



HEALTH AND MEDICINE

Check out these Internet resources and books to help build a path to long life and healthy living.

Internet resources for personal and family health

www.aafp.org/online/en/home.html

AMERICAN ACADEMY OF FAMILY PHYSICIANS

Geared towards improving the health of patients, families, and communities through professionalism and creativity.

www.dr-weil.com

DR. WEIL

Forums, Q&A, programs, literature, and advising on healthy living and aging. Find books by Dr. Weil in the non-fiction 612-615 area.

www.mayoclinic.com

THE MAYO CLINIC

Wide selection of tools and resources for healthy living.

www.medicineplus.gov

MEDLINEPLUS

National Library of Medicine's extensive site containing information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news.

www.webmd.com

WEBMD

Expertise in medicine, journalism, health communication and content creation to bring you the best health information possible.

<http://healthlinks.washington.edu/myhealth/>

MYHEALTH TOOLKIT

Quick guides, health library locations, research resources, and selected topics for managing your own health and care.

www.prevention.com

PREVENTION

Site contains recipes, forums, Q&A, Discussions groups, and other health related resources. Look for the current *Prevention Magazine* in our magazine section.

Books about personal and family health

ALVAREZ, Manny. THE CHECKLIST: what you and your family need to know to prevent disease and live a long and healthy life. 2007.

613 ALVAREZ

CONSUMER REPORTS. CONSUMER DRUG REFERENCE. 2007. REFERENCE.

R615 CONSUME

CONSUMER REPORTS. CONSUMER REPORTS ON HEALTH. 2006-2007. MAGAZINE.

MAG CONSUME

FISHER, Margaret. IMMUNIZATIONS & INFECTIOUS DISEASES: an informed parent's guide. 2006.

614.4 IMMUNIZ

FITZGERALD, Randall. THE HUNDRED-YEAR LIE: how food and medicine are destroying your health. 2006.

615.9 FITZGER

GRIFFITH, H. COMPLETE GUIDE TO SYMPTOMS, ILLNESS & SURGERY. 2006. REFERENCE.

R616 GRIFFIT

MAYO CLINIC. MAYO CLINIC BOOK OF ALTERNATIVE MEDICINE: the new approach to using the best of natural therapies and conventional medicine. 2007.

615.5 MAYO

MEYER, Joyce. LOOK GREAT, FEEL GREAT: 12 keys to enjoying a healthy life now. 2006.

248.4 MEYER

O'CONNOR, Anahad. NEVER SHOWER IN A THUNDERSTORM: surprising facts and misleading myths about our health and the world we live in. 2007.

613 OCONNOR

REISSER, Paul. COMPLETE GUIDE TO FAMILY HEALTH, NUTRITION, & FITNESS. 2006.

613 REISSER

RYDER, Christopher. TAKE YOUR PEDIATRICIAN WITH YOU: keeping your child healthy at home and on the road. 2007.

618.92 RYDER

SIERPINA, Victor. 1000 CURES FOR 200 AILMENTS: integrated alternative and conventional treatments for the most common illnesses. 2007.

615.5 ONE

WEIL, Andrew. DR. ANDREW WEIL'S GUIDE TO EATING WELL. 2007. VIDEO/DVD

DVD 613.2 DR

WEIL, Andres. EIGHT WEEKS TO OPTIMUM HEALTH: a proven program for taking full advantage of your body's natural healing power. 2006.

613 WEIL

ZIED, Elisa. FEED YOUR FAMILY RIGHT: how to make smart food and fitness choices for a healthy lifestyle. 2007.

613.2 ZIED