



reclaim
your
health

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Reclaim Your Health

Pasquale De Marco



Reclaim Your Health:

Reclaim Your Health David J. Frähm, Anne E. Frähm, 1998 readers will discover how others have fought back against the same diseases they're facing now. And they will learn as others who have reclaimed their health have how to stimulate the body's native healing and immune systems. *Cookbook For Reclaim Your Body* Paige Jennett, 2021-09-11 This book explains that simple is best and that it's ok to have that occasional hiccup in life. By taking advantage of wholesome non-processed foods and putting a bit of effort into exercise, who knew? The book does not preach to you but is rather an encouraging way to rethink what you are doing in life. This book offers easy tips for reclaiming your health. Debbie and her daughter both battle autoimmune diseases: Lupus and Hashimoto's Disease. They have both been able to reclaim their health and the author shares what they are doing that is working without medicine. Chances are you or someone you care about is currently battling weight, pre-diabetes, diabetes, or heart disease or another illness that can be corrected with food and lifestyle changes.

Digital Detox: Unplug and Reclaim Your Life Shu Chen Hou, Are you feeling overwhelmed by the constant presence of technology in your life? Is your smartphone becoming an extension of your hand, leaving you no respite from notifications and social media updates? It's time to take a step back, unplug, and reclaim your life with *Digital Detox: Unplug and Reclaim Your Life*. In this compelling book, *Digital Detox: Unplug and Reclaim Your Life*, you'll embark on a transformative journey towards achieving a healthier relationship with technology. Step by step, we'll guide you through the process of disconnecting from the digital world and embracing the joys of living life intentionally offline. Discover the Impact of Digital Overload. Learn about the Digital Epidemic that has taken over our lives and explore the health risks associated with digital overload. Gain valuable insights into the influence of technology on mental health and sleep patterns, as well as its impact on relationships and overall well-being. Unlock the Benefits of Unplugging. Chapter by chapter, we reveal the benefits of unplugging from the digital world. From overcoming the Fear of Missing Out (FOMO) to nurturing hobbies and passions offline, you'll discover a wealth of opportunities that await beyond the screen. Master the Art of Mindful Living. Embrace mindfulness in a digital age and find peace amidst the noise of the digital world. Learn how to navigate social media and digital marketing influences mindfully and rediscover the joy of real-world connections and meaningful relationships. Empower Yourself and Your Loved Ones. As you embark on your digital detox journey, you'll discover the importance of setting digital boundaries in both personal and professional life. Learn how to combat cyberbullying and online harassment and understand the ethical implications of technology on humanity. Lead by Example. If you're a parent, discover your pivotal role in regulating your children's screen time and fostering a balanced digital lifestyle for the whole family. And for seniors, we provide guidance on navigating the digital world with confidence and embracing technology while preserving your well-being. The Future is Yours to Shape. Finally, explore the future of technology and its effects on society as you cultivate a healthy relationship with technology. The power to unplug and reclaim your life lies in your hands. Are you ready to break free from the chains of technology and embrace a more

fulfilling intentional life Order Digital Detox Unplug and Reclaim Your Life now and start your journey towards a healthier more balanced existence Your mind body and soul will thank you for it Take the first step towards a brighter tech free future today Click here to order Digital Detox Unplug and Reclaim Your Life and start your transformative journey towards a healthier more intentional life *Reclaim Your Youth: Growing Younger After 40* Richard Sullivan,2009-07-12 Beginning at age 30 men and women lose 7% of their lean muscle mass which is literally the fiber of our being every decade there after By the age of 50 that amounts to 15% The only solution is challenging ongoing physical activity specifically strength training to rebuild lost bone and muscle and regain the physical form of youth The Gold Standard for reclaiming youth is to literally build or rebuild your body muscle and bone through strength training Reclaim Your Youth Growing Younger After 40 educates the reader on how to perform exercises that rebuild muscle and bone for maximum results in half the time

Reclaiming Your Life at 50 Michael Kempster,2024-05-22 This book is the planning tool you need to help you chart the way ahead in the lead up to your 50th birthday milestone and beyond It will help you understand the various changes and transitions that come with reaching 50 and explore strategies for embracing change with optimism and resilience We will show you how to prioritize physical health through exercise nutrition and preventive care We will also help with your mental well being through stress management mindfulness and self care practices Don t worry if you have never done any of these we will guide you through them Having explored the basics of physical and mental health we will help you rediscover passions and purpose reflecting on past interests hobbies and aspirations exploring new avenues for creative expression and finding purpose and fulfillment in meaningful activities pursuits and connections with family friends and community Financial planning and security also become key considerations as goals and priorities for retirement and beyond are explored along with strategies for budgeting saving and investing for your long term financial security We will also examine opportunities for lifelong learning and embracing adventure and new experiences Finally we turn our attention to developing resilience and overcoming any challenges you may face and explore strategies for coping with setbacks and obstacles We conclude by exploring your legacy and impact and ask what contributions you wish to leave behind and the positive difference you can still make in the world Each chapter of Reclaiming Your Life at 50 is accompanied by an exercise designed to prompt reflection and introspection empowering readers to unlock their full potential and embrace the next chapter of their lives with confidence and clarity

Investing In Your Health... You'll Love The Returns Will Shelton,2018 This book examines current diets to help you make decisions about your eating style as well as taking a look at sleep patterns in association with our overall health Health and physical education warrant a bigger role in our children s overall health and well being One of the chapters is entitled Games People Play which focuses on games you played growing up Will Shelton is deeply concerned that some neighborhoods including parks are too violent for youth to play in He presents some innovative ideas that can help curtail violence in neighborhoods We need to bring back pride as a core value in some neighborhoods so

youth have a vested interest in their respective neighborhoods by creating jobs safe parks and recreational centers better teachers principals other school staff school curriculum mentorship programs rites of passage programs violence prevention programs better training of police and dramatically stop how guns drugs and other weapons enter neighborhoods Will Shelton Will Shelton's book *Investing in Your Health You'll Love the Return* is an insightful and innovative look at our personal health status and how we can improve it It examines why we eat the foods we select It answers the following questions and so much more What can we specifically do to defeat the #1 Killer of Americans using empirical data Is healthcare a right or privilege What are the factors that are affecting our health What cellular Master Switch can be turned on by eating the right kinds of foods to prevent diabetes obesity heart disease and other diseases How do you unlock the subconscious mind to health wealth and contentment Why Financial Principles are a requirement for total health happiness Why is generational health and wealth a vital legacy in terms of passing the Torch of Health and Wealth to this generation of youth How does the Glycemic Index help lower sugar intake How can Stress Busters techniques and activities help with stress You are a cornucopia of endless treasure Now is the time to claim your treasure by *Investing In Your Health You'll Love the Returns*

Your Journey to Postpartum Confidence: A Comprehensive Guide to Reclaim Your Body, Mind, and Spirit Pasquale De Marco, 2025-08-09 Your Journey to Postpartum Confidence A Comprehensive Guide to Reclaim Your Body Mind and Spirit is your comprehensive guide to navigating the postpartum period with confidence and grace Written by experienced Pasquale De Marco this book provides a holistic approach to your physical recovery emotional well being and the demands of caring for a newborn Inside you'll find practical strategies expert advice and compassionate support to empower you every step of the way From nourishing your body for optimal recovery to managing sleep deprivation and finding moments of self care this book covers everything you need to know to thrive during the postpartum period With its focus on evidence based practices and real life experiences this book is your trusted companion as you navigate the joys and challenges of motherhood You'll discover How to create a balanced postpartum diet and boost your energy levels Gentle exercises to strengthen your core and pelvic floor Strategies for coping with postpartum mood swings anxiety and depression Practical tips for managing sleep deprivation and finding moments of self care Ways to balance your new role as a mother with your own identity and well being Expert advice on breastfeeding intimacy and advocating for your health Inspiring stories and affirmations to help you embrace the beauty of motherhood Whether you're a first time mom or an experienced parent this book will provide you with the knowledge and support you need to thrive during the postpartum period With compassion humor and a deep understanding of the postpartum journey Pasquale De Marco guides you towards healing growth and empowerment Embrace the postpartum journey with confidence and reclaim your body mind and spirit with the guidance of *Your Journey to Postpartum Confidence A Comprehensive Guide to Reclaim Your Body Mind and Spirit* If you like this book write a review

Breaking Free from Darkness: Empowering Strategies to Reclaim Your Life from the Grip of

Depression , Are you ready to dive into a new area of knowledge or explore the world of Mental Health Whether you are seeking to expand your understanding of Depression or master a new skill this book is your ultimate guide Mastering the Art of Efficiency Unlocking the Formula for Achieving Unparalleled Productivity and Maximum Output offers a comprehensive journey through themes like Empowerment Reclaiming Life Overcoming Depression providing a clear roadmap to help you succeed Whether you are just starting out or looking to deepen your expertise this resource will equip you with essential tools for growth and success Breaking Free from Darkness Empowering Strategies to Reclaim Your Life from the Grip of Depression is the ideal resource for anyone eager to enhance their understanding of Depression through the valuable insights provided by Empowerment Reclaiming Life Overcoming Depression Whether your goal is to learn heal or grow the knowledge you gain through Depression will empower you on your journey Discover more about Breaking Free from Darkness Empowering Strategies to Reclaim Your Life from the Grip of Depression delve into related topics such as Empowerment Reclaiming Life Overcoming Depression and explore deeper themes within Mental Health breaking free from darkness empowering strategies to reclaim your life from the grip of depression mental health depression empowerment reclaiming life overcoming depression

The New You Nelson Searcy, Jennifer Dykes Henson, 2019-01-01 How many of us are living up to our full God given potential What s holding us back and how can we overcome it These are the questions Nelson Searcy and Jennifer Dykes Henson want us to ask and answer with the help of The New You With energy and enthusiasm the authors take a holistic view of health that encompasses the physical spiritual emotional and mental areas of our lives giving us proven systematic ways to dramatically improve each Readers come away with specific strategies to lose weight get more sleep lower stress nurture better relationships connect with God and much more Anyone who wants to trade in the frustration of average living and less than health for the hallmarks of the new life God promises will find The New You an effective personal guide for the journey People are looking for the big miracle or the one secret solution or the one answer to solve all their problems This exciting book focuses on small steps many small steps to transform your life Elmer L Towns cofounder and vice president Liberty University Are you tired worn down discouraged and longing for a vibrant life a new you Then this book is the prescription you need Nelson Searcy and Jennifer Dykes Henson have compiled a simple yet comprehensive list of biblical principles anchored in scientific fact that when applied energizes the tired rejuvenates the worn down and invigorates the discouraged Because of God s design for life if you do what this book teaches you cannot avoid a healthier and happier life Timothy R Jennings MD DFAPA psychiatrist and author of The Aging Brain and The God Shaped Brain The New You is like a handbook for life The content is clear concise and compelling And Nelson and Jennifer write in a style that is straightforward biblical and highly practical Your life will be better if you read and do what this book says Lance Witt founder Replenish Ministries Having no vision for your life should be alarming However having a big vision with no plan is senseless This book will help you cultivate both I love what Nelson and Jennifer have done because they ve

made complicated concepts incredibly approachable You re going to want to keep this book near you for the rest of your life Clay Scroggins lead pastor North Point Community Church The New You proves a timely book as Christians are recognizing in increasing number the call to offer our bodies as living sacrifices Rom 12 1 Matthew C Easter assistant professor of Bible Missouri Baptist University The best book in a long time about how to balance spiritual and physical health Searcy and Henson give an easy to follow plan for improving health while growing your spiritual life Keep this book on your nightstand in your car or in your bag to consult it often and learn how physical health and spiritual growth were intended to work together Bob Whitesel DMin PhD award winning author of 13 books coach consultant and speaker on church health and growth at ChurchHealth.net Progress not perfection This approach to life keeps me sane and moving in the right direction It is also what makes The New You such a valuable tool for making the most of your wellness Read and apply this book and your total person will be transformed Steve Reynolds pastor of Capital Baptist Church in Annandale Virginia and author of Bod4God Twelve Weeks to Lasting Weight Loss A refreshing and eye opening read Their practical and frank confrontation of the questions and unhealthy habits we often have encourages truthful reflection on how we serve as ministers and Christians This is balanced brilliantly with the small steps to change which provide motivation and are nonthreatening for persons who can become overwhelmed by just thinking about getting healthy Dwight Fletcher founder and senior pastor Transformed Life Church Kingston Jamaica I was not a healthy pastor I was overweight out of shape stressed out and headed for an early grave Two years ago I finally decided to put into practice the principles that Nelson shares in this new book the same principles that he has been living and sharing with me through coaching Nelson is right it really is the small things done consistently over time that make a huge impact in every area of life In the past two years I ve lost over eighty five pounds and kept it off I have more energy than I ve ever had and I m healthier than I ve ever been I cannot wait to share this book with you You really are one small step away from a brand new you Pastor Chris Rollins Coastal Community Church Charleston South Carolina Nelson has been my friend and role model for ministry for nearly thirty years I have witnessed him excel in every area of life from school to family life to church leadership The principles that have helped him to be a good friend husband father and pastor are shared in The New You in order to take you from an average life to an abundant life Michael A Jordan pastor Mount Vernon Baptist Church Axton Virginia In The New You Nelson and Jennifer not only give the reader a checkup but they also give strategies for improving the most important areas of life If you desire greater energy clearer thinking and spiritual vitality this is the book for you Brian Moore lead pastor Crosspointe Church Anaheim This book will strengthen your life regardless of your faith You will walk away stronger mentally spiritually physically and emotionally From the first chapter to the last you will find big and small ideas you can use now Don t wait buy this book now Jimmy Britt lead pastor Rocky River Church Charlotte North Carolina Nelson and Jennifer have done it again Having known Nelson for over a decade I have personally benefited from the teachings in this book I recommend this book to everyone And I think it would be a great book

for small group study too Dr Rick Mandl senior pastor Eagle Rock Baptist Church Los Angeles California The New You is actually about reclaiming YOU The YOU God envisioned the YOU God created the YOU God loves In addition to physical health Nelson and Jennifer delve into the spiritual emotional and mental dimensions of what makes for a healthy YOU And that s where The New You really shines Their holistic approach to your health provides insights galore and at the end of each chapter simple and specific strategies to help YOU reclaim more of what God intended for YOU all along Pastor Kent Wilson creator of 9Minutes2Fit workout program certified functional aging specialist and assistant to the bishop in the Northwestern Ohio Synod of the Evangelical Lutheran Church in America Wholeness and healing are at the top of God s priority list By clearly explaining the biblical principles that point to full health the authors make human wholeness not only understandable but through a series of small steps doable Stan Pegram lead pastor BMZ Regional Church **Reclaiming Your Heart** Denise Hildreth Jones,2013-02-18 Have you ever wondered where the abundant life Scripture promises is and how you seem to have missed it Do you ever catch yourself saying Those were the best years of my life A failed relationship a health crisis a job loss the death of a loved one all can cause us to hide out go numb give up Before we even know it we re simply coping with life instead of living it to the fullest It happens to most of us at one point or another For author and Bible study teacher Denise Hildreth Jones it happened in the wake of her devastating divorce But she fought desperately to reclaim her God designed heart and now in her transparent authentic style Denise challenges you to do the same Sharing stories from her own journey and others she s walked alongside Denise will help you identify ways you ve given your heart to lesser gods like performance people pleasing and control and how to find your way back to God s design for your life to laughing loving and living life to the fullest **Good Energy Diet Recipes** Barbara Seeber,2024-08-22 Unlock the Power of Good Energy with THE GOOD ENERGY DIET RECIPES by Dr Casey Means INCLUDES BONUS 21 DAY MEAL PLAN Are you tired of feeling sluggish battling stubborn weight or simply not feeling your best It s time to take control of your health and supercharge your energy levels with THE GOOD ENERGY DIET RECIPES the ultimate guide inspired by Dr Casey Means groundbreaking approach to metabolic health This cookbook isn t just about food it s about transforming your life With over 100 easy to follow nutrient packed recipes you ll discover how to lose weight boost your metabolism and enhance your overall well being all while enjoying delicious meals every day Whether you re new to Dr Means methods or a longtime follower this book will be your go to resource for integrating her powerful insights into your daily routine What s Inside THE GOOD ENERGY DIET RECIPES Science Backed Strategies from Dr Casey Means Dive into the cutting edge science of metabolic health and learn how these recipes can help you feel more energetic focused and healthier than ever 100 Delicious Metabolism Boosting Recipes From energizing breakfasts to satisfying dinners these recipes are designed to support your body s natural ability to generate good energy and sustain optimal health Exclusive 21 Day Meal Plan Kickstart your health journey with a structured easy to follow meal plan that makes healthy eating simple sustainable and incredibly satisfying

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Reclaiming Your Harmony in the Face of PMDD Pasquale De Marco,2025-04-09 Unveiling the Enigma of PMDD A Comprehensive Guide to Understanding Managing and Thriving with Premenstrual Dysphoric Disorder Premenstrual Dysphoric Disorder PMDD is a severe and debilitating condition that affects millions of women worldwide yet it remains shrouded in stigma and misunderstanding This comprehensive guide offers a beacon of hope for those struggling with PMDD providing a wealth of knowledge practical strategies and unwavering support Within these pages you will embark on a journey of self discovery and empowerment as you delve into the complexities of PMDD Renowned experts and women with firsthand experience share their insights offering a holistic approach to understanding and managing this often overlooked disorder This groundbreaking book covers a wide range of topics including An in depth exploration of the signs symptoms and underlying causes of PMDD Effective self care strategies for symptom management including lifestyle modifications nutrition mindfulness and alternative therapies Guidance on navigating relationships and PMDD including communicating with loved ones building a support system and preserving intimacy Expert advice on seeking professional help including identifying qualified healthcare providers exploring treatment options and advocating for yourself in the medical system Inspiring stories of resilience and triumph from women who have overcome the challenges of PMDD With compassion and empathy this book guides you through the journey of PMDD offering a roadmap to reclaiming control over your life It dispels the myths and misconceptions surrounding PMDD empowering you to embrace self acceptance cultivate resilience and live a full and meaningful life Join the movement to break the silence and stigma surrounding PMDD Together we can raise awareness advocate for better care and support and create a world where women with PMDD can thrive If you like this book write a review

Inflamed Dr. Elias P. Hartmann,2025-04-10 Discover the Hidden Link Between Stress and Health Do you feel constantly overwhelmed battling unexplained health issues that just won t go away Inflamed The Hidden Cost of Chronic Stress is your essential guide to understanding the profound effects of stress on your body and mind This eye opening book peels back the layers of chronic stress revealing its underappreciated role in triggering inflammation and a host of related maladies Drawing from the latest scientific findings each chapter delves deep into the unseen workings of stress induced inflammation You ll uncover how this silent disruptor can manifest through invisible symptoms or wreak havoc by contributing to autoimmune disorders hormonal imbalances and immune system dysfunction With compelling insights the book connects the dots between stress and various health challenges like digestive issues heart disease skin conditions and

even musculoskeletal pain But all hope is not lost This transformative narrative is rich with actionable advice Learn how nutrition exercise and mindfulness can be powerful tools to combat inflammation Discover holistic therapies and stress management techniques that can pave the way toward reclaiming your well being Real life case studies underscore the book's message providing inspiration and hope for anyone ready to take control of their health story Let *Inflamed The Hidden Cost of Chronic Stress* be your guide on the journey to wellness By the end of this book you'll be equipped with the knowledge and tools to transform stress from a silent adversary to a manageable component of life empowering you to reclaim a balanced and thriving life

The Definitive Guide to Manage and Reverse Diabetes Shu Chen Hou, Discover the Ultimate Solution to Manage and Reverse Diabetes Are you or a loved one grappling with the challenges of diabetes Is the burden of managing this condition taking a toll on your daily life It's time to take control of your health and reclaim your vitality with *The Definitive Guide to Manage and Reverse Diabetes The Comprehensive Roadmap to Wellness* This guide is your indispensable companion on the journey to diabetes management and reversal From understanding the fundamentals of diabetes to exploring cutting edge strategies we provide you with the knowledge you need to thrive

Nutrition for Optimal Health Uncover the transformative power of nutrition with our expert guidance Learn to make informed dietary choices manage your carbohydrate intake and savor a delicious array of diabetes friendly recipes Take control of your diet and take control of your health

Exercise for a Vibrant Life Discover the myriad benefits of physical activity for diabetes management Whether you're an exercise enthusiast or a newbie we'll guide you through diverse forms of activity helping you boost your energy levels and improve your overall well being

Medication and Insulin Mastery Gain clarity on your treatment options and how to work collaboratively with healthcare providers to optimize your care Understand the mechanics of medications and insulin to make informed decisions about your treatment plan

Natural Remedies and Holistic Approaches Explore the world of natural remedies and alternative therapies Learn how holistic approaches can complement your diabetes management enhancing your overall health and well being

Stories of Triumph Be inspired by real life stories of individuals who have successfully reversed their diabetes through lifestyle changes and determination Their journeys serve as beacons of hope proving that with the right tools you can reclaim control over your health

Emotional Well Being Recognize the importance of emotional well being in diabetes management Discover coping strategies mental health support and the resilience needed to thrive in the face of challenges

Community and Support Join a supportive community of healthcare providers caregivers and fellow individuals with diabetes You are not alone on this journey lean on the experiences knowledge and successes of others

Your Definitive Guide This book is your all in one resource for managing and potentially reversing diabetes Empower yourself with the knowledge and tools needed to live a life rich in health happiness and fulfillment Don't let diabetes define you Seize the opportunity to transform your health and well being *The Definitive Guide to Manage and Reverse Diabetes* is your roadmap to a brighter healthier future Start your journey today

Make The Most of Vegan Ketosis To Optimise Your Health Ravi

Sandhu,2025-05-11 A vegan ketogenic diet combining the principles of a high fat low carbohydrate regimen with plant based nutrition offers a range of potential health benefits This dietary approach may support weight loss by promoting fat metabolism and reducing appetite Additionally it can enhance mental clarity and focus as the body utilises ketones as an efficient energy source for the brain The diet may also aid in stabilising blood sugar levels which is beneficial for individuals managing insulin sensitivity or type 2 diabetes Incorporating nutrient dense plant based foods ensures an abundance of fibre antioxidants and phytonutrients contributing to improved heart health reduced inflammation and overall well being This holistic nutritional strategy aligns with both health goals and ethical dietary preferences The Micronutrient Miracle

Jayson Calton, PhD,Mira Calton, CN,2015-08-11 Our poor health and growing waistlines can be traced back to the hidden crisis of a micronutrient deficiency More than 90 percent of all Americans are deficient in at least one of these health promoting vitamins and minerals and don t even know it According to nutritionists Jayson and Mira Calton micronutrients vitamins and minerals essential for optimum health are being stripped from our diet and depleted by our lifestyle habits And these deficiencies cause today s most common illnesses Mira herself developed advanced osteoporosis at the age of 30 But with Jayson s help she reversed her disease through micronutrient therapy The Caltons created The Micronutrient Miracle an incredible cure all program to help you lose weight and prevent and reverse common disorders including obesity heart disease and diabetes The Micronutrient Miracle explains the truth about what you re really eating and how your habits may be depleting essential micronutrients It also provides an easy to follow 28 day plan to reverse these effects by restoring your depleted micronutrients And the best part This book is tailor made to work with your lifestyle including gluten free low carb low fat vegan and Paleo recipes *Reclaiming Wellness* Jovanka Caires,2022-04-19 If you ve ever felt left out of elite

healthcare regimes or thought that being healthy shouldn t be expensive this book is for you Reclaiming Wellness explores today s most effective wellness practices and their multicultural sources in a way that makes overall health accessible to all The book provides practical affordable delicious and fun ways to incorporate plant based whole foods into even the most time crunched routine lazy proof means of movement that feel more like self love than dreaded exercise techniques of mindfulness meditation and visualization that make them meaningful everyday tools ways to experience nature music and community to heal and connect If you ve ever wondered about the origins of the world s best lifestyle choices for the healthiest body and mind this book is for you Or if you are looking for ways to incorporate plant based foods spices and herbs into nutritious delicious meals this book is for you You ll find easy ways to keep your body and mind feeling fresh and vibrant and you ll learn about your ancestors too Jenn Claiborne chef and creator of Sweet Potato Soul In Reclaiming Wellness Jovanka Caires has brilliantly interwoven the power of multicultural ancestral traditions and wellness practices into a holistic road map to achieve optimized health even with the noise and chaos of the modern world trying to overwhelm us into dis ease Jason Goldberg author of Prison Break Jovanka Caires is a miracle worker a trusted source for wellness transformation from the

inside out Her wisdom and knowledge have healed and helped so many may this book support you in reclaiming your wellness journey Kelly Lynn Adams award winning entrepreneur business and life coach and podcaster embody Connie Sobczak,2014-05-19 Embody A Guide to Celebrating Your Unique Body and quieting that critical voice brings to life the work of The Body Positive a non profit organization founded in 1996 by Connie Sobczak and Elizabeth Scott LCSW This book s message is rooted in the philosophy that people inherently possess the wisdom necessary to make healthy choices and to live in balance It emphasizes that self love acceptance of genetic diversity in body size celebration of the unique beauty of every individual and intuitive self care are fundamental to achieving good physical and emotional health It encourages readers to shift their focus away from ineffective harmful weight loss efforts towards improving and sustaining positive self care behaviors Initial research indicates that this work significantly improves people s ability to regulate eating decreases depression and anxiety and increases self esteem all critical resources that promote resiliency against eating and body image problems Embody guides readers step by step through the five core competencies of the Body Positive s model Reclaim Health Practice Intuitive Self Care Cultivate Self Love Declare Your Own Authentic Beauty and Build Community These competencies are fundamental skills anyone can practice on a daily basis to honor their innate wisdom and take good care of their whole selves because they are motivated by self love and appreciation Rather than dictating a prescriptive set of rules to follow readers are guided through patient mindful inquiry to find what works uniquely in their own lives to bring about and sustain positive self care changes and a peaceful relationship with their bodies Through workshops lectures and leadership trainings Sobczak and Scott have helped thousands of people of all sizes ages sexual orientations genders ethnicities and socioeconomic levels to lead healthier and more meaningful lives by learning how to cherish their unique bodies no small task given today s barrage of thin images and emphasis on dieting Embody offers practical tools as well as personal stories to bring Sobczak and Scott s work into one s own life It is a resource that can be read cover to cover as well as revisited time again while moving through the inevitable changes that come with personal growth A lifeboat in the sea of messages that demean the bodies of both men and women Embody is a safe haven for all *Diet for a New Life Anthology* Mariana Bozesan,2005-03 *Well to the Core* Robin Long,2023-10-03 You deserve to feel good not just in your body but in your whole being Robin Long certified Pilates instructor and founder of Lindywell is on a mission to help you reclaim your health your fitness and your body In Well to the Core join Robin on a journey toward holistic health and discover ten core components of an effective and realistic approach to healthy and balanced living a grace over guilt mindset to release shame and develop helpful habits in every season of life how breath nature rest and play can improve your quality of life and exclusive Pilates workouts mindfulness exercises and deliciously crafted recipes to nourish your mind body and soul It is possible to break free from constant stress about what you re eating how you re exercising or how much weight you need to lose in order to really start living This is where true wellness begins Let Robin Long show you the way in Well to the Core

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Reclaim Your Health Introduction

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