

Consumers Guide Mattresses

A WebMD sleep consultant draws on cutting-edge information to present an accessible reference to sleeping well, citing the role of sleep deprivation in such health concerns as poor eating, aging, and growth, in a resource that outlines a twenty-eight-night program for addressing short-term sleep problems.

Are you and your family faced with the decision of placing your loved one in a nursing home? The choice may be one of the most important decisions that you will ever make. In *Choosing a Good Nursing Home*, Sherri L. Mitchell offers valuable insight in understanding the questions to ask to properly explore which nursing home can best meet the needs of your loved one. *Choosing a Good Nursing Home* enables you to see the facility from a different vantage point. It moves beyond the surface appearance of the home and looks at the areas that will aid you in making a knowledgeable decision. The book covers topics from what to look for in the initial tour of the facility, to knowing what questions to ask if your loved one has dementia, is in need of therapy, has weight loss problems or has pressure ulcers (bedsores). *Choosing a Good Nursing Home* allows you to make a more informed decision as to where to place your loved one, whether the stay will be for short-term rehabilitation or permanent placement. Sherri L. Mitchell began her career in nursing home administration after her grandmother received poor care in a nursing home. She subsequently became a Licensed Nursing Home Administrator (L.N.H.A.) in the state of Illinois. She couples her previous experience as a granddaughter (of a nursing home resident) with her experience as an administrator to give you the needed perspective to assist you in selecting a good nursing home. Mitchell resides in Chicago, Illinois with her husband of eleven years. Visit her website at choosingagoodnursinghome.com

The International Bookbinder

The Consumer's Guide to Better Buying

The Librarian's Internet Survival Guide

A Consumer's Guide to Genetic Testing Kits from Ancestry to Nourishment

Consumer Reports Buying Guide Issue

Consumer Guide to Long-term Care

Covers such topics as medical and legal terms, payment options, patient rights, OBRA regulations, and dietary and other health considerations associated with nursing homes and assisted living facilities

Rates consumer products from stereos to food processors

Choosing a Good Nursing Home

Current Industrial Reports

Consumer Reports Rates the Best-Selling Mattresses

Consumer Midyear Buying Guide

Cotton Literature

Buying guide issue

Your DNA, including your ancient ancestry and ethnicity has a lot to do with how your body responds to food, medicine, illness, exercise, and lifestyle, but just how much? And how do you know which DNA kits and gene testing are reliable and recognized?

Learning about DNA to understand and improve your health is now interactive and available to the average consumer, not limited to students and teachers, but to anyone else. In the last few years genealogy buffs, parents, and anyone interested in DNA without a science background took an interest in DNA tests rests that reveal deep maternal and paternal ancestry. No science background? Don't worry. There's a DNA summer camp near you, or an educational experience in learning about DNA now available to the average consumer. Educators, scientists, and multimedia producers have teamed up to teach you the wonders of DNA, your genes and your lifestyle. It looks like it's the consumer's job to bring people together through the media and through consumer's watchdog organizations, professional associations, and support groups.

Your bedroom should be a safe haven, but unfortunately more and more research is revealing that the bedroom may be one of the most toxic places in the home. Consider that the average conventional mattress contains more toxic chemicals than a 50 gallon oil drum, and that our skin, the largest organ of the body, is also the most porous entry point. It is no wonder that chemicals found in mattresses, known to cause toxic reproductive effects, are regularly being found at significant levels in human blood samples. Walter Bader outlines the dangers of the toxic threats lurking in the home so that, armed with knowledge, you can defend yourself and your family against them.

Consumers Union Reports, Buying Guide Issue

How to Safely Tailor Your Food, Medicines, & Cosmetics to Your Genes

Toxic Bedrooms

Consumers Confidential

Strategies for the High-tech Reference Desk

The essential guide to getting the best baby products at the best price, with information on cribs and mattresses, child safety seats, strollers, and more. Charts and Index.

Offers advice on saving time and money on food, health care, home, automobiles, finances, clothing, telephones, child care, vacations, lawyers, and funerals

Consumer Reports Best Baby Products

Consumers Digest

Guide to Baby Products

Consumer Reports Best Buys for Your Home 2001

Science News-letter

Consumer Union Reports

Consumers' GuideConsumer Reports Rates the Best-Selling MattressesThe Consumer's Guide to Better BuyingConsumer Guide to Long-term CareUniv of Wisconsin Press

The best Business Web sites at your fingertips—24/7! The Core Business Web: A Guide to Key Information Resources is an essential resource that saves you from spending hours searching through thousands of Web sites for the business information you need. The authors, all active in business librarianship, explore Web sites in their subject areas, selecting the very best from 25 functional areas of business. Each site was chosen based on the timeliness, relevance and reliability of its content, the site's ease of navigation, and the site's author or publisher. The rapid growth of the Internet has resulted in an ever-increasing number of Web sites offering potentially useful business information. The Core Business Web identifies, evaluates, and summarizes the most significant sites, including directories, and meta-sites, to organize online resources into easy-to-follow links that allow you to access information quickly. Sites are categorized and listed for 25 areas of business, including: banking—commercial banking, regulators, trade associations, insurance—law—statutes, regulations, decisions, antitrust, corporations, international transactions, labor and employment, tax and taxation, uniform commercial code career information and salary surveys—labor statistics, job hunters, career planning e-commerce—e-business—e-commerce to* sites, technology sites, business-to-business sites finance and investments—market analysis and commentary, market news, stock screeners, brokers hospitality and tourism—lodging and gaming, restaurant and foodservice small business and entrepreneurship—counseling, funding and venture capital, and sites for women and minority-owned businesses, and much more! The Core Business Web is an invaluable resource for saving valuable time that's intended for information professionals but can be used by anyone online.

Consumer, scientific, technical, and industrial glassware. M32E

Consumer's Guide

Best Buys for 2008

Extension Bulletin

Infant Gender Selection & Personalized Medicine

Consumer Reports Buying Guide

In this eighth edition, parents will find helpful tips on "building" the baby's nursery, from crib to diaper bag, plus ratings of car seats, carriers, play yards, and travel systems.

Explains over 8,000 words, grades, and classifications used to describe the size, age, nature, or quality of the products people use and buy every day. Includes both voluntary standards and those regulated by the government.

A Negro Rural Family Learns to Use the Consumer Services of Its Government

The Consumer Bible

Consumer News

Monthly Catalogue, United States Public Documents

Consumers Index to Product Evaluations and Information Sources

NBS Technical Note

Gives advice on selecting appliances, entertainment equipment, and other household items, and recommends remodeling techniques and procedures.

Personalized medicine is what this book is about—tailoring your lifestyle, food, medicines, treatments, and reproductive choices to your genetic signature. According to Dr. Andrew Y. Silverman, MD, PhD, "The desire to influence the sex of the next child is probably as old as recorded history." "Gender selection is possible because of the way in which sex is determined by our chromosomes. Dr. Ericsson devised patented methods by which X and Y sperm can be separated through filtering processes. Sperm are "layered" over a column of human serum albumin, and they swim down the gradient where they are collected in the bottom layer. "The fraction of sperm that contains the male (Y) bearing sperm is used for insemination if a boy is desired. It is effective 70?75% of the time. "The fraction of sperm that contains the female (X) bearing sperm is used for insemination if a girl is desired. It is effective 70?72% of the time." Use personalized medicine more effectively. Empower consumers by interpreting DNA testing and learning more about infant gender choice by genetics.

Bibliographies on Fabric Flammability

Consumers' Guide

Consumer Reports 1987 Buying Guide Issue

Selected References Vol. 1-

Consumer Reports Buying Guide 2008

Consumers' Guide to Product Grades and Terms

In this updated and expanded second edition of her popular guidebook, Searcher columnist Irene McDermott once again exhorts her fellow reference librarians to don their pith helmets and follow her fearlessly into the Web jungle. She presents new and improved troubleshooting tips and advice. Web resources for answering reference questions, and strategies for managing information and keeping current. In addition to helping librarians make the most of Web tools and resources, the book offers practical advice on privacy and child safety, assisting patrons with special needs, Internet training, building library Web pages, and much more

The Core Business Web

Good Night

Your Guide to a Safe Night's Sleep

From Grade A to VSOP--definitions of 8,000 Terms Describing Food, Housewares, and Other Everyday Items

Consumer Reports

A Guide to Key Information Resources