

HIP & HEALTHY
WELLNESS AWARDS

2023

WINNER OF
Best Beauty Supplement

2023

WINNER OF
Best Kids' Wellness Product

Award Winning Wellness Planner

Léo Pomar



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 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

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