

On Line Journals

NutritionJ

<http://www.nutritionj.com>

Nutrition Journal offers nutrition based articles only. The aim of the journal is to provide scientists and physicians with responsible and balanced information in order to improve experimental designs and clinical decisions. Nutrition Journal strongly promotes and invites the publication of clinical trials that fall short of demonstrating an improvement over current treatments.

National Library of Medicine

<http://www.nlm.nih.gov>

The National Library of Medicine (NLM) maintains and makes available a vast print collection and produces electronic information resources on a wide range of topics. It also supports and conducts research, development, and training in biomedical informatics and health information technology.

Life Extensions

A deep dive into common ailments. Good place to start your research.

<https://www.lifeextension.com/protocols>

Green Med Info

<https://greenmedinfo.com>

Includes abstracts imported from PubMed and a wide array of articles.

Related to Food Safety

The following has lots of great information about general food safety.

<http://www.ewg.org/foodscores>

Once on this site, choose a broad category and then more specific categories within, and then further, choose a brand. Once you locate your exact product, you will find a score for nutrient concern, ingredient concern and processing concern, along with nutrition facts.

Drug Use and Interactions

Web Med

<https://www.webmd.com/drugs/2/index>

This is an alternate drug database. It includes uses, side effects, precautions and interactions as well as reviews.

Medscape

<http://reference.medscape.com/drug-interactionchecker>

Requires you to set up a free account to too at drug interactions.

Homeopathic Reference

<https://homeopathybooks.in/>

Lots of good access at no charge to homeopathics and their uses.

General Information WebSites

The following have been identified as quality sources of health information that are easy to follow with credible sources.

MedlinePlus

<https://medlineplus.gov>

Sorted by Health Topics, Drugs and Supplements as well as Videos and Tools, this is a highly interactive site

with understandable language. Because the site is based in the United States, many of the supplements may be unfamiliar. The videos and tools are very cool, and include some diagnostic assistance. It is produced by the National Library of Medicine, the world's largest medical library and offers reliable, up-to-date health information, anytime, anywhere, for free. You can use MedlinePlus to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

Dr. Michael Gregor

<http://nutritionfacts.org>

Dr. Gregor provides the option for a daily video of information which is sometimes like-minded, but from a medical professional. Whenever there is a new drug or surgical procedure, you can be assured that you or your doctor will probably hear about it because there's a corporate budget driving its promotion. But what about advances in the field of nutrition? There is not the same profit motivation for doctors to promote. They calim to sort through the confusing and conflicting nutritional advice available. The goal of this website is to present you with the results of the latest in peer-reviewed nutrition and health research, presented in a way that is easy to understand.

National Center for Complementary and Integrative Health

<https://www.nccih.nih.gov>

The National Center for Complementary and Integrative Health (NCCIH) is the US Federal Government's lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.

Health Topics are organized and searchable in alpha order.

Also very handy is a search element entitled Herbs at a Glance

<https://nccih.nih.gov/health/herbsataglance.htm>

Conversion Table Site

www.traditionaloven.com/conversions_of_measures/butter_converter.html

This site is very easy to use and quite handy. It includes drug interactions and uses.

Statistics

When you are just looking for the numbers www.cdc.gov is the place to go but it deals predominately with USA statistics while www.statcan.gc.ca is helpful for Canadian numbers.

Apps for Mobile Devices

This one built by medical students for medical students may be handy, even if it is not devoted to an integrative health model <http://www.ubcmedformulary.ca>

Cronometer

Start with a free sign up for 30 days and use as an alternative to track the diet of clients.

<https://cronometer.com>

Testing

Everlywell

Learn about and gain access to testing

<https://www.everlywell.com/>

Omegaquant

Clients can purchase tests

<https://omegaquant.com/about/>

Truehealth Labs

Be sure to request tests that relate to Canada. Look for coupons so save dollars.

<https://truehealthlabs.com>