

OUR AWARDS

"For us to now have a collection of fifteen elixirs and wellness solutions (plus an array of sizes and flavours), to be showcased in some of the world's leading retail spaces and to have received over 35 industry awards in eighteen months I feel is an extraordinary accomplishment. We pioneered the ingestible wellness space back in 2014 with our 'beauty begins within' philosophy so sharing this life-changing realisation was always our mission. To now see hundreds of thousands of our WelleCommunity transforming their own wellness is beyond my dreams."

- Elle Macpherson, WelleCo Founder.



2023
WINNER OF
Best Inner Beauty Supplement



2023
WINNER OF
Best Classic Wellness Brand or Product

woman&home
Beauty
AWARDS

2021
WINNER OF
Best for General Well-Being

2022
WINNER OF
Best for General Well-Being

HIP & HEALTHY
WELLNESS AWARDS

2023
WINNER OF
Best Beauty Supplement

2023
WINNER OF
Best Kids' Wellness Product



2022
WINNER OF
Collagen and Supplements

JONES
beauty
AWARDS

2018
WINNER OF
The Best in Conscious Beauty

2019
WINNER OF
The Best Vegan Buy

2022
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The Best in Inner Health

The Beauty
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2022
WINNER OF
Best Natural Health Product
Best Health Tonic
Best Supplement for Adrenal Fatigue
Best Supergreens Mix
Best Beauty Supplement
Best Skincare Supplement
Best Natural Health Brand

2023
WINNER OF
Best Wellbeing Product
Best Nutritional Product
Best Gluten Free Wellbeing Product
Best Plant-Based Healing Product
Best Health Tonic
Best Detox Supplement
Best Supergreens Mix
Best Supplement For Healthy Hair
Best Supplement For Hair Regrowth
Best Immune-Boosting Supplement
Best Product To Prevent Colds or Flu
Best Beauty Supplement
Best Skincare Supplement
Best Skincare Product - Innovation
(Oral/Supplement)
Best Supplement For Menopause
(drink/powder)
Best Wellbeing Brand
Best Natural Health Brand
Best Gluten Free Wellbeing Brand

The Beauty
SHORTLIST
BEAUTY AWARDS

2022
WINNER OF
Best Beauty Supplement
Best Supplement for Healthier Skin

Award Winning Wellness Planner

Catherine D. Ennis



Award Winning Wellness Planner:

The Wellness Journal Joe Miria, Discover the power of intentional living with The Wellness Journal your daily companion to a healthier more balanced you This guided journal is designed to help you nurture your physical mental and emotional well being through thoughtful prompts simple trackers and mindful reflections Whether you re just beginning your wellness journey or looking to deepen your self care routine The Wellness Journal offers a structured yet flexible space to explore gratitude mindfulness movement nutrition and emotional clarity With daily and weekly prompts goal setting tools and check in pages you ll gain valuable insights into your habits and patterns while building a life rooted in intention and self compassion Take a few minutes each day to pause reflect and reconnect Because your well being deserves your attention every single day

Kiplinger's Personal Finance ,1994-10 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics Yoga Journal ,1993-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Joy!** Tim Kanold,2025-02-04 Renowned educator Timothy D Kanold takes readers through a mindful reflection of joy s significance in one s personal and professional life Drawing on cultural concepts insightful narratives and brain research he illustrates the discovery and conscious pursuit of joy to encourage reconnection with purpose resilience engagement and life balance Using school seasons he crafts a joy journey by which educators can consciously work toward long term sustainable joy K 12 teachers and leaders can use this book to Identify key sources of joy that provide a sustainable mental framework for daily life Discover simple thoughtful practices to consciously incorporate joy Embrace cultural concepts that diversify perspectives on joy and its significance Engage in day to day actions with a greater sense of purpose and fulfillment Write a personal joy journal during the school year Be inspired to create and cultivate a joy journey Contents Foreword by Anthony Muhammad Introduction PART 1 FALL A Season to Renew Growing Strong in a Season of New Beginnings Chapter 1 Beginnings Chapter 2 Remember Chapter 3 Simple Joy Chapter 4 Breathe Chapter 5 Nature Chapter 6 Music Chapter 7 Yearning Chapter 8 Relationships Chapter 9 Habituation Chapter 10 Time Chapter 11 Hijacked Chapter 12 Perseverance Chapter 13 Thanksgiving FALL A Season to Renew Your Conclusions PART 2 WINTER A Season to Be Resolute Growing Strong in a Season of Heavy Lifting Chapter 1 Resolute Chapter 2 Chronic Joy Chapter 3 Silence Chapter 4 Comparison Chapter 5 Suffering Chapter 6 Compassion Chapter 7 Worry Chapter 8 Gezellig Chapter 9 Pause Chapter 10 Balance Chapter 11 Midlife Chapter 12 Reflection Chapter 13 Show WINTER A Season to Be Resolute Your Conclusions PART 3 SPRING A Season to Show Resolve Growing Strong in a Season of Finishing Well Chapter 1 Finishing Chapter 2 Acknowledging Joy Chapter 3 Credibility Chapter 4 Preparation Chapter 5 Engagement Chapter 6 Kindness

Chapter 7 Regrets Chapter 8 Zotheka Chapter 9 Commuovere Chapter 10 Meraki Chapter 11 Valedictory Chapter 12 Ubuntu Chapter 13 Vanaprastha SPRING A Season to Show Resolve Your Conclusions PART 4 SUMMER A Season to Rejuvenate Growing Strong in a Season of Rest Chapter 1 Rest Chapter 2 Reminisce Chapter 3 Boketto Chapter 4 Vacation Chapter 5 Friendship Chapter 6 Naz Chapter 7 Stretch Chapter 8 Gratitude Chapter 9 Purpose Chapter 10 Resfeber Chapter 11 Truth SUMMER A Season to Rejuvenate Your Conclusions Epilogue Acknowledgments Notes Index Postpartum Depression For Dummies

Shoshana S. Bennett, 2011-04-18 It's a great blessing when a new mom with postpartum depression PPD is fortunate enough to be diagnosed early by a knowledgeable medical practitioner or therapist. But without guidance, it isn't always clear where the boundary between normal baby blues and PPD lies. As with any other illness, the quicker that PPD is identified and treated, the faster the woman will recover. Postpartum Depression For Dummies can help you begin the process of determining what's going on with you and give you a better idea of where you fall so that you can get yourself into proper treatment right away. The book covers all aspects of PPD from its history and its origins to its effects on women and their families to the wide variety of treatments available, including conventional Western medicine, psychological therapy, alternative medical treatments, and self-care measures. Postpartum Depression For Dummies reveals why some doctors may be hush-hush about PPD. How to distinguish between pregnancy hormone changes, baby blues, and PPD. The difficulties of getting a proper diagnosis. The role and importance of a therapist. The benefits of medication for depression. Alternative treatments with a successful track record. How to find the right balance of psychological, medical, and alternative treatment. Ways you can help foster recovery. The nutrition you need to care for yourself properly. How to help your partner help you. Postpartum Depression For Dummies also provides the additional resources you need: web sites, organizations, and further reading to help avoid the unnecessary suffering caused by undiagnosed and untreated PPD and survive and thrive as a new mom.

Routledge Handbook of Physical Education Pedagogies Catherine D. Ennis, 2016-08-05 The first fully comprehensive review of theory, research, and practice in physical education to be published in over a decade, this handbook represents an essential evidence-based guide for all students, researchers, and practitioners working in PE. Showcasing the latest research and theoretical work, it offers important insights into effective curriculum management, student learning, teaching, and teacher development across a variety of learning environments. This handbook not only examines the methods, influences, and contexts of physical education in schools but also discusses the implications for professional practice. It includes both the traditional and the transformative, spanning physical education pedagogies from the local to the international. It also explores key questions and analysis techniques used in PE research, illuminating the links between theory and practice. Its nine sections cover a wide range of topics, including curriculum, theory, development, policy, and reform; transformative pedagogies; and adapted physical activity, educating teachers, and analysing teaching, the role of student and teacher cognition, achievement, motivation. Offering an unprecedented wealth of material, the Routledge Handbook of Physical

Education Pedagogies is an essential reference for any undergraduate or postgraduate degree programme in physical education or sports coaching and any teacher training course with a physical education element

Virtual Veterinary Care and Telemedicine Cherice Roth, 2025-09-12 Practical guide to integrating telemedicine into veterinary practice with information on medical standards care delivery business strategy and team dynamics Based on real industry experience in practice leadership and business and featuring case studies throughout Virtual Veterinary Care and Telemedicine offers practical tools and strategies for successfully implementing virtual care in veterinary practice blending historical insights medical standards care delivery business strategy and team dynamics The book covers triaging protocols guidelines for antibiotic use chronic medication refills conducting digital and physical exams optimizing technician appointments medical record documentation and maintaining medical quality standards in virtual environments This book also focuses on technology identifying current features of virtual care software assisting in tool selection for practices and discussing future trends It addresses the common challenge of integrating virtual care into hands on practices and provides a 10 step implementation process and strategies for extending care beyond physical boundaries ensuring regulatory compliance and continuous quality control The final section addresses a critical aspect often overlooked in veterinary practice monetization It emphasizes the importance of developing a business model and effective marketing strategies ensuring growth and enhanced client experiences Virtual Veterinary Care and Telemedicine includes information on Benefits of virtual care including accessibility cost effectiveness and improved patient care and outcomes Clinical decisions that must be documented and aligned before team training Methods for educating clients and navigating ethical considerations Long term financial implications of integrating virtual care Challenges misconceptions common hurdles and false perceptions surrounding virtual care Virtual Veterinary Care and Telemedicine is a must have resource for any veterinarian interested in improving care quality and increasing practice revenues using telemedicine

Practice Management for the Veterinary Team - E-Book Heather Prendergast, 2023-11-09 Comprehensive coverage of practice management skills includes leadership financial management and strategic planning as well as telephone skills appointment scheduling admitting and discharging patients and communicating with clients Coverage of clinical assisting ranges from examinations and history taking for patients to kennels and boarding procedures Veterinary Ethics and Legal Issues chapter helps you learn to protect the practice and run a practice based on ethical principles and veterinary laws End of chapter review questions reinforce key concepts and measure mastery of the content End of chapter Practice Managers Survival Checklist allows you to review the most essential information Versatile text can be used by practice managers to study for the CVPM exam Updated content highlights important technological and professional updates to the field impacting medical record management New chapters covering telehealth and practice integrative management software are included Current coverage includes a revised Leadership Professional Development and Human Resources chapter and expanded content in Strategic Planning and

Marketing chapters **CBT for Depression in Children and Adolescents** Betsy D. Kennard, Jennifer L. Hughes, Aleksandra A. Foxwell, 2016-05-23 Despite the availability of effective treatments for child and adolescent depression relapse rates in this population remain high This innovative manual presents an evidence based brief therapy for 8 to 18 year olds who have responded to acute treatment but still have residual symptoms Each session of relapse prevention cognitive behavioral therapy RP CBT is illustrated in step by step detail including focused techniques for promoting and sustaining well being supplemental strategies for tailoring treatment to each individual s needs and ways to involve parents In a convenient large size format the book features 51 reproducible handouts and forms Purchasers get access to a Web page where they can download and print the reproducible materials **Journal of the House of Representatives of the United States** United States. Congress. House, 2010 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House **School Nursing** Robin Shannon, Catherine F. Yonkaitis, 2025-06-26 Endorsed and promoted by the National Association of School Nurses NASN this is the only comprehensive and current resource for practicing school nurses and students From the foundations of practice roles and functions legal concerns and leading and managing within school settings to the well child the child with episodic and chronic illness and behavioral issues it encompasses all aspects of the delivery of healthcare services to school age children adolescents and staff Written and edited by school nurses and pediatric experts it features real world tested best practices based on evidence and experience and content not found anywhere else *Mandated Benefits 2019 Compliance Guide (IL)* Buckley, 2018-12-26 State by State Guide to Human Resources Law is the most comprehensive authoritative guide to the employment laws of the 50 states and the District of Columbia It is designed to provide quick access to each state s laws on the expanding number of issues and concerns facing business executives and their advisors the professionals in HR compensation and employee benefits who work in multijurisdictional environments This 1 guide to HR law in every state will help you to Find accurate answers fast with our easy to use format and full citation to authority Compare and contrast employment laws between states Ensure full regulatory compliance and avoid legal entanglements Get instant access to clear coverage of key topics including state health care reform initiatives FMLA same sex unions workers comp and much more And much more State by State Guide to Human Resources Law 2018 Edition has been updated to include In depth coverage of the Supreme Court s recent same sex marriage decision and its implications for employment law Discussion of three important Title VII cases involving pregnancy discrimination religious discrimination and the EEOC s statutory conciliation obligation Analysis of private sector employment discrimination charges filed with the EEOC during FY 2014 including charge statistics with a breakdown by type of discrimination alleged Coverage of recent state and federal legislative efforts to prohibit employers from requiring employees and job applicants to disclose their passwords to social media and private e mail accounts as a condition of

employment Discussion of the Supreme Court's recent PPACA decision and its effect on the federal and state health insurance exchanges Update on the Domestic Workers Bill of Rights now enacted in six states Coverage of the growing trend to raise state minimum wage rates and to increase penalties for violations of wage and hour laws Update on workplace violence prevention efforts and related issues Coverage of state laws requiring employers to provide pregnant workers with reasonable accommodations including longer or more frequent rest periods And much more Previous Edition State by State Guide to Human Resources Law 2018 Edition ISBN 9781454883722 *A Clinician's Guide to Integrative Oncology* Kylie O'Brien,Avni Sali,2017-07-24 This book is the definitive guide for oncologists general medical practitioners and other healthcare professionals with an interest in integrative oncology Guiding you on how to conduct the ultimate consultation from an integrative medicine perspective this text is a valuable educational tool presenting the latest evidence based approaches to managing the cancer patient as well as anecdotes and practical recommendations from Dr Sali's decades of clinical experience as a leading expert in integrative oncology Topics include the role of mind body medicine in cancer stress reduction diet sleep sunshine and Vitamin D exercise vitamins and other supplements supportive complementary medicines including Chinese herbal medicine and acupuncture and innovative investigative and treatment technologies Written by two clinicians who are also educators and researchers *A Clinician's Guide to Integrative Oncology* provides practical evidence based information and patient advice that clinicians can put into practice immediately **Congressional Record** United States. Congress,1997 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 *Barriers to Work for Individuals Receiving Social Security Disability Benefits* United States. Congress. Senate. Committee on Finance,2007 *Mandated Benefits Compliance Guide* The Wagner Law Group,2021-12-10 Mandated Benefits 2022 Compliance Guide is a comprehensive and practical reference manual that covers key federal regulatory issues which must be addressed by human resources managers benefits specialists and company executives in all industries This comprehensive and practical guide clearly and concisely describes the essential requirements and administrative processes necessary to comply with employment and benefits related regulations Strategic Planning in the Airport Industry Ricondo & Associates,2009 TRB's Airport Cooperative Research Program ACRP Report 20 Strategic Planning in the Airport Industry explores practical guidance on the strategic planning process for airport board members directors department leaders and other employees aviation industry associations a variety of airport stakeholders consultants and other airport planning professionals and aviation regulatory agencies A workbook of tools and sequential steps of the strategic planning process is provided with the report as on a CD The CD is also available online for download as an ISO image or the workbook can be downloaded in pdf

format **Official Gazette of the United States Patent and Trademark Office** United States. Patent and Trademark Office,2001 **Introduction to the Counseling Profession** David Capuzzi,Douglas R. Gross,2017-06-26 Designed for students who are taking a preliminary course in the counseling field Introduction to the Counseling Profession 7th Edition provides a comprehensive overview of the history and foundational concepts of counseling offering the most current and relevant breadth of coverage available from experts in their respective fields This edition includes topics rarely discussed in introductory texts such as self care and self growth and the use of technology in counseling as well as a new chapter on crisis counseling Chapters also reflect updates to the 2016 Council for the Accreditation of Counseling and Related Educational Programs CACREP standards and a chapter on each CACREP specialization is included Students will gain insight into the myriad issues that surround not only the process of counseling and its many populations but also the personal dynamics that have an impact on this process Furthermore a collection of supplemental resources is available online to benefit both instructors and students Instructors will find PowerPoint slides and test banks to aid in conducting their courses and students can access chapter summaries exercises and other tools to supplement their review of the material in the text

Service Design Practices for Healthcare Innovation Mario A. Pfannstiel,Nataliia Brehmer,Christoph Rasche,2022-01-19 This book offers an overview of service design practices for healthcare and hospital management It explores how these practices can help to generate innovations in healthcare and contribute to the improvement of patient centered care Respected experts including scholars from various disciplines and practitioners from healthcare institutions share essential insights into established research areas fields of work and work structures and discuss successful approaches methods and tools By illustrating innovative services products processes systems and technologies as well as their application in practice the authors highlight the role of participating stakeholders in service design projects and the added value that comes from sharing communicating networking and collaborating This book is a must read for scholars and practitioners in the hospital and healthcare sector It will also appeal to anyone interested in organizational development service business model innovation customer involvement and perceptions and service experience

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