

*SHS-Living Well Center. Wellness Behavior Change. Student Affairs, UB., Aug, 2001. Retrieved from the web March, 2002 www.livingwell.buffalo.edu

Family Health & Nutrition

** Generally after*

- ❖ Keep Kids Healthy. Food Guide Pyramid. The Internet, 2001. Retrieved from the web Nov. 2002 <http://www.keepkidshealthy.com>"
- ❖ Keep Kids Healthy. Nutrition. The Internet, 2001. Retrieved from the web Nov. 2002 ["http://www.keepkidshealthy.com"](http://www.keepkidshealthy.com)
- ❖ Keep Kids Healthy. Vitamins and Minerals. The Internet, 2001. Retrieved from the web Nov. 2002 <http://www.keepkidshealthy.com>
- ❖ Keep Kids Healthy. Food Safety Guide. The Internet, 2001. Retrieved from the web Nov. 2002 ["http://www.keepkidshealthy.com"](http://www.keepkidshealthy.com)
- ❖ Keep Kids Healthy. Food Poisoning. The Internet, 2001. Retrieved from the web Nov. 2002 ["http://www.keepkidshealthy.com"](http://www.keepkidshealthy.com)
- ❖ Keep Kids Healthy. Iron Requirements. The Internet, 2001. Retrieved from the web Nov. 2002 ["http://www.keepkidshealthy.com"](http://www.keepkidshealthy.com)
- ❖ Kids Health. The Food Guide Pyramid. The Nemours Foundation. Retrieved from the web Oct. 2002 <http://www.kidshealth.com>
- ❖ Kids Health. Learning about Proteins, Carbohydrates, Calorie and Fat: The Great Carbohydrates. The Nemours Foundation. Retrieved from the web Oct. 2002 ["http://www.kidshealth.com"](http://www.kidshealth.com)

- ❖ Kids Health. Learning about Proteins, Carbohydrates, Calorie and Fat: Proteins. The Nemours Foundation. Retrieved from the web Oct. 2002 "<http://www.kidshealth.com>"
- ❖ Kids Health. Learning about Proteins, Carbohydrates, Calorie and Fat: How do we get Carbohydrates? The Nemours Foundation. Retrieved from the web Oct. 2002 "<http://www.kidshealth.com>"
- ❖ Kids Health. Learning about Proteins, Carbohydrates, Calorie and Fat: All That Fat. The Nemours Foundation. Retrieved from the web Oct. 2002 "<http://www.kidshealth.com>"
- ❖ Kids Health. The Real Deal on the Digestive System. The Nemours Foundation. Retrieved from the web Oct. 2002 "<http://www.kidshealth.com>"
- ❖ National Center for Environmental Health. 5 A Day Fruits and Vegetables- Bell Pepper. CDC, Sept.2002 Retrieved from the web Dec, 2002 www.cdc.gov
- ❖ National Center for Environmental Health. 5 A Day Fruits and Vegetable: Recipes. CDC, Sept.2002 Retrieved from the web Dec, 2002 www.cdc.gov
- ❖ National Center for Environmental Health. Food Safety. CDC, Sept.2002 Retrieved from the web Dec, 2002 www.cdc.gov
- ❖ The University of Iowa. Enjoy the Taste of Eating Right. Virtual Hospital, May 2002. Retrieved form the web May 2002 www.vh.org
- ❖ The University of Iowa. The Colorful Plate: Appetizers. Virtual Hospital, May 2002. Retrieved form the web May 2002 www.vh.org
- ❖ The University of Iowa. The Colorful Plate: Breads. Virtual Hospital, May 2002. Retrieved from the web May 2002 www.vh.org
- ❖ The University of Iowa. The Colorful Plate: Salads and Soups. Virtual Hospital, May 2002. Retrieved form the web May 2002 www.vh.org
- ❖ The University of Iowa. The Colorful Plate: Vegetables. Virtual Hospital, May 2002. Retrieved form the web May 2002

www.vh.org

- ❖ Broihier, C.A. Sodium Savvy.Virtual Hospital, May 2002. Retrieved from the web May 2002 www.vh.org
- ❖ Hellwig, J.P. It's Not a Diet, It's Healthful Eating. On Health, 2001. Retrieved from the web Nov. 2002
"http://www.onhealth.webmd.com"
- ❖ Hellwig, J.P. Essential Nutrients: What and How Much You Need. On Health, 2001. Retrieved from the web Nov. 2002
"http://www.onhealth.webmd.com"
- ❖ Payne, J. Increase Your Child's IQ. Discover the Nutrition Research that Shows You How. Between the Friends, 2002. Retrieved from the web Nov. 2002"http://www.Parenting.com"
- ❖ NIH. Step by Step: Reading Food Labels. nhlbi, 2002. Retrieved from the web July. 2002 "http://www.nhlbi.nih.gov"
- ❖ International Food Safety Council. Food Safety Education: Cold Storage Chart. USDA Food Safety and Inspection Service, Sept2001. Retrieved from the web March, 2002
"http://www.foodsafety.gov"
- ❖ EPA. Emergency Disinfections of Drinking Water. Environmental Protection Agency, July 2001. Retrieved from the web March, 2002 www.epa.govment.8

Family Wellness & Physical Sport

** Generally From,*

- ❖ Arizona University. Physical Activity and Public Health. Retrieved from the webFeb2003" www.b/c.arizona.edu" www.b/c.arizona.edu
- ❖ The Franklin Institute online. Circulatory System. Thinkquest, 2002. Retrieved from the webApril, 2002" www.library.thinkquest.org"
- ❖ JB Johnson. About Physical Fitness and Exercise. Cyberparent, 2001. Retrieved

from the web July, 2002 www.cyberparent.com/

- ❖ JB Johnson. Exercise Helps You Work Efficiently! Cyberparent, 2001. Retrieved from the web July, 2002 "<http://www.cyberparent.com/>
- ❖ JB Johnson. Exercise: The Happy Medium. Cyberparent, 2001. Retrieved from the web July, 2002/www.cyberparent.com/
- ❖ JB Johnson. What is Physical Fitness? Cyberparent, 2001. Retrieved from the web July, 2002 www.cyberparent.com/
- ❖ JB Johnson. Exercise and Look Younger, Feel more Youthful. Cyberparent, 2001. Retrieved from the web July, 2002 www.cyberparent.com/
- ❖ JB Johnson. Why We Gain Weight as We Age. Cyberparent, 2001. Retrieved from the web July, 2002 www.cyberparent.com/
- ❖ JB Johnson. Why Hire a Personal Trainer? Cyberparent, 2001. Retrieved from the web July, 2002 www.cyberparent.com/
- ❖ Clothier, C. Walking is Lifetime Exercise. Cyberparent, 2001. Retrieved from the web July, 2002 www.cyberparent.com/fitness/
- ❖ Wilson, C. Water Works-out-Swimming... Cyberparent, 2001. Retrieved from the web July, 2002 www.cyberparent.com/
- ❖ American Academy of Pediatrics. Benefit of Physical Activity. Medem, 2001. Retrieved from the web Sept. 2002 [www.medem.com"](http://www.medem.com/)
- ❖ American Academy of Pediatrics. Exercise and Your Lifestyle. Medem, 2001. Retrieved from the web Sept. 2002 [ww.medem.com"](http://www.medem.com/)
- ❖ APA. Working Out Builds the Mind's Muscle. APA, 1996. Retrieved from the web March 2002 www.helpingapa.org/
- ❖ APA. Exercise Fuels the Brain's Stress Buffer. APA, 1996. Retrieved from the web March 2002 [www.helpingapa.org/"](http://www.helpingapa.org/)
- ❖ APA. Ideals of Sport Psychology Can Also Work Off The Field. APA, 1996. Retrieved from the web March 2002 [www.helpingapa.org/"](http://www.helpingapa.org/)
- ❖ APA. Exercise Gives a Lift to Psychotherapy. APA, 1996. Retrieved from the web March 2002 [www.helpingapa.org/"](http://www.helpingapa.org/)
- ❖ APA. You don't Have to Knock Yourself out to Feel Good. APA, 1996. Retrieved from the web March 2002 [www.helpingapa.org/"](http://www.helpingapa.org/)
- ❖ Freud enrich, C. How Exercise Works. How stuff works, 2003. Retrieved from the web Jan. 2003 www.webmd.com Inc. 1998-2003. Retrieved from the web Jan. 2003 [www.howstuffworks.com"](http://www.howstuffworks.com)

- ❖ Freud enrich, C. How Sweat Works. How stuff works, Inc. 1998- Retrieved from the web Jan.2003 www.webmd.com Inc. 1998-2003. Retrieved from the web Jan. 2003 www.howstuffworks.com "

Cultural Wellness of Family & Children

**Generally after,*

- ❖ Downs. M. Aphrodisiacs through the Ages. Web Health, 1996-2003. Retrieved from the web Dec. 2003 www.webcenter.health.com
- ❖ Nutrition. Gov. March. Retrieved from the web March 2002 www.nutrition.gov
- ❖ Brain, M. How Dieting Works. How Stuff works, 1998-2003. Retrieved from the web Jan 2003 www.stuffworks.com
- ❖ Fos-who. A Guide on Safe Food for Travelers. Food Safety Programme. Retrieved from the web March 2002 www.who.int
- ❖ U.S. Food and Drug Administration Center. Food Safety for You. Center for Food Safety and Applied Nutrition, 2001. Retrieved from the web March 2002 www.cfsan.fda.gov
- ❖ Cyber parent. Successful Healthy lifestyles. Retrieved from the web July 2002 www.cyberparent.com
- ❖ Weightlossresources.co.uk. Weight Loss Resources. Forward Press Ltd. 2000. Retrieved from the web Dec. 2002 www.weightlossresources.co.uk
- ❖ National Information Network. You've Got Until the Count of 3 to Shape Your Child's Future! NPIN, 1997. Retrieved from the web Jan 2003 www.npin.com
- ❖ Between friends. Living Life Your Way. Retrieved from the web Dec, 2002
- ❖ Hahn, A. Guided Self Healing. Retrieved from the web Sept, 2002 www.andrewhahn.com
- ❖ Stevens, T. Causes of Success and Happiness. Retrieved from the web Jan. 2003.
- ❖ American Psychological Association. Improving Quality of Life for the Medically ill. APA, 1996. Retrieved from the web March 2002 www.helping.apa.org

- ❖ American Psychological Association. Elder Parent More Than Parenting a Parent. APA, 1996. Retrieved from the web March 2002 www.helping.apa.org
- ❖ American Psychological Association. Preparing the Retirement Means More Than Putting Money in Bank.. Retrieved from the web March 1997 www.helping.apa.org
- ❖ Offit, P. Do Vaccines Really work? Baby Center, 2002. Retrieved from the web Oct. 2002 www.babycenter.com
- ❖ Offit, P. Can't My Child Still Get a Disease even if she's been Immunized Against it? Retrieved from the web Oct. 2002
- ❖ Offit, P. Will Multiple Vaccinations at once Overload My Baby's Immune System? Retrieved from the web Oct. 2002 www.babycenter.com
- ❖ Babycenter. Safety: 0-12 Months. Retrieved from the web Oct. 2002 www.babycenter.com
- ❖ KidsHealth. What are Germs? The Nemours Foundation, 2001. Retrieved from the web Dec. 2002 www.kidshealth.com
- ❖ KidsHealth. Word Index. The Nemours Foundation, 2001. Retrieved from the web Dec. 2002 www.kidshealth.com
- ❖ Burley, D. Boosting Your Metabolism Naturally. Myria Media, Inc. 2002 Retrieved from the web Jan 2003
- ❖ Nelson, J. 7 Amusing Steps on the ladder of Fitness. Myria Media, Inc. 2002 Retrieved from the web Jan 2003
- ❖ Rogers, K. and Conrad, C. Using the Glycemic Index to Lose Weight after Pregnancy. Myria Media, Inc. 2002 Retrieved from the web Jan 2003
- ❖ Mendosa, R. The Glycemic Index. Health on the Net Foundation, 2003. Retrieved from the web. 2003 www.mendosa.com
- ❖ The Franklin Institute Online. The Food Pyramid-A Plan for Eating. UNISYS. Retrieved from the web Nov.2002
- ❖ The Franklin Institute Online. Eating Plans Hints. UNISYS. Retrieved from the web Nov.2002
- ❖ The Franklin Institute Online. Hypertension. UNISYS. Retrieved from the web Nov.2002
- ❖ The Franklin Institute Online. A Prescription For Living. UNISYS. Retrieved from the web Nov.2002

- ❖ The Franklin Institute Online. Exercising Options. UNISYS. Retrieved from the web Nov.2002
- ❖ The Franklin Institute Online. Pump It Up. UNISYS. Retrieved from the web Nov.2002
- ❖ The Franklin Institute Online. Healthy eating For Healthy Living. UNISYS. Retrieved from the web Nov.2002
- ❖ All About Moms. Baby Equipment Safety Checklist. Allaboutmomn, 2000-2002. Retrieved from the web Jan 2002 www.allaboutmoms.com
- ❖ All About Moms. Immunization Scheduler. Allaboutmoms, 2000-2002. Retrieved from the web Jan 2002 www.allaboutmoms.com
- ❖ All About Moms. Growth Charts. Allaboutmoms, 2000-2002. Retrieved from the web Jan 2002 www.allaboutmoms.com
- ❖ All About Moms. Adult Height Predictor. Allaboutmoms, 2000-2002. Retrieved from the web Jan 2002 www.allaboutmoms.com
- ❖ Hellwig, J.P. The top Five Nutrition Tips. On Health, 2001. Retrieved form the web. Dec. 2002 www.onhealth.webmd.com
- ❖ Hellwig, J.P. How To Get Five Fruits and Vegetables a Day. On Health, 2001. Retrieved form the web. Dec. 2002 www.onhealth.webmd.com
- ❖ Hellwig, J.P. Sneaking More Fiber into Your Meals. On Health, 2001. Retrieved form the web. Dec. 2002 www.onhealth.webmd.com
- ❖ Hellwig, J.P. Tips for Managing Your Weight. On Health, 2001. Retrieved form the web. Dec. 2002 www.onhealth.webmd.com
- ❖ Anderson, A. Eating and Weight Disorders. Virtual Hospital, 2001. Retrieved from the web May 2002 www.vh.org
- ❖ Keep Kids Healthy. BMI calculator. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Children's growth Chart. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Healthy Habits. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. White vs. Wheat Bread. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Whole Milk vs. Non/Low fat Milk. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com

- ❖ Keep Kids Healthy. Understanding Food Labels. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Eating Disorders. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Vegetarian Diets. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Weight Management. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. 2003 Immunization schedule. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Preventing Medication Errors in Children. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Taking Medicines Safely. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Children's Medicines Cabinet. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. First Aid Kit. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Childproofing The House. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Window Guards. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Environmental Health Hazards. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Backyard Pool Safety. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Water Safety. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Lead Poisoning guide for Children. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ Keep Kids Healthy. Lead Poisoning screening Quiz. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com

- ❖ Keep Kids Healthy. First Aid for a Burn. Keepkidshealthy,2001. Retrieved from the web Feb. 2003 www.keepkidshealthy.com
- ❖ American Academy of Pediatrics. Water safety. Medem, 2001www.medem.com . Retrieved from the web, 2003

Family psychological Health

** Generally from,*

- ❖ American Psychological Association. The Mind Affects the Body. APA Help Center, 1996. Retrieved from the web, March 2002 . www.helping.apa.org
- ❖ American Psychological Association. How to Help a Friend or Loved one suffering from a chronic Illness. APA Help Center, 1996. Retrieved from the web, March 2002 www.helping.apa.org
- ❖ American Psychological Association. Breast Cancer: How Your Mind can Help Your Body. APA Help Center, 1996. Retrieved from the web, March 2002 www.helping.apa.org
- ❖ American Psychological Association. Rallying the Troops Inside Our Bodies. APA Help Center, 1996. Retrieved from the web, March 2002 www.helping.apa.org
- ❖ American Psychological Association. Psychological Factors Provide Clues to Pain. APA Help Center, 1996. Retrieved from the web, March 2002 www.helping.apa.org
- ❖ American Psychological Association. How to Achieve Good Mental Health. APA Help Center, 1996. Retrieved from the web, March 2002 www.helping.apa.org
- ❖ American Psychological Association. Coping with Holiday Stress. APA Help Center, 1996. Retrieved from the web, March 2002www.helping.apa.org
- ❖ American Psychological Association. “Learned Optimism” Yields Health Benefits. APA Help Center, 1996. Retrieved from the web, March 2002 www.helping.apa.org
- ❖ American Psychological Association. Psychological Factors Provide Clues to Pain. APA Help Center, 1996. Retrieved from the web, March 2002

www.helping.apa.org

- ❖ American Psychological Association. Psychology Helps After a Heart Attack. APA Help Center, 1996. Retrieved from the web, March 2002
www.helping.apa.org
- ❖ American Academy of Child & Adolescent Psychiatry. AACAP , 2000. Retrieved from the web July 2002 www. Aacap.org
- ❖ Bernhardt, P. and Isaacs, J. The Bodymap-A Precise Diagnostic Tool for Psychotherapy. Bodydynamic Institute USA-Resource Archive, 1999. Retrieved from the web, April 2002 www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Bodydynamic Success Story in Common Boundary. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. The Seven Stages of Character Development. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Somatic Ego Functions. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Overview of Psychological Muscle Functions. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. An Out-line of Bodydynamics-Somatic Developmental Psychology. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Bodymap Reading-Bodymap Interpretation.. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Character Structures Chart. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. About Bodydynamic Analysis. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Bodydynamic Foundation training. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Bodydynamic Analysis Training. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com

- ❖ Bodydynamic Institute USA. Bodydynamic Article Page 2- Analysis of a Bodymap. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Bodydynamic Article Page 3- A Session- using the Map. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Bodydynamic Institute USA. Get the Facts: How Therapy Helps- How to find Help Through Psychotherapy. Resource Archive, 1999. Retrieved from the web April 2000. www.bodydynamicusa.com
- ❖ Mental Health. Personality Disorders. Mental Health Net, 2001. Retrieved from the web June , 2001. www.mentalhealth.com
- ❖ Health_Center. What are Personality Disorders. Health_Center.com 2000. Retrieved from the web June 2001. ww.healthcenter.com
- ❖ Johnson,L. Session Rating. The Internet,1997. Retrieved from the web March 2002. www.xmission.com
- ❖ McGraw ,P.C Family Burnout... Life Strategies: Doing What Works, Doing What Matters. Barnes & Noble, 2001.
- ❖ Mental Health Net. Personality Disorders. Internet 2000. Retrieved from the Web Jan 2001. (<http://personality.Disorders.mentalhelp.net/>)
- ❖ Health-center.com. What are personality Disorders. Internet 2000. Retrieved from Web Jun.2001. www.Health-center.com/
- ❖ Health-center.com.symptoms.internet 2000, Retrieved from the Web, June, 2001 www.health-center.com/.
- ❖ Health-Center.com. Treatment Basics. Internet, 2000. Retrieved from the web June 2001. www.health-cemter.com/.
- ❖ Long, P.W. Borderline personality Disorder-European Description. Internet Mental Health, 2000, Retrieved from web Feb. 2001. www.mentalhealth.com/
