

Wellness

Body, Mind and Soul

Geetha Patel

Wellness Body Mind Geetha Patel

Geetha Patel



Wellness Body Mind Geetha Patel:

Wellness Geetha Patel,2016-01-25 This book is the product of the author s curiosity regarding the secrets behind good health and well being of a person even after the age of seventy She was inspired by her neighbor s zest for life and her positive attitude during her advanced years This prompted her to interview many seniors in Canada and in India to find out the secret to their well being and she found six most common elements Even though the book starts with these it also reveals interesting natural remedies used to cure some unique and simple ailments the medicinal value of some herbs and spices beauty and hair treatments and face masks used when Geetha was growing up and then concludes with some healthy vegetarian and non vegetarian recipes A fascinating component of this book is the real life stories from the author s experiences Useful for young and old men and women

Wellness Geetha Patel,2016-01-04 This book is the product of the author s curiosity regarding the secrets behind good health and well being of a person even after the age of seventy She was inspired by her neighbor s zest for life and her positive attitude during her advanced years This prompted her to interview many seniors in Canada and in India to find out the secret to their well being and she found six most common elements Even though the book starts with these it also reveals interesting natural remedies used to cure some unique and simple ailments the medicinal value of some herbs and spices beauty and hair treatments and face masks used when Geetha was growing up and then concludes with some healthy vegetarian and non vegetarian recipes A fascinating component of this book is the real life stories from the author s experiences Useful for young and old men and women

Risky Bodies & Techno-Intimacy Geeta Patel,2017-08-01 Risky Bodies and Techno Intimacy traverses disparate and uncommon routes to explore how people grapple with the radical uncertainties of their lives In this edgy evocative journey through myriad interleaved engagements including the political economies of cinema the emergent shapes taken by insurance debt and mortgages gender and sexuality and domesticity and nationalism Geeta Patel demonstrates how science and technology ground our everyday intimacies The result is a deeply poetic and philosophical exploration of the intricacies of techno intimacy revealing a complicated and absorbing narrative that challenges assumptions underlying our daily living

Health and Wellness Measurement Approaches for Mobile Healthcare Gita Khalili Moghaddam,Christopher R. Lowe,2018-09-22 This book reviews existing sensor technologies that are now being coupled with computational intelligence for the remote monitoring of physical activity and ex vivo biosignatures In today s frenetic world consumers are becoming ever more demanding they want to control every aspect of their lives and look for options specifically tailored to their individual needs In many cases suppliers are catering to these new demands as a result clothing food social media fitness and banking services are all being democratised to the individual Healthcare provision has finally caught up to this trend and is currently being rebooted to offer personalised solutions while simultaneously creating a more effective scalable and cost effective system for all The desire for personalisation home monitoring and treatment and provision of care in remote locations or in emerging and

impoverished nations that lack a fixed infrastructure is leading to the realisation that mobile technology might be the best candidate for achieving these goals A combination of several technological healthcare and financial factors are driving this trend to create a new healthcare model that stresses preventative health care rather than sick care and a shift from volume to value Mobile healthcare mhealth which could also be termed the internet of people refers to the integration of sensors and smartphones to gather and interpret clinical data from patients in real time Most importantly with an ageing population suffering multiple morbidities mhealth could provide healthcare solutions to enhance chronically ill patients quality of life

Ayurvedic Perspectives in Integrative Healthcare Anika Niambi Al-Shura,2020-08-13 Ayurveda Perspectives in Integrated Healthcare volume eight in the Integrative Cardiovascular Chinese Medicine series provides a clear structured base of knowledge which compares Ayurveda with other healthcare systems to encourage acceptance of Ayurveda in the community and within patient care practices Sections cover the Shad Darshan body constitution medical aspects in Ayurvedic medicine and the connection between material and spiritual aspects and methods for balancing lifestyle for optimal health This important reference will aid cardiovascular researchers in the study of integrative Chinese and Western medicine with its clear structured base to guide clinical practice and encourage new collaboration Provides a well rounded study of Ayurvedic medicine in comparison to other related systems for ease of implementation into patient care Compares mainstream systems of medicine such as Traditional Chinese Medicine and principles of Western Medicine Identifies and inspires ideas where future research can develop and strengthen

Illuminating Our True Nature Michelle Cassandra Johnson,2024-06-04 Dissolve hurtful patterns and emotional hardship through the five yogic points of suffering or kleshas Includes powerful and practical meditations mantras asanas reflection questions and more to reduce our suffering and the suffering of others We all get stuck in hurtful patterns that continue to create more suffering in our lives In yoga philosophy these patterns are known as the five kleshas In this wise practical guide Michelle Cassandra Johnson offers us a path toward developing a deeper understanding of them and how they hijack us emotionally The five kleshas are ignorance avidya overidentification with ego asmita attachment to desire or pleasure raga aversion or avoidance dvesha and fear of death or letting go abhinivesha Each one leads us to create tendencies and karma that move us away from realizing and remembering our true nature and seeing ourselves as separate from one another and the planet In yogic terms this perpetuates a constant cycle of pain for us all Readers will learn to deepen their connection with self and others look at their relationship and attachment to pleasure and aversion to discomfort notice more fully how their actions affect others meet each moment as it arises and ride the waves of life as they come and much more Johnson offers us a way to find a sense of clarity groundedness and equanimity within ourselves by working through the kleshas one by one using asana pranayama mudra mantra reflection questions and meditation

Security Implementation in Internet of Medical Things Luxmi Sapra,Varun Sapra,Akashdeep Bhardwaj,2023-09-13 Security implementation is crucial in the Internet of Medical Things IoMT as it

ensures the protection of sensitive medical data and prevents unauthorized access to or manipulation of devices and systems. This book covers different aspects of security implementations and challenges in IoMT and aims to bring researchers together to contribute their findings to recommend new methodologies and feasible solutions for implementing security and novel architectures in artificial intelligence machine learning and data science in the field of healthcare and IoT. IoMT includes a wide range of connected medical devices and systems such as wearable devices, medical sensors, and electronic health records that collect, store, and share sensitive medical information. Without proper security measures, this information could be compromised, leading to serious privacy breaches, financial fraud, and even physical harm to patients.

Ignite Your Yoga Susanna Barkataki, 2025-04-29. An essential guide for all yoga practitioners to delve deeply into the tradition and practice authentically with appreciation, not appropriation. Includes practical advice for embracing yogic values such as service, non-harm, and truthfulness in your daily life and relationships and for the well-being of others. Popular yoga educator and advocate Susanna Barkataki invites yoga practitioners to become stewards of the tradition, bold and effective trailblazers for embodying the roots of yoga. She gives you the knowledge, tools, and language to respectfully and responsibly hold and participate in class and more effectively embody yogic values. Each chapter is full of step-by-step instructions, stories, practical advice, practices, and contemplations and covers the following: The issues with modern yoga in the West today; Best practices for yoga leadership; Learning what equity is in yoga; How and when to use Sanskrit; Integrating yoga ethics into your yoga practice; Relationships and work. While mainstream yoga culture explodes, the teachings have often strayed far from yoga's traditional roots. The result is a watered-down, often inaccurate or incomplete practice that doesn't responsibly reflect the rich and powerful tradition. **Ignite Your Yoga** is an essential guide for all yoga practitioners to delve deeply into the tradition and practice and teach authentically with appreciation, not appropriation.

Complementary Therapies in Nursing Ruth Lindquist, Mary Fran Tracy, Mariah Snyder, 2022-06-22. Doody's Core Selection. The ninth edition of this acclaimed resource is completely updated to deliver the newest evidence-based research and practice guidelines for commonly used complementary therapies in nursing. The book delivers new and expanded international content, including information highlighting indigenous, culture-based therapies and systems of care. It features many recent advances in technology, including digital resources facilitating effective delivery, monitoring, and measurement of therapy outcomes. This resource presents evidence for using complementary therapies with populations experiencing health disparities and describes a new approach to use of complementary therapies for nurses and patients' self-care. State-of-the-art information also includes expanded safety and precaution content, updated legal concerns in regulation and credentialing, a discussion of challenges and strategies for implementing therapies and programs, and a completely new chapter on Heat and Cold Therapies. The ninth edition continues to provide in-depth information about each complementary therapy as well as the scientific basis and current evidence for its use in specific patient populations. Consistent chapter formats promote ease of access to information.

and each therapy includes instructional techniques and safety precautions New to the Ninth Edition Expanded information related to technology and digital resources to foster effective delivery monitoring and measuring therapy outcomes New and expanded international content highlighting indigenous culture based therapies and systems of care New information on integrating therapies in practice with abundant case examples Examples of institution wide or organization wide complementary therapy programs New chapter on Heat and Cold Therapies All new content on the use of therapies for Self Care Key Features 80 prominent experts sharing perspectives on complementary therapies from over 30 countries Chapters include a practice protocol delineating basic steps of an intervention along with measuring outcomes Consistently formatted for ease of use Presents international sidebars in each chapter providing rich global perspectives

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Wellness Body Mind Geetha Patel Book Review: Unveiling the Power of Words

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