

RESOURCES / LINKS

The following links are offered to you for educational purposes. Some of the information contained on these websites may not be suitable for all individuals. Please consult your naturopathic doctor with any questions.

Environmental Medicine (toxins)

- Environmental Working Group, get information on the toxins in your foods and other products: <http://www.ewg.org/>; <http://www.foodnews.org/walletguide.php>
- Score Card, Get an in-depth pollution report for your county, including air, water, chemicals, and more: <http://www.scorecard.org/>
- Toxins in fish: Please see handouts section of <http://drstephaniebethune.com>

Nutrition and Diet

Nutritional information and analysis on common foods: <http://www.nutritiondata.com/>
Recipes, green tips, recycling: <http://www.nourishthis.com/home.php>
Online vitamin database: <http://www.ovdb.com/>

Gluten-free eating

<http://www.celiac.com/>
http://www.csaceliacs.org/gluten_grains.php
<http://www.glutenfree.com/home.aspx>

Diabetes

Dr. Bernstein's Diabetes Solution: <http://www.diabetes-book.com/>

Autism

<http://www.autism.com/>

Hawaii Society of Naturopathic Physicians

<http://hawaiiind.org/>

Free yoga classes daily

www.yogatoday.com

Dr. Stephanie Bethune, Naturopathic Physician

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