



Health: A Small Sampling of Consumer Health-Related Sites by award-winning author / stress-relief expert Susie Mantell

The following may be helpful to you in your search for credible information to support your personal healthcare professionals' recommendations. This is not an endorsement of the sites mentioned; but a sampling of many well-known organizations offering online consumer health information with little, or no, commercial bias or gain. This is intended as a starting point for you to see which you like/don't, how to find more, and to help you learn what you can to support your wellness. Always seek credible, unbiased resources when researching treatments and protocols. Most of the following have many "Search" functions. (Note: When seeking health-related information, always check dates of content postings for the most current information available, and discuss with your physician anything that could affect your physical or mental health and safety.)

A few of Many U.S. Government Health Sites:

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| http://www.nlm.nih.gov/medlineplus/druginformation.html | http://www.nih.gov | |
| http://medlineplus.adam.com/ | http://nccam.nih.gov | http://www.nih.gov/health |

A Few General Consumer Health Sites:

- The Mayo Clinic Health Oasis: <http://www.mayohealth.org>
Easy-to-read. From a team of Mayo physicians, scientists, writers & educators.
- Intelihealth <http://www.intelihealth.com>
Featuring Harvard Medical School's Consumer Health Information.
- OnHealth/WebMD <http://onhealth.webmd.com>
Has received U.S. News & World Report's "Best of the Web" Award
- Discovery Health <http://www.discoveryhealth.com>
Operated in conjunction with Discovery Health Channel on TV.
- UC Berkeley Wellness Letter <http://www.berkeleywellness.com>
Has been honored by U.S. News & World Report, Money Magazine, Washington Post.

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