

Whole Health

APPS

[Live Whole Health](#)

[About the Live Whole Health App](#)

PODCASTS

["ME" in the Center of the Whole Health Circle \(42:49\)](#)

[Whole Health and Pain Management \(multiple\)](#)

[Whole Health for Tobacco Cessation \(multiple\)](#)

[Introduction - Kearney \(1:30\)](#)

[Where Chronic Pain Meets Whole Health: An Overview \(46:06\)](#)

VIDEOS

[#LiveWholeHealth: Live Whole Health Mobile App \(1:47\)](#)

[VA Whole Health Saved My Life \(7:50\)](#)

[Whole Health: What Matters to YOU: National Disabled Veterans Winter Sports Clinic \(57:20\)](#)

[Whole Health: What Matters to You? \(1:33\)](#)

[Whole Health Coaching \(2:00\)](#)

[Whole Health: An Overview \(4:32\)](#)

[5 Minute Stress Management \(5:07\)](#)

VETERAN RESOURCES

VETERAN INFORMATION

[Circle of Health - Brief Self-Assessment](#)

[Brief Personal Health Plan Template](#)

[Long Personal Health Plan Template](#)

[My Personal Health Plan Wallet Card](#)

[My Story Personal Health Inventory](#)

[Personal Health Inventory Brief](#)

[Whole Health Handout - It Starts with Me](#)

[Manage Stress Workbook](#)

RESOURCES FOR CLINICIANS/STAFF

[CIH Evidence Table](#)

[Goal Setting for Pain Rehab](#)

[How to Set a SMART Goal](#)

[Overall Approach to Personal Health Planning](#)

[Passport to Whole Health](#)

[Questions to Ask During a Whole Health Visit](#)

[The Complementary and Integrated Health Quiz](#)

Mindful Awareness

APPS

[Mindfulness Coach](#)

About the Mindfulness Coach App: Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain. Mindfulness Coach 2 was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice. Mindfulness Coach also offers a library of information about mindfulness, 12 audio-guided mindfulness exercises, a growing catalog of additional exercises available for free download, goal-setting and tracking, a mindfulness mastery assessment to help you track your progress over time, customizable reminders, and access to other support and crisis resources.

PODCASTS

[An Intro on Mindfulness and Using the Personal Health Inventory \(22:16\)](#)

[Mindfulness Helps Manage Chronic Pain \(41:41\)](#)

VIDEOS

[#LiveWholeHealth: Mindful Awareness \(4:59\)](#)

[Why Mindfulness for the VA? \(8:05\)](#)

[What is Mindfulness? \(6:57\)](#)

[Four Ways to Cultivate Mindfulness \(4:10\)](#)

[Beginning a Mindful Practice \(5:00\)](#)

[#LiveWholeHealth: Are You Listening? \(10:00\)](#)

VETERAN RESOURCES

VETERAN INFORMATION

[Going Nowhere - Keys to Present Moment Awareness](#)

[Introduction to Mindful Awareness](#)

[Mindful Awareness Practice in Daily Living - 1](#)

[Mindful Awareness Practice in Daily Living - 2](#)

[Precautions with Using Mindful Awareness](#)

RESOURCES FOR CLINICIANS/STAFF

[Meditation](#)

[Mindful Awareness - Overview](#)

[Mindfulness Meditation for Chronic Low Back Pain](#)

[Narrative Medicine](#)

Moving the Body

APPS

[MOVE! Coach](#)

[About the MOVE! Coach App](#)

PODCASTS

[Just Move! Increase Function and Decrease Pain \(38:54\)](#)

[Focus on What You CAN Do: Meaningful Engagement in Activities While Managing Chronic Pain \(45:45\)](#)

VIDEOS

[Be Physically Active \(1:45\)](#)

[#LiveWholeHealth: Joint Mobility \(2\) \(11:48\)](#)

[#LiveWholeHealth: Joint Mobility \(1\) \(11:43\)](#)

[#LiveWholeHealth: Music Therapy & Movement \(17:31\)](#)

[#LiveWholeHealth: Music and Movement \(18:05\)](#)

#LiveWholeHealth: Body Mechanics and the Hip Hinge (3:24)
Strive for a Healthy Weight (1:59)
#LiveWholeHealth: Lower Body Chair Exercise (23:07)
#LiveWholeHealth: Upper-Body Chair Exercise (18:26)
#LiveWholeHealth: Get Moving from Your Chair (8:58)
#LiveWholeHealth: Standing Twist Yoga (4:13)
#LiveWholeHealth: Gentle Chair Yoga (9:03)
#LiveWholeHealth: Tai Chi (2) (13:48)
#LiveWholeHealth: Chair Yoga (34:01)
Tai Chi For Beginners 01 "Tai Chi Fundamentals" (27:38)
Tai Chi Fundamentals Adapted Program Seated Basic Moves, Part 1 (3:51)
#LiveWholeHealth: Tai Chi (1) (10:38)
#LiveWholeHealth: Brain Break - Breathing and Movement to Calm the Mind (11:57)
VETERAN RESOURCES
Yoga for Vets
VETERAN INFORMATION
Get Moving
Improving Flexibility
Introduction to Working the Body
Tai-Chi and Qi-Gong
Introduction to Tai-Chi and Qi-Gong
Yoga
Introduction to Yoga
Pleasant Activities
RESOURCES FOR CLINICIANS/STAFF
Moving the Body - Overview
Moving the Body for Chronic Pain
Prescribing Movement
Surroundings
APPS
PODCASTS
Small Changes, Big Impact: Improving Your Surroundings to Help Manage Pain (38:37)
VIDEOS
#LiveWholeHealth: Work Posture (5:29)
#LiveWholeHealth: Healthy Posture (4:54)
VETERAN RESOURCES
VETERAN INFORMATION
Assessing Your Surroundings
Ergonomics - Positioning Your Body for Whole Health
Improve Your Health by Removing Toxins from Your Body
Informing Healing Spaces Through Environmental Design
Introduction to Surroundings
Too Much Bad News - How to Do an Information Fast
Toxins and Your Health
Workaholism - 1
Workaholism - 2

RESOURCES FOR CLINICIANS/STAFF
Surroundings - Overview
Personal Development
PODCASTS
VIDEOS
#LiveWholeHealth: Gratitude Practice (8:06)
#LiveWholeHealth: Loving Kindness (22:20)
#LiveWholeHealth: Loving Kindness Practice (2) (11:01)
Mindfulness and Compassion (0:58)
VETERAN RESOURCES
VETERAN INFORMATION
Creating a Gratitude Practice
Finding Balance
Forgiveness - 1
Forgiveness - 2
Gratitude
Introduction to Personal Development
Laughter Heals
The Healing Power of Hope and Optimism
Values
What Matters Most - Exploring Your Values
Work-Life Integration - Tips and Resources
RESOURCES FOR CLINICIANS/STAFF
Healing Benefits of Humor and Laughter
Personal Development - Overview
Food and Drink
PODCASTS
Fresh Focus #1: Healthy Plate Method - Keep it Simple (9:36)
Fresh Focus #2: Healthy Plate Method - Fill Your Plate with Color (11:18)
Fresh Focus #3: Healthy Plate Method - Grains and Starches (13:05)
Fresh Focus #4: Healthy Plate Method - All About Fats (11:43)
Fresh Focus #5: Healthy Plate Method - Breaking Down Protein (12:42)
Fresh Focus #6: Healthy Plate Method - Action Steps (13:32)
Fresh Focus #13: Taste of the Holidays (11:45)
Fresh Focus #14: Holiday Hosting Guide (09:32)
Fresh Focus #15: Scaling Back the Holiday Meal (11:47)
Fresh Focus #16: Off to the Grocery Store (or not) (12:49)
Fresh Focus #17: Holiday Meal Prep with Success (13:05)
Fresh Focus #18: Back to the Basics (11:57)
Fresh Focus #19: MOVE! with a Blueprint for Success (10:34)
Fresh Focus #20: MOVE! with Physical Activity (15:52)
Fresh Focus #21: MOVE! with the Waves (08:31)
Fresh Focus #22: MOVE! with Fiber (10:37)
Fresh Focus #23: MOVE! with the Psychology of Eating (21:30)
Fresh Focus #24: MOVE! with a New Year (15:07)

Fresh Focus #25: Diversify Your Plate (14:38)
Fresh Focus #26: Healthy Teaching Kitchen (09:36)
Fresh Focus #27: Tips for a Heart Healthy Plate (08:06)
Fresh Focus #28: Personalize Your Plate for Weight Loss (13:06)
Fresh Focus #35: Getting Started with Gardening (24:18)
Fresh Focus #36: Growing, Drying and Using Herbs (24:18)
Fresh Focus #37: Growing Fruit and Vegetables (19:49)
Fresh Focus #38: Picking the Right Produce (07:53)
Fresh Focus #39: Summer Cooking (10:07)
Fresh Focus #40: Summer Time Recipes (07:40)
What's on the Menu? Eat, Drink and Manage Pain (36:18)
VIDEOS
Strive for a Healthy Weight (1:59)
Weight Management (1:59)
Eat Wisely (2:22)
Health and Wellness: My Plate (6:37)
Healthy Teaching Kitchen - Savory Egg Custard
Healthy Teaching Kitchen - Korean Style Chicken Soup
Healthy Teaching Kitchen - Pecan Crusted Tilapia
Healthy Teaching Kitchen - Tropical Smoothie
Healthy Teaching Kitchen - Easy, Healthy Smoothie
Healthy Teaching Kitchen - White Chicken Chili
Healthy Teaching Kitchen - Low Sodium Tomato Soup
Healthy Teaching Kitchen - Crustless Quiche Muffins
Healthy Teaching Kitchen - Cowboy Caviar
Healthy Teaching Kitchen - Peanut Butter Oat Bites
Healthy Teaching Kitchen - Strawberry Salad with Red Wine Vinaigrette Dressing
Healthy Teaching Kitchen - Pinto Bean Burritos
Healthy Teaching Kitchen - Growing Your Own Herbs
Healthy Teaching Kitchen - Spinach and White Bean Soup
Healthy Teaching Kitchen - Breakfast Bean Taco Cups
Healthy Teaching Kitchen - Bean Burger
Healthy Teaching Kitchen - Broccoli and Cheese Soup
Healthy Teaching Kitchen - Health and Wellness Teaching Kitchen
Healthy Teaching Kitchen - Food Safety Overview: Cross Contamination
Healthy Teaching Kitchen - Chicken and Rice Casserole
Healthy Teaching Kitchen - Chicken with Glazed Peaches and Sweet Potato Mash
Healthy Teaching Kitchen - Chickpea Dip
Healthy Teaching Kitchen - Chocolate Banana Oat Cookie
Healthy Teaching Kitchen - Spinach and Swiss Frittata
Healthy Teaching Kitchen - Creole Skewers
Healthy Teaching Kitchen - Black Eyed Pea Salad
Healthy Teaching Kitchen - Marinated Tomatoes and Cucumbers
Healthy Teaching Kitchen - Peanut Butter Fluff Dip
Healthy Teaching Kitchen - Peanut Butter Overnight Oats
Healthy Teaching Kitchen - Pesto Veggie Wrap

Healthy Teaching Kitchen - Quick Chocolate Mug Cake
Healthy Teaching Kitchen - Quinoa Bean Bowl
Healthy Teaching Kitchen - Mixed Berries with Berry Cream
Healthy Teaching Kitchen - Roasted Chickpeas
Healthy Teaching Kitchen - Thai Veggie Peanut Noodles
Healthy Teaching Kitchen - Turkey Burger Wrap
Healthy Teaching Kitchen - Zucchini Ribbons with Avocado Pesto
Healthy Teaching Kitchen - Health and Wellness: My Plate
Healthy Teaching Kitchen - Chocolate Peanut Butter Smoothie
Healthy Teaching Kitchen - Chocolate Zucchini Muffins
Healthy Teaching Kitchen - Peaches and Cream Oatmeal
Healthy Teaching Kitchen - Spring Veggie Shepherd's Pie
Healthy Teaching Kitchen - Meal Planning Prep
Healthy Teaching Kitchen - Healthy Snacking
Healthy Teaching Kitchen - Heart Healthy Avocado Salsa
Healthy Teaching Kitchen - Zoodles with Spring Green Peanut Sauce
Healthy Teaching Kitchen - Rainbow Breakfast Salad
Healthy Teaching Kitchen - Mediterranean Chickpea Salad
Healthy Teaching Kitchen - Apple Skillet Pork Chops
Healthy Teaching Kitchen - Lemon Parmesan Broccoli
Healthy Teaching Kitchen - Turkey Black Bean Burger with Avocado Salsa
Healthy Teaching Kitchen - Culinary Medicine
Healthy Teaching Kitchen - Patriotic Quinoa Salad
Healthy Teaching Kitchen - Brussel Sprout Salad
Healthy Teaching Kitchen - Warm Cinnamon Apples
Healthy Teaching Kitchen - Mexican Quinoa with Black Bean
Healthy Teaching Kitchen - Quesadilla with Fresh Salsa
Healthy Teaching Kitchen - Overnight Oats
Healthy Teaching Kitchen - Southwest Salad with Salmon Dinner Salad
Healthy Teaching Kitchen - Peanut Butter Acai Bowl
Healthy Teaching Kitchen - Healing Carrot Soup with Turmeric and Ginger
Healthy Teaching Kitchen - Black Bean Burger
Healthy Teaching Kitchen - Avocado Toast
Healthy Teaching Kitchen - "New You" Salad
Healthy Teaching Kitchen - Holiday Bake
Healthy Teaching Kitchen - Sofrito
Healthy Teaching Kitchen - Cauliflower Flatbread Pizza
Healthy Teaching Kitchen - Kale Salad with Apples, Cranberries, and Pecans
Healthy Teaching Kitchen - Grilled Chicken and Pineapple Kebabs with Grilled Veggies
Healthy Teaching Kitchen - Baked Kale Chips
Healthy Teaching Kitchen - Mozzarella-Stuffed Turkey Meatballs over Zucchini Noodles
Healthy Teaching Kitchen - Curried Butternut Squash Soup
Healthy Teaching Kitchen - Orange Bavarian Crème
Healthy Teaching Kitchen - Zesty All-Season Salad
Healthy Teaching Kitchen - Over Baked Fries and Foil Packet Fish
Healthy Teaching Kitchen - Homemade Pizza

Healthy Teaching Kitchen - Chicken Vegetable Stir-Fry
Healthy Teaching Kitchen - Southwestern Chicken Wrap and Green Smoothie
Healthy Teaching Kitchen - Autumn Vegetable Bake
Healthy Teaching Kitchen - Shrimp Broccoli Cauliflower Pasta
Healthy Teaching Kitchen - Baked Chicken Fried Steak
Healthy Teaching Kitchen - Cauliflower Mashed Potatoes
Healthy Teaching Kitchen - Pork Chops with Apples and Onions
Healthy Teaching Kitchen - Spaghetti Squash
Healthy Teaching Kitchen - 4 Ways to Use Greek Yogurt
Healthy Teaching Kitchen - Kitchen Knife Skills
Healthy Teaching Kitchen - Spinach Smoothie
Healthy Teaching Kitchen - Farmers Market Quesadilla
Healthy Teaching Kitchen - Loaded Veggie Dip
Healthy Teaching Kitchen - Red Velvet Cupcakes
Healthy Teaching Kitchen - Spice Rub
Healthy Teaching Kitchen - Fiesta Black Bean Salad
Healthy Teaching Kitchen - Five-A-Day Green Smoothie
VETERAN RESOURCES
Recipes and Cookbooks - Main Dish Recipes
Recipes and Cookbooks - Side Dish Recipes
Healthy Cooking at Home Cookbook
One-Pot Meals Cookbook
Garden to Table Cookbook
Weekly Meal Planner
Cooking With Ease
MOVE! Weight Management Handouts
VETERAN INFORMATION
Achieving a Healthy Weight
Carbs and Your Weight Loss
Deciding How to be a Healthier Eater
Eat to Reduce Inflammation
Eating to Reduce IBS Symptoms - The FODMAP Diet
Elimination Diet - 1
Elimination Diet - 2
Food and Drink Log
Healthy Tips for Eating Out and Grocery Shopping
How a Healthy Gut Makes for a Healthier You
How to Eat a Mediterranean Diet
Introduction to Food and Drink
Mindful Eating
Mindful Eating - Enhancing Your Relationship with Food
Probiotics for Specific Conditions
The Low FODMAP Diet - Eliminating Sugars
What We Drink
RESOURCES FOR CLINICIANS/STAFF
Choosing a Diet

Food and Drink - Overview
Promoting a Healthy Microbiome with Food and Probiotics
The Dietary Approaches to Stop Hypertension (DASH) Diet
Understanding Sweeteners
Recharge
APPS
Insomnia Coach
About the Insomnia Coach App
PODCASTS
Relax, Rest, Recharge: The Connection Between Sleep and Chronic Pain (42:23)
VIDEOS
#LiveWholeHealth: Time to Rest (5:29)
#LiveWholeHealth: Taking Time to Pause (9:57)
VETERAN RESOURCES
Path to Better Sleep
Sleep 101
Sleep Apnea
VETERAN INFORMATION
Counseling for Insomnia
Change Habits - Sleep Better
Healthy Sleep
Introduction to Recharge
The Health Benefits of Pausing and Taking Breaks
RESOURCES FOR CLINICIANS/STAFF
Botanical Medicines to Support Healthy Sleep and Rest
Recharge - Overview
Family, Friends, and Co-Workers
PODCASTS
You are Not Alone: Strengthening Supporting Relationships when Dealing with Chronic Pain (36:49)
My Life, My Story (multiple)
VIDEOS
VETERAN RESOURCES
VETERAN INFORMATION
Compassion Practice
Coping with Grief
Grief Reactions
Introduction to Family, Friends, and Co-Workers
Relationships and Health
RESOURCES FOR CLINICIANS/STAFF
Family, Friends, and Co-Workers - Overview
Power of the Mind
APPS
Insight Timer
Sattva
Smiling Mind

[Tactical Breather](#)

[The Virtual Hope Box](#)

About The Virtual Hope Box (VHB): The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. The VHB provides the patient with positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxation.

PODCASTS

[Relaxation Recording \(14:26\)](#)

[Short Breathing - McManus \(2:45\)](#)

[Introduction to Meditation with Dr. Greg Serpa \(5:00\)](#)

[Mindfulness of Breathing Meditation \(10:00\)](#)

[Mindfulness of Sounds Meditation \(10:00\)](#)

[Loving Kindness Meditation \(10:00\)](#)

[Mindfulness and Meditation - Just This Breath \(6:40\)](#)

[Mindfulness and Meditation - Outside In \(6:57\)](#)

[Mindfulness and Meditation - Guided Meditation Amongst Tree Frogs \(4:48\)](#)

[Guided Imagery and Meditation Audios \(multiple\)](#)

[Guided Imagery and Visualization - Anchoring \(8:34\)](#)

[Guided Imagery and Visualization - The Forest \(9:24\)](#)

[Guided Imagery and Visualization - Nourishment from the Past \(5:41\)](#)

[Guided Imagery and Visualization - Special Place \(6:30\)](#)

[Guided Imagery and Visualization - Grounding \(20:38\)](#)

[Progressive Muscle Relaxation \(30:59\)](#)

[Mental Muscle Relaxation \(5:01\)](#)

[Deep Breathing and Guided Relaxation - Calming Your Body \(11:37\)](#)

[Deep Breathing and Guided Relaxation - Short Relaxation \(12:47\)](#)

[Mindful Body Scan - McManus \(22:00\)](#)

VIDEOS

[#LiveWholeHealth: Acupressure \(3:54\)](#)

[#LiveWholeHealth: Acupressure Self-Care for Sleep \(11:10\)](#)

[#LiveWholeHealth: Acupressure Self-Care for Neck Pain \(11:19\)](#)

[#LiveWholeHealth: Acupressure Self-Care for Low Back Pain \(11:06\)](#)

[#LiveWholeHealth: Acupressure Self-Care for Headaches \(8:37\)](#)

[#LiveWholeHealth: Awareness Meditation \(40:03\)](#)

[#LiveWholeHealth: Vacation Visualization \(7:41\)](#)

[#LiveWholeHealth: Breathing Space \(3:01\)](#)

[#LiveWholeHealth: Muscle Relaxation \(8:38\)](#)

[#LiveWholeHealth: Mindful Breathing \(3:27\)](#)

[#LiveWholeHealth: Paced Breathing \(8:01\)](#)

[#LiveWholeHealth: Progressive Muscle Relaxation \(13:59\)](#)

[#LiveWholeHealth: Yin Meditation \(7:57\)](#)

[#LiveWholeHealth: Breathing for Stress Release \(6:31\)](#)

[#LiveWholeHealth: Mindfulness of Breath \(12:00\)](#)

[#LiveWholeHealth: Breathing Practice \(22:02\)](#)

[#LiveWholeHealth: Breathing in the Moment \(5:00\)](#)

[#LiveWholeHealth: Meditation - Compassionate Breathing \(10:32\)](#)

[#LiveWholeHealth: Soft Belly Breathing \(5:30\)](#)

[#LiveWholeHealth: Head and Neck Massage \(18:47\)](#)

[#LiveWholeHealth: Acupressure, Head & Neck \(4:25\)](#)

[#LiveWholeHealth: Grounding Meditation \(6:01\)](#)

[#LiveWholeHealth: Moments of Pause \(5:02\)](#)

[#LiveWholeHealth: Intention Setting \(5:11\)](#)

[#LiveWholeHealth: Being Grateful for Your Body \(14:57\)](#)

[#LiveWholeHealth: Body Scan \(8:00\)](#)

[#LiveWholeHealth: Mindful Poetry \(5:28\)](#)

[#LiveWholeHealth: Scheduling Pleasant Activities \(9:31\)](#)

VETERAN RESOURCES

VETERAN INFORMATION

[4x4 Breathing Technique](#)

[Acupressure Flyer](#)

[Acupressure for Back Pain](#)

[Acupressure for Headaches](#)

[Acupressure for Neck Pain](#)

[Acupressure for Sleep](#)

[Acupuncture Fact Sheet](#)

[Battlefield Acupuncture](#)

[Biofeedback - 1](#)

[Biofeedback - 2](#)

[Biofeedback Fact Sheet](#)

[Breathing](#)

[Breathing Affects Feelings](#)

[Breathing and Health](#)

[Autogenic Training - 1](#)

[Autogenic Training - 2](#)

[Chiropractic Care Fact Sheet](#)

[Clinical Hypnosis Fact Sheet](#)

[Introduction to Power of the Mind](#)

[Therapeutic Journaling](#)

[Power of the Mind - Additional Resources](#)

[Progressive Muscle Relaxation and Progressive Relaxation](#)

[Progressive Relaxation](#)

[Working with Pain-Related Thoughts](#)

[Experiential Auricular \(Ear\) Acupressure](#)

[Fight and Flight Worksheet](#)

[Practice Breathing Log](#)

[What is Biofeedback?](#)

[Hypnosis](#)

[Hypnotherapy](#)

[Guided Imagery Fact Sheet](#)

[Massage](#)

[Massage Therapy Fact Sheet](#)

[Mantram Meditation](#)

Meditation Fact Sheet
Mindfulness Meditation Classes through 2021
Seated Meditation
RESOURCES FOR CLINICIANS/STAFF
Diaphragmatic Breathing to Assist with Self-Management for Pain
Power of the Mind - Overview
The Power of Breath - Diaphragmatic Breathing
Acupressure for Stress Management
Acupuncture
Biofeedback Experiential Resources Links
Guided Imagery
Spirit and Soul
PODCASTS
VIDEOS
VETERAN RESOURCES
VETERAN INFORMATION
Spiritual Anchors
Introduction to Spirit and Soul
How Do You Know That? Beliefs and Your Health
Deciding What You Need for Spiritual Health
Chaplains
RESOURCES FOR CLINICIANS/STAFF
Spirit and Soul - Overview
Other
PODCASTS
VIDEOS
VETERAN RESOURCES
Tobacco Cessation Resources
Smokefree Vet
Veteran Discounts Available Year Round
VetResources - Resources for Veterans, Their Families, Caregivers, and Survivors
VETERAN INFORMATION
RESOURCES FOR CLINICIANS/STAFF
Acne
Adaptogens
Adrenals
Allergies
Asthma
Atopic Dermatitis
Balloon Self Hypnosis Technique for IBS and Abdominal Pain
Colorectal Cancer Care and Prevention
Coming Off a Proton Pump Inhibitor
Gastroesophageal Reflux Disease
Glycemic Index
Heart Failure

Heart Rate Variability and Arrhythmias
Hypertension
Hypothyroidism
Inflammatory Bowel Disease - Crohns Disease and Ulcerative Colitis
Irritable Bowel Syndrome
Lipids
Low Back Pain
Lung Cancer Care and Prevention
Multiple Sclerosis
Nicotine Use Disorders
Non-Drug Approaches to Chronic Pain
Pain Flare Management Plan
Preventing Recurrent Diverticulitis
Reducing Relapse Risk
Rosacea
Seborrheic Dermatitis
Sinusitis
Substance Use Disorder Treatment - Complementary Approaches
Substance Use Disorders
Supplements for Lower Blood Sugar
Supplements for Pain
Supplements for Skin Health
Testing to Assess the Gastrointestinal Ecosystem
Type-2 Diabetes Mellitus
Urinary Tract Infections