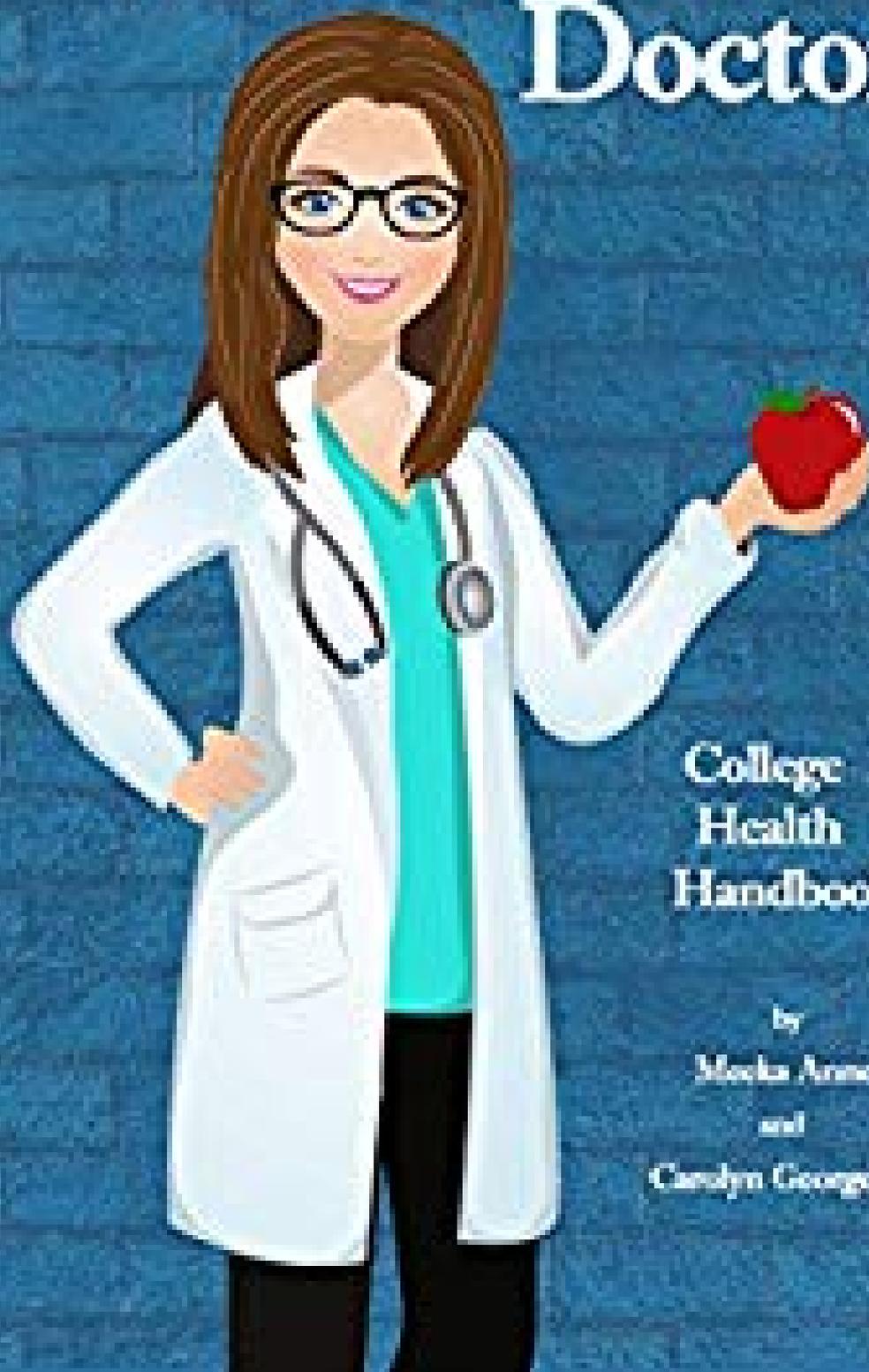


The Dorm Doctor



College
Health
Handbook

by
Mackie Arnes
and
Carolyn George, MD

Carolyn George and
The Dorm Doctor: College Health Handbook



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Did you go through "What to Expect IF YOU ARE Expecting?" That well received handbook informed you all you needed to know about how to bring a baby in to the world. Now that " " sign checker is a reliable source of information (unlike the internet) for your child for those times they start feeling beneath the weather. The Dorm Doctor" As a parent, you would like to give your teens the tools to understand new challenges, which include taking responsibility because of their health. baby" Knowledge is power. Make sure your child has a copy tucked away in their backpack when you drop them away in their new house. must-have" handbook for parents and teenagers heading off to college. is the new " Questions will arise, which handbook will end up being there as a way to obtain information about topics ranging from diet to managing anxiety as well as the tough questions about sexual safety. "The Dorm Doctor" is preparing to go into a fresh world because they head away to college. The Dorm Doctor" Feel assured and calm as you drive from the college campus understanding you are leaving " behind to care for your child.



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Don't drop your teen off at university without this book! Great conversation beginner or book club selection! Reading Dr. Dr. Of program, I'm a grown adult, and I am able to identify that everything within her book is absolutely what all humans should be doing to business lead healthy lives (actually if they don't it everyday). If you've been slowly dripping the "spot-on" understanding contained in this reserve into your kids' heads for many years, Dr. George's extensive book provides the perfect event for dumping the entire bucket over them once again because they head out the entranceway. I love that the book assists parents empower their children to go it only and that Dr. As a health care provider in the cutting-edge region of integrative medication, Dr. George's reserve discusses, within an engaging and well-arranged way, all the elements that may affect your children' well-being because they mind off to college--factors you might help them consider thoughtfully one final time before they are fully charged with managing their very own good health. It's obvious that this reserve was a labor of love for Dr George's own kids, so you can be certain she left nothing out. I can't think of an easier way for you to approach the critically important topics contained in this book without sounding like an overprotective nag. Purchase it. Read it. Go through it with them. If you have college-bound children, you need to give them this book. You will not be sorry. PERFECT HIGH SCHOOL GRADUATION GIFT!!! Great gift for somebody planning to go to college If you know a family with children likely to go to college buy this publication for them. When I place the Dorm Doctor in her university bound suitcase, it felt like I was providing her a piece of myself and a personal doctor to take with you with her. This is a fantastic book for university students! Kudos to Carolyn George, MD, for both her idea for the reserve along with its style and content! I got a copy for myself too which makes it easy to have conversations with her about specific 'difficult to talk about' college issues.and get one for yourself! Send them away with a copy within their suitcases... This publication has not only been a big help my daughter (and her friends) but in addition has given me peace of mind. I got this reserve for my own child when she was heading to college.R. The issues should be raised and worked through within a process that prepares the college student for a big change that is usually living abroad for the very first time. This book is an excellent roadmap to steer the student through the preparation procedure. A great reference for parents and their children because they head off to college With two kids going to college, one this year and one another, I was so impressed with the thoroughness of the publication, both for parents and for kids. I bought this for my son just before taking him to university and was extremely impressed with all the valuable details covered- things I'd have never thought to talk to him approximately and things I would have by no means known how to reply if he called me in a panic. As kids 're going off to university there are so many topics that require to be discussed, which book addresses the hard to go over topics: sex, drugs, alcoholic beverages, peer and academic pressures, and maintaining health and fitness. The Dorm Doctor includes a lot of advice for college students going away to college on how to remain safe and healthy. This is a must read, and should be considered a mandatory reference reserve for all kids going off to college. With teens often claiming to possess all of the answers, this book is a nonjudgmental and factual useful resource that teens can turn to for essential advice and guidance.Important ideas! It's filled with great information that's practical and readable. That is a LIFE handbook for everyone that breathes. Don't wait until the kids possess an acceptance letter. The chapter on managing anxiety and stress will be a big help while he's trying to navigate his method through his freshman classes at a huge school on his own. I am recommending this publication to all or any of our friends who have kids in college. . Every College Student Should Have A Copy My husband can be an E.R doctor and returns with stories at all times about the college kids he sees and the indigent

decisions that they help to make that lead them to end up in his E.R. The authors compose in a user-friendly manner that makes it easy for both kids and parents to relate. It's written in a great, entertaining method- I read it all in one sitting. A good read for parents as well so they have an authentic understanding of what their kids will come in contact with in college. It really is written as if speaking to college children and their parents although the info is relevant to anyone attempting to find out the truth about how nutrition, controlling tension, getting enough sleep, workout, sex, medications and guarding against germs impacts our overall health. This handbook is crucial have for anyone who is going to college (and their parents). George's book made me set you back my kitchen for a raw organic green super food smoothie before tackling my morning hours workout. George does an excellent job at describing important issues that can come up and in addition gives helpful path on how to proceed.. I especially liked the Indicator Checker chapter, which is invaluable when he provides symptoms and doesn't know whether to consider over-the-counter medications, go to the student health middle, or right to the E. I highly recommend this book!. This is an easy read and it is evident that Dr George "gets it" and draws from personal experience as well. That is a LIFE handbook for everyone that breathes. Super helpful to both parent and kids Super helpful to both parent and kids!Thanks Dr. The sections on coping, rest and breathing, consuming well, staying secure, and technology overload were all very helpful, and also the "when it gets harmful," info, which helps learners understand when their behaviors are in debt zone. Five Stars Excellent information for anybody with college students or learners living abroad. Highly recommend. 5 stars for Dorm Doctor! She has since told me that she enjoys having an easy to learn and trusted "health aid" assistance at her fingertips. Dorm Doctor is usually chock full of useful, pertinent info plus clear, well-written suggestions. It is a must read for all teenagers getting into their transitional journey to adulthood, whether they are going off to college or just traveling for greater than a week. She has 'consulted' the reserve on many occasions, even letting her friends read the pages that pertain to their concerns.

Informative This is an excellent health manual geared towards both the college student and parent. Informative, relatable and easy to read. Illustrations are excellent and keep a light mood throughout the book. Humorous, Clearly Written Book Every Kid Entering University Should Have This handbook is a great, easy read that parents and college students may use as a reference for any health and safety issues that may arise throughout that first unnerving freshman year. I'm real thankful I acquired it early enough to accomplish the prep function the book covers, so I'd recommend obtaining or giving it early on in the senior high school years just so parents and teenagers can consider the issues well beforehand. There's no cause you can't begin to incorporate a few of the tips right now. You might read it together as a family group or in a book club setting with other families you know (because, for kids, it's always better to hear this stuff from someone besides you). George encourages both to acknowledge the homesickness and sadness they'll naturally possess. George for your insight and acquiring the guess work out of so many issues. I really think this is a must-read for every kid entering college and their parents.



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