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The Triple Whammy Cure-David Edelberg 2006-01-12 Is this your life? You've been feeling just plain awful for far too long -- depressed, exhausted, achy, stressed-out, bloated, and forgetful. In fact, you're beginning to find it hard to remember the last time you felt really well -- or even just okay. So you go to the doctor -- perhaps even a series of doctors -- who tell you either that your test results are normal and you're fine or that you have to learn to live with your symptoms. Maybe they even prescribe medications that don't help or that knock you out with side effects. You're fed up. You want your health back. If this sounds familiar, read on. You may be suffering from what Dr. David Edelberg calls the "Triple Whammy" -- a three-pronged assault on body and mind made up of unrelenting stress, low levels of the feel-good brain chemical serotonin, and your ever-shifting hormones. You can benefit from The Triple Whammy Cure, a simple but highly effective three-week plan that can stop this devastating attack and let you feel good again. It's important to take action now because, if Triple Whammy symptoms aren't stopped, Triple Whammy disorders can eventually develop: chronic anxiety, chronic fatigue syndrome, memory loss, PMS, menopause problems, postpartum depression, depression, fibromyalgia, wintertime blues, TMJ, irritable bowel syndrome, brain fog, migraines, sleep problems, overeating, and weight gain. If you've been diagnosed with one or more of these, you can start feeling better soon by following the Three-Week Cure and the special healing path provided for your condition. Author Dr. David Edelberg is a recognized pioneer in treating chronic illnesses and a practicing physician with thirty years of clinical experience. Dr. Edelberg's Triple Whammy Cure is a natural program that provides powerful but easy solutions for each of the three whammies, with steps that include: boosting your serotonin levels without taking an antidepressant, natural supplements backed up by the best studies for smoothing hormonal swings, and a stress-relief menu that's more fun than work. There's also a delicious serotonin-boosting eating plan. And reading his healing paths for Triple Whammy disorders is like having a virtual appointment with Dr. Edelberg. The Triple Whammy Cure is so simple that Dr. Edelberg's thousands of patients wondered how it would work -- until they tried it themselves and felt so much better only twenty-one days later. Case stories in the book show how these patients got their lives back. Now, The Triple Whammy Cure can help you get back your life, too.

Healing the Wounded Heart-Dan B. Allender 2016-02-23 First published in 1989, Dan Allender's The Wounded Heart has helped hundreds of thousands of people come to terms with sexual abuse in their past. Now, more than twenty-five years later, Allender has written a brand-new book on the subject that takes into account recent discoveries about the lasting physical, emotional, relational, and spiritual ramifications of sexual abuse. With great compassion Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that don't truly address the problem, he instead calls evil evil and lights the way to renewed joy. Counselors, pastors, and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them. Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing. The Dirt Cure-Maya Shetreat-Klein 2016-01-26 In this "carefully researched, compellingly written game-changer for children's health" (Mark Hyman, MD), Maya Shetreat-Klein, MD, reveals the shocking contents of children's food, how it's seriously harming their bodies and brains, and what you can do about it. And she presents a nutritional plan for getting and keeping children healthy—that any family can follow. Chronic diseases in children are rising dramatically—from allergies and ADHD to mental illnesses and obesity. A traditionally trained pediatric neurologist and a parent herself, Dr. Maya encountered the limits of conventional medicine when her son suffered a severe episode of asthma on his first birthday and hit a developmental plateau. Treatments failed to reverse his condition, so Dr. Maya embarked on a scientific investigation, discovering that food was at the root of her son's illness, affecting his digestive system, immune system, and brain. The solution was shockingly simple: Heal the food, heal the gut, heal the brain...and heal the child. Recent changes in growing and processing food harm kids' gut microbiomes, immune systems, and brains, contributing to chronic disease. Dr. Maya "convincingly argues the case for a dirt-filled but chemical-free life" (Publishers Weekly). She used fresh foods and nature to heal not only her son but chronically ill patients from around the world from the inside out and the outside in—and now makes it available in The Dirt Cure. "Full of scientific information presented in a fun and informative way, [with] concrete evidence that good food can transform one's life," (Publishers Weekly), The Dirt Cure shares success stories from Dr. Maya's practice and her tips as a working mother of three on stocking healing foods (from veggies to chocolate!), reading labels, and getting even picky eaters into the new menu. "Reader-friendly" (Kirkus Reviews), this paradigm-shifting "tour de force prescription...to fight and prevent chronic disease" (Robert K. Naviaux, MD, PhD) empowers you to transform your child's health through food and ensure the long-term wellbeing of your kids and the entire family.

Is it You, Me, Or Adult A.D.D.?-Gina Pera 2008 Presents a guide to maintaining a relationship with an adult diagnosed with the disorder, with information on the basics, challenges, and options for treatment.

A Guide to Crisis Intervention-Kristi Kanel 2014-01-01 This practical nuts-and-bolts guide provides readers with the skills necessary to handle any crisis situation. The book utilizes the comprehensive ABC Model of Crisis Intervention, which can be used as effectively for day-to-day interactions as for emergency situations. A GUIDE TO CRISIS INTERVENTION, 5th Edition addresses such crises as drug abuse, secondary PTSD, crisis worker burnout, AIDS, suicide, death and dying, Alzheimer's, and victimization and abuse. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Time Cure-Philip Zimbardo 2012-10-02 In his landmark book, The Time Paradox, internationally known psychologist Philip Zimbardo showed that we can transform the way we think about our past, present, and future to attain greater success in work and in life. Now, in The Time Cure, Zimbardo has teamed with clinicians Richard and Rosemary Sword to reveal a groundbreaking approach that helps those living with post-traumatic stress disorder (PTSD) to shift their time perspectives and move beyond the traumatic past toward a more positive future. Time Perspective Therapy switches the focus from past to present, from negative to positive, clearing the pathway for the best yet to come: the future. It helps PTSD sufferers pull their feet out of the quicksand of past traumas and step firmly on the solid ground of the present, allowing them to take a step forward into a brighter future. Rather than viewing PTSD as a mental illness the authors see it as a mental injury—a normal reaction to traumatic events—and offer those suffering from PTSD the healing balm of hope. The Time Cure lays out the step-by-step process of Time Perspective Therapy, which has proven effective for a wide range of individuals, from veterans to survivors of abuse, accidents, assault, and neglect. Rooted in psychological research, the book also includes a wealth of vivid and inspiring stories from real-life PTSD sufferers—effective for individuals seeking self-help, their loved ones, therapists and counselors, or anyone who wants to move forward to a brighter future.

Body & Soul- 2006

Body and Soul- 2006

The Publishers Weekly- 2005

Library Journal-Melvil Dewey 2005 Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

Joyce in the Belly of the Big Truck; Workbook-Joyce A. Cascio 2005-05

A Mind Of Her Own-Anne Campbell 2013-05-16 When Darwin proposed that females shape evolution by being choosy in their choice of male suitors, his Victorian contemporaries were shocked that he accorded so much importance to women. But this early view of the female role was far from revolutionary: They were simply allowed to be passive 'quality controllers' of male genes. Recent years have shown that the inert 'coy female' is a myth. For a male, a high sex drive and a taste for variety may improve his fitness. But for a female, successful reproduction goes far beyond copulation. She bears the brunt of parental investment with each child represents years of commitment from pregnancy and breast-feeding to provisioning and guarding. For her genetic lineage to survive, she must do this better than her rivals. Each of us comes from a line of winning mothers. Women are, after all, the first and default sex. It is women who bear children. A child born with a single X chromosome can survive, but not one with a single Y. In a population crash, a female-biased population will survive far better than a male-heavy one. In this book, Anne Campbell redresses the balance of evolutionary theory in favour of women. She examines how selection pressures have shaped the female mind over thousands of generations: Their emotions, friendship, competition, aggression and mate choice. She brings together data from neuroscience, endocrinology, anthropology, primatology as well as psychology to address fundamental questions about sex differences.... Why are women less aggressive than men? Were women designed for monogamy or promiscuity? What do women compete for? Why is conflict between males and females inevitable? What makes each woman unique? Have contraception and IVF subverted the process of natural selection?

Magic Apples-Lee Steels 2014-08-29 MAGIC APPLES is a daily reader with 366 reflections to mull. The topics are broad in scope with a liberal approach. Drawn from the authors experience as a teacher, parent, coach, musician and big kid, the reflections are an eclectic mix of food for thought. Every 6th day is a silly story intended to produce those healing endorphins we all need to keep our equilibrium. There are plenty of opportunities to laugh, cry and to agree or disagree. If you need to escape from autopilot and enhance your life-long learning skills, MAGIC APPLES should give you lots to chew on. If you desire a modern approach to traditional tales, new ways to love your fellowtravelers and the chance to laugh at the human condition, a magic apple each day will be to your delight.

Seek Wisdom-Keith Berndtson 2012-05-01 In Seek Wisdom, the first book of his One Bodymind Series, Dr. Berndtson introduces a new approach to the care and prevention of chronic illness, with profound implications for health education, self-care, and the stewardship of living systems. He shows how oversimplification of the physician's task is hurting patient care and limiting medicine's potential as a healing force in the world. With its problems mounting and no sustainability plan in place, humanity is in a bind. He asks, "What might a planetary medicine doctor advise humanity to do?" In exploring answers to this question, his essays forge a new vision for health and healing - a call for unity around the lasting idea that wellness of the people, by the people, for the people, might yet flourish on the earth. Synthesizing the insights of thought leaders committed to promoting the health of people and the planet, he lays the groundwork for a new type of social networking and cooperation, and gives it a bold platform in his wellness support website, onebodymind.com. Seek Wisdom will change the way you look at the world - and yourself. "Among the million or so physicians in the U.S., only a handful can also be described as both philosophers and futurists. Keith Berndtson, MD, is a serious contender for this select group. Concerned about the decline of our health care system and our steadily worsening health statistics, in Seek Wisdom, Dr. Berndtson offers a jump start to rethinking the way we approach longevity, good health, and the treatment of disease." - David Edelberg, MD, Author of Healing Fibromyalgia and The Triple Whammy Cure. "Keith Berndtson provides us with compassionate and wise insight into the whole human person. No question presses upon moderns more deeply than this: What makes each of us unique, and how do we find true wholeness? This humane and revealing book contributes in a way that nurtures real flourishing. I welcome it with deep appreciation." - Dr. John H. Armstrong, President, ACT 3, and Author, Your Church is Too Small God, Self and Community-Bernard L. Brookes 2003-06 God, Self and Community: Revelation, Testimony and Practice by Bernard L. Brookes, Ph.D. Psychologist Dr. Brookes focuses on the triadic relationship with God (the source of meaning and transcendence), and with others (who form ones community), as fundamental to the development of a healthy personality. He explores this theme through powerful autobiographical stories such as "The Rock, the Rain, and the Baptism in the Sea," and through thought provoking essays including "Love, the Foundation of Community", and "Power, Violence, and Nonviolence."

New Books on Women and Feminism- 2006

It's Enough to Make You Sick-Jeffrey M. Lobosky 2012-05-16 It's Enough to Make You Sick explains how the American health care system developed and how it has deteriorated into a national disgrace. Lobosky indicts the special interests who have played a role in the demise of American health care, examines the current attempts at reform, and offers a practical, compassionate blueprint for effective change.

Challenges to the Changing Status of the Aged-Usha Kothari 2007 Turbans of Rajasthan from the earliest times to the 20th century; a study.

Global Competitor- 1994

Dollars & Sense- 1981

The Marriage and Family Experience-Bryan Strong 1986 THE MARRIAGE AND FAMILY EXPERIENCE is an engaging, student friendly, four-color Marriage and Family best seller. The text's up-to-date material, real-life cross-cultural examples, and balanced presentation make it an accessible and compelling read for the Marriage and Family student. It successfully bridges all elements of the course, including intimate relationships, family policy, and family issues. The combination of the strengths fosters consistent positive student reaction and feedback.

Advanced Dermatologic Therapy II-Walter Brown Shelley 2001 Written for the practicing dermatologist, ADVANCED DERMATOLOGIC THERAPY II summarizes treatment options for most skin disorders encountered in the typical dermatologic practice. This thoroughly up-to-date, advanced reference offers a broad scope of current therapeutic possibilities from thousands of journal entries noted. This unique prescriptionary allows the reader to quickly scan and rapidly integrate advanced dermatologic therapeutics into his or her practice. It also includes special therapeutic vignettes from the authors' practice for keen insight into therapeutic decision making. The authors have researched an extraordinary range of therapies from cutting-edge articles to give you the widest range of therapeutic possibilities - somewhere to turn when all else fails Presents data succinctly, alphabetized under diagnosis, on well over 250 conditions from abscesses to xeroderma pigmentosum Clinical focus is assured by the inclusion of special therapeutic case studies from the authors' own practice More diseases, and more treatments for them, mean an extra 250 pages As practising dermatologists, the authors have added time saving features - for instance, all treatments are listed at the start of each topic and are highlighted in the text to allow you to quickly assess your options Always a pleasure to read, the new edition is also a pleasure to look at, complete with a full colour design and many full colour images

New York- 1997-11

The Cure for Catastrophe-Robert Muir-Wood 2016-09-06 We can't stop natural disasters but we can stop them being disastrous. One of the world's foremost risk experts tells us how. Year after year, floods wreck people's homes and livelihoods, earthquakes tear communities apart, and tornadoes uproot whole towns. Natural disasters cause destruction and despair. But does it have to be this way? In The Cure for Catastrophe, global risk expert Robert Muir-Wood argues that our natural disasters are in fact human ones: We build in the wrong places and in the wrong way, putting brick buildings in earthquake country, timber ones in fire zones, and coastal cities in the paths of hurricanes. We then blindly trust our flood walls and disaster preparations, and when they fail, catastrophes become even more deadly. No society is immune to the twin dangers of complacency and heedless development. Recognizing how disasters are manufactured gives us the power to act. From the Great Lisbon Earthquake of 1755 to Hurricane Katrina, The Cure for Catastrophe recounts the ingenious ways in which people have fought back against disaster. Muir-Wood shows the power and promise of new predictive technologies, and envisions a future where information and action come together to end the pain and destruction wrought by natural catastrophes. The decisions we make now can save millions of lives in the future. Buzzing with political plots, newfound technologies, and stories of surprising resilience, The Cure for Catastrophe will revolutionize the way we conceive of catastrophes: though natural disasters are inevitable, the death and destruction are optional. As we brace ourselves for deadlier cataclysms, the cure for catastrophe is in our hands.

The Health Service Journal- 2007

The Herald- 2009

Our Lady of Weight Loss-Janice Taylor 2006-08-17 As millions of women can attest, losing weight is hard work, and even the most resolute of dieters often fail. What's missing from nearly every diet program is the support and humor women need to keep on track and lose those pounds for good. Here, Our Lady of Weight Loss—the patron saint of fat removal—comes to the rescue with miraculous motivation for all! In this unique book, Our Lady shares her tried-and-true gospel of weight loss guaranteed to lift readers' spirits and finally make dieting fun. A fat-free, calorie-free, carb-free, guilt-free helping of divine inspiration, Our Lady of Weight Loss is the ultimate cheerleader for women everywhere and the best friend who will keep them on course even when the brownies beckon like a siren. With the help of Our Lady readers will: Stay inspired with "motivational musings" and tips Curb their cravings and keep their creative appetite satisfied with "pious projects" Confess their chocolate or french fry transgressions and move on Indulge in healthy and simple "righteous recipes" Part art object, part craft project, part bedside companion, and part cookbook, Our Lady of Weight Loss is perfect for any woman following a diet program and still searching for her "thinner core." Quirky and soulful, with gorgeous four-color artwork throughout, this book will keep readers laughing on the rocky road to sveltesville and change their relationship with food forever.

Clinical and Scientific Psychogeriatrics-Manfred Bergener 1990  
American Book Publishing Record- 2005  
News - The Grantsmanship Center-Grantsmanship Center 1981  
Singapore Business- 1998  
Traffic World- 1979  
Foundation News- 1981  
The Lancet- 1996-05  
U.S. News & World Report- 1993  
Act of Betrayal-Morgan Avery 2000 When his son becomes the victim of a vicious murder, veteran St. Louis detective Leo Schultz drinks himself into oblivion at the nearest bar, only to find himself the prime suspect in a hit-and-run death the next morning, and it is up to cybersleuth PJ Gray to uncover the truth about the case and about the killing of Leo's son, Rick. Original.  
Modern Drummer- 1992  
Disease-Mongers-Lynn Payer 1992-08-28 An expose+a7 of the health-care industry shows how doctors, pharmaceutical companies, and insurers profit from making healthy people think they are sick and reveals the growing influence of powerful lobbies representing the industry.  
CIO.- 2008-02 A resource for information executives, the online version of CIO offers executive programs, research centers, general discussion forums, online information technology links, and reports on information technology issues.  
Press Summary - Illinois Information Service-Illinois. Information Service 1985

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