

# DR. SHANNON'S FAVORITE GOOGLE INFO SITES

## VITAMIN D

WWW.VITAMINDCOUNCIL.ORG DR. JOHN CANNELL SAN LUIS OBISBO  
WWW.GRASSROOTSHEALTH.NET

## PARENTING

WWW.SIMPLICITYPARENTING.COM

### **MOST IMPORTANT PARENTING SITE ON THE WEB**

[http://simplicityparenting.com/downloads/Simplicity\\_Parenting\\_Press\\_Release.pdf](http://simplicityparenting.com/downloads/Simplicity_Parenting_Press_Release.pdf)

**INTERVIEW:** <http://www.writersvoice.net/wp-content/uploads/podcasts/WV-2010-02-22-Payne.mp3>

### **PARENTING FROM THE INSIDE OUT - DANIEL SIEGEL**

<http://www.learnoutloud.com/Downloads/Self-Development/Emotional-Development/An-Introduction-to-Parenting-From-the-Inside-Out/26139>

**Explains how we store memories as a child that create adult "issues".**

## GENERAL PEDIATRIC INFORMATION SOURCES

ASK DR. GREENE - I have used his site for information since it started in 1995  
<http://www.drgreene.com/>

[http://www.thechildrenshospital.org/wellness/at\\_home/index.aspx](http://www.thechildrenshospital.org/wellness/at_home/index.aspx) (DENVER CHILDREN'S HOSPITAL)

## ENVIRONMENT

### **ENVIRONMENTAL WORKING GROUP**

[www.ewg.org](http://www.ewg.org)

#### **SUNSCREEN REPORT**

<http://www.ewg.org/2010sunscreens/>

### **CORNUCOPIA**

[www.cornucopia.org](http://www.cornucopia.org)

#### **ORGANIC FOOD - WHO OWNS ORGANICS**

<http://www.cornucopia.org/wp-content/themes/Cornucopia/downloads/OrganicT30J09.pdf>

## **ORGANIC MILK RATINGS**

<http://www.cornucopia.org/dairysurvey/index.html>

## **HEALTHY EATING**

### **FOOD MATTERS** Documentary

[www.foodmatters.tv](http://www.foodmatters.tv)

### **RAW FOR 30 DAYS** Documentary

<http://www.rawfor30days.com/index4.html>

### **JAMIE OLIVER FOOD REVOLUTION**

<http://www.jamieoliver.com/foundation/jamies-food-revolution/>

### **SAPPHIRE AT SCHOOL**

Program to improve school food in OC (private at the moment, but hoping to spread to public schools, starting with Laguna Beach!)

[http://www.sapphireatschool.com/Sapphire\\_at\\_School\\_\\_\\_home.html](http://www.sapphireatschool.com/Sapphire_at_School___home.html)