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The Breathable Body Robert Litman, 2023-05-02 Renowned breathing expert offers a guide to conscious breathing with skills for reducing stress alleviating tension returning breath to its natural state of harmony and opening your heart Breath moves in wavelike motions When breath flows freely within the body we live in a natural state of harmony making choices that enhance well being and generate energy Each individual breath travels through us in a unique way depending on its flow texture speed and patterning Like a leaf falling from a tree that spirals to the ground waves of breath travel through the airways of the body in a spiraling motion This is the way air moves the way breath moves and the way oceans rivers and lakes move too When we tighten our passageways and compromise our breathing our health suffers Most of us are born with the ability to breathe freely and naturally but as the years go by our breathing becomes labored compromised by fear disappointment trauma and pollutants So we contract our breathing body and create ways that feel protective of our vulnerable selves but actually constrict the oxygen intake and thus the nourishment our body receives In The Breathable Body Transforming Your World and Your Life One Breath at a Time Robert Litman shares the insights and practices he has discovered during more than 30 years of professional experience in conscious breathing and movement Born with breathing difficulties and suffering from asthma as a child Robert found ways to overcome his own childhood PTSD and now shares trauma sensitive teachings to help people breathe and live better You can change your life including alleviating symptoms of asthma snoring sleep apnea insomnia anxiety panic attacks digestive difficulties and fatigue by changing how you breathe The techniques in this book will teach you how to support and protect your body and its respiratory system Through conscious breathing movement sound and a clear understanding of anatomy and respiration we learn habits that support healthy and natural breathing

The Vagina Unveiled: Anatomy, Health, and Self-Care Helen Wright, The vagina is an extraordinary multifaceted part of the female body The Vagina Unveiled explores its structure function and health considerations with advice on hygiene sexual health menstrual care and common medical concerns Empowering and informative this book promotes confidence and awareness about female anatomy

Heal Your Mind Mona Lisa Schulz, MD, PHD, 2017-10-10 A much needed guidebook a treasure chest of insights Caroline Myss M D A brilliant new work profound healing advice Brian L Weiss M D Many of us grapple with how to stay happy calm and focused in a world that seems to get more complex by the minute How do we keep our wits about us our mood stable and our memory intact when our brains and bodies are bombarded with information and influences from every side This one of a kind resource combines cutting edge science with compassion and wisdom to offer answers we can really use Heal Your Mind continues the three pronged healing approach that Dr Mona Lisa Schulz and Louise Hay pioneered together in All Is Well Heal Your Body with Medicine Affirmations and Intuition Here it s applied to aspects of the mind ranging from depression anxiety and addiction to memory learning and even mystical states You ll learn what s going on in your brain and body when you feel sad angry or panicked

you have trouble focusing reading or remembering a past trauma is clouding your mind in the present and more And in each chapter you ll get a virtual healing experience through case studies in the All Is Well Clinic where Dr Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well being Today we tend to think our minds and bodies need an endless array of expensive ever changing pharmaceutical interventions In truth medicines are just one approach to healing the mind nutritional supplements also support mind body health and affirmations restore us to balance by changing the way we think Heal Your Mind puts all these tools at your disposal to help you choose your own path

Introduction to Anatomy and Physiology for Healthcare Students David Sturgeon,2018-03-09 This book provides a highly accessible introduction to anatomy and physiology Written for students studying the subject for the first time it covers the human body from the atomic and cellular levels through to all the major systems and includes chapters on blood immunity and homeostasis Logically presented the chapters build on each other and are designed to develop the reader s knowledge and understanding of the human body By the end of each chapter the reader will understand and be able to explain how the structures and systems described are organised and contribute to the maintenance of health Describing how illness and disease undermine the body s ability to maintain homeostasis this text helps readers to predict and account for the consequences when this occurs Complete with self test questions full colour illustrations and a comprehensive glossary this book is an essential read for all nursing and healthcare students in both further and higher education

Essential Medicines Management for Mental Health Nurses Deborah

Robertson,2016-08-16 This text is an accessible and clinically practical guide to medicines management in mental health for all student nurses and professionals Making the topic manageable and understandable at undergraduate nurse level it also encourages a growing understanding beyond this in professional practice too A wide range of mental health conditions are covered along with how medication can be used to manage these conditions how the drugs work and how they should be given Exploring the legal aspects and ethical issues around medication management in mental health it also discusses other concepts such as medicines adherence and the therapeutic alliance The book uses straight forward language to help the reader master the key concepts and how to apply them to clinical practice It features Drug calculations and multiple choice questions to help you assess your learning Key learning points to sum up each chapter Patient case studies across a range of mental health disorders References and suggested reading to help take your knowledge and learning further The book places an emphasis on applying underpinning pharmacological principles to clinical practice and is useful to all nurses who work with patients who have a mental health disorder A knowledge and understanding of medicines and medication management is a fundamental aspect of the role of the mental health nurse The author succeeds in her aim of providing of both a basic knowledge of the subject area and an understanding of how the principles of psychopharmacology and medicines management are applied to clinical practice and the role of the nurse The book has an excellent structure each chapter

beginning with clear learning objectives and ending with a summary of key learning points multiple choice questions and a case study where relevant The text is written in an accessible style specific chapters for example chapter 5 Anatomy and physiology of the brain having clear diagrams that facilitate the reader s ability to understand both basic physiology and the principles of neurotransmission etc The role of the therapeutic alliance is helpfully acknowledged when promoting adherence and concordance whilst the key medications prescribed for the specified disorders and the associated psychopharmacology are clearly described I would consider the publication as being essential reading for any undergraduate mental health nurse the text also being a valuable learning resource in the development of curriculum content Mark James Senior Lecturer in Community Mental Health Nursing University of South Wales UK I m delighted to recommend this new welcome and accessible resource an excellent book with much to offer student and registered mental health nurses and nurse educators in promoting safe and effective practice in medicines management John Butler Senior Lecturer in Mental Health University of Central Lancashire UK This book comprehensively addresses all the major psychotropic drugs a mental health nurse will encounter when undertaking medicines interventions Each mental health diagnosis is explored and the related prescribed medicines covered in depth I would recommend this book for use as a core text book in undergraduate studies registered nurses who want to increase their knowledge base and for non medical prescribing students as a baseline source to learn about the psychopharmacology of drugs they will prescribe Steve Hemingway Senior Lecturer in Mental Health The University of Huddersfield UK

Essential Connections; the How and Why of Your Personal Energy Felicity Rose Mackinnon,2012 This is a book everyone needs to read a whole new perspective on how and why the body s functions and its energy shape every aspect of your life

Benzel's Spine Surgery E-Book Michael P Steinmetz,Edward C. Benzel,2016-06-29 In the latest edition of Benzel s Spine Surgery renowned neurosurgery authority Dr Edward C Benzel along with new editor Dr Michael P Steinmetz deliver the most up to date information available on every aspect of spine surgery Improved visuals and over 100 brand new illustrations enhance your understanding of the text while 26 new chapters cover today s hot topics in the field A must have resource for every neurosurgeon and orthopedic spine surgeon Benzel s Spine Surgery provides the expert step by step guidance required for successful surgical outcomes Glean essential up to date information in one comprehensive reference that explores the full spectrum of techniques used in spine surgery Covers today s hot topics in spine surgery such as pelvic parameters in planning for lumbar fusion minimally invasive strategies for the treatment of tumors and trauma of the spine and biologics and stem cells A total of 18 intraoperative videos allow you to hone your skills and techniques New editor Michael P Steinmetz brings fresh insights and improvements to the text Features the addition of 26 chapters including Biologics in Spine Fusion Surgery Endoscopic and Transnasal Approaches to the Craniocervical Junction Cellular Injection Techniques for Discogenic Pain Minimally Invasive Techniques for Thoracolumbar Deformity Spinal Cord Herniation and Spontaneous Cerebrospinal Fluid Leak MIS Versus Open Spine Surgery Extensive revisions to

many of the existing chapters present all of the most up to date information available on every aspect of spine surgery Improved visuals and over 100 brand new illustrations enhance learning and retention

The Great Pain Jack John F. Petraglia, M.D.,2012-04-24 The Great Pain Jack is an easily accessible self help diagnostic guidebook to help acute and chronic pain sufferers assist their physicians in making the correct diagnosis and to help them undertake the right treatment plan in an effort to avoid the great pain jack

"Fundamentals: A Beginner's Guide to Mastering Essential Exercises" James Hill,2023-12-12 Fundamentals A Beginner s Guide to Mastering Essential Exercises is a comprehensive guide designed for individuals embarking on their fitness journey This guide covers key areas to help beginners understand and effectively engage in physical exercise Here s a summary of its main points Introduction to Exercise Basics The book starts with an overview of fundamental exercise concepts emphasizing the importance of combining different types of workouts for a balanced routine This includes aerobic exercises strength training flexibility exercises and balance training Setting Goals and Assessing Fitness Levels Guidance is provided on how to set realistic fitness goals and assess current fitness levels ensuring that beginners start with a clear and achievable plan Detailed Exercise Instructions Core exercises like squats push ups and planks are explained in detail with step by step instructions on proper form and technique to prevent injury and maximize effectiveness Creating a Workout Routine The book helps readers in crafting a personalized workout routine taking into account their fitness level goals and preferences Nutrition and Hydration Essential nutritional guidance is provided highlighting the importance of a balanced diet and adequate hydration in supporting exercise routines and overall health Dealing with Challenges Common challenges and setbacks that beginners might face are addressed offering strategies to overcome these obstacles and stay motivated Tracking Progress Emphasis is placed on tracking progress both to measure improvements and to maintain motivation over time Safety Tips and Injury Prevention The book includes crucial information on how to exercise safely including warming up cooling down and tips to avoid common injuries Encouragement for Ongoing Learning Readers are encouraged to continue learning and evolving their fitness knowledge and practices with suggestions for further resources and education Fundamentals Unveiled is presented as a holistic guide not just focusing on physical exercises but also addressing the mental and motivational aspects of starting a fitness routine Its comprehensive approach makes it an ideal resource for beginners looking to embark on a sustainable and effective fitness journey

The Skin Ian Peate,2025-01-28 PEATE S BODY SYSTEMS THE SKIN A CONCISE ILLUSTRATED AND ACCESSIBLE GUIDE TO THE SKIN Each of the twelve volumes in Peate s Body Systems series is rooted in the belief that a deep and thorough understanding of the human body is essential for providing the highest standard of care Offering clear accessible and up to date information on different body systems this series bridges the gap between complex scientific concepts and practical everyday applications in health and care settings This series makes for an invaluable resource for those committed to understanding the intricacies of human biology physiology and the various systems that sustain life The Skin is the perfect companion for

students and newly registered practitioners across nursing and allied health fields with an interest in dermatological care providing a comprehensive yet easy to digest guide for both academic and clinical application Equips healthcare students and practitioners with the necessary information to provide safe and competent care Features colourful illustrations to aid comprehension clarify complicated concepts and render content more engaging and accessible Empowers readers to adapt to a rapidly evolving healthcare landscape preparing them for the future of healthcare delivery Contains information necessary for effective patient care of those with psoriasis eczema burns and other skin diseases and conditions

Optimal Digestive Health Trent W. Nichols, Nancy Faass, 2005-02-22 A comprehensive and integrative approach to achieving digestive health using mainstream complementary and alternative therapies Offers complete information on herbal and homeopathic remedies supplements diets medical tests and environmental toxin reduction Includes a step by step diet to help readers moderate their carbohydrate intake and balance blood sugar levels Contains effective therapies for 30 digestive disorders from candida to ulcers According to the National Institutes of Health more than 90 million Americans suffer from digestive disorders Drawing on the expertise of 25 practitioners Optimal Digestive Health explores the symptoms possible causes medical testing and effective treatments for 30 digestive disorders from candida and colitis to ulcers In addition the authors explain the role digestion plays in many other health conditions such as arthritis fibromyalgia headaches mood swings immune function and skin problems They provide clear information on detoxification food allergies and environmental factors as well as meditation qigong and yoga A step by step diet is offered to help readers moderate their carbohydrate intake and balance their blood sugar keys to health and weight loss Optimal Digestive Health demystifies the use of herbal therapies acupuncture biofeedback and Ayurveda in the treatment of digestive disorders pairing the best of mainstream medicine and complementary therapies with intelligent self care for an integrated patient centered approach to healing

Dog Groomer's Manual Sue Gould, 2014-03-31 The Dog Groomer's Manual is the definitive reference book covering all aspects of the work of the dog groomer This highly illustrated book will help owners students and professional dog groomers develop their skills and knowledge It will enable them to adapt the principles of grooming appropriately based on a systematic approach to understanding and observing the physical appearance the nature the lifestyle and the behaviour of the dog The Manual covers the following

SCIENCE The veterinary principles of anatomy and physiology that must inform good grooming practice pre grooming health checks common parasites and skin diseases infectious and zoonotic diseases

PRACTICE Running a grooming business and the diverse standards of safety hygiene and professionalism required in the grooming workshop First Aid and what to do in emergency situations handling and restraining the dog safely grooming equipment and tools ART Grooming out the coat bathing and drying clipping scissoring hand stripping and plucking styling preventative healthcare products Referenced to reliable sources of information and adhering to the requirements of City Guilds British Dog Grooming Association and nationally recognized dog grooming qualifications The Dog Groomer's Manual is the perfect

companion for dog groomers around the world seeking to attain these internationally recognized awards Superbly illustrated with 1000 colour photographs Pet Keeping Angie Tracks, This book consists of the following books all in one convenient bundle Birds The Complete Handbook for Bird Care and Breeding Chinchillas Tips for Keeping Your Pet Happy and Healthy Ferrets The Ultimate Guide to Ferret Care and Training Gerbils A Beginner s Guide to Raising Healthy and Happy Gerbils Guinea Pigs Essential Tips for Happy Healthy Guinea Pigs Hamsters The Guide to Proper Hamster Care Hedgehogs Raising and Caring for Hedgehogs Horses The Ultimate Guide to Horse Care and Management Parrots The Complete Guide to Parrot Training and Care Rabbits Everything You Need to Know About Raising Happy Rabbits Rats A Beginner s Guide to Caring for Pet Rats Snakes Essential Snake Care Tips for Beginners Turtles A Complete Guide to Turtle Health and Happiness

Developing Academic Skills for Nursing Associates Cariona Flaherty, Marion Taylor, 2021-01-13 If you are keen to succeed in your studies as a Trainee Nursing Associate then this is the study skills book for you Written specifically for TNAs this book prepares you for higher education by helping you to develop key academic skills like time management independent learning academic writing referencing and literature searches The book also covers important skills for your future career as a Nursing Associate including portfolio development delivering presentations and using digital technologies in healthcare Key features Fully mapped to the new NMC standards of proficiency for nursing associates 2018 Case studies activities and other learning features help you master the skills whatever your level Focused specifically on the skills you will need in your studies and practice both now and in the future ABOUT THE SERIES The Understanding Nursing Associate Practice series UNAP is a new collection of books uniquely designed to support trainee Nursing Associates throughout their training and into a professional career *Learning to Care* Ian Peate, 2019-01-09 Edited by a world renowned authority Learning to Care has been prepared by a team of experienced nurse educationalists and practitioners to meet the learning needs of the new Nursing Associate Richly illustrated throughout this exciting resource is designed to fully equip trainee nursing associates for their future role as professional healthcare providers with chapters ranging from how to learn and essay writing to communication skills reflective practice and the role of evidence based clinical decision making Complete with a full exploration of basic anatomy and physiology together with the care and treatment of common disorders Learning to Care also comes with a wide range of helpful learning features such as Hot Spots and the Medicine Trolley all designed to aid learning and help foster safe clinical practice The volume comes complete with a downloadable image bank to assist with assignments Learning to Care will be ideal for all Trainee Nursing Associates and Health Care Assistants wishing to enhance their knowledge base as well as those on Enrolled Nurse programs overseas Clear no nonsense writing style helps make learning easy Provides helpful advice on study skills and essay writing Incorporates the 15 Standards of the Care Certificate Learning objectives at the start of each chapter enable readers to monitor their progress Key Words feature encourage familiarisation with a new vocabulary Self Test questions at the start of each chapter allow readers to establish their baseline

knowledge Reflection and Critical Awareness features encourage critical thinking and recall of essential information Medicine Trolley feature outlines common drugs their usage routes of administration and side effects Case Studies give practical context to core information Care in the Home Setting At the GP Surgery and Communities of Care boxes illustrate healthcare provision outside the hospital environment Includes anatomy and physiology and pathophysiology of important diseases and disorders OSCEs help trainee nursing associates prepare for examinations Helpful glossary provides definitions of new terms

Massage Therapy - E-Book Susan G. Salvo, 2015-03-25 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo's Massage Therapy Principles and Practice 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like hospitals nursing homes and medical offices to broaden your career potential Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques routines client interaction sequences and case studies that facilitate the learning process and the practical application of the material Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter

Graphic Medicine, Humanizing Healthcare and Novel Approaches in Anatomical Education Leonard Shapiro, 2023-09-23 This book contains subjects by authors with a fresh exciting and extensive focus within the medical humanities offering the reader chapters which include the history of medical illustration Graphic Medicine as a vehicle for the expression of humanistic dimensions of healthcare equitable and ethical medical illustrations as well as novel art based approaches in anatomical education Authors consider the role of visual narratives in medical and scientific illustration the unique affordances of the comics medium the history of comics as a form of medical and scientific visualization and the role of comics as didactic tools

and as vehicles for the expression of the humanistic dimensions of healthcare A chapter considers ethical and equitable implications in global healthcare practice and highlights the work currently being undertaken to address inappropriate and problematic depictions of people in global health visualizations This will inform the reader of emerging and current thinking about visual communication and the use of images in the public domain as well as in the healthcare and education sectors Novel approaches in anatomical education include the benefits of three dimensional anatomy models made of felt visual analogies as a method to enhance students learning of histology the use of the hands for learning anatomy and visualizing anatomy through art archaeology and medicine This book will appeal to readers who have an interest in the medical humanities Graphic Medicine and ethical medical and anatomical illustrations These include academic and non academic readers medical students medical educators clinicians health care workers as well as policy makers

Medical Biochemistry E-Book John W. Baynes, Marek H. Dominiczak, 2018-01-03 Now fully revised this acclaimed textbook efficiently links basic biochemistry with the day to day practice of medicine You will learn basic science concepts and see them illustrated by clinical cases that describe patients you will likely encounter in your clinical training You will also learn about the use of laboratory tests to diagnose and monitor the most important conditions Brought to you in a thorough yet accessible manner this new edition of Medical Biochemistry highlights the latest developments in regulatory and molecular biology signal transduction biochemistry and biomarkers of chronic disease and bioinformatics and the omics It highlights the most important global medical issues diabetes mellitus obesity and malnutrition cancer and atherosclerotic cardiovascular disease and addresses the role of nutrition and exercise in medicine Featuring a team of expert contributors that includes investigators involved in cutting edge research as well as experienced clinicians this book offers a unique combination of research and clinical practice tailored to today s integrated courses Read organ focused chapters addressing the biochemistry of the bone kidney liver lungs and muscle and system focused ones addressing the biochemistry of the immune and endocrine systems neurochemistry and neurotransmission and cancer Featuring a team of expert contributors that includes investigators involved in cutting edge research as well as experienced clinicians this book offers a unique combination of research and clinical practice tailored to today s integrated courses Read organ focused chapters addressing the biochemistry of the bone kidney liver lungs and muscle and system focused ones addressing the biochemistry of the immune and endocrine systems neurochemistry and neurotransmission and cancer

The Human Pulse Jenny Smith, AI, 2025-02-12 The Human Pulse explores the science behind your pulse revealing its connection to cardiovascular health and overall well being It delves into cardiac physiology and blood circulation explaining how the heart functions and how blood vessels deliver essential nutrients Intriguingly factors like exercise stress and medication can significantly influence your pulse rate rhythm and amplitude offering insights into your body s current state The book progresses from basic anatomy and physiology to the factors influencing pulse characteristics such as age and physical activity It further

examines how conditions like hypertension manifest as distinct pulse abnormalities By integrating historical context with modern research it demonstrates how pulse assessment can be a valuable tool for self assessment early detection of health issues and optimized fitness This approach emphasizes proactive health management encouraging readers to understand and interpret their body s signals

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This book delves into Nice Book Anatomy Your Health Essential Insights. Nice Book Anatomy Your Health Essential Insights is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nice Book Anatomy Your Health Essential Insights, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 3: Nice Book Anatomy Your Health Essential Insights in Everyday Life
 - Chapter 4: Nice Book Anatomy Your Health Essential Insights in Specific Contexts
 - Chapter 5: Conclusion
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