

Health Resources

Patron Exclusive

ALT Health Watch & Health Source: Consumer Edition – EBSCOhost

These databases can be searched using EBSCOhost. They are great resources for information and research. Alt Health focuses on alternative forms of medicine while Health Source focuses on modern medicine.

Explora: Canada

On the home page, select the "Science and Math" category to get Canadian specific information.

Zinio

Access dozens of magazines. Under genres, choose "Food and Cooking" or "Health and Fitness." All publications on this site are available either in English or French.

Alberta Health Services

Find information about everything related to medical health in Alberta.

Family Behaviour Toolbox

Find tools and information about behavioural issues for children aged 2 to 12.

Family Doctor

Supported by the American Academy of Family Physicians. Though American, the website has relevant information about prevention, weight loss, food and research.

John Hopkins Medicine Library

Find an A-Z list of diseases, treatments and medical procedures. Find out more about a certain topic. John Hopkins is considered one of the best universities in the world.

MedLine Plus

Information from the National Library of Medicine from the US offers tons of information relevant to Canadians.

My Health Alberta

Government of Alberta initiative to provide health and wellness information through various articles, a symptom tracker, find your closest healthcare provider and more.

PressReader

Access thousands of newspapers and magazines. Under publications, choose the category "Health and Fitness" or "Food and Cooking." Health and Fitness has 47 publications in English while "Food and Cooking" has 61 publications in English.