

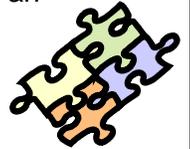
SURF 'N STUFF 'N TIPS

Send your doctor a fax: Tired of waiting on hold when you call your doctor? Have you left a message for the doctor and had to sit around waiting for a call back? Or perhaps you have a question after office hours. Well, there's a better way to reach your doctor.

At today's Cool Site, you can send quick messages to your doctor. You can ask short questions. But note that this feature isn't for full-blown health advice. It may help you prepare for upcoming appointments. At the site, simply enter the information in an online form. Then you can send it to your doctor's fax machine. You can request appointments, test results and even prescription renewals. Now, that's really cool.

MDhub claims every doctor in the country can be contacted via its Web site. So if you know someone with health issues, he or she might appreciate knowing about this site, too. Also, this service is for non-emergency purposes only. It might take a day or two for the doctor to respond. So don't take chances. If it's an emergency, use the phone or go to a hospital.

TO VISIT THIS SITE, GO HERE: www.mdhub.com <<http://www.mdhub.com>>



FIND YOUR FOOD PYRAMID ON THE WEB

You may have heard that the federal government has issued a new food pyramid. Actually, it introduced a dozen, optimized for individuals, depending on age and size.

To find the correct pyramid, you simply enter your age and weight in boxes. The site makes recommendations based on entries. Logically enough, the name of the site is **MyPyramid.gov**. It's at:

<<http://mypyramid.gov/>>



CLEAN UP EMAIL MESSAGES

With e-mail, there's always the temptation to forward messages to others. The problem is, many e-mail programs insert extra formatting marks with replies. It is supposed to help you track the conversation. But if the e-mails have been exchanged for a while, they become difficult to read. Some resemble hieroglyphics! Well, download emailStripper and get a handle on the problem. It will strip your e-mails of all the unnecessary symbols. But you can still see who said what – just look at the sender information. It's fast, it's free, and your eyes will thank you for it!

TO VISIT THIS SITE, GO HERE:

<http://www.papercut.biz/emailStripper.htm>

FIND MEDICAL INFORMATION

If you need information on a medical condition, today's Cool Site is for you.

Omni Medical Search will help you find the health information that you need when you need it. It will query 15 medical search sites and give you the best results. Best of all, there are no sponsored links here! You can search for articles, news stories or images. There are other useful tools as well. Since the medical industry has its own language, you can find definitions of terms and acronyms. You can find links to databases and medical journals, too. This site is great for anyone -- doctors included!



TO VISIT THIS SITE, GO HERE:

<<http://www.omnimedicalsearch.com>>

WHICH SCI-FI CHARACTER ARE YOU?

Ever wonder if your personality is closer to Luke Skywalker or Yoda? To find out if you're a hero, a villain, or worse yet, a Klingon, take this quick sci-fi personality test.

TO VISIT THIS SITE, GO HERE:

<http://www.tk421.net/character/>

