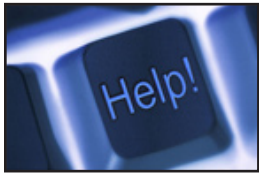


Healthy Resources

Help for Finding the Information You Need

As you work toward making healthy changes and reaching your long-term goals, remember to use credible, research-based sources of information, as well as consulting licensed practitioners such as doctors, dietitians, and pharmacists. The following is a list of resources that may help with some of your goals, as well.



Evaluating Online Health Information

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine at <http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>

Weight Loss

How to Lose and Manage Weight at <http://www.fda.gov/oc/opacom/hottopics/obesity.html>

Partnership for Healthy Weight Management at <http://www.consumer.gov/weightloss/index.htm>

Setting Goals for Weight Loss at <http://www.ftc.gov/bpc/online/pubs/health/setgoals.htm>

WIN Weight-control Information Network: Weight Loss and Nutrition Myths at <http://win.niddk.nih.gov/publications/myths.htm>

Weight Loss: Finding a Weight Loss Program that Works for You at <http://www.ific.org/publications/brochures/upload/Weight-Loss-Finding-a-Program-That-Works-for-You.pdf>

Supplements and “Natural” Products

What’s in the Bottle? An Introduction to Dietary Supplements at <http://nccam.nih.gov/health/bottle/>

Herbal Supplements: Consider Safety, too at <http://nccam.nih.gov/health/supplement-safety/>

Tips for the Savvy Supplement User at <http://www.cfsan.fda.gov/%20~dms/ds-savvy.html#resources>

Natural Is Not Always Better at <http://www.fmaware.org/patient/beaware/natural.htm>

Update on Natural Product-Drug Interaction at http://www.fmaware.org/patient/coping/update_naturalprod.htm

Online Purchases of Medicines & Medical Products

Buying Medicines and Medical Products Online at <http://www.fda.gov/oc/buyonline/default.htm>

Use Caution Buying Medical Products Online at http://www.fda.gov/fdac/features/2005/105_buy.html

Exercise

Activity Resource Guide at http://fcs.tamu.edu/health/Health_Education/Rural_Outreach/Health_Hints/2006/jan06/workouts-handout.php

Walk Across Texas at <http://walkacrosstexas.tamu.edu>

Smoking Cessation

Freedom from Smoking® On-Line at <http://www.lungusa.org/site/apps/kb/home/login.asp?c=dvLUK900E&b=38973&membershipreq=83912&targetURL=http%3A%2F%2Fwww%2Elungusa%2Eorg%2Fsite%2Fpp%2Easpx%3Fc%3DdvLUK900E%26b%3D22933>

