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Título:

Autor:

Precio: \$208.00

Editorial:

Año: 2007

Tema:

Edición: 1ª

Sinopsis

ISBN: 9780789026507

A seasoned medical librarian provides top Internet resources on health, eating, and nutrition!

Obesity has reached epidemic proportions not only in the United States, but also around the world. How does someone with weight loss questions find the most up-to-date information available to make informed health decisions? Internet Resources on Weight Loss and Obesity provides you with a comprehensive list of the best Web sites, already evaluated for your convenience. The book helps you locate the correct information you need on obesity and ways to combat it_saving you time from having to resort to Google® or other search engines. This valuable guide, written by a seasoned medical librarian, explains the dynamic nature of the Internet, how to correctly use it, how to easily find, evaluate, and use the latest health information on weight loss, and even how to detect medical fraud.

Internet Resources on Weight Loss and ObesityInternet Resources on Weight Loss and Obesity provides important advice and instruction on mining information on this difficult health issue, and includes dozens of Web addresses that offer appropriate, free of charge information. The resource also explains ways to find additional information and support you may need using discussion groups, chat rooms, mailing lists, and newsgroups. Web sites are provided on diet and nutrition, health and diet assessment, eating disorders, obesity, weight-loss programs, bariatric (weight loss) surgery, available medications, spas and residential diet programs, and recipe information. This guide is written in clear, understandable language that even the Internet beginner can use, and provides vital information and help to anyone looking to lose weight and change his or her life.

In Internet Resources on Weight Loss and Obesity, you will learn:

- !how to determine whether medical and nutrition information is factual
- !how to locate helpful Web sites
- !where to begin researching particular diets or weight loss methods
- !how to evaluate a Web site

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how to detect outright medical fraud
when and how to use search engines
what is the significance of Web site address "domains"
proper etiquette in Internet discussion groups

Internet Resources on Weight Loss and Obesity is a handy, easy-to-use resource that is invaluable to librarians, Internet users, or anyone needing important health information concerning weight loss and obesity.