



Family Restoration and Healing Center, Inc.

National Resources for Emotional and Nutritional Health

Our Mission: Family Restoration and Healing Center, Inc. (FRHC) is a tax-exempt community health organization. We restore families – mind, body and spirit through emotional, nutritional, and spiritual counseling and community health outreach. Please visit us at www.360wholeness.org or email info@360wholeness.org .

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Source: *Thompson, K & Thompson, K (2014). 360° Wholeness, Mind-Body-Spirit: Achieving Mental, Physical and Spiritual Wellness. Lanham, Maryland: Family Restoration and Healing Center, Inc.*
www.360wholeness.org

Here is a list of nationally recognized resources for health:

U.S. Department of Agriculture: National Agricultural Library @
<http://fnic.nal.usda.gov/>

President's Council on Fitness, Sports, and Nutrition @
<http://www.fitness.gov/>

Centers for Disease Control and Prevention @
<http://www.cdc.gov/nutrition/>

U.S. Food and Drug Administration @
<http://www.fda.gov/Food/default.htm>

DietaryGuidelines.gov @ <http://www.health.gov/dietaryguidelines/>
Foodsafety.gov @ <http://www.foodsafety.gov/>
Nutrition.gov @ <http://www.nutrition.gov/>

American Heart Association @ <http://www.heart.org/HEARTORG/>

Family Restoration and Healing Center, Inc. publication, “360° Wholeness, Mind-Body-Spirit” @ <http://www.360wholeness.org/>

National Institutes of Mental Health @ <http://www.nimh.nih.gov/>

Substance Abuse and Mental Health Services Administration @ <http://www.samhsa.gov/>

Mental Health.gov @ <http://www.mentalhealth.gov/>

NPR’s Health @ <http://www.npr.org/sections/health/?s=gaw&gclid=CIXeiJyX4LcCFUQ6QgodZzMARw/>

For additional resources on eating healthy:

<http://www.eatright.org/default.aspx>

<http://www.choosemyplate.gov/>

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

<http://healthfinder.gov/>

<http://www.fruitsandveggiesmorematters.org/>

<http://www.hsph.harvard.edu/nutritionsource/pyramid/>

<http://publichealthlawcenter.org/topics/healthy-eating>

<http://www.foodinsight.org/>