



Crossword Puzzles

Volume 10

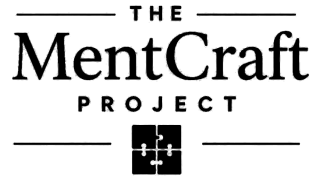
Health, Wellness & Mindful Living

60 Themed Puzzles + 10 Bonus Puzzles

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Health, Wellness & Mindful Living

Crossword Puzzles

Volume 10

70 Puzzles Including 10 Bonus Puzzles

For David

My son, you have a wonderful mind.

Always remain curious and never assume you know everything.

How to Get the Most Out of This Book

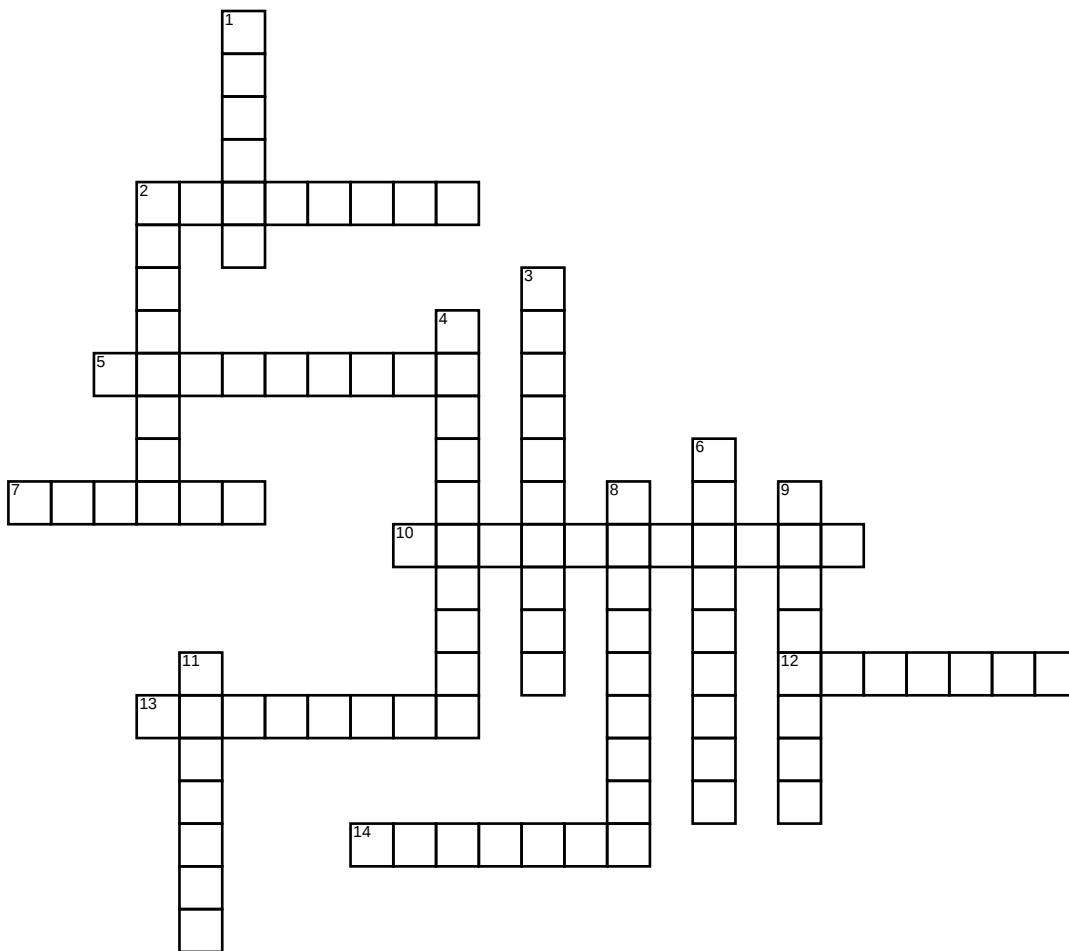
Every MentCraft collection is built on a simple belief: a mind that's regularly challenged stays sharper, more curious, and more capable. Crossword puzzles do this in a distinctive way — you're not simply recalling a word, you're reasoning your way to it sideways, through wordplay and the partial evidence of crossing letters.

Each puzzle's header shows its subtheme, its number, and a difficulty rating, so you can track your progress or choose where to start. All solutions are grouped together near the end of the book, in numerical order, ready whenever you need to check your work.

If you're the kind of solver who likes to dig a little deeper, this book includes a complete Glossary at the very end — every word, defined and alphabetized, so an unfamiliar term never has to stay a mystery. And at the bottom of every puzzle page, you'll find a My Notes space: room to jot down a new word you've learned, an alternate answer you considered, or anything worth remembering as you go.

Fill in each answer based on its clue. Answers cross over one another at shared letters, just like a standard crossword. Enjoy the journey!

Puzzle 1: Anatomy, Body Systems, Mobility & Recovery



ACROSS

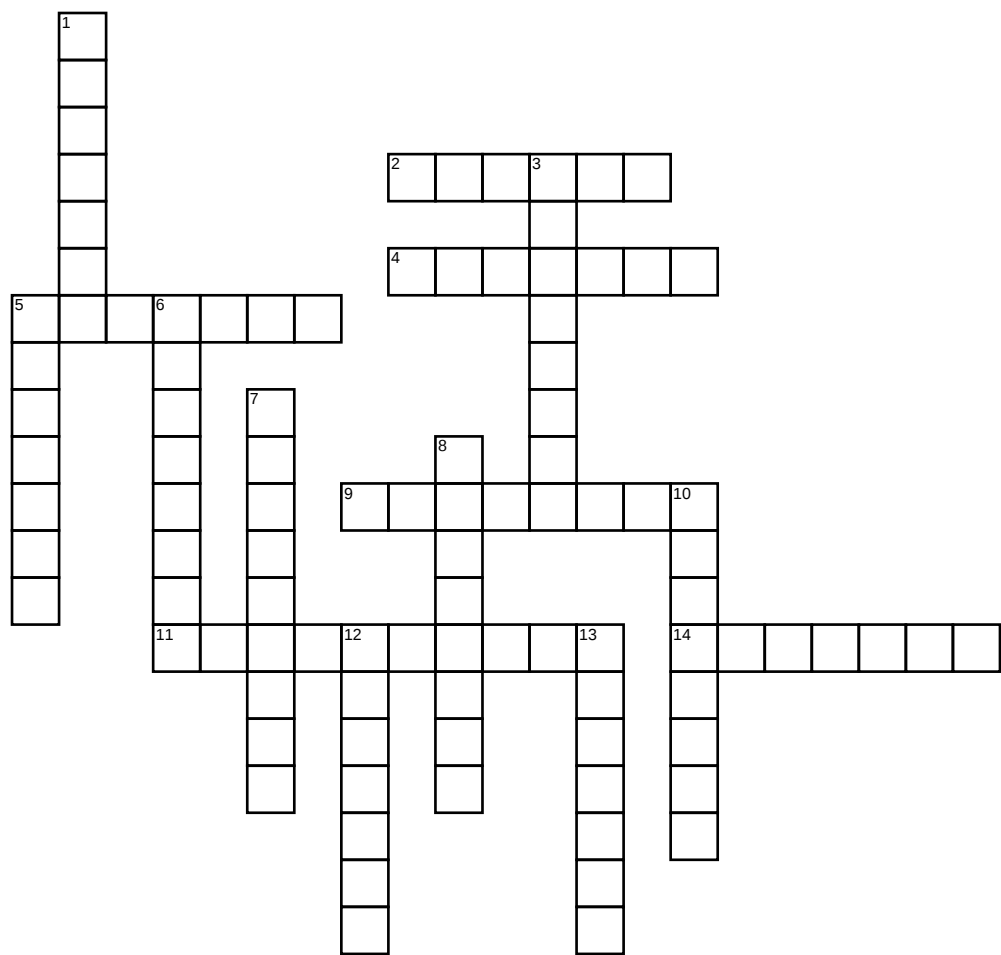
- 2. Branching part of a nerve cell
- 5. White blood cell
- 7. Layer of skin beneath the epidermis
- 10. Internal biological balance
- 12. Upper jawbone
- 13. Lower jawbone
- 14. Upper arm bone

DOWN

- 1. The voice box
- 2. First part of the small intestine
- 3. Concerned with bone and muscle health
- 4. Skin pigment-producing cell
- 6. Part of the brain controlling vital functions
- 8. Food-carrying tube
- 9. Connects bones and cartilage
- 11. Kneecap bone

My Notes:

Puzzle 2: Anatomy, Body Systems, Mobility & Recovery



ACROSS

- 2. Contractile tissue for movement
- 4. Protein in hair and nails
- 5. Bones of the ankle
- 9. Cell fragment for blood clotting
- 11. Part of the brain coordinating balance
- 14. The throat passage

DOWN

- 1. Part of the brainstem for vital signs
- 3. The human collarbone
- 5. Neck gland regulating metabolism
- 6. Affecting much of the body
- 7. Muscle separating chest and abdomen
- 8. Cluster of nerve cell bodies
- 10. Of the temple region
- 12. Urinary storage sac
- 13. Muscle cell

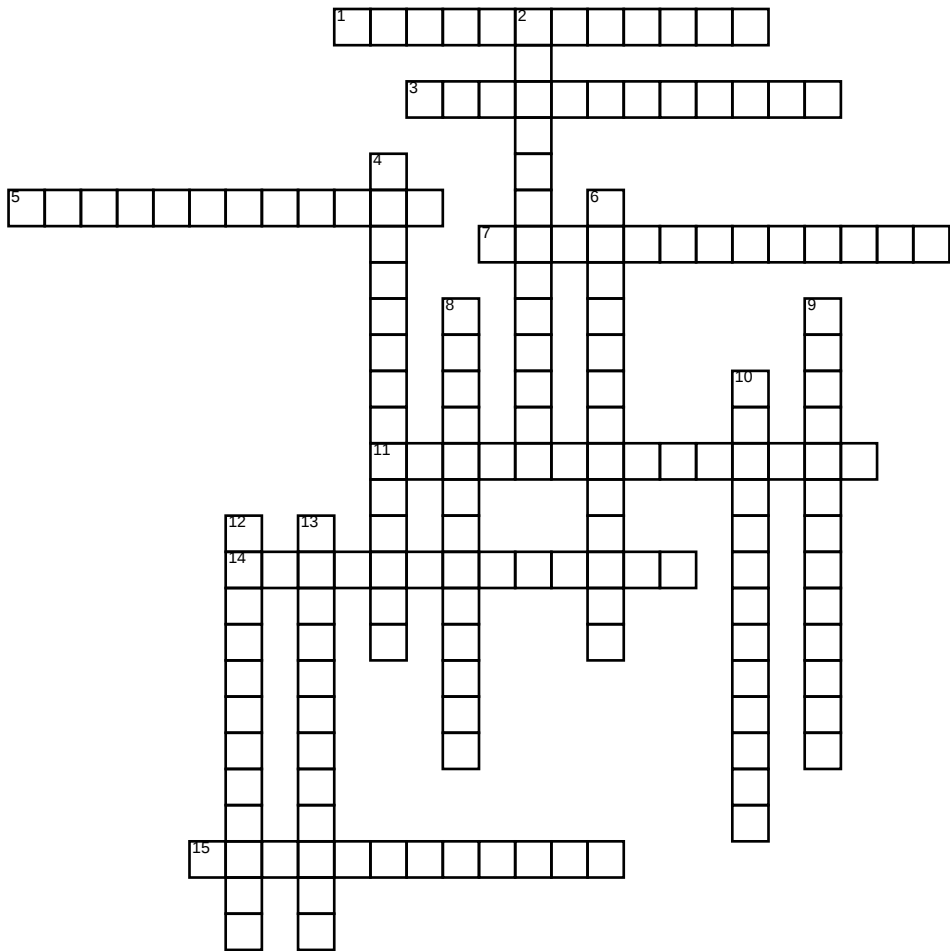
My Notes:

BONUS PUZZLES

Our gift to you for choosing this book!

A few extra, slightly trickier puzzles to enjoy.

Puzzle 61: BONUS



ACROSS

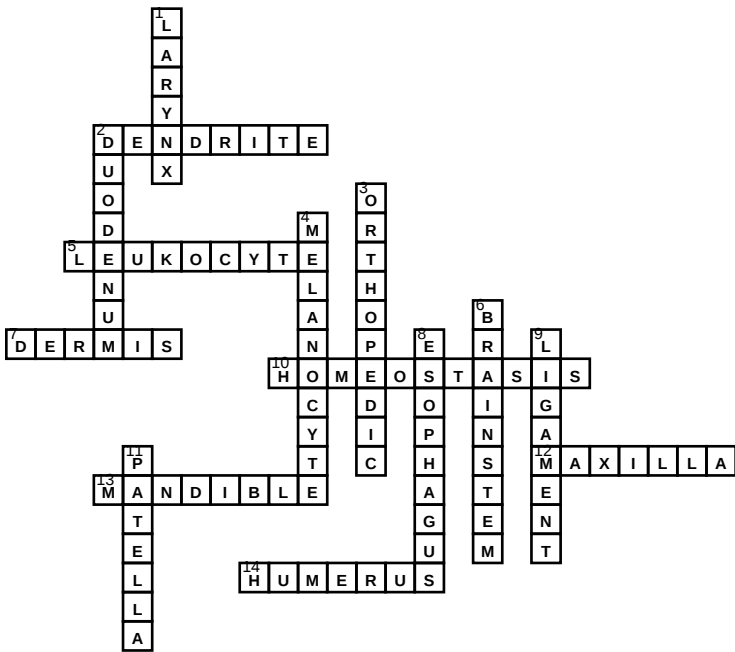
- 1. Study of disease patterns
- 3. One who ponders
- 5. Charged minerals aiding fluid balance
- 7. States of stillness and calm
- 11. Beyond ordinary experience
- 14. Process to eliminate microbes
- 15. Process of killing germs

DOWN

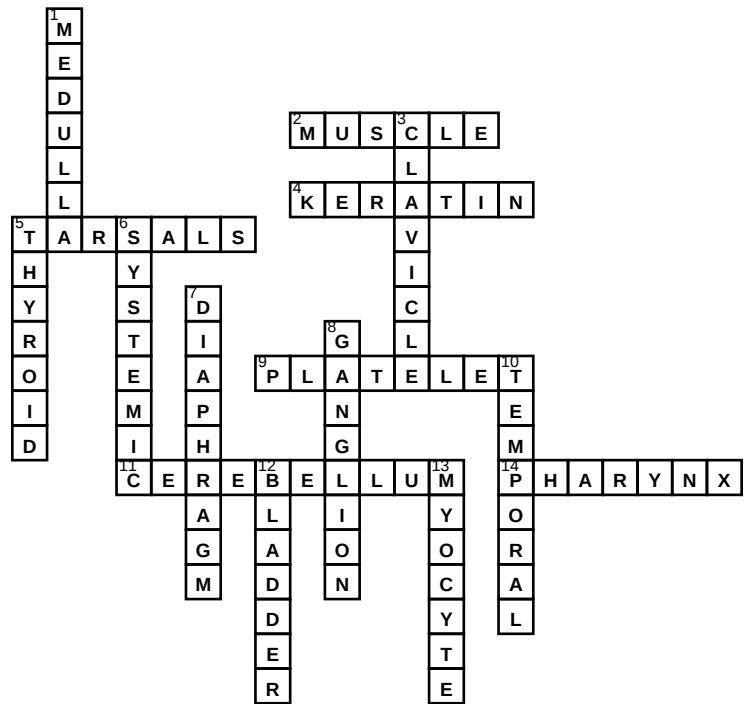
- 2. Transformative process
- 4. Restoring health via training and therapy
- 6. Self-examination
- 8. Acting as a safeguard
- 9. Mental imagery technique for focus
- 10. State of awareness
- 12. Professional trained in psychology
- 13. Process of restoration to a youthful state

My Notes:

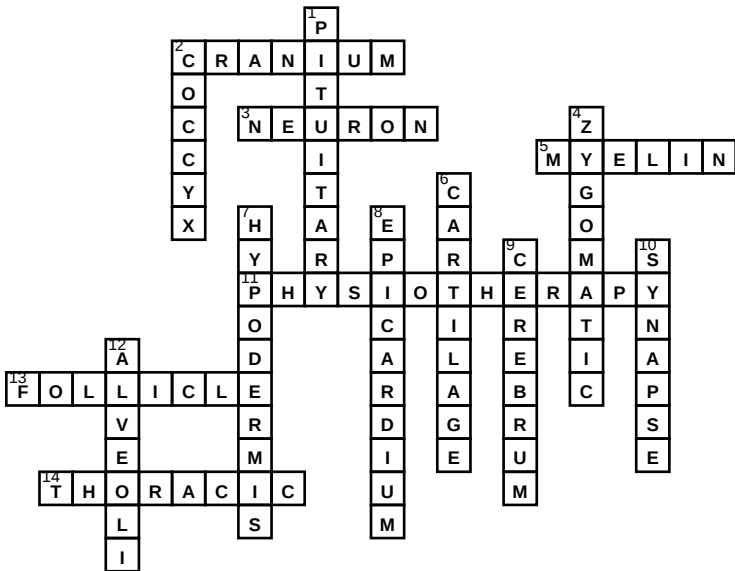
Solution #1



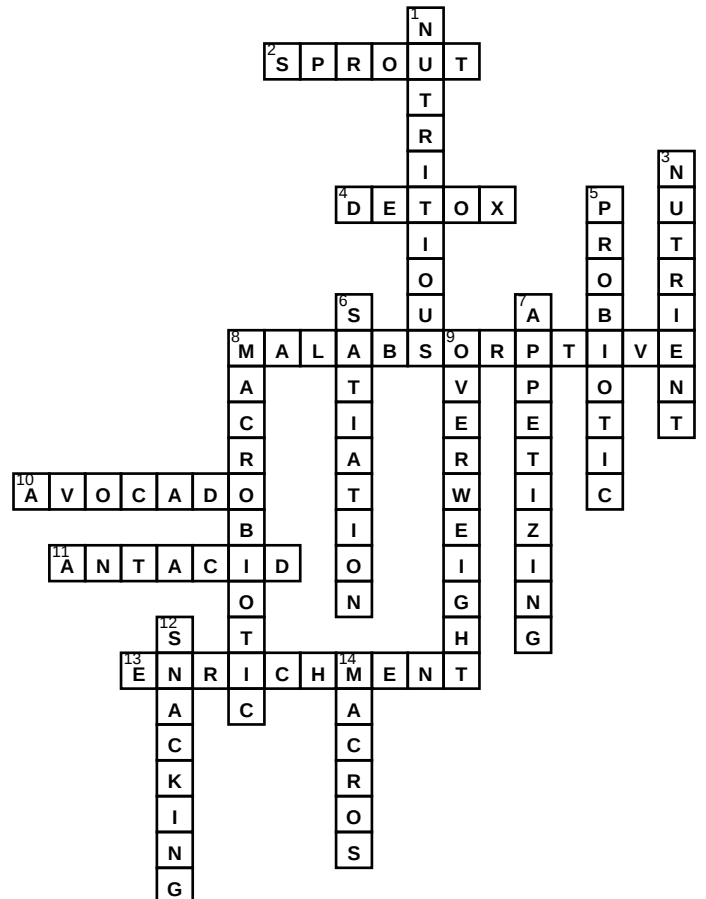
Solution #2



Solution #3



Solution #4



Glossary

ABDUCTION: Movement of a limb away from the midline of the body.

ABODE: A person's place of residence; a home.

ABSOLUTION: Formal release from guilt or punishment.

ACCELERATION: The increase in speed or velocity during an exercise.

ACIDITY: The degree of sourness or the presence of acid in a solution.

ACUPUNCTURIST: A practitioner trained to perform acupuncture.

ADAPTABILITY: The ability to adjust successfully to changing circumstances or needs.

ADDUCT: To move a limb toward the midline of the body.

ADDUCTION: Movement of a limb toward the midline of the body.

ADDUCTOR: A muscle that moves a limb towards the midline of the body.

ADVENTURER: A person who is willing to take risks or try new experiences.

ADVOCACY: Public support for or recommendation of a particular cause.

AEROBIC: Relating to or involving the use of oxygen for energy production during exercise.

AEROBICS: Physical exercises consisting of rhythmic movements to music.

AFFECTION: A gentle feeling of fondness or liking.

AFFECTIONATE: Showing warmth and fondness towards others.

AFFIRMATION: A positive statement repeated to oneself to encourage confidence or motivation.

AFFIRMATIONS: Positive statements repeated to oneself with the intention of manifesting a desired reality.

AGELESS: Appearing not to be affected by age or the passage of time.

AGING: The natural process of growing older over time.

AHIMSA: Yogic principle of non-violence.

ALCOVE: A small, recessed section or nook in a room.

ALIGN: To place body parts in a balanced or properly positioned relationship.

ALIGNMENT: The correct positioning or arrangement of body parts in a straight line.

ALKALINE: Having a pH level greater than 7.

ALPINE: Relating to high mountains.

ALTRUISM: The practice of selfless concern for the well-being of others.

ALVEOLI: Tiny air sacs in the lungs where gas exchange occurs.

AMBIANCE: The character and atmosphere of a place.

AMBITIOUS: Having a strong desire and determination to succeed.

AMBLE: To walk at a slow, relaxed pace.

AMITY: A state of friendship or peaceful harmony between people or/or groups.

AMPLITUDE: The maximum extent of a physical movement or motion.

ANAEROBIC: Relating to intense exercise performed without enough oxygen.

ANALGESIC: A substance used to relieve pain.

ANATOMICAL: Relating to the structure of the body.

ANTACID: A substance used to neutralize stomach acid.

ANTIBACTERIAL: Effective against bacteria.

ANTIBIOTIC: A medicine used to treat infections caused by bacteria.

ANTIBODY: A substance produced by the body in response to a foreign protein or pathogen.

ANTIFUNGAL: An agent that inhibits the growth of fungi.

ANTIHISTAMINE: A drug used to treat allergic reactions by blocking histamines.

ANTIMICROBIAL: An agent that kills or inhibits the growth of microorganisms.

ANTINUTRIENT: A substance that reduces the absorption of a nutrient.

ANTIOXIDANT: A substance that inhibits oxidation and protects cells from damage.

ANTIOXIDANTS: Compounds that inhibit oxidation and protect cells from damage.

ANTIPIRETIC: A substance used to reduce fever.

ANTIVIRAL: A substance that inhibits the growth of viruses.

ANXIETY: A feeling of worry, fear, or unease.

APHRODISIAC: A substance reputed to stimulate sexual desire.

APPAREL: Clothing, especially of everyday use.

APPETIZING: Appealing to the appetite; tasty or inviting to eat.

APPRECIATE: To recognize and express gratitude for something.

APPRECIATION: Recognition and enjoyment of the good qualities of someone or something.

APPRECIATIVE: Showing gratitude; thankful.

AQUASCAPING: The art of arranging aquatic plants for aesthetic effect.

ARBORETUM: A botanical garden devoted to the cultivation and display of trees.

ARNICA: A flower whose extract is commonly used for bruises and muscle rubs.

AROMATHERAPIST: A practitioner who uses aromatic plant oils in aromatherapy.

AROMATHERAPY: The use of essential oils for healing and relaxation.

ARRHYTHMIA: An irregular heartbeat pattern.

The MentCraft Project starts from a simple idea: a mind that's exercised regularly stays sharper, more curious, and more capable — but not every mind sharpens the same way. Some people think best in words, others in numbers, others in shapes and spatial patterns, others in sequences of logical steps. That's why MentCraft builds puzzle collections across many different formats, each one training a different kind of mental muscle.

Crossword puzzles train the mind in a very particular way: you're not just recalling a word, you're reasoning your way to it sideways — through wordplay, association, and partial evidence from intersecting letters. Every solved clue reinforces vocabulary you already half-knew, while the crossing pattern quietly builds the discipline of holding several possibilities in mind until only one fits.

Solve puzzles that delve into the intricate world of health and wellness, from understanding your body's systems to mastering mindful living practices. Each clue unravels a piece of knowledge—perhaps you'll uncover the mysteries of the digestive system or discover how nutrition impacts longevity. Engage with terms like "posture" and "hydration," enhancing your daily habits. As you navigate through these puzzles, you'll expand your understanding of vital concepts in health and wellness, making every session both enlightening and enjoyable.

