

calm spirit acupuncture and wellness inc

Finding Your Inner Peace: A Deep Dive into Calm Spirit Acupuncture and Wellness Inc.

Are you feeling overwhelmed, stressed, or simply out of balance? Are you searching for a holistic approach to wellness that goes beyond the typical quick fixes? Then you've come to the right place. This comprehensive guide explores Calm Spirit Acupuncture and Wellness Inc., delving into their services, philosophy, and the potential benefits of integrating acupuncture and wellness into your life. We'll uncover what makes Calm Spirit unique and how they can help you achieve a calmer, healthier, and more fulfilling you.

Understanding Calm Spirit Acupuncture and Wellness Inc.'s Holistic Approach

Calm Spirit Acupuncture and Wellness Inc. isn't just another acupuncture clinic; it's a sanctuary dedicated to restoring balance and promoting overall well-being. Their philosophy centers on the belief that true health extends beyond the absence of disease. It encompasses emotional, mental, and spiritual harmony, recognizing the interconnectedness of mind, body, and spirit. This holistic approach sets them apart, offering a comprehensive range of services designed to address your individual needs and help you achieve lasting wellness.

The Power of Acupuncture: Unlocking Your Body's Natural Healing Abilities

Acupuncture, a cornerstone of Traditional Chinese Medicine (TCM), involves the insertion of thin needles into specific points on the body. These points, known as acupoints, are believed to stimulate the flow of Qi (vital energy) and blood, promoting self-healing and restoring balance within the body's systems. At Calm Spirit, experienced and licensed acupuncturists utilize this ancient technique to treat a wide array of conditions, including:

Pain Management: From chronic back pain to headaches and arthritis, acupuncture can provide effective pain relief by reducing inflammation and promoting relaxation.

Stress and Anxiety Reduction: In today's fast-paced world, stress is a common ailment. Acupuncture helps regulate the nervous system, reducing anxiety and promoting relaxation and a sense of calm.

Improved Sleep: Difficulty sleeping can significantly impact overall health. Acupuncture can address underlying imbalances contributing to insomnia, leading to improved sleep quality.

Boosting Immunity: By balancing the body's energy flow, acupuncture can strengthen the immune system, making you more resilient to illness.

Women's Health: Acupuncture offers support for a range of women's health concerns, such as PMS, menopause symptoms, and fertility challenges.

Beyond Acupuncture: Exploring Calm Spirit's Comprehensive Wellness Services

Calm Spirit's commitment to holistic wellness extends beyond acupuncture. They offer a variety of complementary therapies to enhance your journey to optimal health. These may include:

Massage Therapy: Relieving muscle tension, improving circulation, and promoting relaxation are just some of the benefits of massage therapy offered at Calm Spirit. Different modalities may be available, catering to individual preferences and needs.

Herbal Medicine: TCM uses carefully selected herbs to address specific imbalances and support the body's natural healing processes. Calm Spirit's practitioners may recommend herbal remedies to complement acupuncture treatments.

Nutritional Counseling: Understanding the role of nutrition in overall health is crucial. Calm Spirit may offer guidance on dietary changes to optimize your well-being and support your treatment plan.

Mindfulness and Meditation Techniques: Integrating mindfulness practices into your daily routine can significantly reduce stress and improve mental clarity. Calm Spirit may offer workshops or individual sessions to guide you in these practices.

Finding the Right Treatment Plan at Calm Spirit Acupuncture and Wellness Inc.

The journey to wellness is unique to each individual. At Calm Spirit, the process begins with a thorough consultation to understand your health history, current concerns, and goals. This personalized approach ensures that your treatment plan is tailored to your specific needs, maximizing the effectiveness of the therapies. The practitioners work collaboratively with you, providing ongoing support and guidance throughout your wellness journey.

The Calm Spirit Difference: Experience the Benefits of a Personalized Approach

What truly distinguishes Calm Spirit Acupuncture and Wellness Inc. is their dedication to providing a compassionate and personalized experience. Their practitioners are not only highly skilled and experienced but also deeply committed to creating a welcoming and supportive environment. They take the time to listen, understand, and address your individual concerns, making you feel heard and valued throughout the process. This personalized approach fosters a strong therapeutic relationship, contributing to the overall effectiveness of the treatments.

Testimonials: Real People, Real Results

(This section would ideally include client testimonials. These could be short quotes or longer stories highlighting positive experiences and results achieved at Calm Spirit. Obtaining client permission is crucial for including such testimonials.)

Conclusion: Embrace Your Journey to Wellness with Calm Spirit

Calm Spirit Acupuncture and Wellness Inc. offers a comprehensive and holistic approach to wellness, empowering individuals to take control of their health and well-being. By combining the power of acupuncture with other complementary therapies, they provide a path to restoring balance, reducing stress, and achieving lasting health improvements. If you're ready to embark on a journey towards a calmer, healthier, and more fulfilling life, contact Calm Spirit Acupuncture and Wellness Inc. today and experience the difference a truly personalized approach can make.

Frequently Asked Questions (FAQs)

1. What should I expect during my first appointment at Calm Spirit? Your first appointment will begin with a thorough consultation where your practitioner will gather your health history, discuss your concerns, and answer any questions you may have. This will be followed by your first acupuncture treatment or other chosen therapy, tailored to your specific needs.
1. Is acupuncture painful? Most people describe the sensation of acupuncture needles as a mild prick or pressure. The experience is generally very comfortable, and many patients find it relaxing.
1. How many acupuncture sessions will I need? The number of sessions required varies depending on your individual needs and the condition being treated. Your practitioner will discuss a treatment plan with you during your initial consultation.
1. Is acupuncture covered by insurance? Insurance coverage for acupuncture varies depending on your plan. It's best to contact your insurance provider directly to inquire about coverage. Calm Spirit can also assist you in navigating the insurance process.
1. What is the difference between acupuncture and other pain relief methods? While other pain relief methods might target symptoms, acupuncture aims to address the root cause of imbalance contributing to pain. It often involves a holistic approach, considering the interconnectedness of mind, body, and spirit. The long-term benefits and focus on overall well-being distinguishes acupuncture from many other approaches.

calm spirit acupuncture and wellness inc: Clinical Aromatherapy - E-Book Jane Buckle, 2014-11-14 Enhance patient care with the help of aromatherapy! Clinical Aromatherapy: Essential Oils in Healthcare is the first and only peer-reviewed clinical aromatherapy book in the world and features a foreword by Dr. Oz. Each chapter is written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. This clinical text is the must-have resource for learning how to effectively incorporate aromatherapy into clinical practice. This new third edition takes a holistic approach as it examines key facts and topical issues in aromatherapy practice and applies them within a variety of contexts and conditions. This edition also features updated information on aromatherapy treatments, aromatherapy organizations, essential oil providers, and more to ensure you are fully equipped to provide patients with the best complementary therapy available. Expert peer-reviewed information spans the entire book. All chapters have been written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. Introduction to the principles and practice of aromatherapy covers contraindications, toxicity, safe applications, and more. Descriptions of real-world applications illustrate how aromatherapy works in various clinical specialties. Coverage of aromatherapy in psychiatric nursing provides important information on depression, psychosis, bipolar, compulsive addictive, addiction and withdrawal. In-depth clinical section deals with the management of common problems, such as infection and pain, that may frequently be encountered on the job. Examples of specific oils in specific treatments helps readers directly apply book content to everyday practice. Evidence-based content draws from thousands of references. NEW! First and only totally peer-reviewed, evidence-based, clinical aromatherapy book in the world. NEW Chapter on integrative Healthcare documenting how clinical aromatherapy has been integrated into hospitals and healthcare in USA, UK and elsewhere. NEW Chapter on the M Technique: the highly successful method of gentle structured touch pioneered by Jane Buckle that is used in hospitals worldwide. All chapters updated with substantial additional references and tables.

calm spirit acupuncture and wellness inc: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

calm spirit acupuncture and wellness inc: Acupressure with Essential Oils Merina Ty-Kisera, 2019-04-30 Discover the healing powers of pairing essential oils with ancient acupressure techniques in this holistic self-care guide for treating 24 common ailments such as cold/flu, migraines, and muscular aches and pains. Fast, easy, and fun, Acupressure with Essential Oils empowers you to take control of your health to dissolve tension patterns, relieve symptoms and pain, and rediscover an integrated sense of self. Author Merina Ty-Kisera introduces her unique Aroma Acupressure method for self-care—applying the healing properties of essential oils to points on the body that cue energetic changes to bring the body and mind back to balance. Including simple routines for relief of common ailments such as cold/flu symptoms, digestive issues, muscular aches and migraines, Acupressure with Essential Oils also provides care for uplifting emotions and rejuvenating the mind. Learn daily practices to soothe a racing mind, ease into restful sleep, and lift fatigue caused by burnout and stress. The results—in as little as five minutes—can be complete relief as well as feeling more centered, calm, alert, and fully present, offering a powerful new dimension to

healing the self and others. With helpful illustrations and a reader-friendly layout for quick reference, this guide will help you improve your quality of life—without big lifestyle changes.

calm spirit acupuncture and wellness inc: The Tao of Fertility Daoshing Ni, Dana Herko, 2009-10-13 An esteemed doctor who has helped countless women achieve their dream of having a child offers his program for enhancing fertility through traditional Chinese medicine (TCM). Dr. Daoshing Ni, descended from more than 70 generations of Taoist masters, has achieved renown among high-tech infertility specialists, TCM practitioners, and his many devoted patients. The Tao of Fertility is the first book combining a practical plan for conceiving using TCM with empowering Taoist principles that can carry you through pregnancy, childbirth, and beyond. Structured according to a woman's journey to conception, The Tao of Fertility includes: A questionnaire assessing fertility potential A 28-day fertility enhancement program Simple meditations and acupressure points to improve reproductive circulation and relaxation Guidelines for mapping your fertility using Chinese methods of diagnosis Information on how herbs and acupuncture can increase fertility Eating plans for pregnancy, postpartum, and while breast-feeding. and much more Enriched by moving stories of women who became pregnant using TCM, this is a compassionate, comprehensive handbook.

calm spirit acupuncture and wellness inc: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

calm spirit acupuncture and wellness inc: Ancient Herbs, Modern Medicine Henry Han, O.M.D., Glenn Miller, M.D., Nancy Deville, 2008-12-18 The best of Eastern and Western medicine in an integrative healing system for the mind, body, and spirit. Now, for the first time, a Western physician and a doctor of Oriental medicine combine the unparalleled technological advances of the West with the unmatched wisdom and healing touch Chinese herbal medicine provides for many diseases and conditions that elude modern medicine. Ancient Herbs, Modern Medicine demonstrates the many important, highly effective ways Chinese medicine and Western medicine can complement each other in treating everything from allergies and insomnia to mental illness and cancer. This accessible, comprehensive guide offers many informative and enlightening case studies and up-to-the-minute information on:

- How integrative medicine combines the best of Western pharmacology and Eastern herbology
- How integrative medicine helps fight the diseases and illnesses of our time, including allergies, asthma, and chronic fatigue syndrome, and eases and even reverses symptoms of arthritis, diabetes, depression, osteoporosis, AIDS, heart disease, and cancer--often without side effects
- How Chinese medicine can help you recognize signs before an illness becomes a crisis
- The importance of Western techniques in diagnosing serious diseases
- Why Chinese medicine offers the most effective treatment for many chronic/recurrent illnesses
- Restoring essential balance to the Five Energetic Systems--the Heart, Lung, Spleen, Liver, and Kidney Energies
- The Eight Strategies of Herbal Therapy--how herbs work in your body

Plus

illuminating discussions of the basic principles of Chinese medicine, as well as food remedy recipes, diagrams, glossaries of medical terms and herbs, resource listings, and much more to help you tailor an integrative health regimen that is right for you.

calm spirit acupuncture and wellness inc: Integrating Traditional Healing Practices Into Counseling and Psychotherapy Roy Moodley, William West, 2005-04-20 This book seeks to define, redefine and identify indigenous and traditional healing in the context of North American and Western European health care, particularly in counseling psychology and psychotherapy.

calm spirit acupuncture and wellness inc: Second Spring Maoshing Ni, 2009-04-07 “Dr. Mao’s brilliant book *Second Spring* shows women how to restore their power by revitalizing their health with his amazing natural secrets and age-old wisdom.” —Arianna Huffington Bestselling author of *The Secrets of Longevity*, Chinese medicine expert Dr. Mao completely reenvision the mind-body changes of perimenopause and menopause for women age thirty-five and up, using completely natural treatments. The Chinese refer to a woman’s midlife transition as her *Second Spring*. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman’s life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao’s revolutionary *Second Spring*™ program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health—and initiate your own new season of vitality starting at age thirty-five, through premenopause, menopause, and beyond. Dr. Mao—Yahoo!’s favorite natural health expert and author of the bestselling *Secrets of Longevity*—offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they’re not the same for everyone!). His safe, natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, *Second Spring* allows you to target your concerns right away. At the end you’ll find handy, at-a-glance lists addressing women’s most common ailments. *Second Spring*, inspired by Dr. Mao’s own mother’s remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible.

calm spirit acupuncture and wellness inc: *Mental Health, Naturally* Kathi J. Kemper, Kathi Kemper, 2010 With up-to-date research, illustrative examples, and a practical approach for individuals and families, this handbook features an overview of mental health disorders, basic strategies for improving as well as preventing mental health issues, and more.

calm spirit acupuncture and wellness inc: **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

calm spirit acupuncture and wellness inc: New York , 2010-03

calm spirit acupuncture and wellness inc: The Touch Remedy Michelle Ebbin, 2016-05-10

An empowering guide that unites the ancient healing power of touch therapy—from acupressure to reflexology—with modern science to help relieve the number one cause of disease today: stress—and to soothe anxiety, boost immunity, and alleviate pain. Human beings are wired for touch. Touch is critical to our physical and mental health. And for centuries, cultures around the globe have employed touch as a powerful force for healing. And yet America is an increasingly touch-deprived, high-stress culture, and we are paying for it with our wellbeing. Now, in *The Touch Remedy*, leading touch therapy expert Michelle Ebbin, who appears regularly on *The Dr. Oz Show* and has been featured on *The Doctors*, *The View*, and *Live with Kelly & Michael*, demonstrates how the ancient wisdom of touch can truly change your life. A fresh, contemporary approach to natural health, which draws on a unique combination of ancient wisdom and cutting edge research, *The Touch Remedy* is a collection of proven touch therapy solutions to calm and heal every member of the family, from babies to grandparents to pets. Demystifying time-tested touch therapy techniques such as Acupressure, Reflexology, Cranial Sacral Therapy, among others, Ebbin shares her invaluable insight and provides clear, step-by-step remedies, accompanied by beautiful full-color photos, to relieve a range of physical and emotional stressors, from back pain and headache to anxiety. Her solutions are quick, taking only two-to-three minutes each, and easy, requiring only three steps, and most of the remedies can be done anytime, anywhere, even on the go. In addition, Ebbin shows how touch therapy offers powerful strategies to improve intimacy in relationships, bond with your children, and improve communication through touch. With *The Touch Remedy*, we can quite literally take our health into our own hands—and nurture the bodies, minds, and spirit of our loved ones and ourselves.

calm spirit acupuncture and wellness inc: 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.

calm spirit acupuncture and wellness inc: The Queer and Transgender Resilience

Workbook Anneliese A. Singh, 2018-02-02 How can you build unshakable confidence and resilience in a world still filled with ignorance, inequality, and discrimination? *The Queer and Transgender Resilience Workbook* will teach you how to challenge internalized negative messages, handle stress, build a community of support, and embrace your true self. Resilience is a key ingredient for psychological health and wellness. It's what gives people the psychological strength to cope with everyday stress, as well as major setbacks. For many people, stressful events may include job loss, financial problems, illness, natural disasters, medical emergencies, divorce, or the death of a loved one. But if you are queer or gender non-conforming, life stresses may also include discrimination in housing and health care, employment barriers, homelessness, family rejection, physical attacks or threats, and general unfair treatment and oppression—all of which lead to overwhelming feelings of hopelessness and powerlessness. So, how can you gain resilience in a society that is so often toxic and unwelcoming? In this important workbook, you'll discover how to cultivate the key components of resilience: holding a positive view of yourself and your abilities; knowing your worth and cultivating a strong sense of self-esteem; effectively utilizing resources; being assertive and creating a support community; fostering hope and growth within yourself, and finding the strength to help others. Once you know how to tap into your personal resilience, you'll have an unlimited well you can draw from to navigate everyday challenges. By learning to challenge internalized negative

messages and remove obstacles from your life, you can build the resilience you need to embrace your truest self in an imperfect world.

calm spirit acupuncture and wellness inc: Golden Rules for Vibrant Health in Body, Mind, and Spirit Joseph J. Sweere, 2004 Sickness makes people turn inward and become more self-oriented, and chronic debilitating illness robs them of their ability to enjoy life to its fullest. This expansive book of commonsense rules for a healthy life offers practical information and tools for health-conscious people who are not in optimal health but wish to be.

calm spirit acupuncture and wellness inc: Yoga Journal , 1998-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

calm spirit acupuncture and wellness inc: The Living Spirit Sheryl Iris Glick, 2014-05 Reiki Master practitioner and medium describes the power of energy healing and explains how to recognize and embrace messages from our spirit guides as a means to improve our health and relationships--

calm spirit acupuncture and wellness inc: Bagua and Tai Chi Bruce Frantzis, 2012 In Bagua and Tai Chi, noted teacher Bruce Frantzis demonstrates through these two important practices what is required to develop and embody high levels of chi flow. Inside the slow-motion movements of tai chi is a sophisticated mind/body/spirit practice. Derived from the I Ching (Book of Changes), bagua is unique in its circular movements, spiraling energy, and unpredictable changes of direction. Frantzis begins with an overview of both bagua and tai chi and their origins in Chinese culture, followed by comprehensive advice on how to incorporate these practices into daily Western life. Written in an easy, conversational style, the book provides an explanation of an art that is practiced by millions in China to release stress and maintain a vigorous level of health. According to the National Center for Complementary and Alternative Medicine (NCCAM), the 2.3 million Americans who currently practice tai chi report improved sleep, conditioning, and overall wellness. Bagua and Tai Chi offers a gentle healing and strengthening system that will appeal to a wide audience, including martial artists, meditators, dancers and athletes, personal trainers, and anyone looking to reduce stress and increase calmness and clarity through an effective, low-impact body practice.

calm spirit acupuncture and wellness inc: Constitutional Facial Acupuncture Mary Elizabeth Wakefield, 2014-04-08 We are re-defining the face of ageing on a daily basis, with the Baby Boom generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic. Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process. Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters of the more traditional approaches. This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment - Jing, Ying and Wei. - A new and detailed Constitutional Facial Acupuncture protocol highlights acu-muscle points, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations. - A comprehensive constitutional treatment approach - A customized, modular topical herbal protocol that is enriched with the use of essential oils and natural cleansers, creams, etc. - Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc. - A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow's feet, sunken cheeks, etc. - Contraindications, benefits, and personal advice drawn from the author's 30+ years of

experience - An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of healthy aging

calm spirit acupuncture and wellness inc: *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.

calm spirit acupuncture and wellness inc: *Wellness Centers* Joan Whaley Gallup, 1999-04-26 Bringing together the best aspects of ambulatory care, complementary medicine, and fitness clubs under one roof, wellness centers are poised to become an essential vehicle of healthcare delivery for the 21st century. Although wellness-based programs have been instituted by nearly every hospital system in North America, very little has been published on this rapidly emerging building type. *Wellness Centers* enables design professionals and others to understand the fitness and healthcare requirements of these facilities, and to address them effectively in their work. Providing essential insights into balancing the healthcare and retail demands of wellness centers, Joan Whaley Gallup reviews every step of the planning and development process, addressing project assessment, financing, programming, and marketing. She draws on her extensive expertise in creating wellness centers to cover a full range of development and design considerations, including design guidelines for lobby/waiting areas, clinical space, administrative areas, pools, saunas, and indoor gardens. Finally, an inspiring project portfolio profiles an impressive roster of successful wellness centers from around the world. With useful information on code compliance, plus floor plans, schematic designs, and more, this book is a vital professional resource for anyone involved in wellness center design, planning, or management. The wellness center is the most positive, nurturing, life-affirming building type ever to evolve in the history of healthcare facilities design. . . . By turning inside out the trends of past centuries, we can now focus on wellness. We can create buildings that will nurture and sustain us, healing environments that will serve to support happy, life-enhancing activities. Centers for wellness are centers for life.-from the Preface The first book of its kind, *Wellness Centers* offers design professionals and others complete cutting-edge coverage of these complex new facilities, from planning and development issues to design guidelines and case examples of successful wellness centers from around the world. Written by an architect with extensive experience in the field, this book provides a firm foundation in wellness center design, planning, and management-essential reading for anyone involved in this rapidly growing area of healthcare design.

calm spirit acupuncture and wellness inc: *The End of Trauma* George A. Bonanno, 2021-09-07 With "groundbreaking research on the psychology of resilience" (Adam Grant), a top expert on human trauma argues that we vastly overestimate how common PTSD is in and fail to recognize how resilient people really are. After 9/11, mental health professionals flocked to New York to handle what everyone assumed would be a flood of trauma cases. Oddly, the flood never came. In *The End of Trauma*, pioneering psychologist George A. Bonanno argues that we failed to predict the psychological response to 9/11 because most of what we understand about trauma is wrong. For starters, it's not nearly as common as we think. In fact, people are overwhelmingly resilient to adversity. What we often interpret as PTSD are signs of a natural process of learning how to deal with a specific situation. We can cope far more effectively if we understand how this process works. Drawing on four decades of research, Bonanno explains what makes us resilient, why we sometimes aren't, and how we can better handle traumatic stress. Hopeful and humane, *The End of Trauma* overturns everything we thought we knew about how people respond to hardship.

calm spirit acupuncture and wellness inc: *Your Survival Instinct Is Killing You* Marc Schoen, 2014-03-25 Stop running. Nothing is chasing you. Thanks to technology, today's world is more

comfortable than ever, but our survival instinct that evolved to protect us from danger is on high alert. Though mild discomforts such as work demands, traffic jams, family conflict, or having to perform under pressure are not life threatening, they can still trigger the brain's fight or flight fear reaction. And this response can lead to a reliance on drugs, alcohol, overeating, insomnia, phobias, chronic pain, illness, or just losing our temper for no apparent reason. In this eye-opening book, psychologist Dr. Marc Schoen offers practical strategies to tame your overly reactive survival instinct and conquer fear, build resilience, boost decision-making, and improve every aspect of your life.

calm spirit acupuncture and wellness inc: Integrative Body-Mind-Spirit Social Work Mo Yee Lee, 2009-03-25 In recent years, interest in non-Western curative techniques among Americans has grown by leaps and bounds. *Integrative Body-Mind-Spirit Social Work* is the first book to strongly connect Western therapeutic techniques with Eastern philosophy and practices, while also providing a comprehensive and pragmatic agenda for social work, and mental health professionals. This breakthrough text, written by a cast of highly regarded researchers from both Asia and America, presents a holistic, therapeutic approach that ties Eastern philosophy and practical techniques to Western forms of therapy in order to help bring about positive, transformative changes in individuals and families. Integrative therapy focuses on the mind-body-spirit relationship, recognizes spirituality as a fundamental domain of human existence, acknowledges and utilizes the mind's power as well as the body's, and reaches beyond self-actualization or symptom reduction to broaden a perception of self that connects individuals to a larger sense of themselves and to their communities. Here, the authors provide a pragmatic, step-by-step description of assessment and treatment techniques that employ an integrative, holistic perspective. They begin by establishing the conceptual framework of integrative body-mind-spirit social work, then expertly describe, step-by-step, assessment and treatment techniques that utilize integrative and holistic perspectives. Several case studies demonstrate the approach in action, such as one with breast cancer patients who participated in body-mind-spirit and social support groups and another in which trauma survivors used meditation to get onto a path of healing. These examples provide solid empirical evidence that integrative body-mind-spirit social work is indeed a practical therapeutic approach in bringing about tangible changes in clients. The authors also discuss ethical issues and give tips for learning integrative body-mind-spirit social work. Professionals in social work, psychology, counseling, and nursing, as well as graduate students in courses on integral, alternative, or complementary clinical practice will find this a much-needed resource that complements the growing interest in alternatives to traditional Western psychotherapy.

calm spirit acupuncture and wellness inc: The Royal Treatment Barbara Royal, Anastasia Royal, 2013-06-25 A natural health, holistic medicine guide for your pet written by an innovative veterinarian with a background in zoo and wildlife medicine.

calm spirit acupuncture and wellness inc: In the House of the Moon Jason Elias, 2009-09-26 A celebration of healing ways of women offers a philosophical and practical approach to wellness that integrates body, mind, and spirit and uses stories, myths, and parables to teach women to connect with the inherent strength and knowledge of their bodies.

calm spirit acupuncture and wellness inc: The Clarity Cleanse Habib Sadeghi, 2016-07-12 A liberating 12-step guide to recognizing the emotional issues that hold us back, with strategies to increase our energy and help us reach our potential by the health and spiritual advisor to Gwyneth Paltrow. Based on the powerful mind-body strategy Dr. Habib Sadegh developed to help himself recover from cancer more than twenty years ago, *The Clarity Cleanse* will enable you to help your mind clear and your body heal. A regular Goop contributor in health and spirituality, Dr. Sadeghi shows you how to turn obstacles into healing and energizing opportunities. Because negative emotions actually do damage on the cellular level, *The Clarity Cleanse* offers guidance for cleansing both your body and your mind. You will learn how to: Create a clear intention Purge negative emotions Practice compassionate self-forgiveness Refocus negative energy to move beyond doubt and fear Ask the kind of questions that will help your relationships. *The Clarity Cleanse* includes Dr.

Sadeghi's Intentional Unsaturation Diet, which helps support emotional cleansing by removing the residue of repressed negative emotions. The diet is designed to reduce congestion in the liver, gallbladder, lungs, kidneys, and pancreas-the organs most affected by feelings such as resentment and anger. Dr. Sadeghi's friends at Goop have offered eighteen recipes to help make this cleanse delicious. Following the twelve steps in this book will help you to achieve a sense of peace and control, raise your self-esteem, and assert yourself in new ways to achieve positive and lasting change. Then, finally, you will be able to express your true, authentic self.

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a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire • Offers breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle at-home cleansing Chinese medicine and Ayurveda are two of the oldest healing systems in use today. Each is a complete art, in and of itself, and has profoundly contributed to the health and well-being of millions of people around the world. Drawing on their shared roots and spiritual principles, Bridgette Shea, L.Ac., MACOM, shows how these two practices integrate seamlessly, with the two traditions' individual strengths harmonizing to form a practical basis for prevention, wellness, detoxification, and treatment. The author explains the foundational principles of both Chinese medicine and Ayurveda in detail, providing the reader with a working understanding of both disciplines. She examines shared concepts such as qi and prana, meridians and nadis, and energy centers and chakras. She explores the strengths of each practice, such as the clinical efficiency of diagnosis and the use of acupuncture for pain relief, improving fertility, and stress reduction in Chinese medicine and the dietary, detoxification, and spiritual guidance of Ayurveda, including the detox branch of Ayurveda known as Panchakarma. Moving beyond theory into practical application, she explores the Elements, known as the Five Phases and the Panchamahabhutas, and how they affect our well-being. She provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire. Offering treatment and prevention strategies that draw from both disciplines, she encourages the reader to implement an integrated practice of these two systems in daily life or clinical practice. She details breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle home cleanses, all rooted in the holistic synergy between Ayurveda and Chinese medicine. Sharing case studies that highlight the interconnectedness of these approaches, Shea provides a comprehensive guide for self-healing of body, mind, and spirit and a practitioner's resource to cross-reference complex questions with respect to both healing traditions.

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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.

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