**BOOKS (Continued)**

**ALTERNATIVE MEDICINE**
Mars, Brigitte. *The Home Reference to Holistic Health & Healing.* [615.5 MAR]

**MEDICAL CONDITIONS**
Sarno Teta, Jillian. *Natural Solutions for Digestive Health.* [613.33 SAR]
Amen, Daniel G., M.D. *Healing ADD From the Inside Out: the Breakthrough Program that Allows You to See and Heal the Seven Types of Attention Deficit Disorder.* [616.8589 AME]
Masley, Steven. *The 30-Day Heart Tune-up.* [616.12 MAS]

**MISCELANEOUS**
Stewart, Martha. *Living the Good Long Life: A Practical Guide for Caring for Yourself and Others.* [613.0438 STE]
Erlbaum, Jean. *Sit With Less Pain: Gentle Yoga for Meditators and Everyone Else.* [613.7046]
McCready, Nigel. *Silent Witnesses: The Often Gruesome but Always Fascinating History of Forensic Science.* [363.25 MCC]
Lourie, Bruce. *Toxin Toxout: Getting Harmful Chemicals Out of Our Bodies and Our World.* [613 LOU]

**Burlington Public Library**

22 Sears Street
Burlington, MA

Library Directory: (781) 270-1690
Reference: (781) 270-1691
Youth Services: (781) 270-1692
Circulation: (781) 270-1693

www.burlingtonpubliclibrary.org

Please Note:
The medical resources listed in this brochure are intended for educational or informational purposes only and should never be accepted as a replacement for the counsel of a personal physician.

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WEBSITES

Centers for Disease Control and Prevention
www.cdc.gov: This site contains information on diseases and chronic conditions, health statistics, vaccines, public health and safety, and a comprehensive travelers’ health section.

Clinical Trials
clinicaltrials.gov: Database of research studies, both federally and privately sponsored, in need of human volunteers.

Mouth Healthy
mouthhealthy.org: American Dental Association sponsored website with many age appropriate oral health topics and a find a dentist search box.

Massachusetts Board of Registration in Medicine
profiles.ehs.state.ma.us/Profiles: Find detailed physician profiles using name, hospital affiliation, city/town, or specialty.

WebMD
www.webmd.com: This comprehensive website aims to provide one-stop surfing for health information for the general public. If you’re looking for it, it’s probably here.

MedlinePlus
medlineplus.gov: Interactive health tutorials, health news, drug information, and a medical directory, dictionary and encyclopedia are some features of this excellent website.

Merck Manual
www.merck.com/mmhe/index.html: This is the complete medical textbook rewritten for the layperson.

NIH SeniorHealth
nihseniorhealth.gov: Large font, contrast, and audio features make this site particularly useful for seniors with vision problems.

Nutrition.gov
www.nutrition.gov: Sponsored by the U.S. Department of Agriculture, this is a gateway to information on nutrition, physical activity and food safety from the Federal Government.

BROWSE THE SHELVES

MAGAZINES

Consumer Reports On Health
Cooking Light    Cure    Fitness
Health    Harvard Health Letter
Men’s Health    Prevention
Psychology Today    Self

REFERENCE BOOKS


Papadakis, Maxine A. Current Medical Diagnosis & Treatment (CMDT) 2014 53rd Edition. [REF 610.075 CUR]

GENERAL HEALTH RESOURCES

Longo, Dan L. Harrison’s Principles of Internal Medicine, 18th ed. [616 HAR 2012]


FITNESS

Divine, Mark. 8 Weeks to SEALfit: A Navy SEAL's Guide to Unconventional Training for Physical and Mental Toughness [613.7 DIV]


Erlbaum, Jean. Sit With Less Pain: Gentle Yoga for Meditators and Everyone Else. [613.7046 ERL]

NUTRITION

Heller, Marla. The DASH Diet Younger You [613.25 HEL]

Price, Catherine. Vitamania: Our Obsessive Quest for Nutritional Perfection [612.399 PRI]

Adler, Jennifer. Passionate Nutrition. [613.2 ADL]