Surf the Internet to discover a healthier way of life



ONLINE

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Weeks ago the murs era a near dis up my arm, filled a tube with blood, and shipped it off the lab to be an ellyzed. About five weeks ago that the murst. And so it was a little more than four weeks ago that I went out on the Internet searching for information on chelesterol, fat, nutrition, diets and health.

Along the way I found several

nutrition, diets and health.
Along the way I found several
sources of information on nutrition, health and medicins. And I
learned far more than I ever wanted to know about fat, its importance in nutrition, and how to
keep what you need and avoid the
rest.

keep what you need ann avour une rest.

I also found the latest debates on what's harmful to bad cholesterol and what's not, and some great lips on maintaining a healthy eating lifestyle. I haven't done an Archie or Veronica search yet, though, on will power.

What I found was "10 Tips to

Healthy Eating" and information on the Food Pyramid postod April 1994 by the American Disttle Association, a January-February 1992 article from Food Insight on "Simple Strategies for Reducing Fat," a January 1995 report from the International Pood Information Council (IFIC) entitled "Sorting Out the Facts About Fat" including the real scoop on hydrogenated fats, a "Backgrounder on Fat & Cholestrop," and an interview with Claude Lenfant, M.D., National Institute of Health director on "Winning the War on Cholesterol."

The International Food Information council has a site on the internet to combine colorful graphics and text to provide information on food safety and nutri-tion topics. The free site includes the IFIC bi-monthly newsletter, Food Insight. With special menus designed for reporters, health care professionals, educators, parents or consumers, on-line users can access the latest information on food safety and nutrition issues, food technologies, specific ingredients, and general nutrition guidance.

The IFIC World Wide Web.

The IFIC World Wide Web (WWW) site can be accessed

through Web browser like Mossic or Neiscappe with this Universal Resource Locator (URL): http://ificinfo.health.org. Those who use Lynx might have to use this URL, http://ificinfo.health.org/ homepage.him. The IFIC also has a gopher site. When D&E On-liners solect Gopher on the Internet menu, select the opition of choosing your own Gopher site, and then enter gopher://ificinfo.healthorg. I visited the Web site, followed the "consumer" links and also found a lot at the "Food, Safety and Nutrition" pags and the "Sorting Out Facts About Fat" link. These IFIC Web and Gopher sites also provide access to the Food Guide Pyramid, an approach which puts emphasis on balance, variety and moderation. Included here is information on how many popular foods like pizza and fajitas can help meet the recommendations in mere than one food group. The pyramid adresses the idea of selecting food throughout the day with different nutritional components by choosing a food higher in fat, sugars or salt and then balancing it later in the day with foods lower in those nutrients.

Here are some other interesting health-medical sites I discovered on my own search a few weeks ago:

The SANTEL-WEB Server at http://www.crpht.lu/SANTEL/. Home.html is a collection of date bases of more use to health care professionals. Based in Luxeen-bourg, Europe, this site for health care professionals. Based in Luxeen-bourg, Europe, this site for health care professionals and students points to Web sites throughout the world with medical information and medical related software. Follow the Mosale SQL gateway to some pretty interesting search tools.

The Natural Medicine, Complementary Health Care and Alternative Therapies at hitp:// www.teleport.com.siOf(tilde mark)amrta is just loaded with health links. A quick sampling includes links to alternative care, family health, homeopathy, and chiropractic. I followed a nutrition link to Artizona Health Services Library and searched by subject using Web Crawler and the EINet Galaxy Nutrition In dex, both very fruitful. I used a less helpful index search tool and found a link to food and nutrition abstracts and another to Gopher servers.

Stanford Medical List is a guide to Internet clinical medicine re-full research with the Subject with the dealth services by disease and specially. In mid-March some 60 new entitodes. The Medical List will be found at his complete to the medical, health and nutrition in the complete of the medical search by the medical and health sources. If the medical search by the sunders and search by the medical search by the medical search by t

via the Web by pointing to http://
kuhttp.cc.ukans.edu/cwis/units/
m e d c n t r / L e e /
HOMEPAGE.HTML. Pointers to
The Medical List will be found at
other medical, health and nutition home pages. The list categortes Internet clinical medicine resources by disease and specialty.
In mid-March some 60 new entries were added to The Medical
List.

B A very helpful Web site has
been furnished by our friends in
Canada who built a home page
called HealthNet. The URL is
http://debra.dgbt.doc.ca/B0/tilde
mark/mike/h ealthnet. Upon arrival you'll find several links to
medical and health sources. I
went to the U.S. Department of
Health and Human Services and
then followed the "Health Care
Resources" link to a Fam-Med
Health Line gopher site. Health
Net is loaded with information
about Usenet, Listaery, Gopher
and WAIS sources.

B Stanford Medical Center is eas-

ily accessed on the Web by pointing to http://www.med.Stan-inde.dv.MedCenter eloome.html. The home page has graphical rectangles that serve as links to the areas of Education, health Care and Research. Keep following the links and you'll find a lot here but much of it is of more use to professionals than consumers.

consumers.

MED HELP International is a MED HELP International is a non-profit organization comprised of volunteer medical professionals who provide information, written in non-technical terminology, to patients and their families throughout the world. Based in Melbourne, Fla, the URL for Tei-net, FTP and the Web is http:// webble netwas.net/.

medhelp.netusa.net/.
So, stay healthy. As for me well, let's talk in six months.

You can direct questions to Emory Daniels by e-mail with emory@condine.com or fax number 591-7279. To sign up for O&E On-Line, did (313/591-9090), at "log-in" prompt type "new" and at "Key." Prompt type GLENY2. Archived columns may be found at http://condine.com via Lynx or a Web browser.

BUSINESS MARKETPLACE

Marketplaca tentures a glimpso of suburban business news and notes, including coporate name changes, new products, office openings, new affiliations, new positions, mergers, ecoulsitions and new ways of doing business. Write: Marketplace, Building & Business, Observer & Eccentic Newspapers, 36251 Schoolcraft, Livonin, 48150. Our fax number is (313) 591-7279.

REMODELING ASSOCIATION
Several businesses with local
connections — Four Seasons
Sunrooms, Southfield; Preferred
Building, West Bloomfield;
Kurtis Kitchen & Bath, Livonia;
Catner Homo Improvement, Westland; and Regal Construc-tion, Canton — have joined the

Michigan Remodeling Association.

III QIFFELS ASSOCIATES

GIFELS ASSOCIATES
Giffels Associates, architecta,
engineers and planners in Southfield, has won an Engineering Society of Detroit Construction and
Design Award for its work on the
Chrysler Technology Center's Scientific Test Facilities in Auburn
Hills.

HARX LAYNE
Mark Layne & Co., a marketing
and public relations firm based in
Fermington Hills, has opened a
second office in Detroit at 743
Beaubien, Suite 300.
Frederick Marx and Michael
Leyne are principals in the firm.

Z AUTOMOTIVE INDUSTRIES

Z AUTOMOTIVE INDUSTRIES
Automotive Industries Technology Group in Rochester Hills
has received Saturn Corp.'s 1994
Outstanding Achievement Recognition Award and Quality Recognition Award for exceptional performance in quality, service and
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formance in quality, service any price.

Automotive Industries is a developer and manufacturer of interior trim and underhood systems and components for car, minivan and light truck original equipment manufacturers.

This is the second consecutive year Automotive Industries Technology Group, also known in the industry as Fibercraft/DESCon, has carned these swards.

STOP BUILDINGS

Several buildings in O&E com-

munities were selected winners of Pursuit of Excellence Office Building of the Year Awards sponsored by the Building Owners and Managers Association of Metropolitan Detroit.

They include Timberland II, Troy; City Center, Southfield; Brookfield III, Farmington Hills; and Timberland Office Park, Troy. Judges looked at operations, emergency and handicap proce-

emergency and handicap proce-dures, tenant amenities and im-pact on the community.

FIRM EXPANDS, MOVES
The Bloomfield Hills law firm
of O'Connor, DeGrazia and
Tamm has moved to 4111 Andover from an office on Woodward in
that community.

The firm also has added five associates — John T. Eads III of Birmingham, Lorraine M. Knapp of Troy, Christopher T. Koch of Birmingham, Audrey Forbush of Fentou and Robert W. Warner of Royal Oak.

Western Staff Services, with offices in Rochester Hills, Farmington Hills and Madison Heights, was ranked number one in the temporary personnel agency category by Entrepreneur magazine's 19th Annual Franchise 500.

E COMPUTER RENAISSANCE

Computer Renaissance, a re-tailer and servicer of used and new computers, has opened a

store in Farmington Hills at 29316 Orchard Lake Road. "We offer a variety of used and new computers. We sell comput-ers that are manufacturers' close-outs and overstock. We refurbish machines and warranty each sys-tem we sell," said Taylor Bond, franchisee for southeastern Mich-ican.

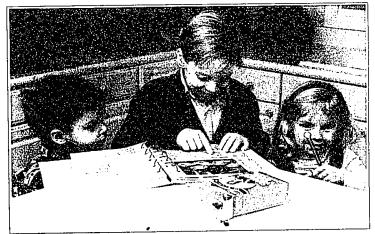
HARLEY ELLINGTON

The architectural/engineering/
planning firm of Harley Ellington
Pierce Yee Associates of Southfield has formally changed its
name to Harley Ellington Design.

EI ARBOR DRUGS

Arbor Drugs, headquartered in Troy, has opened its 160th store at 2045 South Boulevard near Crooks in Troy.

Delective Style & ...means making good things happen!



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GOURMET COOKS OF ALL AGES WILL ENJOY THE SPACIOUS KITCHENS IN EACH HOME BUILT BY THE SELECTIVE GROUP. SUNNY BREAKFAST NOOKS, CONVENIENT ISLANDS, AND BEAUTIFULLY CRAFTED CUSTOM CABINETRY ARE ALL INCLUDED. OUR HOMES FEATURE SPACIOUS FLOORPLANS, LARGE ELEGANT ROOMS AND BEAUTIFUL NEIGHBORHOODS. VISIT ONE OF OUR FINE SELECTIVE GROUP COMMUNITIES TODAY!

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Ramblewood Forest Estates -Grand Closing Detached Condominiums from the low \$200's Off Halsted Road between 13 & 14 Mile Rds.

(810) 788-3700

CLARKSTON

Spring Lake -Oakland County's Best Value -Single Family Homes from the \$150's. On Maybee Rd. 1/2 mi, west of Sashabaw Rd. (810) 620-2880

(810) 0.00-2880

CANTON:
Fairway Pines - Golf Course Community!
Single Family Homes from the \$520/s.
Canton Center Rd. south of Cherry Hill.
(313) 397-9105
Buth necryncom win Branco Butken & Curts Bothing Co.

PLYMOUTH

Glenview Estates -Private Wooded Setting! Single Family Homes from the \$260's Ann Arbor Trail just east of Beck Rd. (313) 454-1519

SOUTH LYON

Tanglewood - PHASE II NOW OPEN: Golf Course Community: Single Family Homes from the mid \$200's On 10 Mile Rd. 3-1/2 mi, west of Beck Rd. (RID) 488-1000 (810) 486-1900

NOVICE

ROVI States - PHASE II NOW OPEN! Private Wooded Setting! Single Family Homes from the \$200's Located on Beck Rd. south of 9 Mile Rd. (810) 380-8980

Harerhill - NOW OPEN! Single Family Homes • from the \$250's On 14 Mile Rd. west of Haggerty Rd. (810) 960-7565

WEST BLOOMFIELD

Maple Creek Homes from the \$260's
Maple Rd, between Orchard Lake and Farmington
Roads, (810) 626-0770

Park Ridge - Secluded Homesites!
Single Family Homes from the \$250's
North off Pontiac Trail near Halsted Rd.
(810) 669-1070
Bail in corpaction with Cobra Association

Carlisivo

The Selective Group New Home Center

The Selective Group New Home Center, the only one of in kind in Michigan, offers Selective Group homeowners a thorstoon full of decorator choices and optional features available with your new Selective Group home. From existing materials and code preferences to floor covering and ceramic tile selection, you'll find it all here!

We've also made the process of securing a mortgage easy! Ask about financing your new home through the Selective Mortgage Company.

BROKER PARTICIPATION ALWAYS WELCOME