

Sunset Chiropractic Wellness Miami

Sunset Chiropractic & Wellness Miami: Your Path to Pain Relief and Wellness

Are you searching for relief from nagging back pain, neck stiffness, or persistent headaches in the Miami area? Are you tired of feeling limited by discomfort and searching for a holistic approach to wellness? Then look no further than Sunset Chiropractic & Wellness Miami. This comprehensive guide dives deep into what makes Sunset Chiropractic & Wellness stand out, covering their services, philosophy, and the overall benefits of choosing them for your healthcare needs. We'll explore why they're a top choice for residents seeking effective and compassionate chiropractic care in the vibrant city of Miami.

Understanding Sunset Chiropractic & Wellness Miami's Approach

Sunset Chiropractic & Wellness Miami isn't just another chiropractic clinic; it's a wellness center dedicated to helping you achieve optimal health and well-being. Their approach goes beyond simply treating symptoms. They focus on identifying the root cause of your pain and discomfort through a thorough examination and personalized treatment plan. This holistic approach considers your overall lifestyle, including diet, exercise, and stress levels, to create a comprehensive strategy for long-term health improvement. They believe in empowering patients to take an active role in their healing journey, providing education and resources to support lasting wellness.

Services Offered at Sunset Chiropractic & Wellness Miami

Sunset Chiropractic & Wellness Miami offers a wide range of services designed to address various health concerns. Their core services include:

Chiropractic Adjustments: Using gentle, precise techniques, their chiropractors restore proper spinal alignment, reducing pain and improving overall function. This is a cornerstone of their practice, addressing issues ranging from lower back pain to sciatica.

Massage Therapy: Therapeutic massage helps to relieve muscle tension, improve circulation, and reduce stress. They offer various massage modalities, tailored to meet individual needs and preferences.

Physical Rehabilitation: Designed to strengthen muscles, improve flexibility, and restore range of motion, physical rehabilitation is often incorporated into treatment plans to promote long-term recovery and prevent future injuries.

Nutritional Counseling: Understanding the crucial role of nutrition in overall health, Sunset Chiropractic & Wellness offers nutritional guidance to help patients make informed choices about their diet, supporting their body's natural healing processes.

Acupuncture: This ancient practice uses thin needles inserted into specific points on the body to alleviate pain, reduce stress, and improve overall well-being. This complements their other services, offering a multi-faceted approach to pain management.

Decompression Therapy: This non-surgical treatment is effective in addressing spinal issues such as herniated discs and pinched nerves by gently decompressing the spine.

Why Choose Sunset Chiropractic & Wellness Miami?

Beyond the comprehensive range of services, several factors distinguish Sunset Chiropractic & Wellness Miami from other clinics:

Experienced and Compassionate Team: Their team of highly qualified and experienced professionals is dedicated to providing personalized care in a warm and welcoming environment. They prioritize building strong patient-doctor relationships based on trust and understanding.

State-of-the-Art Facility: They utilize advanced technology and equipment to ensure accurate diagnosis and effective treatment. Their modern, clean facility is designed to create a relaxing and comfortable experience for patients.

Holistic Approach: Their commitment to a holistic approach sets them apart. They address the whole person, not just the symptoms, leading to more sustainable and long-lasting results.

Convenient Location: Their location in Miami provides easy access for residents across the city. Convenience is a key factor in ensuring consistent care and adherence to treatment plans.

Patient Reviews and Testimonials: High patient satisfaction ratings and positive reviews consistently highlight their commitment to excellence and patient care. These testimonials speak volumes about the quality of service they provide.

The Benefits of Chiropractic Care

Chiropractic care offers a wide range of benefits beyond pain relief. Regular chiropractic adjustments can improve posture, increase flexibility, reduce stress, boost the immune system, and improve overall quality of life. It's a safe and effective

alternative or complementary treatment for various health conditions, promoting a natural path to wellness.

Finding Relief with Sunset Chiropractic & Wellness Miami

If you're ready to experience the difference that a holistic, patient-centered approach to wellness can make, contact Sunset Chiropractic & Wellness Miami today. Schedule a consultation to discuss your specific needs and learn how they can help you achieve your health goals. Their friendly staff is ready to answer your questions and guide you toward a healthier, happier you.

Conclusion:

Sunset Chiropractic & Wellness Miami provides a comprehensive and compassionate approach to healthcare, focusing on the root causes of pain and promoting long-term wellness. Their wide range of services, experienced team, and commitment to patient care make them a top choice for residents seeking effective and holistic treatment in the Miami area. Take the first step towards a healthier life; contact them today!

Frequently Asked Questions (FAQs):

1. Do I need a referral to see a chiropractor at Sunset Chiropractic & Wellness Miami? No, you do not need a referral to schedule an appointment.
2. What forms of payment do you accept? They typically accept most major credit cards, debit cards, and may offer other payment options; it's best to contact them directly to confirm.
3. What are your hours of operation? Their hours of operation are best checked on their website or by calling them directly as

they may vary.

4. Do you offer emergency services? While not an emergency room, they handle urgent care situations related to their services. Contact them immediately to assess your specific needs.

5. What is your cancellation policy? They likely have a cancellation policy to minimize disruptions; contact them directly to understand their specific policy.

sunset chiropractic wellness miami: Health & Medical Care Directory , 1991 National Yellow Pges directory of organizations providing goods and services to the American health care industry. Introductory section includes information on medical conventions, medical associations, medical services, medical libraries, toll-free numbers, computer networks, and drugs. Yellow pages are classified and geographical. Index.

sunset chiropractic wellness miami: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

sunset chiropractic wellness miami: *Strengthen Your Back* DK, 2013-10-21 Strengthen Your Back covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with Strengthen Your Back!

sunset chiropractic wellness miami: Gayellow Pages , 2009

sunset chiropractic wellness miami: Weightlifting for Boxers Anthony V. Gioia, 2010 Weightlifting for Boxers contains a new, comprehensive strengthening, coreconditioning workout for fighters of all disciplines. Whether a boxer, MMA fighter,

or traditional martial artist, the reader will discover new ways to develop muscle power and body hardening that can be applied to any of the combat sports. About the Author Dr. Anthony V. Gioia is a chiropractic physician and practices in Algonquin, Illinois. He has also been certified in acupuncture and is a certified chiropractic rehabilitation doctor (CCRD). He has been training through it all. He currently resides in McHenry, Illinois, with his two daughters, Brianna and Ellie. In addition to his educational and physical training, Dr. Gioia found time to earn his private pilot's license and recently became engaged.

sunset chiropractic wellness miami: *Global Nomads* Anthony D'Andrea, 2007-01-24 *Global Nomads* provides a unique introduction to the globalization of countercultures, a topic largely unknown in and outside academia. Anthony D'Andrea examines the social life of mobile expatriates who live within a global circuit of countercultural practice in paradoxical paradises. Based on nomadic fieldwork across Spain and India, the study analyzes how and why these post-metropolitan subjects reject the homeland in order to shape an alternative lifestyle. They become artists, therapists, exotic traders and bohemian workers seeking to integrate labor, mobility and spirituality within a cosmopolitan culture of expressive individualism. These countercultural formations, however, unfold under neo-liberal regimes that appropriate utopian spaces, practices and imaginaries as commodities for tourism, entertainment and media consumption. In order to understand the paradoxical globalization of countercultures, *Global Nomads* develops a dialogue between global and critical studies by introducing the concept of 'neo-nomadism' which seeks to overcome some of the shortcomings in studies of globalization. This book is an essential aide for undergraduate, postgraduate and research students of Sociology, Anthropology of Globalization, Cultural Studies and Tourism Studies.

sunset chiropractic wellness miami: *National Directory of Woman-Owned Business Firms* , 1993-06

sunset chiropractic wellness miami: *The Health Robbers* Stephen Barrett, William T. Jarvis, 1993 And it answers such questions as: Are 'organic' foods worth their extra cost? Can acupuncture cure anything? Will vitamin B₁₂ shots pep me up? Can diet cure arthritis? Will spinal adjustments help my health? Will amino acids 'pump up' my muscles? Where can reliable information be obtained? and What's the best way to get good medical care? Even if the answers to some of these questions seem obvious, the details in this volume, written in an informative, highly readable, and easy-to-understand style, will astound you. Quackery often leads to harm because it turns ill people away from legitimate and trusted therapeutic procedures. However, its heaviest toll is in financial loss not only to those who pay directly, but to everyone who pays for bogus treatments through taxes, insurance premiums, and other ways that are less obvious.

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Vertebral Luxations; Health, Disease, Life and Death; Rachitis or Rickets; Biology;.

sunset chiropractic wellness miami: Spinal Manipulation Made Simple Jeffrey Maitland, 2012-10-30 Written by an expert on alternative bodywork, this book presents techniques for manipulating the soft tissues of the back in a safe, simple manner. The method avoids the high velocity, low amplitude thrusting techniques employed by chiropractors. Instead, it utilizes the intuitive sense of somatic bodyworkers combined with the proven theory and technique of Rolfing to provide safe and effective treatment. Maitland shows how to elegantly release joint fixations in the spine, sacrum, pelvis, and ribcage by using subtle soft tissue techniques, rather than the thrusting techniques that pop the joints. This gentler kind of individualized Rolfing work is thoroughly described within an explanation of biomechanics, aided by drawings and photographs which depict techniques and anatomy.

sunset chiropractic wellness miami: Complementary & Alternative Therapies in Nursing Ruth Lindquist, Mariah Snyder, PhD, Mary Frances Tracy, 2014 Print+CourseSmart

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sunset chiropractic wellness miami: The Official SAT Study Guide, 2018 Edition The College Board, 2018-10-23
Review every skill and question type needed for SAT success - now with eight total practice tests. The 2018 edition of The Official SAT Study Guide doubles the number of official SAT® practice tests to eight - all of them created by the test maker. As part of the College Board's commitment to transparency, all practice tests are available on the College Board's website, but The Official SAT Study Guide is the only place to find them in print along with over 250 pages of additional instruction, guidance, and test information. With updated guidance and practice problems that reflect the most recent information, this new edition takes the best-selling SAT guide and makes it even more relevant and useful. Be ready for the SAT with strategies and up-to-date information straight from the exam writers. The Official SAT Study Guide will help students get ready for the SAT with: • 8 official SAT practice tests, written in the exact same process and by the same team of authors as the actual exam • detailed descriptions of the math and evidenced based reading and writing sections • targeted practice questions for each SAT question type • guidance on the new optional essay, including practice essay questions with sample responses • seamless integration with Official SAT Practice on Khan Academy

sunset chiropractic wellness miami: Basic Sciences for Obstetrics and Gynaecology: Core Material for MRCOG Part 1 Austin Ugwumadu, 2014 This book helps doctors to learn the basic sciences for obstetrics and gynaecology and to pass the MRCOG Part 1 exam by extending the reader's knowledge and understanding of the basic medical sciences and their relevance to obstetrics and gynaecology.

sunset chiropractic wellness miami: The Art of Making Money Jason Kersten, 2009-06-11 Read Jason Kersten's posts

on the Penguin Blog. The true story of a brilliant counterfeiter who made millions, outwitted the Secret Service, and was finally undone when he went in search of the one thing his forged money couldn't buy him: family. Art Williams spent his boyhood in a comfortable middle-class existence in 1970s Chicago, but his idyll was shattered when, in short order, his father abandoned the family, his bipolar mother lost her wits, and Williams found himself living in one of Chicago's worst housing projects. He took to crime almost immediately, starting with petty theft before graduating to robbing drug dealers. Eventually a man nicknamed DaVinci taught him the centuries-old art of counterfeiting. After a stint in jail, Williams emerged to discover that the Treasury Department had issued the most secure hundred-dollar bill ever created: the 1996 New Note. Williams spent months trying to defeat various security features before arriving at a bill so perfect that even law enforcement had difficulty distinguishing it from the real thing. Williams went on to print millions in counterfeit bills, selling them to criminal organizations and using them to fund cross-country spending sprees. Still unsatisfied, he went off in search of his long-lost father, setting in motion a chain of betrayals that would be his undoing. In *The Art of Making Money*, journalist Jason Kersten details how Williams painstakingly defeated the anti-forging features of the New Note, how Williams and his partner-in-crime wife converted fake bills into legitimate tender at shopping malls all over America, and how they stayed one step ahead of the Secret Service until trusting the wrong person brought them all down. A compulsively readable story of how having it all is never enough, *The Art of Making Money* is a stirring portrait of the rise and inevitable fall of a modern-day criminal mastermind. [Watch a Video](#)

sunset chiropractic wellness miami: [Energy Medicine in Therapeutics and Human Performance](#) James L. Oschman, 2003 Focusing on the wealth of information emerging in the area of energy medicine, this unique resource explores mechanisms by which mind and body processes influence the body's healing and performance potential. Content draws on an extraordinary range of sources to explore theories of human energy - from physiology and biophysics, to examples drawn from the realms of spontaneous healing, cutting-edge athletic and artistic performance, the martial arts, and various contemplative and spiritual practices. Providing new insights and theoretical models, it offers ways to apply these concepts directly, practically, and clinically.

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sunset chiropractic wellness miami: **Dr. Fulford's Touch of Life** Robert C. Fulford, Dr. Robert Fulford, 1997-09 The

healer introduced to readers in Andrew Weil's landmark bestseller *Spontaneous Healing*, 91-year-old Dr. Robert Fulford has spent over 50 years successfully treating patients failed by conventional medicine. In this information-packed volume, he delineates the healing principles of osteopathy, shares compelling case histories, and offers advice on integrating natural healing methods with modern health care.

sunset chiropractic wellness miami: Physician Assistant: A Guide to Clinical Practice Ruth Ballweg, Darwin L. Brown, Daniel T. Vetrosky, Tamara S Ritsema, 2017-02-20 Entering its 6th edition, *Physician Assistant: A Guide to Clinical Practice* is the only text that covers all aspects of the physician assistant profession, the PA curriculum, and the PA's role in clinical practice. It is designed as a highly visual and practical resource to be used across the spectrum of lifelong learning, enabling students and practicing PAs to thrive in a rapidly changing health care system. - Teaches how to prepare for each core clinical rotation and common electives, as well as how to work with atypical patient populations such as homeless patients and patients with disabilities. - A succinct, bulleted writing style; convenient tables; practical case studies; and clinical application questions throughout enable you to master key concepts and clinical applications. - Helps you master all the core competencies needed for certification or recertification. - Addresses all six Physician Assistant Competencies, as well as providing guidance for the newly graduated PA entering practice. - Includes quick-use resources, such as objectives and key points sections for each chapter, tip boxes with useful advice, abundant tables and images, and 134 updated case studies. - Features chapters for the 7 core clinical rotations and 5 common electives, with key guidance on how to prepare effectively and what to expect. - Provides updated health policy information, expanded information about international programs, cultural competencies, and pearls and pitfalls on working internationally as a PA. - Outlines the basic principles of Interprofessional Education – an important new trend in medical education nationally. - New chapters cover: Maximizing Your Education, Future of the Profession, Principles of PA Education, Managing Stress and Burnout, and many other topics. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, and references from the book on a variety of devices.

sunset chiropractic wellness miami: Rainbow And The Worm, The: The Physics Of Organisms (3rd Edition) Mae-wan Ho, 2008-08-06 This highly unusual book began as a serious inquiry into Schrödinger's question, "What is life?", and as a celebration of life itself. It takes the reader on a voyage of discovery through many areas of contemporary physics, from non-equilibrium thermodynamics and quantum optics to liquid crystals and fractals, all necessary for illuminating the problem of life. In the process, the reader is treated to a rare and exquisite view of the organism, gaining novel insights not only into the physics, but also into "the poetry and meaning of being alive." This much-enlarged third edition includes new findings on the central role of biological water in organizing living processes; it also completes the author's novel theory of the organism and its applications in ecology, physiology and brain science.

sunset chiropractic wellness miami: Body on Fire Monica Aggarwal MD, Jyothi Rao, MD, 2020-08-19 Inflammation is the body's natural response to injury or illness, but long-term inflammation can silently turn on us, becoming a danger to our health. This guide explains how chronic inflammation damages cells and can lead to asthma, cancer, diabetes, heart disease, rheumatoid arthritis, and even Alzheimer's disease. Fortunately, there are natural solutions to keep chronic inflammation in check. Our food choices can make a crucial difference. Learn how to design an anti-inflammatory diet based on health-protective plant-based foods with high concentrations of phytochemicals and other essential inflammation-fighting nutrients. Then enjoy a few delicious, easy-to-prepare recipes that reveal how to incorporate a wide variety of these power-packed foods into everyday dishes.

sunset chiropractic wellness miami: Gridiron Genius Michael Lombardi, 2018-09-11 Former NFL general manager and three-time Super Bowl winner Michael Lombardi reveals what makes football organizations tick at the championship level. From personnel to practice to game-day decisions that win titles, Lombardi shares what he learned working with coaching legends Bill Walsh of the 49ers, Al Davis of the Raiders, and Bill Belichick of the Patriots, among others, during his three decades in football. Why do some NFL franchises dominate year after year while others can never crack the code of success? For 30 years Michael Lombardi had a front-row seat and full access as three titans--Bill Walsh, Al Davis, and Bill Belichick--reinvented the game, turning it into a national obsession while piling up Super Bowl trophies. Now, in Gridiron Genius, Lombardi provides the blueprint that makes a successful organization click and win--and the mistakes unsuccessful organizations make that keep them on the losing side time and again. In reality, very few coaches understand the philosophies, attention to detail, and massive commitment that defined NFL juggernauts like the 49ers and the Patriots. The best organizations are not just employing players, they are building something bigger. Gridiron Genius will explain how the best leaders evaluate, acquire, and utilize personnel in ways other professional minds, football and otherwise, won't even contemplate. How do you know when to trade a player? How do you create a positive atmosphere when everyone is out to maximize his own paycheck? And why is the tight end like the knight on a chessboard? To some, game planning consists only of designing an attack for the next opponent. But Lombardi explains how the smartest leaders script everything: from an afternoon's special-teams practice to a season's playoff run to a decade-long organizational blueprint. Readers will delight in the Lombardi tour of an NFL weekend, including what really goes on during the game on and off the field and inside the headset. First stop: Belichick's Saturday night staff meeting, where he announces how the game will go the next day. Spoiler alert: He always nails it. Football dynasties are built through massive attention to detail and unwavering commitment. From how to build a team, to how to watch a game, to understanding the essential qualities of great leaders, Gridiron Genius gives football fans the knowledge to be the smartest person in the room every Sunday.

sunset chiropractic wellness miami: The 7-Day Allergy Makeover Susanne Bennett, 2014-03-04 A top allergy

specialist provides a simple holistic program that helps a broad range of allergy sufferers heal themselves naturally. THE 7 DAY ALLERGY MAKEOVER is written for people who want to take an active role in their own healing. The book lays out action-oriented, step-by-step instructions on uncovering the root cause of allergies, and makes simple but specific changes that can stop allergy symptoms from recurring. What began as a mother's desperation to save her son has led to a comprehensive program that helps a broad range of allergy sufferers heal themselves naturally. As an allergy specialist, Dr. Susanne Bennett sees roughly 100 patients a week, from children to movie stars. They come to her after exhausting every resource: doctors, medicines, creams, shots, you name it. They suffer from hives, sneezing, headaches, asthma, muscle aches, swelling and digestive problems, and more. THE 7 DAY ALLERGY MAKEOVER, based on 23 years of Dr. Bennett's clinical experience, is an easy-to-implement and transformational plan for eliminating allergies from your life forever. Each chapter in THE 7 DAY ALLERGY MAKEOVER focuses on a different aspect of health and environment for a person suffering from allergies--nutrition, air quality, living environment, water, body hygiene, and emotional and mental stresses.

sunset chiropractic wellness miami: Sheppard Air Force Base norman Wayne Brown, 2015-11-09 The history of flight for the US Army Air Corps became increasingly important during World War I. Wichita Falls, Texas, was determined to be a fair weather flying location for training cadets to become aviators. Wichita Falls was the gracious host not only for World War I pilots training at Call Field, located near the city, but when World War II came along, the city also hosted the opening of Sheppard Field, adjacent to the municipal airport. Thousands of personnel were trained there during World War II, and later, the field was redesigned as Sheppard Air Force Base. The base has been a hub for pilot training as well as technical training for many Air Force specialties. Wichita Falls, therefore, has a rich history as a host for decades of military training. Sheppard Air Force Base, Texas, has trained hundreds of thousands of military men and women from within the United States, as well as thousands of men and women from allied countries around the globe. Sheppard Air Force Base became the largest training base in the Air Force and continues actively today with its primary mission of training military personnel.

sunset chiropractic wellness miami: The Science of Fitness Greg LeMond, Mark Hom, 2014-11-21 The Science of Fitness: Power, Performance, and Endurance clearly explains the vital connection between diet and exercise in the human body. With this knowledge, you can use the right exercise and nutrition to obtain a higher quality life, prevent disease, and slow the aging process. Authored in a straightforward style and with color images throughout, this book explores the cellular science behind fitness, protein synthesis, and healthy living. With it you will learn the most recent and important discoveries in the relationships between physical fitness, nutrition, weight loss, and weight management. It provides key information on the body's mitochondrial processes and their role in aging, along with well-informed discussions on general nutrition, sports nutrition, exercise physiology, how to enhance athletic performance, and how exercise strengthens the mind. Whether you are interested in how to eat healthy, train for your first (or next) marathon, take your fitness to the next level, find the best

super foods, or simply want to improve your vitality through healthy, doable practices, this book will help you on your journey regardless of age or fitness level. - Presents the connection between exercise, nutrition, and physiology in a way that is ideal for both experienced athletes and newcomers - Provides the scientific basis for mitochondrial functions and their relationship to fitness, protein synthesis, quality of life, and the aging process - Synthesizes the latest research on nutrition, sports nutrition, super foods, and the brain/body connection - Co-Authored by legendary cyclist Greg LeMond, who illustrates key points using his own athletic journey

sunset chiropractic wellness miami: *Spacious Body* Jeffrey Maitland, 1994-10-25 In *Spacious Body*, Jeffrey Maitland brings his knowledge and personal experience of Buddhism, phenomenology, alchemy, psychoanalysis, and the bodywork system of Rolfing to bear in forging concepts adequate to an understanding of embodied experience.

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sunset chiropractic wellness miami: **Who's who in the South and Southwest** , 1982 Includes names from the States of Alabama, Arkansas, the District of Columbia, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas and Virginia, and Puerto Rico and the Virgin Islands.

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sunset chiropractic wellness miami: **Cracking the Metabolic Code** B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood

sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

sunset chiropractic wellness miami: The Value of Wrinkles Isabel Tom, 2020-03-03 That Wasn't A White Hair, Was It? We're so afraid of aging that we begin to devalue ourselves and others with each passing year. The phrase 30 years old incites panic. Seniors live in separate communities and barely interact with young people, while middle-aged people spend millions each year on anti-aging products. But what if we have it all wrong? Isabel Tom grew up living with grandparents and has spent over a decade of her career serving older adults. In The Value of Wrinkles she: Teaches you what the elderly offer us that we cannot live without Challenges our cultural beliefs and practices that affect those who are aging Gives you practical insight on how to care for those older than you

sunset chiropractic wellness miami: The Artist's Way Julia Cameron, 2002-03-04 With its gentle affirmations, inspirational quotes, fill-in-the-blank lists and tasks — write yourself a thank-you letter, describe yourself at 80, for example — The Artist's Way proposes an egalitarian view of creativity: Everyone's got it.—The New York Times Morning Pages have become a household name, a shorthand for unlocking your creative potential—Vogue Over four million copies sold! Since its first publication, The Artist's Way phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron's novel approach guides readers in uncovering problems areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck, opening up opportunities for self-growth and self-discovery. The program begins with Cameron's most vital tools for creative recovery - The Morning Pages, a daily writing ritual of three pages of stream-of-conscious, and The Artist Date, a dedicated block of time to nurture your inner artist. From there, she shares hundreds of exercises, activities, and prompts to help readers thoroughly explore each chapter. She also offers guidance on starting a "Creative Cluster" of fellow artists who will support you in your creative endeavors. A revolutionary program for personal renewal, The Artist's Way will help get you back on track, rediscover your passions, and take the steps you need to change your life.

sunset chiropractic wellness miami: Practically Radical William C. Taylor, 2011-01-04 "The most powerful and

instructive change manual you'll ever read. It will persuade and inspire you to change your business, your work, and maybe your life." —Daniel H. Pink, bestselling author of *A Whole New Mind* In *Practically Radical*, William C. Taylor, the New York Times bestselling co-author of *Mavericks at Work* offers a refreshing, rigorous new look at pragmatic ways to shake things up and make positive change in difficult times. Exploring how twenty-five for-profit companies and nonprofit organizations—including IBM, Zappos, Swatch, the Girl Scouts, and Interpol—made remarkable strides in tough circumstances, *Practically Radical* raises (and answers) the make-or-break questions facing today's leaders in every field: Do you see opportunities the competition doesn't see? The most successful organizations embrace one-of-a-kind ideas in a world filled with me-too thinking. Do you have new ideas about where to look for new ideas? Routine practices in one field can be revolutionary when they migrate to another. Are you the most of anything? In business today, the middle of the road is the road to ruin. Are you getting the best contributions from the most people? Change is not a game best played by loners. Anything but your typical business book, *Practically Radical* is a must-own for small business owners and CEOs, for managers at all levels, and innovators and entrepreneurs of every stripe.

sunset chiropractic wellness miami: Brands & Their Companies 28 V3 Supplement Peggy Geeseman, 2006-11

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