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www.fda.gov : posts warnings on dietary supplements.

Fitbit.com Computerized recorders for steps, weight, sleep: http://www.fitbit.com/product

http://www.weilfoundation.org/home.html

information about integrative medicine and healthy lifestyles.

http://www.youtube.com/watch?v=QSTZ6AdQdwk school lunch programs: What do we feed our kids

Food, Gut & epigenetics

**http://www.youtube.com/watch?v=RQbNuulzWnA&feature=related**

Is all fat the same? http://www.youtube.com/watch?v=1TtPNobccaY

Steroids & their effects on brain http://www.youtube.com/watch?v=Boy2B1oCnWs

Pre & probiotic discussion - yes it is advertising a product but it is a great discussion

http://www.youtube.com/watch?v=PEIn16Xeb-0

Decrease inflammation – check out your cleaning supplies – are they safe???

http://www.ewg.org/guides/cleaners?inlist=Y&utm\_source=201303cleanersupdatefull&utm\_medium=email&utm\_content=first-link&utm\_campaign=toxics

GMO rat study - **http://www.motherjones.com/tom-philpott/2012/09/gmo-corn-rat-tumor**

**High fructose corn syrup – is it good for us??**

http://www.youtube.com/watch?v=yHoIDMOB-A (5 min)

http://www.youtube.com/watch?v=dBnniua6-oM (84 min)

LINX for GERD - https://www.youtube.com/watch?v=X4dmjT-t2oc

Natural cures for IBS:

[http://www.youtube.com/watch?v=qAFXJ7\\_wSI&list=PL7B410D59E8BDE37E](http://www.youtube.com/watch?v=qAFXJ7_wSI&list=PL7B410D59E8BDE37E)

[http://www.youtube.com/watch?v=z\\_S8YX6PY6s&list=PL7B410D59E8BDE37E](http://www.youtube.com/watch?v=z_S8YX6PY6s&list=PL7B410D59E8BDE37E)

DAN (Defeat Autism Now)

<http://www.miriamjangmd.com/DefeatAutismNow-protocol.html>

Environmental toxins: <http://www.safecosmetic.org> ;

[WWW.grinningplanet.com/2005/10-04/triclosan-article.htm](http://www.grinningplanet.com/2005/10-04/triclosan-article.htm)

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