

GOD'S DESIGN *for the* HIGHLY HEALTHY PERSON



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透過美國名醫 賴瑞模 的引導，本書猶如一份嶄新而健全的「健康地圖」，令你驚喜連連！

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Walt MD Larimore



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Larimore, 2004-12-28 God's design for the highly healthy life provides a powerful balance of physical emotional relational and spiritual health even for the teen years Teens face choices every day that either enhance or threaten their whole health At school through the media and friends teens are hit with influences they have never faced before Your teen needs your help now more than ever How can you coach your teen through the threats of drugs alcohol addiction and sexually transmitted diseases What can you do about nutrition eating disorders self image and the frightening rise of obesity How does a parent respond to tattoos piercings and internet porn Is there a way to navigate the pressures of academics sports and over commitment to find the healthy balance of stimulation and rest What physical changes are normal When is it time to seek medical care How do you find the best doctor How does a parent ease fears and adjustments respect privacy and intervene when needed Good news The doctor is in Dr Walt Larimore has seen it all as a family physician a dad a medical journalist and now your doctor on call He equips you to powerfully protect and enhance your teen's health during these critical and often scary teen years ASSESS YOUR TEEN'S HEALTH Use the simple 4 Wheels tool to identify the weakest spokes in your teen's health FIND THE SPOKE THAT'S BROKE Zero in first where your teen's health is most out of balance Discover timeless principles coupled with late breaking research and answers to your questions BENEFIT FROM IMMEDIATE ACTION Follow practical achievable advice resulting in positive changes in your teen's life Discover how your teen can experience God's Design for the Highly Healthy Life **God's Design for the Highly Healthy Child** Walter L. Larimore, 2004 Written by a

trusted family physician this indispensable guide equips parents to assess their children's health physically emotionally relationally and spiritually and then to create a practical and realistic plan to improve and nurture their children to become highly healthy The Honeymoon of Your Dreams Walt Larimore, Susan A. Crockett, 2007-02-05 Months and sometimes years of planning go into creating the perfect wedding But when the last piece of wedding cake is eaten and the rice is thrown many couples realize they've not put much thought into their honeymoon Because it's imperative to let the honeymoon and sexual relationship for a couple set the tone for their life as a couple together two respected physicians draw from their extensive premarital counseling experiences to compile this invaluable guide of honeymoon essentials It's all here from birth control options a calendar for travel arrangements medications to have on hand to God's design for the honeymoon There are even ideas which will help each couple assemble a custom honeymoon kit Bride's Eyes Only and Groom's Eyes Only chapters offer solid advice for the sexual relationship A one week devotional section with daily reflections for the first week as husband and wife will help launch any marriage with the right spiritual foundation The time couples

invest in preparing for this important week of marriage and life together will reap years of rewards **Alternative Medicine** Dónal O'Mathúna, 2006 Easy to use this thoroughly revised and expanded edition of Alternative Medicine keeps pace with the latest findings and developments in alternative medicine Here is the most comprehensive current well balanced and trustworthy information available from both a scientific and a biblical perspective **The Best Gift** Walt MD Larimore, 2021-11-16 When Walt Larimore MD moved his young family to Kissimmee Florida to start a small town medical practice in 1985 he had no idea he was embarking on an enterprise that would change his life in ways both large and small Dr Larimore shared some of these heartwarming and heartbreaking tales in The Best Medicine Now he offers up more charming stories of his time as a family physician in a rural small yet growing town in The Best Gift Ideal for anyone wrestling with the inevitable and difficult storms of life as well as fans of Dr Larimore's popular Bryson City series The Best Gift is a tender and insightful collection of stories chronicling one young doctor's spiritual growth as a physician husband father and community member Filled with characters colorful and crusty warmhearted and hotheaded witty and winsome these captivating stories glow with drama heartbreak warmth love and humor You'll laugh You'll cry You'll learn some of life's greatest lessons And you'll wish Dr Larimore was your doctor **The Natural Medicine Handbook** Walt MD Larimore, 2021-04-06 When it comes to natural medicines such as herbs vitamins and dietary supplements you want to make sure you're getting the truth about what works what is safe and what is a waste of money You need evidence based trustworthy unbiased sources and studies so that you can make wise decisions for yourself and your family In consultation with the experts at ConsumerLab.com and Natural Medicines™ Dr Walt Larimore has combed the available research from around the globe to evaluate about 1300 natural medicines or interventions for more than 500 conditions or indications summarized in helpful charts and tables This highly readable and reliable guide will tell you what natural medicines have proven to be both safe and effective while suggesting the best value Top Picks for health issues such as brain and heart health digestive and immune health energy and fatigue losing weight keeping hair skin and nails young increasing the quality and length of your life and many more Arranged topically so you can go directly to the information you need this comprehensive trustworthy guide is a resource you'll return to again and again Praise for The Natural Medicine Handbook I highly recommend this informative book In it you will find reliable independent evidence that will help inform your health related decisions Dónal O'Mathúna PhD A much needed and intensely evidence based resource Anyone reading this book will gain the skills needed to ask and answer the right questions about whether to and how to incorporate natural medicines as part of their healthy lifestyle Reid B Blackwelder MD FAAFP An entirely digestible and ultimately useful guide for patients and practitioners alike Matthew A Ciorba MD Navigating the landscape of herbs vitamins and supplements can be particularly complex and treacherous Dr Larimore's approach is direct and comprehensive and will certainly help numerous patients and their families make informed and safe decisions Jacob N Hall MD Fit over 50 Walt Larimore, Phillip

Bishop, 2019-08-06 Health Fitness and Weight Loss Advice You Can Trust To stay fit over 50 you don't need to be an expert on health You need essential practical and accurate information from people who are experts Doctors Walt Larimore and Phillip Bishop want to give you truthful and trustworthy advice to help you separate fact from wishful thinking and to identify misconceptions when you see them Take control of your overall well being with tips to help improve your health in four key areas Physical learn proven principles for effective weight loss exercise and nutrition Emotional keep your mind sharp and better manage your emotions Relational stay connected to others and build a stronger sense of community Spiritual improve your relationship with God When you apply these easy to follow and scientifically sound strategies you're more likely to reap the many benefits of living well and staying healthy *Super-sized Kids* Walt Larimore, Sherri Flynt, Steve Halliday, 2005 The experts at America's Hospital of the Future provide a comprehensive approach to helping parents control their children's weight while developing a healthy active lifestyle Studies show that as many as one in four American children is overweight and childhood obesity rates have doubled since the late 1970s Medical problems that doctors once saw only in adults aged 50 or older are now striking individuals in their 20s and younger including heart disease stroke diabetes colorectal cancer high blood pressure asthma joint problems and arthritis In this essential new book a pediatric endocrinologist and a respected dietician present a step by step medically sound and achievable weight control program that will benefit the whole family Poor diet and sedentary lifestyles as well as a lack of parental guidance are at the root of this child obesity epidemic Studies show that approximately 40 % of obese children will grow up to be obese adults This book seeks to break this alarming pattern **Faith Reads** David Rainey, 2008-07-30 At last a resource for librarians who wish to build or develop their nonfiction collection and use it to better serve the needs of adult Christian readers Covering the three major branches of Christianity Roman Catholic Protestant and Orthodox the author organizes more than 600 titles into subject categories ranging from biography the arts and education to theology devotion and spiritual warfare Award winning classics are noted Introductory narrative frames the literature and helps librarians better understand Christian literature and learn how to establish selection criteria for building a Christian nonfiction collection **Hazel Creek** Walt Larimore, 2012-03-13 In a new novel from award winning author Walt Larimore a loving rural family struggles to survive tragedy and cope with the invasion of modern ways in the 1920s In the Great Smoky Mountains wilderness in 1925 Nathan and Callie Randolph with their five unique daughters struggle to maintain their farm forests family and faith against a menacing business and an evil company manager trying to pilfer their land and clear cut their forest As loggers invade the mountains death touches the family and hardship and loss confront them again and again fifteen year old Abbie Randolph becomes mother to her sisters and leans on her faith to guide her through the emotional wilderness of changing times With the march of the industrial age the roaring twenties Prohibition the increasing momentum for national parks and the onslaught of a modern world the traditional life and ways of the mountaineers were about to change forever Featuring a cast of colorful characters including independent and

earnest mountain families a murderous lumber company manager Cherokee Indians a band of gypsies desperados lumbermen moonshiners a world famous writer and Civil War heroes Hazel Creek reveals a gripping struggle of good and evil during an eruption of violence A beloved family physician Walt Larimore is the perfect author for this novel of love loss and injury that illuminates the enduring power of faith Game Plan for Life Joe Gibbs,2022-03 How Do You Define Success Not many people rise to the top of two elite highly competitive professions in their lifetime but that is exactly what three time Super Bowl champion and five time NASCAR champion Joe Gibbs has done Now for the first time Coach Gibbs shares the principles that have guided him to success in every area of his life and explains how you can make those same principles work for you Join Joe and his team of experts as they walk you through the greatest playbook for modern day success ever written the Bible and address the twelve most important issues facing men today Finances How do I master my money RON BLUE Health How do I achieve peak physical and emotional health DR WALT LARIMORE Relationships What does God say about marriage and sex DON MEREDITH Vocation How do I build a successful life and career DR OS GUINNESS The Bible Can I believe it JOSH MCDOWELL God Who is He DR KEN BOA Creation How did life begin DR JOHN LENNOX Sin and Addiction How do I deal with sin ALISTAIR BEGG Salvation How do I get on the winning team CHUCK COLSON Purpose How do I get the most out of life DR TONY EVANS Heaven Where will I spend eternity RANDY ALCORN Loss How do I deal with grief JOE GIBBS Discover the Playbook for true success in your life *Bryson City Seasons* Walt Larimore, MD,2009-12-15 Welcome to Bryson City a small town tucked away in a fold of North Carolina s Smoky Mountains The scenery is breathtaking the home cooking can t be beat the Maroon Devils football team is the pride of the town and you won t find better steelhead fishing anywhere But the best part is the people you re about to meet in the pages of *Bryson City Seasons* In this joyous sequel to his bestselling *Bryson City Tales* Dr Walt Larimore whisks you along on a journey through the seasons of a Bryson City year On the way you ll encounter crusty mountain men warmhearted townspeople peppery medical personalities and the hallmarks of a simpler more wholesome way of life Culled from the author s experiences as a young doctor settling into rural medical practice these captivating stories are a celebration of this richly textured miracle called life The whole book is delightful My only criticism there wasn t enough of it Margaret Brand MD co laborer with Dr Paul Brand in leprosy work in India **Bryson City Secrets** Walt Larimore,2009-12-15 More enchanting tales of the people and events that shaped a young doctor s life and faith during his early practice in the Smoky Mountains There are places in Bryson City where the smell of home cooking is a little too tempting for an empty stomach Don t for instance pass the Fryemont Inn when the windows are open not unless you plan to come inside and enjoy fresh baked rolls gourmet cooking and an owner who is as warm and inviting as the food She s just one of the friendly faces you ll meet in *Bryson City Secrets* Told with winsome humor and deep affection *Bryson City Secrets* is a story lover s delight continuing Dr Walt Larimore s reminiscences of his early years of country medical practice Pull up a chair and feast on this rich fare of Smoky Mountain

personalities highland wisdom and all the tears laughter tenderness faith courage and misadventures of small town life

His Brain, Her Brain Walter L. Larimore, Barb Larimore, 2008 Men and women really are different even their brains are different and they were divinely designed that way Using the latest research Dr Walt and Barb Larimore show how the God designed differences between the male brain and the female brain complement each other to help couples build a delightful lasting marriage *A Busy Person's Guide to a Healthier Life* Matt Dragon, 2019-03-05 Live Longer Feel Better Stay

Healthier Keeping fit can feel like a time consuming task But what if you could make several simple small changes that add up to a large improvement in the quality of your life The daunting challenge of improving your health would suddenly feel more achievable and maintainable giving you the confidence you need to take more steps toward a better you This book is all about the little ways you can make a big impact on your well being every day with practical advice and current research in three key areas Diet Nutrition read labels grocery shop smarter and stay hydrated Exercise Fitness overcome excuses become gym savvy and exercise your brain Stress Rest sleep better understand depression and conquer stress These and other intriguing topics will help you make better choices and give you dozens of easy things you can do to promote a healthy lifestyle *Lead Your Way to Better Healthcare* Margo Corbett, 2006-09 It's Time Make A Difference It's your health your

life prevent preventable medical errors lead your healthcare team help cut healthcare costs and more You CAN Do It **The**

Complete Guide to Marriage Mentoring Les and Leslie Parrott, 2009-05-18 A comprehensive resource to help churches build a thriving marriage mentoring program Les and Leslie Parrott are passionate about how marriage mentoring can transform couples families and entire congregations The Complete Guide to Marriage Mentoring includes life changing insights and essential skills for Preparing engaged and newlywed couples Maximizing marriages from good to great

Repairing marriages in distress Practical guidelines help mentors and couples work together as a team agree on outcomes and develop skills for the marriage mentoring process Appendixes offer a wealth of additional resources and tools An

exhaustive resource for marriage mentorship in any church setting this guide also includes insights from interviews with

church leaders and marriage mentors from around the country The time is ripe for marriage mentoring and this book is

exactly what we need Gary Smalley author of *The DNA of Relationships* The Molding of a Champion Gregory Jantz, 2006

In this remarkable new book Dr Jantz shares a wealth of wisdom for parents to help shape their child's future in a successful and faith strengthening way Going beyond the standard strategies into a unique perspective drawn from his years of

experience in professional practice along with his own parenting journey Dr Jantz offers workable solutions for relationships drug and alcohol addictions body image struggles and living life with purpose **American Book Publishing Record**

, 2005

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