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Davis Smith



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Health Promotion in Health Care - Vital Theories and Research Gørill Haugan, Monica Eriksson, 2021-03-11 This open access textbook represents a vital contribution to global health education offering insights into health promotion as part of patient care for bachelor s and master s students in health care nurses occupational therapists physiotherapists radiotherapists social care workers etc as well as health care professionals and providing an overview of the field of health science and health promotion for PhD students and researchers Written by leading experts from seven countries in Europe America Africa and Asia it first discusses the theory of health promotion and vital concepts It then presents updated evidence based health promotion approaches in different populations people with chronic diseases cancer heart failure dementia mental disorders long term ICU patients elderly individuals families with newborn babies palliative care patients and examines different health promotion approaches integrated into primary care services This edited scientific anthology provides much needed knowledge translating research into guidelines for practice Today s medical approaches are highly developed however patients are human beings with a wholeness of body mind spirit As such providing high quality and effective health care requires a holistic physical psychological social spiritual model of health care is required A great number of patients both in hospitals and in primary health care suffer from the lack of a holistic oriented health approach Their condition is treated but they feel scared helpless and lonely Health promotion focuses on improving people s health in spite of illnesses Accordingly health care that supports promotes patients health by identifying their health resources will result in better patient outcomes shorter hospital stays less re hospitalization being better able to cope at home and improved well being which in turn lead to lower health care costs This scientific anthology is the first of its kind in that it connects health promotion with the salutogenic theory of health throughout the chapters the authors here expand the understanding of health promotion beyond health protection and disease prevention The book focuses on describing and explaining salutogenesis as an umbrella concept not only as the key concept of sense of coherence **The Mediterranean**

Diet For Men Over 50 Patrick Thompson, 2021-07-06 Men over 50 are demographic that tends to be forgotten when it comes to health and wellness but there has been a significant increase in understanding how our nutritional needs change as we age The Mediterranean Diet is catch all term for the diet of nations along the Mediterranean sea It emphasises wholegrains includes plenty of fruits and vegetables has room for poultry and lots of oily fish and allows a moderate intake of red wine if that s your thing While this diet is no miracle pill that will help you lose weight you do stand to gain a lot of health benefits from following it The Mediterranean Diet is easy to follow and can help to improve your general health and wellbeing This book covers a general introduction to the diet including advice regarding intermittent fasting and sample recipes for your personal use You will also find some general advice on different types of exercise that you may or not want to implement in your daily life Most of what you will find between these pages comes from a mix of personal experience

following the diet and research into its benefits Before we get into it there are a couple of general rules to follow when preparing your meals Around half of your plate should consist of non starchy vegetables a quarter should be healthy proteins and the remaining quarter should be wholegrains The main thing is you get it all in your diet **The Anti-Diet Diet: Break the Cycle, Nourish for Life** Robbie Price, The Anti Diet Diet is your no nonsense guide to breaking free from the cycle of restriction self blame and short term fixes With warmth science and zero judgment this empowering book helps you rethink your relationship with food your body and the way you nourish yourself for good Forget calorie counting food shame and cheat days Instead discover practical tools to tune into your body s natural wisdom enjoy eating again and build lasting habits that support both physical health and emotional wellbeing It s time to ditch the diet and find freedom on your plate

Outside the Box Cancer Therapies Dr. Mark Stengler, 2019-05-07 Now in paperback A thorough cutting edge alternative therapy focused exploration of Integrative Oncology care With approximately 40 percent of men and women in the United States being diagnosed with cancer at some point in their lifetime very few of us escape having cancer touch our lives in some way whether it is our own life or that of a loved one Scientific research continues to prove the benefits of nutritional and holistic therapies yet for the most part these approaches to treatment still remain unexplored by the conventional medical establishment With integrative and holistic healing being sought after and supported by more and more of the general public and medical community for various elements of everyday life it only makes logical sense to explore these therapies with regard to one of the most prevalent causes of death of our time In *Outside the Box Cancer Therapies* naturopathic medical doctors Mark Stengler and Paul Anderson combine their expertise to focus on the most critical components of integrative oncology care Supported by extensive research and decades of clinical experience Dr Stengler and Dr Anderson thoroughly explain the different types of cancer and their causes how proper nutrition can help to prevent and treat cancer the most well studied supplements to use with cancer treatment cutting edge naturopathic therapies and natural solutions to common problems such as the side effects of chemotherapy and radiation With a clear and focused approach Dr Stengler and Dr Anderson provide a definitive and comprehensive resource for anyone seeking to heal from cancer or a professional looking for the most cutting up to date integrative approaches to treatment **Bold Move** Luana

Marques, 2023-05-23 **Bold Move** is Harvard based psychotherapist Dr Luana Marques unique tried and tested method to get you out of your rut and find the courage to create a more confident and meaningful life Dr Marques understands anxiety After decades of research teaching and clinical practice she realized that the coping techniques she learned from her mother and grandmother while growing up in poverty in Brazil mimicked science based CBT therapy Now she has synthesized that knowledge developing a 3 step path that works for everyone from teens in crisis to executives experiencing burnout By pinpointing the anxiety at the root of avoidance Dr Marques shows how you can overcome it and achieve your goals **Bold Move** includes concrete examples and exercises backed by the most recent clinical and scientific research The 3 step plan

Helps you recognize thinking patterns that leave you feeling tense anxious and worried Outlines the many forms that avoidance can take including seeking comfort from others Explains the importance of being your own thought lawyer Shows you why just do it doesn't get it done Strategizes how you can build on your values to establish boundaries and make room for your dreams Bold Move is a groundbreaking transformative programme that works for everyone for practitioners and most notably those dealing with mental health challenges from underserved communities who have been overlooked and neglected for too long

Dink en eet jouself slim (eBoek) Caroline Leaf, 2016-05-20 Banting glutenvry paleo en vegan is deesdae op almal se lippe Hoe moet mense kies wat die beste is Dr Caroline Leaf het n ander boodskap Elke mens is uniek en het unieke voedingsbehoefte Daarom moet elke mens sy eie unieke dieet bepaal Daar is nie net een perfekte antwoord nie In DINK EN EET JOUSELF SLIM staan sy lesers by met al die moeilike kos besluite Sy wys hulle hoe om hulle kennis oor kos en kospraktyke te verbeter En die belangrikste van alles om hul gesindheid oor kos gesondheid genesing en voedingswaarde te verander DINK EN EET JOUSELF SLIM gee vir lesers n hele nuwe perspektief van gesondheid hoe jou liggaam funksioneer die kosbedryf en watter rol jou brein in hierdie hele proses speel Sy wys byvoorbeeld op die heel nuutste neurowetenskaplike navorsing wat aantoon dat jou gemoedstoestand of jy ongelukkig is gestres is of selfs moeg is as gevolg van te min slaap die werking van jou spysverteringstelsel beïnvloed DINK EN EET JOUSELF SLIM is in drie dele verdeel Erken dit ondersoek die probleme met ons hedendaagse eetgewoontes Stop dit fokus op die krag van ons denke en die impak van toksiese gedagtes en kos op ons liggaam en verstand Oorwin dit kyk na leefstyl veranderinge wat jou sal help om jouself slim te eet en bied 21 wegspring resepte DINK EN EET JOUSELF SLIM bied volhoubare langtermyn leefstyl oplossings wat jou sal aanmoedig en in staat stel om die regte besluite te neem wanneer dit by jou eetgewoontes kom Die omvattende bronnelys is ideaal vir verdere naslaan

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