

Musser Public Library

Consumer Health Information Collection (CHIC)

*this list will continue to be updated as new materials and items are made available

- *21 day sugar detox*
- *Beating asthma*
- *Bi-polar disorder for dummies*
- *Connected : the surprising power of social*
- *Creating moments of joy for the person*
- *Diabetes for dummies*
- *Diabetes meal planning and nutrition for dum*
- *Diabetes snacks, treats and easy eats for kids*
- *Dr Patrick Walsh's guide to surviving prostate*
- *Dude, you're gonna be a dad*
- *Elephant in the living room*
- *Elephant on my chest*
- *Engine 2 diet*
- *Everything parents guide to children with juv*
- *Foods that fight fibromyalgia*
- *Forks over knives*
- *Handbook to practical disaster preparedness*
- *Health and fitness for seniors*
- *Healthy home*
- *Heart 411*
- *High blood pressure*
- *How to meditate*
- *Hypertension cookbook for dummies*
- *Lifetimes*
- *Living with juvenile arthritis*

- *Loving someone who has dementia*
- *Mindfulness workbook for addiction*
- *Monster health book*
- *My house is killing me*
- *Our bodies, ourselves*
- *Power foods for the brain*
- *Power of purpose*
- *Pregnancy countdown book*
- *Preparing to Die*
- *Resilient Life by Elton*
- *Say goodnight to insomnia*
- *Science of making friends*
- *Superbug*
- *Surviving Schizophrenia*
- *Tic Talk*
- *Treat your own back - 9th ed*
- *Why isn't my brain working?*
- *Yoga for arthritis*
- *Alzheimers dementia hands on care*
- *Breakthrough strategies for autism disorders*
- *Complete prenatal vinyasa yoga*
- *Restoring fertility*
- *Summer sanders prenatal workout*
- *Yoga therapy for back pain and stress*
- *Daniel Plan*
- *PURCHASED WITH GRANT*
- *100 questions & answers about lung cancer*
- *36 hour day*
- *7 years younger the anti aging*
- *7 years younger the revolutionary*
- *AARP roadmap for the rest of your life*
- *AARP the other talk*

- *ACS complete guide to nutrition for cancer*
- *ACS guide to complementary & alternative*
- *ADA complete guide to diabetes*
- *ADA diabetes comfort food cookbook*
- *ADA vegetarian cookbook*
- *ADHD & autism nutritional supplement*
- *Against all grain*
- *AHA low fat low cholesterol cookbook*
- *Alcoholicos anonomos*
- *Alcoholics anonymous 4th ed*
- *Allergy free and easy cooking*
- *Alzheimer's dementia activities*
- *AMA concise medical encyclopedia*
- *AMA handbook of first aid and emergency care*
- *Asthma allergies children*
- *Athletes book of home remedies*
- *Autism and its medical management*
- *Back pain : causes, triggers, prevention*
- *Being with dying*
- *Boost your brain*
- *Bowes and Church's food values of portions*
- *Breast cancer survival manual - 5th ed*
- *Castle Connolly Americas top doctors*
- *Cholesterol clarity*
- *Codependent no more workbook*
- *Combat related traumatic brain injury*
- *Complete arthritis health diet guide*
- *Complete guid to symptoms illness and surg*
- *Complete low FODMAP*
- *Consumers dictionary of cosmetic ingredients*
- *Consumers dictionary of household yard and*
- *Coping with concussion and mild traumatic*

- *Core strength*
- *Dementia : the journey ahead*
- *Depression and anxiety in later life*
- *Diabetes carbohydrate and fat gram guide*
- *Diagnostic and statistical manual of mental*
- *Digestive health with real food*
- *Disaster preparedness and management*
- *Dorlands illustrated medical dictionary 32 ed*
- *Dose makes the poison*
- *Drugs of abuse*
- *Eat move sleep*
- *Eat to live*
- *Eat to live cookbook*
- *Eating for pregnancy*
- *Eight steps to a pain free back*
- *Element barre conditioning*
- *Encyclopedia of natural medicine 3rd ed*
- *End of diabetes: the eat to live plan*
- *Epidemic of absence*
- *Essential family guide to borderline personality*
- *Exercise cure*
- *Family health book 4th ed*
- *Fibromyalgia : a guide to understanding*
- *First aid for babies & children fast*
- *Figuring out fibromyalgia*
- *Fix it and enjoy it healthy cookbook*
- *Focus the hidden driver of excellence*
- *Food allergies : a complete guide for eating*
- *Foundation : redefine your core*
- *French women don't get facelifts*
- *Get your family eating right*
- *Giada's feel good food*

- *Grants atlas of anatomy*
- *Griffiths instructions for patients*
- *Harvard medical school a guide to womens*
- *Harvard medical school better balance*
- *Harvard medical school core exercises*
- *Harvard medical school guide to tai chi*
- *Harvard medical school strength and power*
- *Healing back pain : the mind body*
- *Healing through trigger point therapy*
- *Health safety and nutrition for the young*
- *Hospice and palliative care*
- *Hospice care for children*
- *How to care for aging parents*
- *Hypertention and you : old drugs*
- *I am not sick*
- *Insomnia workbook*
- *Introduccion al enfoque ABA en autismo*
- *Intuitive eating*
- *It starts with food*
- *Johns Hopkins patients guide to brain cancer*
- *Johns Hopkins patients guide to leukemia*
- *Johns Hopkins patients guide to lung cancer*
- *Johns Hopkins patients guide to lymphoma*
- *Leukemia causes symptoms signs*
- *Living a healthy life with chronic conditions*
- *Living along the autism spectrum*
- *Living at the end of life*
- *Lung cancer : a guide to diagnosis*
- *Managing alzheimers & dementia behaviors*
- *Man's guide to healthy aging*
- *Mayo clinic book of alternative medicine 2nd*
- *Mayo clinic book of home remedies*

- *Mayo clinic breast cancer book*
- *Mayo clinic diabetes diet*
- *Mayo clinic guide to living with a spinal cord*
- *Mayo clinic guide to your babys first year*
- *Mayo clinic healthy heart for life*
- *Mayo clinic kids cookbook*
- *Mayo clinic wellness solutions for arthritis*
- *Mayo clinic wellness solutions for fibromyalgia*
- *Mayo clinic wellness solutions for back pain*
- *Mayo clinic wellness solutions for heart health*
- *Mayo clinic wellness solutions for high blood*
- *Mayo clinic wellness solutions for menopause*
- *Mayo clinic wellness solutions for type 2 diabetes*
- *Mayo clinic wellness solutions for weight loss*
- *Mayo clinic wellness solutions for irritable bowel*
- *Meditation for dummies*
- *Menopausia sin medicina*
- *Merck Manual*
- *Merck manual home health*
- *Midless eating*
- *Midlife eating disorders*
- *Mindfulness based cognitive therapy*
- *Mindfulness based stress reduction*
- *Mosbys dental dictionary*
- *Mosbys dictionary of medicine nursing and*
- *Mosbys manual of diagnostic and lab*
- *New AHA cookbook 8th ed*
- *New mayo clinic cookbook 2 ed*
- *No one has to die alone*
- *Nom nom paleo*
- *Nudge*
- *Official pocket guide to diabetic exchanges*

- *Organ donor experience*
- *Our bodies ourselves*
- *Oxford Am hndbk of hospice and palliative*
- *Parenting a teen or young adult with asd*
- *PDR*
- *PDR for herbal medicines 4th ed*
- *PDR for nonprescription drugs*
- *Pill book 15th ed*
- *Poisoning and drug overdose 6th ed*
- *Practical paleo*
- *PTSD workbook*
- *Que puedes esperar cuando estas esperando*
- *Raise some bell*
- *Raising teens with diabetes*
- *Redefining prostate cancer*
- *Safe baby expanded and revised*
- *Scientific american healthy aging*
- *Sexually transmitted diseases*
- *Sleep difficulties and asd*
- *Small move big change*
- *Spinal cord injury handbook for patients*
- *Staph infections : protecting your skin*
- *Substance abuse: the ultimate teen guide*
- *Superfood kitchen*
- *Superfood smoothies*
- *Survive the unthinkable*
- *Surviving Alzheimers*
- *Taking charge of your fertility 10th anniv*
- *Ten things every child with autism wishes*
- *Thinner this year*
- *Twelve steps & twelve traditions*
- *Type 1 diabetes in children adolescents and*

- *Weight watchers 15 minute boot camp*
- *Weight watchers ultimate belly*
- *Well fed*
- *Well fed 2*
- *What makes olga run*
- *Whole rethinking the science of nutrition*
- *You say goodbye and we say hello*
- *Younger next week*
- *Your bones*
- *Your life with rheumatoid arthritis*