

Hype vs. Health: Helping Teens Navigate Energy and Image



Health In Hand™



Cut through the noise with practical tips for keeping teens safe, confident, and informed.

Understanding the Risks of Caffeine: Helpful Tips to Guide Teens to Healthier Choices



written by

Duffy MacKay, ND

> **Article Summary** | Highlights the rising use and risks of caffeine among teens, especially from energy drinks and powders, while explaining negative health effects like sleep disruption, heart strain, and anxiety. Offers safer alternatives and practical tips for parents/caregivers to guide teens toward healthier, caffeine-free energy choices.

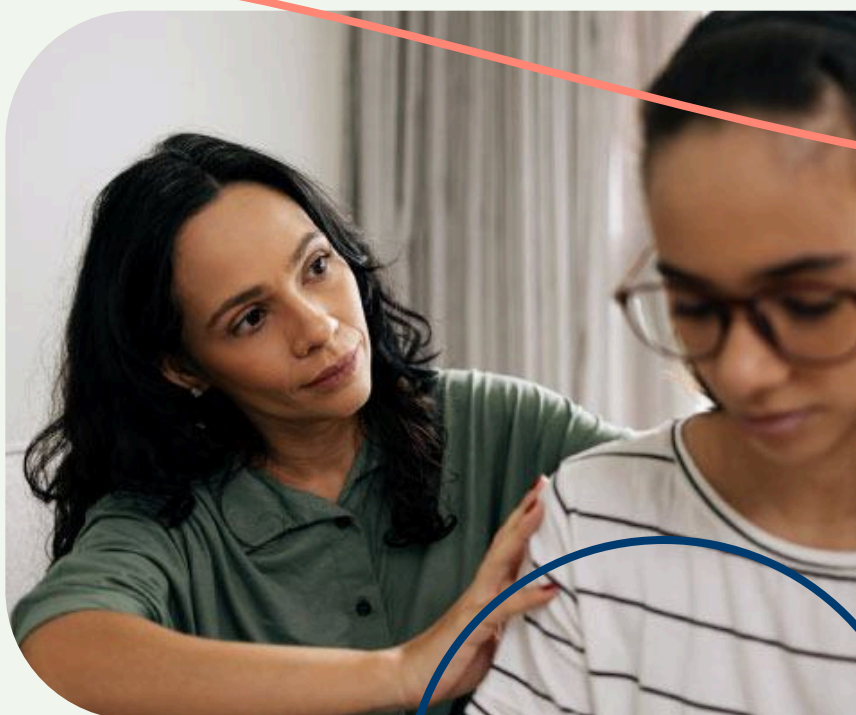


A Parent's Guide to OTC Weight Loss Products and How to Support Your Teen's Body Image

medically reviewed by

Trager Hintze, PharmD

> **Article Summary** | Highlights and identifies misleading claims and offers practical tips for parents to promote healthy habits/body positivity in teens and empower them to navigate digital influences and embrace a confident, healthy lifestyle.



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