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FDA Alerts in Your "In Box"

Medication safety. Product approvals. Food recalls. The U.S. Food and Drug Administration (FDA) has it all – and you can get it delivered to your "In Box" through FDA's free e-mail alert service. Choose your area(s) of interest and sign up today at www.fda.gov/emaillist.html. If you happen to be on FDA's Web site and see a little red envelope icon, you can also click that icon to sign up for a specific e-mail alert topic.



Beyond a Peanut

Parents and caregivers looking for a fun, creative way to teach safe eating habits to kids with peanut allergy should check out "Beyond a Peanut" flash cards from Mind Flight. Endorsed by the Food Allergy Initiative, these color-coded cards offer food-by-food facts and safety concerns for everything from hamburgers and pizza to baseball parks and bake sales. Visit www.beyondapeanut.com for more information.



Herbs at a Glance

Does echinacea really fight colds? What the heck is a thunder god vine? If you're wondering about adding herbs or dietary supplements to your life, don't miss the National Center for Complementary and Alternative Medicine (NCCAM) Web site's new "Herbs at a Glance" page at nccam.nih.gov/health/herbsataglance.htm. Learn how and why specific herbs are used and what scientific research says about their dangers or benefits. Consult this list for information, then talk with your physician about what's best for you.

