

**Beyond an Apple a Day:  
Providing Consumer Health Information in the Public Library  
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The materials in the Cascade Valley Consumer Health Library are intended to provide comprehensive information for you. You may find material that contains information that is different in opinion from that of your physician or health care provider. Should any questions arise, please consult with your physician or healthcare provider for clarification about how this information may or may not apply to your unique clinical situation or overall health.

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The information provided in this website is offered for general informational and educational purposes only; it is not offered as and does not constitute medical advice. In no way are any of the materials presented meant to be a substitute for professional medical care or attention by a qualified practitioner, nor should they be construed as such.

You should not act or rely upon any of the resources and information available in or from this website without seeking the advice of a physician or other healthcare provider.

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Materials in this Resource Center represent the opinions of the authors and are intended as a complement, not a substitute for, the advice of your healthcare providers.

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**The material and links at this site are intended for educational purposes and should not be construed as medical advice or instruction. Consult your health professional for advice relating to a medical problem or condition.**

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