

**C&E
HLINE**



EMORY DANIELS

What I found was "10 Tips to

(WWW) site can be accessed

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 more than one food group. The pyramid addresses the idea of selecting foods 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.

■ The Natural Medicine, Complementary Health Care and Alternative Therapies at [http://www.teleport.com:80/\(t11dmark\)amrta](http://www.teleport.com:80/(t11dmark)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 Arizona Health Services Library and searched by subject using Web Crawler and the EInet Galaxy Nutrition Index, 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.

■ 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.dgnt.doc.ca:80/\(tld/mark\)mike/h_ealthnet](http://debra.dgnt.doc.ca:80/(tld/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, HealthNet is loaded with information about Usenet, Listserv, "Gopher" and WAIS sources.

■ Stanford Medical Center is eas

You can direct questions to Emory Daniels by e-mail with emory@oconline.com or fax number 691-7279. To sign up for O&E On-Line, dial (313)691-0903, and "log-in" prompt type "new" and at "Key:" prompt type GL6NY2. Archived columns may be found at <http://oconline.com> via Lynx or a Web browser.

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

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