

The Wellness Family

Dr. Roller Keeps You Informed

Web Resources

With the information and technology age we have a newfound wealth of knowledge at our fingertips. Before the Internet, it required a trip to the doctor or the library to get information on pharmaceuticals, nutrition, parenting and holistic health. Now we can simply go to our computer and have a plethora of resources readily available. Yet, how do we know which sites are providing valuable information and which ones are just trying to sell their "product"? With some time and effort you can compile a list of valuable web resources and here's some to help you get started.

Standard

Right off the top we can recommend some standard websites that offer information on the A to Z's of health.

www.icpa4kids.org - This website was started by the International Chiropractic Pediatric Association and provides a searchable database on everything from ADD to vaccinations.

www.chiropracticresearch.org - This website offers information on health and chiropractic for all ages. The information contained in this site's searchable database comes from articles written based on research and the popular press.

www.chiro.org - Founded by a small group of chiropractors this website provides well-researched educational information for both the chiropractor and the wellness-minded parent.

These websites offer information on a wide variety of topics and utilizing their on-site search engine can provide you with an answer to most of your wellness questions and address your wellness concerns.

ADD and Psycho-stimulants

Parents are being faced with some tough choices for their children right now. Schools are actually expelling children and stating that they won't be let back in until they are on Ritalin or some other form of mood-altering psycho-stimulant. What choice does a parent have when faced with this situation?

www.fightforkids.com - Not based on any particular school of thought this site was designed with the sole purpose of educating parents on their options when

faced with the school administration demanding their child be put on a mood-altering drug.

www.breggin.com - Peter Breggin, M.D. has long been the psycho-stimulant watchdog, having written the educational books, "Talking Back to Ritalin", "The Antidepressant Fact Book", "The Ritalin Fact Book", "Toxic Psychiatry" and more. His website offers an abundance of information.

www.adhdparentssupportgroup.homestead.com - This website was started by moms who when faced with their children being diagnosed by the schools, found that



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there were over 50 documented conditions that mimic ADD/ADHD symptoms.

These sites support the parent faced with the threat of "put your child on drugs or we'll put them out of school", though there are many sites that pretend to be supportive while really promoting the pharmaceutical agenda. One such site is **www.CHADD.org**, the founders of which have received over a million dollars in contributions from the makers of Ritalin. Before accepting the information you find at a website as fact, discuss it with your family chiropractor and make sure that the information is referenced, and check to be sure that the site has been researched for accuracy.

Pharmaceuticals

Pediatricians and general practitioners have, over the past ten years, shown a marked increase in their prescription writing and their recommendations of over-the-counter drugs; get the facts before taking a pill. All drugs have side effects, some more serious than others, and no one can be expected to remember every side effect or contraindication for every medication. The fact is

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that doctors have mistakenly written prescriptions for one condition that then exacerbated others. It's not intentional; it's practically unavoidable.

www.worstpills.org - This website provides an abundance of information including: a list of drugs in which the dangers outweigh the benefits, recent news on drug related issues, and valuable answers to everyday questions. They also offer a searchable database on all medications and, while there is a nominal yearly subscription fee to utilize the database, they accept no advertising to get in the way of the extensive information. This website is a valuable asset for seniors, those that suffer from chronic illnesses, and anyone who takes several regular prescriptions.

While websites like this one can offer valuable information, remember that your family chiropractor is your best resource teller. Understanding that the body has an innate ability to heal itself, the chiropractor will always look for the least invasive and safest treatment.

Holistic Remedies

No matter what your diagnosis there is almost always a healthier, safer alternative.

www.hpakids.org - This site has a large searchable database for holistic alternatives for children.

www.holisticmed.com - This site has an extensive article section as well as several links to other like-minded websites.

Take a moment to consider alternatives before taking your child to the pediatrician. The truth is, even the American Academy of Pediatrics is encouraging a wait-and-watch approach before prescribing antibiotics for some common childhood illnesses. Your family chiropractor has safer alternatives that can relieve your child's discomfort and avoid the need for chemicals.

Dear Parent,

Dr. Roller is dedicated to being your resource teller and providing you with all the information necessary to help you make informed decisions when it comes to your family's health and well-being. Take a moment today to speak with him regarding any concerns you have and any resources you require.

Nutrition

One major step in preventing many common childhood disorders is a healthier diet. Eliminating the prepackaged snacks that are high in fats and lacking in nutrition can strengthen your child's natural immunity. There are several websites that can help you develop better nutritional habits for a healthier family.

www.livrite.com - This website offers several articles on nutrition that cover everything from "Natural Nutrition" to how to properly read food labels. There's even an article on different eating styles that explains the downfalls and benefits of each.

www.diet-and-health.net - Offering everything from nutritional education to diet and health, this website will provide you lots of information.

Taking a moment to simply consider your family's standard diet, then looking for areas of needed improvement, can greatly improve your family's health.

Parenting

The Internet also provides several websites on parenting, how to have a healthier pregnancy, and how to raise generally healthier, happier kids.

www.mothering.com - Any mother will find the information on this website valuable. Whether you're researching a specific topic or just "surfing the web" you'll find something beneficial here.

www.familyresource.com - A wonderful website full of information on a variety of parenting topics; really useful if you can get around the advertising.

There's a lot of information on the Internet but remember that it's not being monitored for accuracy. It's important to have a resource teller by whom you can run anything before "buying into it". Take a moment today to call Dr. Roller and schedule a "resource teller" visit.

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