

### Health Guides

Normal breathing indoors and outside may also involve inhaling PCBs, soot, ozone, formaldehyde, radon, radiation, or asbestos fibrils, among other substances. This book is important reading for everyone who wants to know how air quality relates to health and how it can be improved in their personal environments.

This book describes this learning disorder, and discusses diagnosing dyslexia and getting help.

Too often, with Parkinson's disease, a loved one serves as medical interpreter, patient advocate, and caregiver. Sharma and Richman draw on the latest research and clinical practice techniques to offer valuable suggestions for managing patient care and, perhaps more important, for healing the family unit.

Have your readers ever had a sore throat? This essential self-help book examines what causes sore throats, the body's ways of healing, tonsillitis, strep throat, and how to feel better.

Everybody gets sick. Readers will use this guidebook to explore the common cold and the flu, how these diseases are spread, treated, and prevented.

Well-known TV personality Slim Goodbody, who tours the country giving good health advice to students, is the author of this new series. Each book uses playful text and lively photographs to convey important health and safety information to young readers.

## Access Free Health Guides

The series discusses how to stay safe inside, outside, at school, and at play; how to avoid injuries and how injuries are treated; what our body needs to stay healthy, including exercise and healthful foods; and how to keep clean. Each book - Features the words and images of popular TV personality and health advocate Slim Goodbody - Correlates to curriculum standards in personal health - Encourages children to be responsible for their own health and safety - Features full-color photographs and illustrations on every page - Includes labeled diagrams and charts - Has been reviewed by a professor of pediatrics and the head of a major pediatric hospital emergency room

A brand new guide that helps overwhelmed students manage their mental, physical, and social health, and reach and maintain a healthy balance in their college lives. Every year, nearly two million students arrive at college campuses, ready to embark on the best four years of their lives. Yet the reality is that the current cohort of students is one of the most stressed, anxious, and depressed ever. These stressors have real effects on students' grades, social life, and physical health. And the stakes are high! Students with the right community and support services have better outcomes, from increased chances of on-time graduation, to greater ability to take on head-start opportunities (like internships) that have deep impact on post-college life. The Princeton Review is proud to introduce *The Campus Wellness Guide*, an innovative new book that provides a mix of information, resources, and self-assessment activities to help students reach and maintain their overall health. The book includes:

- Information on how to assess your

## Access Free Health Guides

college fit academically and socio-emotionally • Self-assessment activities that students can use to ID their specific stressors and ways to alleviate those issues • Sections on physical, mental, and social wellness, each with data-backed insights and research to help define the issues and strategies for handling • Proactive activities for student use, with reflection prompts to help develop roadmaps toward a healthier status quo • Wellness highlights, e.g., information on colleges with exceptional track records in specific wellness issues • Resources for national and college-specific help

This book is designed as a textbook, desk reference, or path to scientific studies giving evidence of credence for clinical laboratory evaluations of individual patient status for each essential and conditionally essential nutrient, together with evaluations of health threats from toxicant exposures and genetic susceptibilities. Numerous illustrations are included to show how pathways and physiological systems are integrated to achieve health. Case illustrations show actual instances where biomarker interpretations have led to recognition of health threats and disease origins that are amenable to specific nutrient interventions.

This book explores why headaches hurt us so much. Authors Alvin and Virginia Silverstein and Laura Silverstein Nunn examine a variety of different types of headaches and give advice on both preventing and treating headaches.

Obesity and its linked morbidity and mortality is a significant public health challenge on a global scale and places a burden not only on the individual but also on society as a whole. This Mini-Guide presents key themes relating to this challenge, including the means of measuring obesity, the most recent prevalence and trends, the health consequences and causes of

## Access Free Health Guides

obesity along with approaches to counter obesity both at an individual and a population level. Understanding is facilitated through: Case Studies Boxed examples Thinking Points Summary Points at ends of chapters. Links to webpages, resources and further reading. The Public Health Mini-Guides provide up-to-date, evidence-based information in a convenient pocket-sized format, on a range of current key public health topics. They support the work of health and social care practitioners and students on courses related to public health and health promotion. Each volume provides an objective and balanced introduction to an overview of the epidemiological, scientific, and other factors relating to public health. The Mini-Guides are structured to provide easy access to information. The first chapters cover background information needed to quickly understand the issue, including the epidemiology, demography and physiology. The later chapters examine examples of public health action to address the issue, covering health promotion intervention, legislative and other measures. The Mini-Guides are designed to be essential reference texts for students, practitioners and researchers with a professional interest in public health and health promotion. Students will find the books useful to cover assignments and on the ward, and practitioners will love the quick-reference format for use on the ward and in giving patient advice and running clinics on these topics. There will be a title providing essential information on the priority areas of: Obesity Smoking Alcohol misuse Sexual health Mental health Diabetes Non-communicable diseases Exercise Drug misuse Health inequalities

Although aimed primarily at teens and young adults, who may be experiencing a significant loss for the first time, the information, guidance, and resources this book offers make it a valuable tool for anyone directly or indirectly affected by grief. Although a near-universal

## Access Free Health Guides

experience, grief can be very difficult to talk about and handle. Many of the thoughts and emotions that arise during grief are powerful and can be isolating, confusing, and overwhelming. Teens often struggle with loss and may feel alone, betrayed, or guilty. If left unsupported, bereaved adolescents and young adults can develop emotional and behavioral problems or depression, or even become suicidal. Dealing with grief in healthy ways is critical to accepting and adapting to the loss and the changes loss brings. Books in Greenwood's Q&A Health Guides series follow a reader-friendly question-and-answer format that anticipates readers' needs and concerns. Prevalent myths and misconceptions are identified and dispelled, and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations. Each book also includes a section on health literacy, equipping teens and young adults with practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the internet—important skills that contribute to a lifetime of healthy decision-making. Helps readers better understand and navigate the emotionally tumultuous experience of grief Makes the subject approachable and accessible to readers through a simple Q&A format Helps readers hone their research and critical thinking skills in a Guide to Health Literacy section Provides real-world examples of concepts discussed in the book through case studies Dispels popular misconceptions surrounding grief in a Common Myths section and points readers toward accurate information With the debate over health care consuming the nation, this timely book looks at the evolution of healthcare policy in the United States throughout its history. • Includes a timeline of significant developments in the history of health care in the United States • Tables and figures illustrate cross-time trends in expenditures, media coverage, and public opinion

## Access Free Health Guides

Why do we need to sleep? This book explores why people sleep, what dreams are, common sleep issues, and good sleeping habits. An interesting look at why we need to recharge our batteries.

Used by the Finns and others for centuries, the sauna is a way of deeply cleansing your body, improving your health and reducing stress.

Do you know someone who wears glasses? Readers find out how their eyes work, and how to take care of their eyes. This book also explores why people need glasses or contacts.

For hundreds of years, Native North Americans used this ordinary little plant with delicate yellow flowers to soothe arthritis and skin ailments. Today it also provides relief to millions with conditions such as: eczema, premenstrual syndrome, menopause, depression, and diabetic complications.

Life can be stressful, especially for teens, and this stress can have negative impacts on both physical and psychological health. This book answers readers' questions about the causes and consequences of stress and how it can be prevented and managed. Overscheduling, the pressure to get into a good college, bullying, body image, conflicts with friends, and social media are just a few of the many sources of stress for today's teens. And, while teens may face just as many, if not more, stressors than adults, they are less likely to have the coping mechanisms and stress management tools needed to effectively combat the stress they feel. Part of Greenwood's Q&A Health Guides series, *Teen Stress: Your Questions Answered* follows a reader-friendly question-and-answer format that anticipates readers' needs and concerns. Prevalent myths and misconceptions are identified and dispelled, and a collection of case studies illustrates key concepts and issues through relatable stories and insightful

## Access Free Health Guides

recommendations. Each book in the series also includes a section on health literacy, equipping teens and young adults with practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the internet—important skills that contribute to a lifetime of healthy decision-making. Offers readers practical recommendations for recognizing, preventing, and coping with stress Makes the subject approachable and accessible to readers through a simple Q&A format, allowing them to find specific information quickly and easily Helps readers to improve their research and critical thinking skills in a Guide to Health Literacy section Provides real-world examples of concepts discussed in the book through case studies Dispels popular misconceptions surrounding exercise in a Common Myths section and points readers toward accurate information

Did your readers know that kids usually get more bug bites than adults? It's true. Readers find out why people are so appealing to bugs, and how to prevent and treat bites and stings from a variety of insects and animals.

Have your readers ever touched a hot pan by accident? They may have even gotten slightly burned when they did. Authors Alvin and Virginia Silverstien and Laura Silverstein Nunn explore the different types of burns we can get, and how to best prevent burns, blisters, and sunburns.

If you are one of the 28 million Americans suffering from migraines, you know how hard it is to find relief. The Everything Health Guide to Migraines is your perfect resource for information about symptoms, coping methods, and both medicinal and natural treatment options for your migraines. This handbook provides clear, concise information to help you understand the problem and find a solution. In this helpful guide, you'll find the knowledge you need to: Identify

## Access Free Health Guides

the different types of migraines Determine migraine myths and misconceptions Get a proper diagnosis-the first step toward relief Avoid migraine triggers Choose traditional or alternative treatment options This book will assist you in accurately diagnosing your condition and managing your physical and emotional health. It is your compass on the road to recovery and the future of your migraine care. With *The Everything Health Guide to Migraines*, you can say goodbye to migraine pain! Paula Ford-Martin is a health writer with more than twelve years of experience who has suffered from migraines since childhood. She is the author of several *Everything* health guides. Paula has written extensively for traditional and alternative medicine publications. She lives in Connecticut. Daniel Lachance, M.D., is a neurologist with more than twenty years of experience. A graduate of the Dartmouth Medical School, Dr. Lachance is appointed in the Division of Regional Neurology at the Mayo Clinic. He runs his own practice in his hometown of Rochester, Minnesota.

The *Hot Topics in Public Health* series *Hot Topics in Public Health* consists of a series of small pocketbooks, focussing on the key public health issues identified by the UK government priorities. The books will be of use to a wide audience of students and practitioners, in the Nursing and Allied Health areas, as all students in these areas do modules on Public Health and Health Promotion, as well as those doing a diploma or degree in PH&HP. Students will find the books useful to cover assignments and on the ward, and practitioners will love the quick-reference format for use on the ward and in giving patient advice and running clinics on these topics. There will be a title providing essential information on the priority areas of: Obesity Smoking Alcohol misuse Sexual health Mental health Diabetes Non-communicable diseases Exercise Drug misuse Health inequalities Boxes Thinking points - will be of interest to

## Access Free Health Guides

practitioners Key debates Case studies Current strategies – Gov. targets Further Reading Useful web links. The Public Health Mini-Guides provide up-to-date, evidence-based information in a convenient pocket-sized format, on a range of current key public health topics. They support the work of health and social care practitioners and students on courses related to public health and health promotion. Each volume provides an objective and balanced introduction to an overview of the epidemiological, scientific, and other factors relating to public health. The Mini-Guides are structured to provide easy access to information. The first chapters cover background information needed to quickly understand the issue, including the epidemiology, demography and physiology. The later chapters examine examples of public health action to address the issue, covering health promotion intervention, legislative and other measures. The Mini-Guides are designed to be essential reference texts for students, practitioners and researchers with a professional interest in public health and health promotion. Students will find the books useful to cover assignments and on the ward, and practitioners will love the quick-reference format for use on the ward and in giving patient advice and running clinics on these topics. There will be a title providing essential information on the priority areas of: Obesity Smoking Alcohol misuse Sexual health Mental health Diabetes Non-communicable diseases Exercise Drug misuse Health inequalities

2021 Gold Medal Florida Authors & Publishers Association Presidents Award: Health Category  
2021 Gold Medal Winner of the International Book Award: Health Category  
2021 Silver Medal Winner of the Nautilus Award: Health, Healing, Wellness & Vitality  
2021 Independent Press Award Distinguished Favorite: Health & Fitness  
2021 New York City Big Book Award Distinguished Favorite in the Health & Fitness category  
2021 Firebird Speak Up Talk Radio

## Access Free Health Guides

Winner 2021 Readers' Favorite Gold Medal: Young Adult Nonfiction 2020 Gold Medal Winner of the Literary Titan Award 2020 American Book Fest Best Book Awards Winner: College Guides Consider this College Health 101—an award-winning guide to what students really want (or need) to know about their mental and physical health when they're away from home. College students facing their first illness, accident, or anxiety away from home often flip-flop between wanting to handle it themselves and wishing their parents could swoop in and fix everything. Advice from peers and “Dr. Google” can be questionable. The Ultimate College Student Health Handbook provides accurate, trustworthy, evidence-based medical information (served with a dose of humor) to reduce anxiety and stress and help set appropriate expectations for more than fifty common issues. What if you can't sleep well (or can't sleep at all) in your dorm room? What if a pill “gets stuck” in your throat? What if your roommate falls asleep (or passes out) wearing contacts, and wakes up with one painfully stuck? Your friend's terrible sore throat isn't Strep or Mono? What else could it be? What if everyone from your group project thinks they're coming down with the flu the day before your presentation? Dr. Jill Grimes has the answer to these questions and many more. Her guidebook is designed to help you: Decide if and when to seek medical help Know what to expect when you get there Plan for the worst-case scenario if you don't seek help Learn how you can prevent this in the future Realize what you can do right now, before you see a doctor Understand the diagnostic and treatment options The topics of tattoos, smoking, vaping, pot, piercings, and prescription drugs will also be tackled throughout the pages of this handbook, ensuring you, your roommates, and your friends have a healthy semester.

Optimal Men's Health is a comprehensive yet easy-to-understand guide to everything men

## Access Free Health Guides

(and the women who care about them) need to know about health. Taking an integrative approach, Dr. Myles Spar shows you how to feel young and powerful at any age while minimizing the risk of disease; showing that prevention is just as important as treatment. This curated content gives the reader easy recommendations for what tests you should look for in order to know your risks for future health problems and what you can do, beyond taking medications, to prevent those problems from getting in your way or for treating any chronic conditions. Using science-based information, this book asks the reader, "What do you want your health for?" and then sets out to equip them with all that they need to make sure their health will facilitate, and not hinder, the reader's life goals. Using real patient experience, Dr. Spar explains the usefulness of advanced testing; the usefulness of integrative medicine approaches such as mindfulness, an anti-inflammatory diet, how to optimize sleep, and the use of supplements for all of the conditions; and uses various complementary treatments and therapies that can be useful in preventing and treating diseases through acupuncture, yoga, exercise, and more. Dr. Spar provides you with lists of questions to ask your healthcare professional, sidebars of key information, checklists and action plans, lists of resources and suggested further reading for you to take your health journey into your own hands. Optimal Men's Health equips you to achieve your health goals, addressing every aspect of lifestyle, medicine, and alternative therapies. This is the perfect resource for anyone, man or woman, to live your best life.

This book was easy to understand and welcoming to relate to. This book not only guides you on how to upkeep your own health but obtain a better knowledge of why the medical industry has gone the direction it has. This book brings a new perspective and a powerful effort to bring

## Access Free Health Guides

us back to the basics of health. We have surrendered too much to insurance companies and medical corporations that only specialize in "sick-care" at the high personal cost to all of us. Learn more about the power of being in charge of your health. This will change the way you see medicine and personal health care forever!

An easy-to-use resource for teens wanting to learn more about why nicotine and tobacco are bad for your health and how to quit using them. The information and guidance offered make it a valuable tool for young adults. According to the Centers for Disease Control and Prevention (CDC), approximately seven percent of middle school students and 20 percent of high school students use tobacco or nicotine products. Everyone knows smoking is bad for you, so why do so many teens still smoke? Are e-cigarettes, hookah, and smokeless tobacco safer alternatives? How can individuals stop smoking or support the quitting efforts of friends and family? Smoking: Your Questions Answered, a part of Greenwood's Q&A Health Guides series, answers these and other questions related to this high-interest topic. Each book in this series follows a reader-friendly question-and-answer format that anticipates readers' needs and concerns. Prevalent myths and misconceptions are identified and dispelled, and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations. The book also includes a section on health literacy, equipping teens and young adults with practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the internet—important skills that contribute to a lifetime of healthy decision-making. Makes the subject accessible to readers by means of a simple Q&A format Helps readers hone their research and critical thinking skills in a Guide to Health Literacy section Provides real-world examples of concepts discussed

## Access Free Health Guides

in the book through case studies Dispels popular misconceptions in a Common Myths section and directs readers towards accurate information Points readers towards additional books, organizations, and websites for further study and research in an annotated directory of resources

Lyme disease transmission, recognition, avoidance, treatment, environmental measures, standard diagnosis, risks, diet to aid in recovery, rehabilitation, alternative treatments, a holistic approach, masquerading as other ailment, and future trends.

Do you feel stiff or sore? Tired? No happy? As we go through the motions of our often sedentary activities, it can be easy to forget that our bodies need to tend to. With just a little conscious thought, you can increase your physical well-being today. In this book, you will be able to know how to protect your health and what is the main problems which can destroy your health.

An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care. In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheedea Walker offers important information on the mental health crisis in the Black community, how to

## Access Free Health Guides

combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

From exercise and nutrition, to first aid, relationships, and dealing with stress and worries, this book gives young readers a head start on learning healthy habits that will last a lifetime

This edition features: 66 new teaching guides (for a total of 193); all updated references and source material; expanded treatment of the integumentary, musculoskeletal, neurological, and respiratory systems; all-new guides on substance abuse, sensory disorders, and pediatric disorders; expanded coverage of psychiatric disorders; six new nursing diagnoses; and many new guides for high-tech home care procedures, such as, IV therapy, the use of inhalers, mini-nebulizers, and ventilators.

In this easy-to-follow book, Wendy Green explains how food intolerances, gut infections, bacterial imbalance, stress and hormones contribute to IBS, and offers

practical advice and a holistic approach to help you deal with the symptoms. From simple dietary and lifestyle changes to DIY complementary therapies, find out 50 things you can do today to help you cope with IBS, including:

- Identify your IBS triggers and learn how to manage them
- Choose beneficial foods and supplements
- Manage stress and relax to reduce flare-ups
- Learn which types of exercise can help to relieve symptoms
- Find helpful organisations and products

What is ADHD? Readers will find out who gets ADHD, what causes it, how it is diagnosed, and how it is treated.

This updated Third Edition includes all the new information on medications, nutrition, and NANDA nursing diagnosis. This book is in a quick reference, easy-to-read format makes this a great guide for nursing students to become familiar with the more common conditions and issues they will face with patients on a daily basis.

[Copyright: fa500f8efd00c70916cd3d8866cf0313](https://www.accessgates.com/health-guides/ibs/)