage: 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.

bronx wellness acupuncture and massage: Therapeutic Programs for Musculoskeletal

Disorders James Wyss, Amrish Patel, 2012-12-17 This is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing prescriptions and developing individualized treatment plans. It offers a comprehensive approach to the conservative treatment of musculoskeletal disorders.

bronx wellness acupuncture and massage: Occupy Spirituality Adam Bucko, Matthew Fox,

2013-09-03 Named one of the Fifty Best Spiritual Books of 2013 by SPIRITUALITY & PRACTICE in the JUSTICE category! The Occupy Wall Street movement and protest movements around the world are evidence of a new era of intergenerational activists seeking deeper spiritual meaning in their quest for peace and justice. This book is a call to action for a new era of spirituality-infused activism. Authors Adam Bucko and Matthew Fox encourage us to use our talents in service of compassion and justice and to move beyond our broken systems--economic, political, educational, and religious--discovering a spirituality that not only helps us to get along, but also encourages us to reevaluate our traditions, transforming them and in the process building a more sacred and just world. Incorporating the words of young activist leaders culled from interviews and surveys, the book provides a framework that is deliberately interfaith and speaks to our profound yearning for a life with spiritual purpose and for a better world. Each chapter is construed as a dialogue between Fox, a 72-year-old theologian, and Bucko, a 37-year-old spiritual activist and mentor to homeless youth. As we listen in on these familiar yet profound conversations, we learn about Fox and Bucko's own spiritual journeys and discover a radical spirituality that is inclusive, democratic, and relevant to the world we live in today. Table of Contents Foreword by Mona Eltahawy Foreword by Andrew Harvey Introduction: Invitation to Occupy Your Conscience 1. Is It Time to Replace the God of Religion with the God of Life? 2. Radical Spirituality for a Radical Generation 3. Adam's Story 4. Matthew's Story 5. What's Your Calling? Are You Living in Service of Compassion and Justice? 6. Spiritual Practice: Touch Life and Be Changed by It 7. No Generation Has All the Answers: Elders and Youth Working Together 8. Birthing New Economics, New Communities, and New Monasticism Conclusion: Occupy Generation and the Practice of Spiritual Democracy Afterword by Lama Surya Das

bronx wellness acupuncture and massage: The Abundance Diet Somer McCowan,

2015-06-09 A groundbreaking cookbook featuring over 100 recipes and diet plan based on whole, plant-based food. This groundbreaking cookbook and diet plan is for anyone who wants to take control of their weight and health through whole plant-based foods. Somer's 28-Day Diet Plan

includes a foreword by Neal Barnard, M.D. and a (optional) bonus juice feast to kick start your weight loss and health journey. The plan includes over 100 delicious recipes (all gluten-free) and is customizable to suit individual tastes. Among the delicious, nutrient-packed recipes are: Cheesy-Smoky-Spicy Black Bean Soup Tropical Colada Green Smoothie Grilled Eggplant and Zucchini Lasagna Bananas Foster Pancakes Blueberry Peach Tart with Apricot Crumble Many more Somer, herself, reversed severe Ulcerative Colitis through a plant-based diet, and many who have tried her plan lost weight quickly and safely, while feeling full and eating an abundance of whole plant-based foods. Part of what makes this plan so unique is that the author has simplified the method so readers don't have to count calories. With The Abundance Diet, readers can dramatically change their overall health, reduce their cholesterol, take control of their blood pressure, and shrink their waistline. In addition to the 28-Day Diet Plan and bonus juice feast, an entire chapter is devoted to fitness, helping the reader to incorporate exercise regardless of fitness ability. Note: Four Meal Plan Menu charts were inadvertently omitted from the first printing of The Abundance Diet. You can download them from the author's and publisher's websites.

bronx wellness acupuncture and massage: Body Belief Aimee E. Raupp, 2018 Please note that I submitted the full text and do not have a summary to include. But the box is now a required field and the site would not let me submit without adding text there. Please let me know if summaries are now required for all applications--

bronx wellness acupuncture and massage: Neuropuncture Michael Corradino, 2017-06-21 Neuropuncture is the clinical manual of a groundbreaking acupuncture system that incorporates neuroscience into its clinical applications for pain management, orthopaedic conditions and internal medicine. It shows acupuncturists how to apply research into the neurophysiological mechanisms of acupuncture and electrical acupuncture to the traditional TCM model of healthcare. The book explains how acupuncture works using Western medical science and illustrates how to apply this knowledge to clinical cases with electrical acupuncture, creating evidence-based acupuncture protocols. These protocols are clinically proven and result in reproducible clinical outcomes.

bronx wellness acupuncture and massage: Core Awareness, Revised Edition Liz Koch, 2012-09-25 An indispensable resource for those interested in all forms of movement education, including yoga, pilates, dance, and more Somatic educator and writer Liz Koch has spent decades studying the principles of Core Awareness—a body-based approach to movement that utilizes attention to inner sensation as the key to increasing strength, gaining flexibility, preventing injury, and improving resilience. In this book, she shares her vast knowledge of Core Awareness with readers, providing movements, stretches, and mindfulness explorations that she developed herself. Her exercises are designed to enhance sensory development and shift readers from the standard paradigm of the body as an isolated object to a holistic paradigm of the human being as part of a living process of dynamic expression. This shift in perspective offers practitioners and teachers of movement, yoga, pilates, bodywork, exercise, and dance an empowering model for self-healing and the key to becoming stronger, more flexible, and more resilient. As Koch describes the practice of moving from one's core, she highlights the importance of engaging the psoas muscle—located on either side of the spine—to integrate the body, mind, emotion, and spirit. Koch also discusses how the pelvis is the foundation of our physical core, the vital connection with our bones, and crucial in gaining a sense of support, nourishment, joint integrity, skeletal balance, and healthy muscle tone. Rewritten with updated information, this revised edition includes 247 new photos and 25 new Core Awareness explorations—with 64 in total. A suggested reading list at the end of the book provides resources for continuing the development of the ideas presented within the book.

bronx wellness acupuncture and massage: Finding Effective Acupuncture Points Shudō Denmei, 2003 The author, one of the masters of the meridian therapy movement in Japan, has selected 160 of his favorite points. He describes how to use palpation to find the points and determine whether they are 'active.' He then identifies the particular conditions for which each point is best suited.

bronx wellness acupuncture and massage: Hara Diagnosis Kiiko Matsumoto, Stephen Birch,

1988 Point names, the traditional means of identifying acupoints, have meanings that are hard to grasp. This text promotes understanding of each point's use in acupuncture practice by considering the meaning, context and significance of each. The 363 points covered are listed according to the system currently in use in China.

bronx wellness acupuncture and massage: Active Isolated Stretching Aaron L. Mattes, 1995 Demonstrates a technique of preventive muscle stretching based upon reciprocal innervation of muscle tissue, the agonist-antagonist reflex. With each exercise, the type of flexion and the muscle groups used are provided. The Mattes Method of Active Isolated Stretching is a myofascial release and therapeutic treatment for deep and superficial muscles, tendons and fascia.

bronx wellness acupuncture and massage: **Birth Matters** Ina May Gaskin, 2011-01-04 Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has led to nearly a third of hospital births in America to be cesarean sections—and renew confidence in a woman's natural ability to birth. Upbeat and informative, Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. Birth Matters is a spirited manifesto showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

bronx wellness acupuncture and massage: Zheng Gu Tui Na Tom Bisio, Zheng Gu Tui Na, Frank Butler, 2007-07-01

bronx wellness acupuncture and massage: **Yes, You Can Get Pregnant** Aimee E. Raupp, 2014-05-22 This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

bronx wellness acupuncture and massage: *Yoga and the Alexander Technique* David Moore, 2015-07-07 More than an instruction manual, this book complete with visual examples, offers readers a critical approach to their yoga practice. Furthermore, this guide accommodates the needs of people with a diverse range of movement, in terms of structure, strength and flexibility. Offering comprehensive advice in modifying yoga practice, David Moore takes account of this variability. -- Page [4] cover.

bronx wellness acupuncture and massage: *How to be Well* Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

bronx wellness acupuncture and massage: *Integrative Geriatric Medicine* Mikhail Kogan, 2017-12-05 Integrative Geriatric Medicine summarizes a patient-centered, wholistic approaches to medical care of the elderly. Deeply rooted in life style interventions such as nutrition, movement therapies, and mind-body and spirituality approaches integrative geriatrics allows patients to have different path to their healthcare, one that utilizes pharmaceuticals and invasive procedures only when safer integrative approaches are not available or not effective.

bronx wellness acupuncture and massage: *Acupuncture* Luigi Stecco, Carla Stecco, Antonio Stecco, 2020

bronx wellness acupuncture and massage: **Whole Person Care** Tom A. Hutchinson, 2017-09-01 This book argues persuasively and passionately that patient care is best when the patient's healing journey is as good as it can possibly be. That means the patient as a Whole Person – the self in all its physiological, emotional, social and even spiritual dimensions – should receive truly comprehensive patient-centered care. In *Whole Person Care: Transforming Healthcare*, the author, an expert in whole person care theory and practice, outlines the background of whole person care, explains and illustrates the key ideas, puts the growing movement of whole person care in the

context of other recent developments in healthcare, and explores the implications of whole person care for individual practitioners, healthcare teams, and the organization of healthcare at the institutional and systems level. In addition, the author provides a compelling, coherent narrative, rich with clinical examples and vignettes, that clarifies for physicians, medical students and healthcare administrators the meaning of whole person care and its implications for the future of medical practice. An invaluable resource for all clinicians and personnel concerned with managing patients with acute and chronic illness, *Whole Person Care: Transforming Healthcare* is a major addition to the literature and a must-read for health practitioners and health administrators at every level.

bronx wellness acupuncture and massage: *Buddha in Redface* Eduardo Duran, 2000 Story is told by a narrator who is a psychologist working in Indian country. What appears to be a consultation with a patient ends up being a meeting with his teacher, Tarrence. Tarrence proceeds to take the narrator into a dreamtime journey that melts the worldview held by the storyteller. The dream leads the narrator to a place in which the energy generated by ancient dreamers must be balanced. The lack of balance brought on by the power dreamers and their ceremony has resulted in the atomic bomb. New realms also give insights as to why the bomb was dropped on the Japanese. Throughout the story there are conflicts between western and aboriginal ways of knowing, the main protagonist being Carl, who is a psychiatrist.

bronx wellness acupuncture and massage: *The Practice of Chinese Medicine* Giovanni Maciocia, 2008 The new edition of this popular clinical text describes the application of traditional Chinese medical theory to the diagnosis and treatment of up to 48 diseases, conditions, and disorders. In addition to the existing 34 covered in the first edition, 14 new conditions and symptoms have been added.

bronx wellness acupuncture and massage: *Harm Reduction Psychotherapy* Andrew Tatarsky, 2007-06-10 This ground-breaking volume provides readers with both an overview of harm reduction therapy and a series of ten case studies, treated by different therapists, that vividly illustrate this treatment approach with a wide variety of clients. Harm reduction is a framework for helping drug and alcohol users who cannot or will not stop completely—the majority of users—reduce the harmful consequences of use. Harm reduction accepts that abstinence may be the best outcome for many but relaxes the emphasis on abstinence as the only acceptable goal and criterion of success. Instead, smaller incremental changes in the direction of reduced harmfulness of drug use are accepted. This book will show how these simple changes in emphasis and expectation have dramatic implications for improving the effectiveness of psychotherapy in many ways. From the Foreword by Alan Marlatt, Ph.D.: “This ground-breaking volume provides readers with both an overview of harm reduction therapy and a series of ten case studies, treated by different therapists, that vividly illustrate this treatment approach with a wide variety of clients. In his introduction, Andrew Tatarsky describes harm reduction as a new paradigm for treating drug and alcohol problems. Some would say that harm reduction embraces a paradigm shift in addiction treatment, as it has moved the field beyond the traditional abstinence-only focus typically associated with the disease model and the ideology of the twelve-step approach. Others may conclude that the move toward harm reduction represents an integration of what Dr. Tatarsky describes as the “basic principles of good clinical practice” into the treatment of addictive behaviors. “Changing addiction behavior is often a complex and complicated process for both client and therapist. What seems to work best is the development of a strong therapeutic alliance, the right fit between the client and treatment provider. The role of the harm reduction therapist is closer to that of a guide, someone who can provide support an

bronx wellness acupuncture and massage: *Maternal Fitness* Julie Tupler, 1996-04-10 Get Your Body Ready for the Marathon of Labor! If you're newly pregnant, you're probably watching your diet carefully, getting plenty of rest, and preparing for the arrival of your new baby. You're also thinking about the big day itself and what the experience of labor will be like. Even if you're following a regular fitness program, you'll want to do everything you can to strengthen and prepare

your body for the rigors of labor. Maternal Fitness features clearly illustrated exercises that focus specifically on the muscle groups you'll use throughout labor, especially the transverse abdominals -- the stomach muscles that play a critical role during delivery. A powerful set of transverse abs can speed labor and delivery and make for a quick recovery. By learning how to strengthen your abdominals and relax your pelvic floor muscles, you'll be able to push more effectively. While the Maternal Fitness program is designed specifically for the big moment, it also has other benefits, from minimizing backache and fatigue to giving you a welcome head start on getting back into shape after childbirth. Developed by a professional trainer who is also a registered nurse and childbirth educator, the Maternal Fitness program is safe for you and your baby and easy to do. Once learned, it can be incorporated into any workout.

bronx wellness acupuncture and massage: Total Renewal Frank Lipman, 2004-12-16 In terms of health, most of us live at 50 percent of our capacity. Total Renewal takes us the rest of the way there. To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future. Consisting of seven steps, Dr. Frank Lipman's Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable. Dr. Lipman's seven steps are: 1.Take Responsibility for Your Health and Well-Being 2.Remove Toxins and Decrease Your Total Load 3.Recognize Your Unique Diet 4.Replenish Nutrients and Balance Hormones 5.Release Tension and Relieve Stress 6.Revitalize with a Detox 7.Reconnect to Yourself, Others, and Nature

bronx wellness acupuncture and massage: The Hepatitis C Help Book Misha Ruth Cohen, Kalia Doner, 2007-05-15 Explains the orthodox and alternative treatment options available to patients with Hepatitis C; and provides fitness and nutritional plans, self-help information, and self-care programs.

bronx wellness acupuncture and massage: The Medical Classic of the Yellow Emperor, 2001 Compiled 2,000 years ago, The Medical Classic of the Yellow Emperor is the oldest extant classic of the field and serves as the theoretical basis of traditional Chinese medicine.

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