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David Kirk



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The Rhodiola Revolution Richard P. Brown, M.D., Patricia L. Gerbarg, M.D., 2005-11-05 From 2 leading physicians one the co author of Stop Depression Now comes this groundbreaking book that introduces Americans to the amazing healing powers of Rhodiola rosea With unprecedented access to more than 30 years of compelling scientific research including top secret studies from the former Soviet Union Dr Richard Brown and Dr Patricia Gerbarg offer exclusive proof of rhodiola's remarkable ability to Help melt away extra pounds Maximize energy Fight stress and aging Sharpen memory and concentration Enhance sexual function and physical performance Protect against heart disease and cancer The Rhodiola Revolution also offers fascinating insight into Rhodiola rosea's rich and intriguing history as well as concise directions on using the herb for maximum medicinal effect It's the resource of choice for anyone who wants to use rhodiola to optimize their health and vitality

Breathe Bonnie Gray, 2023-04-04 Release Your Stress and Refresh Your Spirit When you feel overwhelmed by life's pressures you can pause restore calm and choose joy by finding new ways to break free from anxiety With Breathe soul care guide Bonnie Gray is here to help you develop new wellness habits that bring you rest and renewal Discover scientific and Scripture based practices for your body mind and soul that will help you worry less take better care of yourself and face each day focused on God's love You'll learn a simple yet powerful 3 step rhythm Breathe in truth refresh your spirit with God's loving words of affirmation Breathe out prayer release your stress with calming breath oriented prayers Soul care tip restore peace and joy by taking simple actions to boost your well being Breathe will guide you to start living in the present moment while replenishing your heart with God's peace Let these biblically inspired mindfulness techniques create space for you to fully relax in your loving Savior's embrace as you enjoy your daily rhythms of rest

Vertical File Index , 2005 The Good Samaritan Nurse in a Secular Age Teresa Lynch, 2023-08-24 Christian and other

nurses in the hostile modern and increasingly secular age may feel helpless in an environment that created the Liverpool Care Pathway LCP and continues to foster end of life care through sedation and dehydration The book aims to enlighten both health professionals and the public alike to their rights of conscience and knowledge of the needs of vulnerable patients whether related to ethical care or guidance and the law which can affect them Indifference to patients needs and suffering may be injurious to nurses health all of whom have a conscience This must be respected protected and used as a guide to truly care for the patient s benefit regardless of laws and professional pathways which may prove harmful to many vulnerable patients The questioning nurse on ethical issues and dilemmas needs consideration respect and support when attempting to act as the patient advocate Managers at all levels need to be aware of the concerns of front line nurses and to be mindful that recruitment and retention are both equally important factors for the quality of patient care and nurse morale and work satisfaction The NHS was a wonderful creation which is only as good as its staff at all levels Its managers and government ministers must remember that the more authority invested in them the more the accountability and transparency expected by both health professionals their patients and the public

Anxiety and Depression Rich Wemhoff,1998 No one is doomed to suffer indefinitely from depression The key reliable respected help but where do you start This guidebook provides objective evaluations of nearly 200 books and websites which address these issues In addition to childhood depression chapters and recommendations are included for adult depression phobias antidepressant medications and natural remedies

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